








The following resources are now available in ARABIC.

Please email DCA.public.inquiries@phac-aspc.gc.ca to receive PDF copies of the documents.



Name of Publications	Year
BREASTFEEDING	
 <p>10 Great Reasons to Breastfeed your Baby</p> <p>Highlights the reasons breastfeeding is important - for babies, mothers, families and the environment. Includes nutritional, convenience factors, milk supply, maternal health and returning to work.</p> <p>Available online in English at: www.publichealth.gc.ca/breastfeeding</p>	2009
SAFE SLEEP	
 <p>Safe Sleep for Your Baby - Brochure</p> <p>Provides parents and caregivers with accessible information that can help babies sleep safely and lower the risk of Sudden Infant Death Syndrome (SIDS).</p> <p>Available in English online at: www.publichealth.gc.ca/safesleep</p>	2014
 <p>Safe Sleep for Your Baby - Poster</p> <p>Presents the five key steps to creating a safe sleep environment for infants to sleep safely and lower the risk of Sudden Infant Death Syndrome (SIDS).</p> <p>Available in English online at: www.publichealth.gc.ca/safesleep</p>	2012
HEALTHY PREGNANCY	
 <p>A Sensible Guide to a Healthy Pregnancy</p> <p>Captures key information about lifestyle choices that can help promote a healthy pregnancy. Includes a handy ten-month pregnancy calendar that includes information and tips on a variety of pregnancy-related topics.</p> <p>Available in English online at: http://www.phac-aspc.gc.ca/hp-gs/guide/index-eng.php</p>	2016
PARENTING	
 <p>What's Wrong with Spanking? brochure</p> <p>This low literacy brochure is directed to parents/caregivers and focuses on positive parenting. It offers useful tips on effective forms of non-physical discipline of children and explains in plain language the law in Canada regarding child discipline.</p> <p>Available in English online at: http://healthycanadians.gc.ca/publications/healthy-living-vie-saine/spanking-2015-fesse/index-eng.php</p>	2015
 <p>Nobody's Perfect Tip Sheets</p> <p>The series of 19 tip sheets offers current and accessible information to parents and caregivers of children aged 0 - 5 years on a variety of topics. The tip sheets can be used by the general public or as supplementary resources for the Nobody's Perfect program.</p> <p>Available in English online at: www.phac-aspc.gc.ca/hp-ps/dca-dea/parent/nobody-personne/index-eng.php</p>	2015
IMMUNIZATION	
 <p>A Parent's Guide to Vaccination</p> <p>A Parent's Guide to Vaccination helps parents and caregivers learn about the role vaccines play in helping keep children healthy.</p> <p>Free print copies available to order online in multiple languages, including Arabic.at: http://healthycanadians.gc.ca/publications/healthy-living-vie-saine/parent-guide-vaccination/index-eng.php</p>	2017