January 2025 Resources

**Healthy Pregnancy Hub**

Pregnancy is a complex and unique experience for every individual. With every pregnancy comes different health considerations and concerns, which can lead to an overload of information about pre- and post-natal health. As an expecting parent or support person, it can be overwhelming to sift through and decipher complex health information, but the Healthy Pregnancy Hub (n.d.) is here to help. The Healthy Pregnancy Hub (n.d.) is an online forum created by healthcare professionals to insight into health considerations, medications, and resources important for pre- and post-natal health. The Healthy Pregnancy Hub (n.d.) is an excellent resource for families, pregnant individuals, or individuals who work with expecting families.

Check out the link below for more information on the Healthy Pregnancy Hub.

Link: <https://www.healthypregnancyhub.ca/>

**Early Childhood Team- Saskatchewan Prevention Institute**

Early childhood is a time filled with growth, development, exploration, and so much more. Children develop rapidly through the early years, which can be exciting and overwhelming for caregivers. There are countless factors that contribute to supporting the development of healthy children; one important factor is community support programs. But who assists community support programs that provide supports to families?

The Saskatchewan Prevention Institute’s Early Childhood Team (2020) works collaboratively with community support programs and organizations to better serve children and their families. The goal of the Early Childhood Team (2020) is to ‘enhance early childhood wellbeing’, which they do by providing resources, information, and various supports to services that walk alongside families through early childhood. For more information on the Saskatchewan Prevention Institute’s Early Childhood Team, check out the link below.

Link: <https://skprevention.ca/early-childhood-team/>

**Positive Parenting**

The world of parenting is constantly expanding and changing throughout the years. There is a continuous influx of information, strategies, tools, and tips for parents to navigate. One parenting strategy that has been emerging in recent years is Positive Parenting. Positive Parenting is a strategy that aims to provide guidance to children through the use of love, kindness, and warmth (UC Davis Children’s Hospital, n.d.). This strategy encourages parents to utilize skills like reflection and praise to support their children (UC Davis Children’s Hospital, n.d.). The goal of Positive Parenting is to help children of all ages lead successful, functional, and healthy lives (UC Davis Children’s Hospital, n.d.). UC Davis Children’s Hospital has an excellent resource explaining the key elements of Positive Parenting to support children, caregivers, and families.

Interested in learning more about Positive Parenting? Check out the link below.

Link: <https://health.ucdavis.edu/children/patient-education/Positive-Parenting>