

Websites

General

www.saskatchewan.ca or 811
www.medlineplus.gov
www.saskhealthauthority.ca
www.publichealth.gc.ca

Pregnancy/Women's Health

www.pregnancyinfo.ca
www.healthyfamiliesbc.ca/parenting
www.healthypregnancy.gc.ca
www.skprevention.ca/your-pregnancy-month-by-month
www.whattoexpect.com
<https://www.healthlinkbc.ca/hlbc/files/bbc-7th-edition-final-nov2019.pdf>

Mental Health

www.cmha.ca
www.postpartum.net
www.saskatoonhealthregion.ca/postpartumdepression
www.postpartumdads.org
www.postpartumprogress.com

Car Seat Information/Safety

www.sgi.sk.ca/carseats
www.tc.gc.ca
www.skprevention.ca

Childbirth

www.MothersAdvocate.org
www.lamaze.org
www.childbirthconnection.org
www.hypnobirthing.com
www.bradleybirth.com
www.dona.org
www.thefamilyway.com
www.omama.com
www.themothersprogram.ca
www.elearn.lamaze.org

Twins

www.spotto.ca
www.jumelle.ca
www.multiplebirthscanada.org
www.multiplesofamerica.org

Breastfeeding

<https://momsandkidssask.saskhealthauthority.ca/pregnancy-birth-newborns/postnatal-newborn-care/feeding-your-newborn>

<https://www.saskatchewan.ca/residents/health/wellness-and-prevention/children-health-and-parenting/feeding-your-baby>

<https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/stages-childhood/infancy-birth-two-years/breastfeeding-infant-nutrition.html>

www.lllc.ca (LaLecheLeague)
www.infactcanada.ca
www.breastfeedingonline.com
www.saskatoonhealthregion.ca/breastfeeding
www.breastfeedingmamataalk.com
www.KellyMom.com
www.themilkmeg.com
www.omama.com
ibconline.ca
<https://firstdroplets.com>

Parenting

www.attachmentparenting.org
www.kidcareCanada.org
www.caringforkids.cps.ca
www.cfssaskatoon.ca
www.columbusboscohomes.ca
www.saskatoonhealthregion.ca/Documents/Incredible_Parent_Directory.pdf
www.parachute.ca
www.healthyfamiliesbc.ca/parenting
www.skprevention.ca/parenting
www.immunize.ca
www.saskatoonhealthregion.ca/locations_services/Services/Healthy-Families/pages/Postnatal-Contacts.aspx

Fathering

www.fathers.com
www.newdadmanual.ca
www.dadcentral.ca
www.fathermag.com