

ORGANIZATIONS/WEBSITES

1. Infant Mental Health Promotion (IMHP)

<https://www.imhpromotion.ca/>

Video with Dr. Chaya Kulkarni on what Infant Mental Health Promotion (IMHP) is all about:

https://www.youtube.com/watch?time_continue=5&v=YayWh7c9Pdc&feature=emb_logo

Includes Training & Resources

<https://www.imhpromotion.ca/Training-Events>

2. KFL&A Public Health

Information and tips on parenting

<https://www.kflaph.ca/en/healthy-living/Parenting.aspx>

A Call to Action for Healthy Child Development (2016)

<https://www.kflaph.ca/en/research-and-reports/a-call-to-action-for-healthy-child-development.aspx>

3. Best Start Resource Centre

<https://en.beststart.org/>

This website, by Health Nexus, formerly Ontario's Maternal Newborn and Early Child Development Resource Centre, supports service providers working on preconception health, perinatal and newborn health and early child development and education.

Of note, they have numerous resources on Indigenous Child Development

<https://www.cdc.gov/violenceprevention/childabuseandneglect/cestudy/resources.html>

4. Harvard University Centre on the Developing Child

www.developingchild.harvard.edu

Includes video for parents:

Stress & Resilience: How Toxic Stress Affects Us, and What We Can Do:

<https://developingchild.harvard.edu/resources/stress-and-resilience-how-toxic-stress-affects-us-and-what-we-can-do-about-it/>

ARTICLES/PAPERS

1. **Policy-ready papers** prepared by Ontario Centre of Excellence for Child and Youth Mental Health developed in collaboration with IMHP.

Beyond building blocks:

Investing in the lifelong mental health of Ontario's three- to six-year-olds

<https://www.cymh.ca/Modules/ResourceHub/?id=2292beff-ff42-4294-b65f-2fe515ee1b31>

This paper offers up eight key recommendations to guide our collective response to support positive mental health and well-being in Ontario's three- to six-year-olds.

Supporting Ontario's youngest minds:

Investing in the mental health of children under 6

<https://www.cymh.ca/Modules/ResourceHub/?id=af13e20f-f63b-40b8-a2e4-84c98ff479df>

This policy paper focuses on infant and early childhood mental health availability and accessibility in Ontario, with the purpose of advancing evidence-informed policy recommendations to strengthen infant and early childhood mental health services in the province.

2. ***The Power of Positive Adult Child Relationships: Connection is Key***, by Dr. Jean Clinton
<http://www.edu.gov.on.ca/childcare/Clinton.pdf>

RESOURCES FOR EDUCATORS

1. **Ontario Ministry of Education:**

Think, Feel, Act: Lessons from research about young children

<http://www.edu.gov.on.ca/childcare/research.html>

The Ministry worked with leading experts in the early childhood field to develop thought-provoking resources, which are available through this website. It includes links to several educational videos, with Dr. Jean Clinton (cited above).

VIDEOS

1. You Tube Video shown during Dr. Kulkarni's presentation which she called "**This is Infant Health in the Making**" (dad comforting baby while getting first shots)
<https://www.youtube.com/watch?v=lqAUMsqiFxl>
2. **A variety of videos featuring Dr. Jean Clinton**, Clinical Professor, Department of Psychiatry and Behavioural Neurosciences at McMaster. Dr. Clinton is renowned nationally and internationally as an advocate for children's issues. Her special interest lies in brain development, and the crucial role relationships and connectedness play therein.
<http://www.edu.gov.on.ca/childcare/positive.html>