

Resources For Families and Caregivers:

- [Baby's First Foods](#) – Health Link BC
- [Breastfeeding](#) – Health Link BC
- [Children and Healthy Eating](#) – Health Canada
- [Dietitians of Canada: Nutrition A-Z for Children](#)
- [Feeding Your 6 – 12 year Old Picky Eater](#) – Dietitians of Canada
- [Feeding Your Picky Toddler or Preschooler](#) – Dietitians of Canada
- [Fibre and Your Health](#) – Health Link BC
- [Food Sources of Calcium and Vitamin D](#) – Health Link BC
- [Healthy Eating For Children](#) – Health Link BC
- [Healthy Eating: Helping Your Child Learn Healthy Eating Habits](#) – Health Link BC
- [Helping Your 1 to 3 Year Old Toddler Eat Well](#) – Health Link BC
- [Helping Your Child with Extreme Picky Eating: A Step-By-Step Guide For Overcoming Selective Eating, Food Aversion, and Feeding Disorders](#) – Book
- [How Can I Help My Child Gain Weight?](#) – Dietitians of Canada
- [Iron in Foods](#) – Health Link BC
- [Meal and Snack Ideas For Your 1-3 Year Old Toddler](#) – Health Link BC
- [Reliable Nutrition Information on the Internet](#) – BC Children's Hospital
- [Take the Fight Out of Food: How to Prevent and Solve Your Child's Eating Problems](#) – Book

Books from the [Family Support and Resource Centre](#) can be borrowed for free and are available to all BC residents. Books can be picked up in person, ordered online, or by phone. The books can even be mailed to your home at no cost.

Disclaimer: The above resources are not meant to replace consultation with your health care provider(s). The inclusion of material on this page is not a statement of endorsement. The content has not been reviewed for its accuracy.