



The NSCA Team has compiled a list of other resources for the Family Mental Health Toolkit on the following topics:

- Attachment
- Play - Active Play
- Screen-time
- Healthy Eating & Nutrition
- Family Stress
- Signs and Triggers of Emotional Turmoil
- Communicating and Regulating Emotions

Attachment

Two books on close relationships and secure attachment between child and caregiver:

Dr. Deborah MacNamara, Rest, Play, Grow: Making Sense of Preschoolers (or Anyone Who Acts Like One), Aona Books Canada, 2016

Waters E. Cummings EM, A secure base from which to explore close relationships, 2003

Information on the importance of attachment in the development of your child by Naître et Grandir : <https://naîtreetgrandir.com/en/feature/the-importance-of-attachment/>

Attachment theory, through the Circle of Security®, offers clear, individualized pathways for providing a secure relationship between parent and child:
http://circleofsecuritynetwork.org/the_circle_of_security.html

How to foster attachment between the parent and the adopted child
<https://www.adoptontario.ca/attachment>

Play:

A dossier on the importance of play in the development of your child by Naître et Grandir:
<https://naîtreetgrandir.com/en/feature/play-and-development/>

The importance of imaginary play in the development of your child by the ministère de la Famille du Québec :
https://www.mfa.gouv.qc.ca/en/Famille/developpement_des_enfants/jeunes_enfants_jeu/Pages/jeu.aspx



Active play (Exercise):

The importance of active play, moving and playing outside in the development of your child by Naître et Grandir: <https://naitreetgrandir.com/en/feature/moving-is-natural/>

The importance of playing outside, exploration and movement in the development of children by the Ministère de la Famille du Québec:

https://www.mfa.gouv.qc.ca/en/Famille/developpement_des_enfants/jeunes_enfants_jeu/Pages/jeu-exterieur-explorer-activer.aspx

Screen-Time:

Position of the Canadian Pediatric Society of Canada on Screen-time and children:

<https://www.cps.ca/en/documents/position/screen-time-and-young-children>

An article about ways to reduce screen-time by Naitre et Grandir:

<https://naitreetgrandir.com/en/feature/reducing-screen-time/>

Screen-Time from the Nobody's Perfect Program by Health Canada:

<https://www.canada.ca/en/public-health/services/publications/healthy-living/screen-time-nobodys-perfect.html>

Healthy Eating and Nutrition:

Healthy eating from the Ministère de la Famille du Québec:

<https://www.mfa.gouv.qc.ca/en/services-de-garde/parents/qualite-educative/Pages/alimentation.aspx>

Healthy eating recommendations from the Canadian Food Guide 2019:

<https://food-guide.canada.ca/en/healthy-eating-recommendations/cook-more-often/involve-others-in-planning-and-preparing-meals/involving-kids-in-planning-and-preparing-meals/>

Family Stress:

How to Handle Stress from the Nobody's Perfect Program by Health Canada:

<https://www.canada.ca/en/public-health/services/publications/healthy-living/handling-stress-nobodys-perfect.html>

2 books on Family Stress:

Pauline Boss and al. Family Stress Management: A Conceptual Approach, Sage Publications, 2016, 224 p.

Dr. Daniel Siegel, Tina Payne-Bryson No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind, Bantam Books, 2016, 255 p.



North Shore Community Association
P.O. Box 6102, Baie-Comeau, QC G4Z 2G9
Telephone: 418 296-1545 | www.quebecnorthshore.org

Signs and Triggers of Emotional Turmoil:

Signs:

Signs of emotional disruption in children by the Canadian Mental Health Association:

<https://ontario.cmha.ca/documents/child-and-youth-mental-health-signs-and-symptoms/>

Triggers:

Triggers of emotional disruption from the Hospital for Sick Children of Toronto:

<https://www.aboutkidshealth.ca/article?contentid=1948&language=english>

Communicating and Regulating Emotions:

What are children's emotions by Naître et Grandir:

<https://naitreetgrandir.com/en/feature/our-children-s-emotions/>

A book by the pioneer of the Self-regulation of Emotions:

Dr. Stuart Shanker Self-Reg: How to Help Your Child (and You) Break the StressCycle and Successfully Engage with Life, Viking, Penguin Random House Books Canada, 2016

A book on the brain development of children with an explanation of the Hand-Brain model of disruptive emotions:

Dr. Daniel Siegel, Tina Payne Bryson The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Bantam Books, 2012, 175 p.