

The following resources are now available in ARABIC.

Please email DCA.public.inquiries@phac-aspc.gc.ca to receive PDF copies of the documents.



Name of Publications	Year
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BREASTFEEDING



10 Great Reasons to Breastfeed your Baby

2009

Highlights the reasons breastfeeding is important - for babies, mothers, families and the environment. Includes nutritional, convenience factors, milk supply, maternal health and returning to work.

Available online in English at: www.publichealth.gc.ca/breastfeeding

SAFE SLEEP



Safe Sleep for Your Baby - Brochure

2014

Provides parents and caregivers with accessible information that can help babies sleep safely and lower the risk of Sudden Infant Death Syndrome (SIDS).

Available in English online at: www.publichealth.gc.ca/safesleep



Safe Sleep for Your Baby - Poster

2012

Presents the five key steps to creating a safe sleep environment for infants to sleep safely and lower the risk of Sudden Infant Death Syndrome (SIDS).

Available in English online at: www.publichealth.gc.ca/safesleep

HEALTHY PREGNANCY



A Sensible Guide to a Healthy Pregnancy

2016

Captures key information about lifestyle choices that can help promote a healthy pregnancy. Includes a handy ten-month pregnancy calendar that includes information and tips on a variety of pregnancy-related topics.

Available in English online at: <http://www.phac-aspc.gc.ca/hp-gs/guide/index-eng.php>

PARENTING



What's Wrong with Spanking? brochure

2015

This low literacy brochure is directed to parents/caregivers and focuses on positive parenting. It offers useful tips on effective forms of non-physical discipline of children and explains in plain language the law in Canada regarding child discipline.

Available in English online at: <http://healthycanadians.gc.ca/publications/healthy-living-vie-saine/spanking-2015-fessee/index-eng.php>



Nobody's Perfect Tip Sheets

2015

The series of 19 tip sheets offers current and accessible information to parents and caregivers of children aged 0 - 5 years on a variety of topics. The tip sheets can be used by the general public or as supplementary resources for the Nobody's Perfect program.

Available in English online at: www.phac-aspc.gc.ca/hp-ps/dca-dea/parent/nobody-personne/index-eng.php