

Welcome to the Infant and Child Development Program!

We look forward to working with you in supporting your child's development as they learn and grow. There are many interesting and helpful resources online to refer to when you are wondering about developmental topics. For the most local and current information, consider referring to the following trusted websites.

To learn more about Ontario government programs and social services related to health, development, childcare, schools, etc. visit the [Ministry of Children, Community and Social Services](#). For a specific list of resources, programs and services in the Peterborough area, see [What's Available for Families](#).

For health and development information from Canadian paediatricians, check out the [Canadian Pediatric Society](#) or [The Hospital for Sick Children](#). Another great website focused on early development, learning and well-being, based out of the U.S.A., is [Zero to Three](#).

As your child grows and learns you can follow them using the [Looksee Checklist](#), an easy-to-use developmental screening tool that also provides tips to help them grow. To learn about keeping your child safe as they learn new skills, visit the [Prevent Child Injury](#) website. The [Dietitians of Canada](#) offer a wealth of information about nutrition to ensure your child is eating to maximize their potential.

For infants, tummy time and floor time are important activities to do every day to encourage the development of motor skills and prevent head flattening. There are also great resources to encourage [Communication](#), and [Physical Activity](#) for all ages of children, which relate to recommendations that we reduce [Screen Time](#) and electronic toys.

Your Infant Development Worker has access to many printed resources, such as brochures, checklists and books. If you would prefer a printed resource, please let us know.

We look forward to building a relationship with your family as we all focus on encouraging your child to develop to the best of their abilities.

Sincerely,

Infant Development Worker
Infant and Child Development Program
[Peterborough Public Health](#)