











Physical Activity				
Guidelines that provide recommended number of hours for: a) Sleep, b) Physical Activity c) Sedentary time, including screen time.	Early Years (0-4 years) Canadian 24-Hour Movement Guidelines	English	<a href="https://csepguidelines.ca/wp-content/themes/csep2017/pdf/PAR7972_24Hour_Guidelines_EY_En-4.pdf">https://csepguidelines.ca/wp-content/themes/csep2017/pdf/PAR7972_24Hour_Guidelines_EY_En-4.pdf</a>	
		French	<a href="https://csepguidelines.ca/wp-content/uploads/2017/11/Early-Years-24-Hr-Guidelines-Tear-Sheet-FR.pdf">https://csepguidelines.ca/wp-content/uploads/2017/11/Early-Years-24-Hr-Guidelines-Tear-Sheet-FR.pdf</a>	
	Children and Youth (5-17 years) Canadian 24-Hour Movement Guidelines	English	<a href="https://csepguidelines.ca/wp-content/themes/csep2017/pdf/Canadian24HourMovementGuidelines2016_2.pdf">https://csepguidelines.ca/wp-content/themes/csep2017/pdf/Canadian24HourMovementGuidelines2016_2.pdf</a>	
		French	<a href="https://csepguidelines.ca/wp-content/uploads/2018/05/Canadian24HourMovementGuidelines2016_FRE.pdf">https://csepguidelines.ca/wp-content/uploads/2018/05/Canadian24HourMovementGuidelines2016_FRE.pdf</a>	
	Adults (18-64 years) Canadian 24-Hour Movement Guidelines	English	<a href="https://csepguidelines.ca/wp-content/uploads/2020/10/24HourMovementGuidelines-Adults18-64-2020-ENG.pdf">https://csepguidelines.ca/wp-content/uploads/2020/10/24HourMovementGuidelines-Adults18-64-2020-ENG.pdf</a>	
		French	<a href="https://csepguidelines.ca/wp-content/uploads/2020/10/24HourMovementGuidelines-Adults18-64-2020FR.pdf">https://csepguidelines.ca/wp-content/uploads/2020/10/24HourMovementGuidelines-Adults18-64-2020FR.pdf</a>	
	Over 100 fun and simple games and activities designed to get children active (ages 0-6 years)	Have a Ball Together!	English	<a href="https://haveaballtogether.ca/activities/">https://haveaballtogether.ca/activities/</a>
			French	<a href="https://www.avousdejouerensemble.ca/">https://www.avousdejouerensemble.ca/</a>
A series of short videos called “Physical Literacy at Home” that help support parents and guardians and kids to develop physical literacy at home during the COVID-19 pandemic.	Sport for Life	English	<a href="https://sportforlife.ca/facing-covid-19-together/">https://sportforlife.ca/facing-covid-19-together/</a>	
		French	<a href="https://sportpourlavie.ca/faire-face-ensemble-a-la-covid-19/">https://sportpourlavie.ca/faire-face-ensemble-a-la-covid-19/</a>	
Screen Time				
General tips about screen time.	Screen Time Postcard	English	 ScreenTimeAndChildrenPostcard.pdf	
		French	 ScreenTimeandChildrenFrench_2019.pdf	

		Arabic	 ArabicScreenTimeAndChildrenPostcard.pdf
		Chinese	 ChineseScreenTimeAndChildrenPostcard.pdf
Simple and easy activities to keep kids busy that do not involve a screen.	50 Screen-Free Ideas for Kids	English	 50ScreenFreeIdeas.pdf
		French	 50ScreenFreeIdeasFrench_2019.pdf
		Arabic	 Arabic50ScreenFreeIdeas.pdf
		Chinese	 Chinese50ScreenFreeIdeas.pdf
A simple paper-based tracker you can use to track your family's screen time and physical activity	Screen Time and Physical Activity Tracker	English	 ScreenTimePhysicalActivityTrackingTool.pdf
<b>Outdoor play</b>			
Webpage on the importance of outdoor play	Encyclopedia on Early Childhood Development: Outdoor Play	English	<a href="http://www.child-encyclopedia.com/outdoor-play/introduction">www.child-encyclopedia.com/outdoor-play/introduction</a>
		French	<a href="http://www.enfant-encyclopedie.com/jeu-exterieur/introduction">http://www.enfant-encyclopedie.com/jeu-exterieur/introduction</a>
Website with information on how to keep children safe while playing outdoors in the winter	Caring for kids: Winter Safety: Advice for parents and kids	English	<a href="https://www.caringforkids.cps.ca/handouts/winter_safety">https://www.caringforkids.cps.ca/handouts/winter_safety</a>
		French	<a href="https://www.soinsdenosenfants.cps.ca/handouts/safety-and-injury-prevention/winter_safety">https://www.soinsdenosenfants.cps.ca/handouts/safety-and-injury-prevention/winter_safety</a>
<b>Healthy Eating</b>			
Online nutrition questionnaire for parents and caregivers of children aged: a) 18 to 35 months old b) 3 to 5 years old	Nutri-eSTEP Nutrition screen	English	<a href="http://www.nutritionscreen.ca">www.nutritionscreen.ca</a>
		French	<a href="http://www.nutritionscreen.ca/default.aspx?lang=fr">http://www.nutritionscreen.ca/default.aspx?lang=fr</a>

Booklet that contains information about healthy eating during pregnancy.	Healthy Eating for Healthy Baby	English	<a href="https://nutritionconnections.ca/wp-content/uploads/2020/08/Healthy-Eating-for-a-Healthy-Baby-PDF-Website.pdf">https://nutritionconnections.ca/wp-content/uploads/2020/08/Healthy-Eating-for-a-Healthy-Baby-PDF-Website.pdf</a>
Booklet that contains information about how to introduce solid food	Feeding Your Baby	English	<a href="https://nutritionconnections.ca/wp-content/uploads/2020/08/Feeding-Your-Baby-PDF-Website-Resource.pdf">https://nutritionconnections.ca/wp-content/uploads/2020/08/Feeding-Your-Baby-PDF-Website-Resource.pdf</a>
Factsheet with tips for building healthy eating habits with children	HPH Feeding Young Children	English	 FeedingYoungChildrenTipsForBuildingHealth
Canada's Food Guide	Canada's Food Guide	English	<a href="https://food-guide.canada.ca/en/">https://food-guide.canada.ca/en/</a>
		French	<a href="https://guide-alimentaire.canada.ca/fr/">https://guide-alimentaire.canada.ca/fr/</a>
Information about Hamilton area: a) Food banks b) Community Kitchens c) Food Cooperatives d) Free meals, and more	Food Access Guide	English	<a href="http://foodaccessguide.ca/">http://foodaccessguide.ca/</a>
Dietitians of Canada website with information about: a) Picky eating b) Healthy eating c) Recipes, and more	Unlockfood.ca page on Children's Nutrition	English	<a href="https://www.unlockfood.ca/en/Children.aspx">https://www.unlockfood.ca/en/Children.aspx</a> .
		French	<a href="https://www.unlockfood.ca/fr/Children.aspx?aliaspath=%2fen%2fChildren">https://www.unlockfood.ca/fr/Children.aspx?aliaspath=%2fen%2fChildren</a>
<b>Mental Health</b>			
Website with information about how parents and caregivers can support their child and youth's mental health during COVID-19 including links to local mental health supports and services	City of Hamilton - Child and Youth Mental Health During COVID-19	English (there is a French PDF version on page) and can be translated into any language using the "translate" feature at the bottom of the page	<a href="http://www.hamilton.ca/cymentalhealth">www.hamilton.ca/cymentalhealth</a>
Website with information about mental health services and supports during COVID-19 for all ages	City of Hamilton – Taking Care of Your Mental Health	English and can be translated into any language using the "translate"	<a href="http://www.hamilton.ca/covidmentalhealth">www.hamilton.ca/covidmentalhealth</a>

		feature at the bottom of the page	
<b>Growth &amp; Development and Parenting</b>			
Information about: a) Accessing Looksee Checklists b) Growth and development c) Literacy d) Screen Time e) Toilet Learning f) Tummy Time	Hamilton Public Health Services – Children’s Growth and Development	English and can be translated into any language using the “translate” feature at the bottom of the page	<a href="https://www.hamilton.ca/public-health/health-topics/childrens-growth-development">https://www.hamilton.ca/public-health/health-topics/childrens-growth-development</a>
Information about: a) Children’s temperament b) Helping your child behave well c) Dealing with difficult behaviour	Hamilton Public Health Services – Children’s Behaviours	English and can be translated into any language using the “translate” feature at the bottom of the page	<a href="https://www.hamilton.ca/public-health/health-topics/childrens-behaviour">https://www.hamilton.ca/public-health/health-topics/childrens-behaviour</a>
<b>Breastfeeding</b>			
Information about Public Health Breastfeeding services, and when to ask for breastfeeding help.	Hamilton Public Health Services – Breastfeeding Services	English and can be translated into any language using the “translate” feature at the bottom of the page	<a href="https://www.hamilton.ca/public-health/clinics-services/public-health-breastfeeding-services">https://www.hamilton.ca/public-health/clinics-services/public-health-breastfeeding-services</a>
Breastfeeding resources	Best Start	English	<a href="https://resources.beststart.org/product-category/resources/breastfeeding/">https://resources.beststart.org/product-category/resources/breastfeeding/</a>
		French	<a href="https://resources.beststart.org/fr/product-category/sujets-de-ressources/allaitement/">https://resources.beststart.org/fr/product-category/sujets-de-ressources/allaitement/</a>