

Pregnancy or Parenting During Self-Isolation

Resources for those pregnant and parenting during COVID-19. Helpful advice on caring for an infant and breastfeeding if you have tested positive for COVID-19, talking to your children about social distancing and self-isolation, and government administered financial support for child care.



Caring for a Baby When You Have COVID-19

Informative fact sheet from Toronto Public Health on caring for a baby or child when you have COVID-19. Includes information on breastfeeding, providing your baby with formula, and maintaining adequate hygiene around your baby.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/05/964e-Caring-for-a-baby-when-you-have-COVID-19.pdf>

Breastfeeding When COVID-19 Positive

Informative fact sheet from Toronto Public Health on breastfeeding while you are COVID-19 positive. Provides details on virus transmission through breast milk, proper sterilization techniques, and mask usage while breastfeeding.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/05/9687-COVID-19-and-Breastfeeding.pdf>

Employment Standards Amendment Act (Infectious Disease Emergencies), 2020

Find information from the Government of Ontario on job-protected leave for persons who must enter self-isolation or quarantine due to COVID-19, or those who need to be away from work to care for children because of school or day care closures or to care for other relatives

Accessible from: <https://news.ontario.ca/en/backgrounder/56387/employment-standards-amendment-act-infectious-disease-emergencies-2020>

Coronavirus (COVID-19): Talking with Children About Physical Distancing and Self-Isolation

A guide from Raising Children Australia on talking to children about physical distancing and self-isolation. Find out how to provide children accurate age-appropriate information, use a calm and reassuring tone, and help children talk about their feelings.

Accessible from: <https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-talking-about-distancing-and-isolation>

211 Program: Government, Community-based, Non- Clinical Health and Social Services

A website from 211 describing their free and confidential services, which can be accessed 24 hours a day, in more than 150 languages, by phone, chat, text, and web. During COVID-19, 211 can play an important role in helping you access social programs, such as getting groceries or running errands while self-isolating, assistance in applying for Government benefits, and accessing mental health services.

Accessible from: <https://211.ca>

COVID-19: Advice for Specific Needs

Information from the City of Toronto providing tailored health advice for those with specific needs during COVID-19. Find out how to prevent the spread of COVID-19 if you are a pet owner, senior, use substances, communicate with the deaf or hard of hearing, co-parent in a shared custody agreement, and more.

Accessible from: <https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-advice-for-those-with-unique-needs/>

Pregnancy, Breastfeeding, and Caring for Newborns During COVID-19

Article by the Centers for Disease Control and Prevention (CDC) with guidelines on pregnancy, breastfeeding, and caring for newborns during COVID-19. Find out how to reduce your risk of contracting COVID-19, staying healthy during pregnancy, breastfeeding precautions, and possible signs and symptoms of COVID-19 in babies.

Accessible from: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>

Breastfeeding and COVID-19

Information from the Canadian Paediatric Society on breastfeeding during the COVID-19 pandemic. Provides information on maternal hospital-based care for positive or suspected COVID-19 cases, breastfeeding while carrying the virus, and breastfeeding after receiving a COVID-19 vaccine.

Accessible from: <https://www.cps.ca/en/documents/position/breastfeeding-when-mothers-have-suspected-or-proven-covid-19>

Pregnant and Worried About COVID-19?

An informative blog post from Harvard Health Publishing on pregnancy during COVID-19. Discusses the risk of passing COVID-19 to a fetus or newborn, prenatal care, and the risk of birth complications due to COVID-19.

Accessible from: <https://www.health.harvard.edu/blog/pregnant-and-worried-about-covid-19-2020031619212>

If a Parent or a Sole Caregiver has COVID-19

Information from the Centers for Disease Control and Prevention (CDC) for sick parents and caregivers with COVID-19. Provides age-specific information for younger and older children, staying safe in the home with a sick guardian, and quarantining with a temporary caregiver.

Accessible from: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/parents-caregivers.html>

Financial Support for Child Care

Information from the Government of Ontario on how to obtain government subsidies and grants to help you pay for child care or to support children with special needs

Accessible from: <https://www.ontario.ca/page/child-care-subsidies>

Ontario Child Benefit

Find information on the Ontario Child Benefit, which gives low-income to moderate-income families up to \$1,461 per child per year to help with the cost of raising children. You can receive this benefit if you are working or if you are not working.

Accessible from: <https://www.ontario.ca/page/ontario-child-benefit>

Canada Child Benefit

Find information on the Canada Child Benefit, which is administered by the Canada Revenue Agency (CRA). It is a tax-free monthly payment made to eligible families to help with the cost of raising children under 18 years of age.

Accessible from: <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html>