



THE COMMUNITY ACTION PROGRAM FOR CHILDREN
AND THE CANADA PRENATAL NUTRITION PROGRAM

NATIONAL PROJECTS FUND
2004 - 2008

Project Showcase

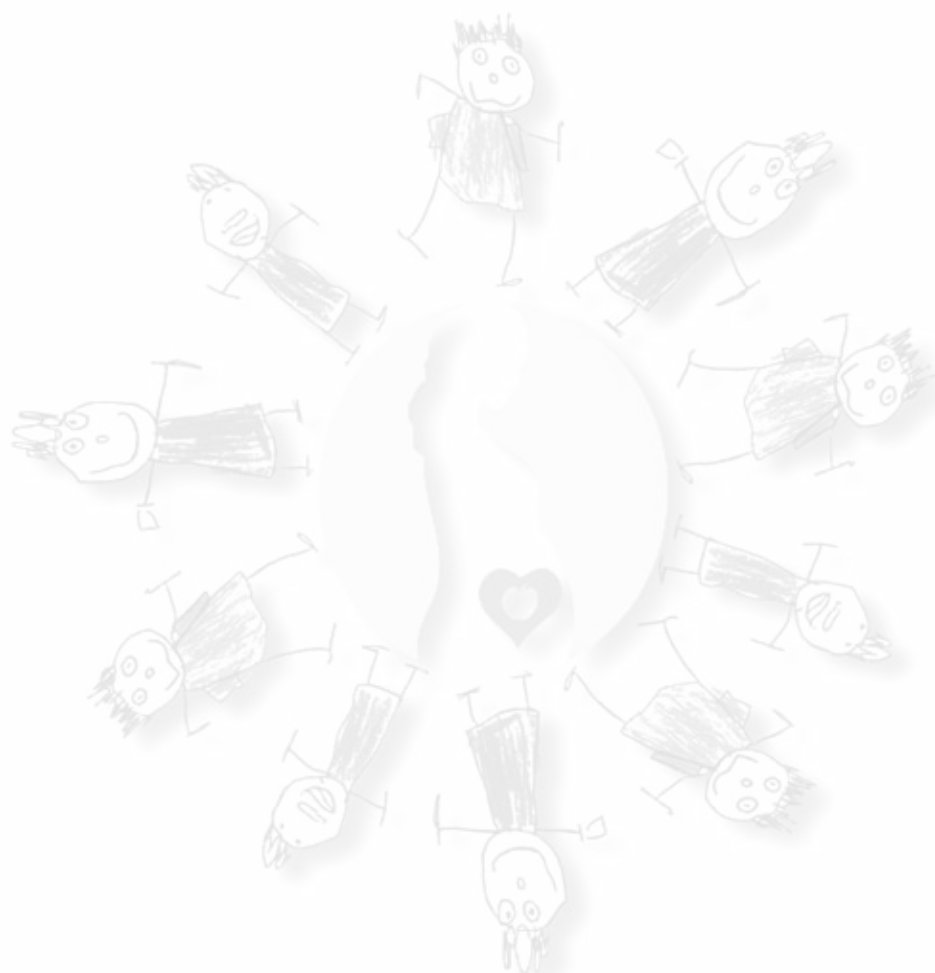


Public Health
Agency of Canada

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Canada 

Thanks go to all who contributed their time, energy and expertise to produce the resources listed in this document; to the recipient organizations for the necessary commitment and passion to work with CAPC/CPNP frontline staff and participants; to service providers and community partners from across the country; and to the dedicated members of the advisory committees.



The *Community Action Program for Children and the Canada Prenatal Nutrition Program National Projects Fund 2004-2008: Project Showcase* can be downloaded from

www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/funding-financement/npf-fpn/family-famille-eng.php

Également disponible en français sous le titre :

Vitrine de projet 2004-2008 du Fonds pour les projets nationaux du Programme d'action communautaire pour les enfants et du Programme canadien de nutrition prénatale

To order a copy, please contact:

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Ottawa, ON
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E-mail: DCA.public.inquiries@phac-aspc.gc.ca

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INTRODUCTION

The Community Action Program for Children (CAPC) and the Canada Prenatal Nutrition Program (CPNP), two distinct and complementary programs financed by the Public Health Agency of Canada (PHAC), provide funding to community-based groups and coalitions across Canada. Both programs are committed to promoting healthy births and healthy development of Canada's children. With more than 800 projects in thousands of communities across the country, CAPC and CPNP are an important catalyst for partnership development and community capacity building.

The National Projects Fund (NPF), established in 1997, is an integral component of both CAPC and CPNP. In 2008-2009, approximately 8,000 NPF resources were distributed across Canada to CAPC and CPNP projects and their partners.

The role of the Public Health Agency of Canada (PHAC) is to:

- promote health;
- prevent and control chronic diseases and injuries;
- prevent and control infectious diseases;
- prepare for and respond to public health emergencies; and
- strengthen public health capacity in a manner consistent with a shared understanding of the determinants of health and of the common factors that maintain health or lead to disease and injury.

In support of PHAC's mandate and CAPC and CPNP programs, the NPF developed the following showcase to introduce the resources related to maternal and child health developed between 2004 and 2008. They are intended for use by the staff of CAPC and CPNP projects as well as for project participants and community partners. However, they are also used by many family support practitioners, professionals working in the health services and early childhood fields, community group facilitators and parents seeking information.

Most projects are collaborative efforts that include several community sponsors and partners. All of these community-based, not-for-profit organizations have access to the diversity of NPF support and knowledge through their participation in CAPC/CPNP projects. As a result, the broader web of community support to women and children at risk is stronger and richer.

RESOURCES

CONNECTIONS FOR LIFE: Attachment Resource Kit

Saskatchewan Prevention Institute, Saskatoon, SK

1-306-655-2512 | www.preventioninstitute.sk.ca

(English site, bilingual resource)

"Children and parents learn together and from each other. There is no such thing as a perfect parent or a perfect child. There is no one way or right way to parent."

The Attachment Resource Kit is intended for people who work with families to support healthy child development. It will help give families the knowledge and encouragement they need to improve their attachment relationships.



Attachment is an important part of healthy child development. Helping families build healthy attachments provides children with the best possible start in life. This evidence-based kit provides users with awareness and understanding of what attachment is, why it is important, what factors influence it, and what can be done to help promote healthy, secure attachments.

The kit is presented in a bilingual binder and contains a user guide, a 45-minute educational DVD for staff and seven attachment activities for use with parent groups. These activities educate and encourage parents and pregnant women to care for their children in ways that promote secure attachments.

To order a kit, please contact the Saskatchewan Prevention Institute or download the kit from their website under Resources for Parenting Education.



MAKING CHOICES: Parenting Program Inventory

Canadian Association of Family Resource Programs (FRP Canada),

Ottawa, ON • 1-866-637-7226 | www.parentsmatter.ca

(English site, bilingual resource)

"The parent-child relationship is the most powerful influence on child development. To do the best possible job, parents and the people who support them need the best possible tools and resources."

The Making Choices – Parenting Program Inventory is a print and web-based tool designed as a single source of information on over 80 parenting programs available in Canada. It targets parents, educators and family support practitioners, enabling them to choose the programs that fit their needs.

Many parent educators and family support practitioners can name several parenting programs that they have used. However, it can be difficult to find out what else is available that might fit with participants' needs. This inventory provides detailed information such as: program objectives, format and approach, target audiences, costs, training options, cultural relevance, literacy level, research and evaluation, and contact information, on a range of parenting and parent-child programs.

The on-line version is updated regularly and is searchable by keyword. An interactive feature allows practitioners to post and read comments about specific programs.

To order a copy, please contact the Canadian Association of Family Resource Programs or search the inventory on-line.

ON THE MOVE: Mobilizing Community and Engaging Youth to Reduce Rates of Teen Pregnancy in Canada
Young/Single Parent Support Network of Ottawa, Ottawa, ON
1-613-749-4584 | www.ottawayoungparents.com

(Bilingual site, resource available in English or French by mail only)

"When youth are engaged, their needs and wants are reflected in local social and economic planning. When youth are considered to be important, they tend to behave that way."

On the Move was developed to help CAPC and CPNP staff and youth work with their partners to reduce rates of teen pregnancy. It was designed by an Advisory Committee that included energetic youth representatives from across the country and is based on the most up-to-date Canadian data and resources available. ***On the Move*** is intended to be adapted by users as necessary, to tailor the material to their needs.



Comprehensive information may be found on how to promote action, engage youth, recruit new partners, revitalize activity with current partners and work collaboratively with others. It contains a stand-alone resource for youth, that includes information about how to partner with an adult ally. There are suggestions on how to get young men involved, how to map community assets, as well as other tips, how-to's and ideas.

On the Move also includes a PowerPoint presentation that can be used by CAPC and CPNP staff and partners to educate key individuals in their community. It is presented in a binder format with an interactive CD.

To order a copy please contact the Young/Single Parent Support Network of Ottawa.



ADDRESSING FAMILY VIOLENCE... Peace Begins at Home
Halte-Femmes Montreal-Nord, Montreal-Nord, QC • 1-514-328-2055
 (No website available, bilingual resource)

"You don't need to be an expert on family violence to use this toolkit. It is meant to help you feel more comfortable and prepared to respond to a situation involving family violence, if it comes up. If you need to answer questions, or address your own or someone else's concerns, you may feel better equipped."

The Addressing Family Violence toolkit comprises three guides in the form of booklets for: staff and volunteers, parents and guardians, and for community partners. Each booklet answers many questions and is a useful tool in creating favourable conditions to counter family violence.

The toolkit provides both tools and resources that help understand family violence and promote the development of individual and collective strategies in the face of violence and counteract feelings of powerlessness. It includes a CD,

a resource inventory of available and relevant resources on family violence, as well as links and phone numbers.

To order a copy, please contact the Halte-Femmes Montreal-Nord of Montreal.

A BREASTFEEDING RESOURCES CATALOGUE FOR CAPC/CPNP

**B.C. Association of Pregnancy Outreach Programs,
Cranbrook, BC • 1-250-489-5011 | www.bcapop.ca**

(English site, bilingual resource)

"It is well recognized that breastfeeding plays a very important role in the health of both infants and mothers, and that it is a key factor in family food security."

This catalogue contains resources and tools used in CAPC and CPNP projects to promote, protect and support breastfeeding. It is a valuable tool for health and community workers or anyone looking for information about breastfeeding.

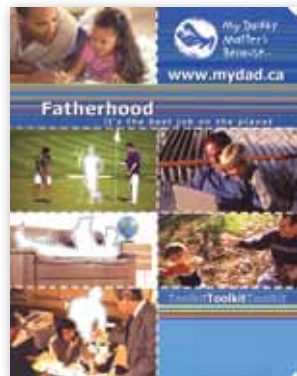


A Breastfeeding Resources Catalogue contains a variety of assessment tools to help staff evaluate breastfeeding resources for accuracy, literacy and respect for the *International Code of Marketing of Breast-milk Substitutes* from the World Health Organization.

The catalogue contains over 500 different resources and tools used by CAPC and CPNP projects, including some developed locally.

The resources are classified under 17 topics by media type, including books, CDs, DVDs, pamphlets, handouts, displays, posters, games and others. A one-page reference sheet provides users with a visual reminder of the various sections. The catalogue is presented on a CD. Please feel free to download and share with your coworkers and community partners.

To order a copy, please contact the BC Association of Pregnancy Outreach Programs.



MY DADDY MATTERS BECAUSE... The Father Toolkit **Aisling Discoveries Child and Family Centre, Scarborough, ON** **1-613-253-4228 | www.mydad.ca**

(Bilingual site, resource available in English or French)

"When a child is born, a father is born."

"The job of a father towards his children is to fill their bellies with bread, their brains with wisdom and their heads with love and courage."

The Father Toolkit offers many options and opportunities for discussion in CAPC, CPNP and community projects about father involvement and how projects can become more father-friendly. A CD provides public service announcements for TV, radio and print, which can be used by all community groups across the country.

The basic building blocks for initiatives are much the same for fathers as for mothers, but there are some differences in the way the groups are facilitated. The toolkit provides seven modules designed to promote and acknowledge father involvement. Staff will learn about what kinds of programs fathers can help with,

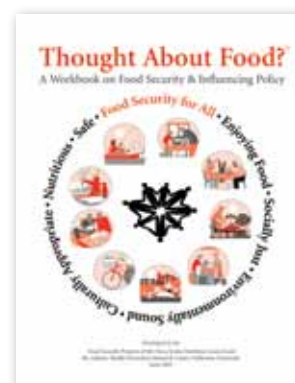
barriers to father involvement in programs and the benefits of father involvement.

The Toolkit is designed in such a way that the various sections may be used independently.

To order a copy, please visit the website.

(Bilingual site, resource available in English or French)

This well-tested workbook and DVD can be used by anyone who is interested in learning more or starting a discussion about the subject of food security. It provides resources and tools to raise awareness and develop strategies to address food security at the local, regional and national level.



Various topics are covered, including: food security and what it means, different types of strategies, what policy is, influencing policy, strategies for action, and resources and tools.

To order a copy, please contact Dalhousie University.

NETWORKING, DEVELOPING AND SHARING KNOWLEDGE



The Rural Think Tank 2005:
Understanding Issues Families Face Living
in Rural and Remote Communities

Mosaic Counselling and Family Services Kitchener, ON
1-613-749-4584 | www.mosaiconline.ca/wps/portal/cfcc
(English site, resource available in English or French by mail only)

“People in rural communities have poorer health status and (therefore) have greater needs for primary care, yet they are not as well served and have more difficulty accessing health care services than people in urban centres.”

This report presents a summary of research findings addressing issues arising from living in rural and remote communities. It contains information about the context (benefits, challenges, myths, sense of community); the benefits and improvements derived from CAPC and CPNP projects; and the lessons learned from the Think Tank.

The research project was designed to investigate rural issues as they relate to CAPC and CPNP projects, specifically, and to record the experiences of families in rural and remote areas served by such projects.

The Think Tank used a participatory action research approach, including a literature review, to illustrate the current realities of rural and remote Canada. Research included focus groups of program participants, staff and partners directly offered

their personal experiences, a survey of project managers in rural and remote areas, and key informant interviews to gather information from various stakeholders across Canada. The report focuses on the most commonly reported issues and should not be considered an exhaustive summary.

To order a copy, please contact the Mosaic Counselling and Family Services.

DELIBERATIVE DIALOGUE 2004-2005
Centre for Health Promotion, Toronto, ON

CAPC/CPNP: 10 Years Later...
What have we learned? What can be shared?

In the 10 years since these two programs were funded, there have been new developments and strategies by a range of stakeholders and partners focusing on early childhood development and population health. This report synthesizes the key points learned from discussion groups, capturing “what is working” and the challenges that remain.





CAPC/CPNP: Healthy Living

By virtue of their mandate and mission, CAPC and CPNP projects address, implicitly and explicitly, the principles and practices of healthy living through their activities, programs and services. This report illustrates ways the projects address the three priority areas: healthy eating, physical activity, and healthy weights.

For a copy of these reports, please email: DCA.public.inquiries@phac-aspc.gc.ca

REGIONAL TRAINING AND NETWORKING CONFERENCES 2007-2008

One of the three objectives of the CAPC/CPNP NPF is to support and strengthen CAPC and CPNP projects through training on specific issues, through resource development and through information sharing and dissemination. In that spirit, the NPF National Working Group's goal was to develop training sessions specifically adapted to each region's needs in the most efficient manner. In 17 sessions across Canada, close to 1,500 CAPC and CPNP staff were trained on how to use eight of the NPF resources. The following regional training and networking events took place between October 2008 and March 2009:

Atlantic – CAPC/CPNP Regional Training and Networking Event

Sackville Family Day Care Association, Lower Sackville, Nova Scotia
Event was held in Dartmouth, Nova Scotia.

Quebec – Formation sur les nouvelles ressources élaborées par le Fonds des projets nationaux auprès des projets PACE/PCNP

Fédération québécoise des organismes communautaires famille, Saint-Lambert, Quebec
Events were held in Montreal and Quebec City.

Ontario – Ontario CAPC/CPNP National Project Fund Training

Catholic Family Counselling Centre, Kitchener, Ontario
Events were held in Minet, Sudbury, Thunder Bay, Haliburton, Toronto and London.

Manitoba – Resource Training for Manitoba CAPC and CPNP Projects

Andrews Street Family Centre, Inc., Winnipeg, Manitoba
Event was held in Winnipeg.

Saskatchewan – National Project Resources Training for Saskatchewan CPNP and CAPC Projects

Saskatchewan Prevention Institute, Saskatoon, Saskatchewan
Event was held in Saskatoon.



Alberta – Alberta NPF Training Event

Brighter Futures Family Resource Society, Breton, Alberta

Events were held in Grande Prairie, Edmonton, Calgary and Lethbridge.

British Columbia – BC CAPC/CPNP Community Capacity Building Training Event

Frog Hollow Neighbourhood House, Vancouver, British Columbia

Event was held in Vancouver.

Northern Region – Pan Territorial CAPC/CPNP Training & Networking Event

Growing Together Society, Hay River, North West Territories

Event was held in Yellowknife.

For more information and resources on maternal and child health, please visit the PHAC website at: www.publichealth.gc.ca



