

# WEBSITES

## **General**

[www.Saskatchewan.ca](http://www.Saskatchewan.ca) or 811  
[www.medlineplus.gov](http://www.medlineplus.gov)  
[www.saskatoonhealthregion.ca](http://www.saskatoonhealthregion.ca)  
[www.publichealth.gc.ca](http://www.publichealth.gc.ca)

## **Pregnancy/Women's Health**

[www.pregnancyinfo.ca](http://www.pregnancyinfo.ca)  
[www.womenshealthmatters.ca](http://www.womenshealthmatters.ca)  
[www.healthyfamiliesbc.ca/parenting](http://www.healthyfamiliesbc.ca/parenting)  
[www.healthypregnancy.gc.ca](http://www.healthypregnancy.gc.ca)  
[www.skprevention.ca/your-pregnancy-month-by-month](http://www.skprevention.ca/your-pregnancy-month-by-month)  
[www.whattoexpect.com](http://www.whattoexpect.com)

## **Mental Health**

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)  
[www.cmha.ca](http://www.cmha.ca)  
[www.postpartum.net](http://www.postpartum.net)  
[www.saskatoonhealthregion.ca/postpartumdepression](http://www.saskatoonhealthregion.ca/postpartumdepression)  
[www.postpartumdads.org](http://www.postpartumdads.org)  
[www.postpartumprogress.com](http://www.postpartumprogress.com)

## **Car Seat Information/Safety**

[www.sgi.sk.ca/carseats](http://www.sgi.sk.ca/carseats)  
[www.tc.gc.ca](http://www.tc.gc.ca)  
[www.preventioninstitute.sk.ca](http://www.preventioninstitute.sk.ca)

## **Childbirth**

[www.MothersAdvocate.org](http://www.MothersAdvocate.org)  
[www.lamaze.org](http://www.lamaze.org)  
[www.childbirthconnection.org](http://www.childbirthconnection.org)  
[www.hypnobirthing.com](http://www.hypnobirthing.com)  
[www.bradleybirth.com](http://www.bradleybirth.com)  
[www.dona.org](http://www.dona.org)  
[www.thefamilyway.com](http://www.thefamilyway.com)  
[www.omama.com](http://www.omama.com)  
[www.themothersprogram.ca](http://www.themothersprogram.ca)  
[www.elearn.lamaze.org](http://www.elearn.lamaze.org)

## **Breastfeeding**

[www.cindyandjana.com](http://www.cindyandjana.com)  
[www.BreastfeedinginPeel.ca](http://www.BreastfeedinginPeel.ca)  
[www.llli.org](http://www.llli.org) (LaLecheLeague)  
[www.infactcanada.ca](http://www.infactcanada.ca)  
[www.breastfeedingonline.com](http://www.breastfeedingonline.com)  
[www.breastfeedinginc.ca](http://www.breastfeedinginc.ca)  
[www.saskatoonhealthregion.ca/breastfeeding](http://www.saskatoonhealthregion.ca/breastfeeding)  
[www.breastfeedingmamataalk.com](http://www.breastfeedingmamataalk.com)  
[www.KellyMom.com](http://www.KellyMom.com)  
[www.themilkmeg.com](http://www.themilkmeg.com)  
[www.omama.com](http://www.omama.com)  
[ibconline.ca](http://ibconline.ca)

## **Parenting**

[www.attachmentparenting.org](http://www.attachmentparenting.org)  
[www.kidcareCanada.org](http://www.kidcareCanada.org)  
[www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)  
[www.cfssaskatoon.ca](http://www.cfssaskatoon.ca)  
[www.columbusboscohomes.ca](http://www.columbusboscohomes.ca)  
[www.saskatoonhealthregion.ca/Documents/Incredible\\_Parent\\_Directory.pdf](http://www.saskatoonhealthregion.ca/Documents/Incredible_Parent_Directory.pdf)  
[www.safekidscanada.ca](http://www.safekidscanada.ca)  
[www.healthyfamiliesbc.ca/parenting](http://www.healthyfamiliesbc.ca/parenting)  
[www.healthyparenting.sk.ca](http://www.healthyparenting.sk.ca)  
[www.immunize.ca](http://www.immunize.ca)  
[www.saskatoonhealthregion.ca/locations\\_services/Services/Healthy-Families/pages/Postnatal-Contacts.aspx](http://www.saskatoonhealthregion.ca/locations_services/Services/Healthy-Families/pages/Postnatal-Contacts.aspx)

## **Twins**

[www.spotto.ca](http://www.spotto.ca)  
[www.jumelle.ca](http://www.jumelle.ca)  
[www.multiplebirthscanada.org](http://www.multiplebirthscanada.org)  
[www.multiplesofamerica.org](http://www.multiplesofamerica.org)

## **Fathering**

[www.fathers.com](http://www.fathers.com)  
[www.newdadmanual.ca](http://www.newdadmanual.ca)  
[www.dadcentral.ca](http://www.dadcentral.ca)  
[www.fathermag.com](http://www.fathermag.com)