

Recommended Websites for Dads

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Faculty of Nursing



Recommended Websites for Fathering Information

Dads Can: <http://www.dadscan.ca> Promotes responsible and involved fathering by supporting men's personal development into fatherhood and healthy fathering patterns in our society.

National Project Fund on Fathering (also known as "My Daddy Matters Because..."):

www.mydad.ca Is intended for people developing and managing community programs for fathers. The site offers a searchable national index of father activities, services, resources and programs. A publication called the Father Toolkit http://www.mydad.ca/toolkits/nfp_toolkit_eng.pdf contains current research and practical information needed to develop father-friendly programs including activities, resources, and social marketing tools.

The National Center for Fathering: <http://www.fathers.com> This American website provides practical tips for fathering by child age group and gender.

Fathers' Forum Online: <http://www.fathersforum.com> This American website provides practical advice targeted towards expectant and new fathers.

Recommended Websites for General Parenting Information

Alberta Health Services (Calgary Health Region) Perinatal Education:

<http://www.calgaryhealthregion.ca/prenataled/parentingfirstyear.htm> This website details various classes of interest to new parents, ranging from general parenting, to sleep workshops, to courses especially for Dads!

Parent Link Centres: <http://www.parentlinkalberta.ca> Information and support for parents and caregivers on how to assist child's learning, development and health.

Canadian Institute of Child Health: <http://www.cich.ca> This website contains useful information about current issues in parenting Canadian Children and links to other resources.

Vanier Institute of the Family: <http://www.vifamily.ca> This website contains information about Canadian families. The Vanier Institute regularly publishes information about trends in Canadian families.

e-Parenting Network: <http://www.eparentingnetwork.ca> This is an interactive web TV where you can watch programs about parenting issues, read and download valuable information, and e-mail in questions you have about issues that are important to you as a parent.

Fatherville: <http://www.fatherville.com> in partnership with Amazon.com/, a source of books, magazines, DVDs and CDs about fathering and men's health.

Brought to you by the Fathers and PreTerm Babies Research Study (www.fathersandbabies.ca)