

Air and fire, earth and water

<https://libraries.phsa.ca/permalink/catalog111565>

Smith, Elisabeth, Nicholson, Kathryn. Vancouver, BC: British Columbia Cancer Agency , 2001. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CB 500 AIR 2001

“ This CD provides two guided visualization using progressive muscle relaxation and imagery. Acknowledging the power of strong emotions, the first visualization invites the listener to experience riding in a hot air balloon using the force of their fiery emotions to propel them to a place of vision a...



Are you culturally competent?

<https://libraries.phsa.ca/permalink/catalog111191>

American Academy of Orthopaedic Surgeons (AAOS). Warsaw, IN: Zimmer Inc. , 2005. (CD, Audio) — 1 copy, [1 available](#)

Audience: Professional
Agency: BC Children's and Women's
Location: Study & Learning Commons
Call Number: REF GN 300 CUL 2005

“ The Cultural Competency Challenge is a self-assessment and learning tool, showcasing 18 diverse patient cases, designed to help surgeons become more aware of cultural differences among their patients, including communication and clinical considerations.



Blending families: merging households with kids 8-18

<https://libraries.phsa.ca/permalink/catalog114766>

Mullineaux, Trevor Crow, Karinch, Maryann, Brazil, Angela (narrator). Ohio, USA: Vibrance Press | Playaway , 2016. (Audio, Pre-loaded Media) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: PLAY GK 620 MUL 2016

“ Blending Families responds to the need for a book that explores step-parenting by starting with the marriage as the central relationship in a new blended family unit. Just as you are better able to help your child in an airplane emergency if you put your oxygen mask on first, you are better able to ...



Blossoms over the bridge

<https://libraries.phsa.ca/permalink/catalog111566>

Nelems, Bill, Lakhani, Azmina. Vancouver, BC: Mainline Sound Design , 1999. (CD, Audio)

Audience: Patient or Public

Agency: BC Children's and Women's

Call Number: CB 500 NEL 1999

“ This CD provides breath work, guided visualization using progressive muscle relaxation and imagery. It provides some education about the relaxation response which can be practiced over time, enhancing one's sense of well-being like a bridge from tension to peace or from fear to hope. Breath work a...



Boredom: More than "nothing to do"

<https://libraries.phsa.ca/permalink/catalog110115>

Clark, Mary. Vancouver, BC: Sunny Hill Health Centre , 2007. (CD, Audio) — 2 copies, [2 available](#)

Audience: Patient or Public

Agency: BC Children's and Women's

Location: Sunny Hill Education Resource Centre

Call Number: EE 100 CLA 2007

“ This presentation explores the concept of boredom and its particular effect on persons with Spinal Cord Injury. One CD-ROM includes a PowerPoint presentation, and a second CD-ROM includes the audio portion.



Branches to recovery

<https://libraries.phsa.ca/permalink/catalog111063>

Childrens Hospital Los Angeles. Los Angeles, Calif.: Childrens Hospital Los Angeles , 2000. (CD, Audio) — 1 copy, [1 available](#)

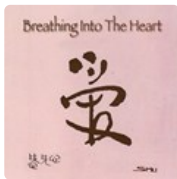
Audience: Patient or Public

Agency: BC Children's and Women's

Location: Sunny Hill Education Resource Centre

Call Number: FM 337 BRA 2000

“ This CD-ROM contains valuable information and resources that will help you and your family to work together to care for and rehabilitate a child with a brain injury.



Breathing into the heart

<https://libraries.phsa.ca/permalink/catalog111567>

Smith, Elisabeth, Warren, Barbara. Vancouver, BC: British Columbia Cancer Agency. Vancouver Clinic , 2001. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CB 500 BRE 2001

“ This CD guides the listener to practice breath work along with autogenics, statements used repeatedly to induce a state of deep relaxation. Listeners are encouraged to remember a time and place in which they experienced strength and a strong centre(reframed as “inner healers”). The music of Pachab...



Breath of life: Yoga, breathing, relaxation, visualization

<https://libraries.phsa.ca/permalink/catalog111204>

Labelle, Michele. Vancouver, BC: Produced by Andy Smyth , 2008. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CB 500 LAB 2008

“ Suitable for everyone who needs to relax. This CD begins with a guide through simple and conscious breathing skills to enhance calmness. It then provides guided relaxation to enhance mental clarity. The third part of the CD is a visualization to leave you feeling refreshed and revitalized. Record...



Children living with epilepsy

<https://libraries.phsa.ca/permalink/catalog104475>

Epilepsy Ontario. Thornhill, ON: Epilepsy Ontario , 2001. (CD, Audio) — 1 copy, [1 available](#)

Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: FM 470 CHI 2001

“ CD-ROM presentation for parents, teachers and caregivers of children living with epilepsy. The presentation is interactive allowing users to guide themselves through various topics including a general definition, treatment, epilepsy and the family, epilepsy and school.



The COMFORT behaviour scale

<https://libraries.phsa.ca/permalink/catalog109592>

Van Dijk, Monique. Rotterdam, [Netherlands]: , 2004. (CD, Audio) — 1 copy, [1 available](#)

Audience: Professional
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: FM 800 VAN 2004

“ This instructional CD-rom demonstrates how 'the COMFORT behaviour scale' for postoperative pain assessment in neonates and infants works in practice.



Current therapy of Prader-Willi Syndrome: A CME interactive symposium sponsored by the Genetics Centre

<https://libraries.phsa.ca/permalink/catalog106203>

Lee, Phillip D.K. (Chair & Medical Editor). Orange, CA: Genetics Center , 2002. (CD, Audio) — 2 copies, [2 available](#)

Audience: Professional
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GI 340 LEE 2002

“ The purpose of this course is to educate physicians and other health care professionals about current medical therapy of Prader-Willi Syndrome (PWS). This course will take approximately 2 hours to complete.



Dream child: a magical bedtime story with inspiring songs

<https://libraries.phsa.ca/permalink/catalog110534>

Bradshaw, Nancy, Creber, Michael, Elliot, Beverley. Vancouver, BC: Joyfilled Music , 2004. (CD, Audio) — 2 copies, [2 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CB 500 BRA 2004

“ This CD combines a magical bedtime story with inspirational songs designed to help children relax and sleep.



Essence of breath

<https://libraries.phsa.ca/permalink/catalog111619>

Labelle, Michele. Vancouver, BC: , 2010. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CB 500 LAB 2010

“ This CD is intended to both relax and inspire. Michele Labelle, a Vancouver-based Yoga Facilitator and Breathing & Relaxation Specialist, guides you through 14 soundtracks that include: visualizations, breathing techniques, laughter yoga, nature sounds, prayers, and Tibetan singing bowls.



Evidence for early use of power mobility for children with cerebral palsy

<https://libraries.phsa.ca/permalink/catalog110422>

Livingstone, Roslyn. Vancouver, BC: BC Children's Hospital and Health Centre , 2007. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: FM 496 LIV 2007

“ A Sunny Hill Education presentation, July 31, 2007.



The first steps: Fundamentals of standardized assessments

<https://libraries.phsa.ca/permalink/catalog110423>

Stewart,m Sue. Vancouver, BC: BC Children's Hospital and Health Centre , 2007. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: GK 302 STE 2007

“ A Sunny Hill Education presentation, November 16, 2007.



Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness

<https://libraries.phsa.ca/permalink/catalog111330>

Kabat-Zinn, Jon. Mississauga, ON: Random House , 2008. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: EG 200 KAB 2008

“ This 5 disc audio set shows you how to use natural methods to soothe and heal your body, mind, and spirit. By using the practices described within, individuals can learn to manage chronic pain resulting from illness and/or stress-related disorders, discover the roles that anger and tension play in ...



Getting a handle on bladder control

<https://libraries.phsa.ca/permalink/catalog111825>

Lieblich, Pat, Wilson, Penny. Vancouver, BC: Children's & Women's Health Centre of BC , 2011. (CD, Audio) — 2 copies, [2 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: FP 170 LIE 2011

“ This exercise CD gives an understanding of how to do pelvic floor muscle exercises. It leads the listener with weak pelvic floor muscles through an exercise routine and progresses to more advanced exercises. It is recommended that the listener first see a physiotherapist with expertise in treating ...



Growing babies...growing parents: An evidence-based perinatal education resource (CD-ROM)

<https://libraries.phsa.ca/permalink/catalog108790>

Children's & Women's Health Centre of BC & Vancouver Coastal Health Authority. Vancouver, BC: Children's & Women's Health Centre of BC & Vancouver Coastal Health Authority , 2003. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Study & Learning Commons
Call Number: REF GH 100 GRO 2003b
URL Notes: Individual health care provider price.
Contact us for institutional pricing.

“ This perinatal resource is designed to support education for women and their families during the perinatal period. This manual details key messages and learning outcomes for each stage of the perinatal period, along with suggested teaching strategies and references. Agencies or individual practitio...



Guided meditation for kids & families

<https://libraries.phsa.ca/permalink/catalog114738>

Highstein, Max, Mehling, Betty, Stein, Kitzie (narrator), Highstein, Max (narrator), Delamarter, Rhada (narrator). Santa Fe, NM: Desert Heart Recordings | Playaway , 2016. (Audio, Pre-loaded Media) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: PLAY EG 220 HIG 2016

“ *Seven easy and enjoyable guided meditation programs you can do with your kids. This guided imagery for kids and adults alike is ideal if you are searching for a calming self healing meditation to help your mind, body and spirit recover from stress, anxiety or illness.* ”



Healing light

<https://libraries.phsa.ca/permalink/catalog113108>

Lai, Louise, Smith, Elisabeth, Ho, Alfred, Hung, Kam. Vancouver, BC: BC Cancer Agency , 2011. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CB 500 HEA 2011

“ *This relaxation CD, in Cantonese, features oceans sounds, traditional Chinese music, guided visualization and breathing exercises.* ”



Heartmindfulness : A guided meditation

<https://libraries.phsa.ca/permalink/catalog111572>

Sample, Sarah, Foran, Sydney, Flood, Karen, Nicholson, Kathryn. Vancouver, BC: British Columbia Cancer Agency, Vancouver Centre , 2009. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CB 500 SAM 2009

“ *This CD encourages listeners to deepen their awareness, discover innate wisdom and find new ways of seeing in order to participate more fully in their lives. Mindfulness includes qualities of gentleness, openness, letting go, patience and loving kindness. It focuses on embracing the present moment ...* ”



Help with hospice & palliative care

<https://libraries.phsa.ca/permalink/catalog114741>

Naparstek, Belleruth (author & narrator). Health Journeys | Playaway , 2016. (Audio, Pre-loaded Media) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: PLAY EF 860 NAP 2016

“ *This imagery helps end-of life patients find acceptance, forgive self and others, say goodbye, prepare for the journey and bring closure to unresolved issues. Made to help loved ones as well. Track 1: Introduction; Track 2: Guided Imagery; Track 3: Affirmations.*



Imagery and meditations for support during bed rest or pre-term labor

<https://libraries.phsa.ca/permalink/catalog110819>

Bloome, Jennifer. Eagan, MN: Anji Inc. , 2004. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GH 300 BLO 2004

“ *Using relaxation techniques for 20 minutes a day has been significantly proven to increase pregnancy length and weight of an infant with moms who are experiencing pre-term labor. This recording mixes scientifically accurate image and metaphoric imagery to bring about the relaxation response. Track 1...*



Imagery and meditations for support during your first trimester

<https://libraries.phsa.ca/permalink/catalog110815>

Bloome, Jennifer. Eagan, MN: Anji Inc. , 2002. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GH 100 BLO 2002a

“ *Enhance your pregnancy experience, foster a deeper connection with your baby, and prepare for upcoming motherhood. Each exercise contains a general relaxation exercise, scientifically accurate imagery of your baby's development, a chance to "check-in" with how you are feeling both physically and em...*



Imagery and meditations for support during your second trimester

<https://libraries.phsa.ca/permalink/catalog110816>

Bloome, Jennifer. Eagan, MN: Anji Inc. , 2002. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GH 100 BLO 2002b

“ Enhance your pregnancy, foster a deeper connection with your baby, and prepare for upcoming motherhood. Each exercise contains a general relaxation exercise, scientifically accurate imagery of your baby's development, a chance to "check-in" with how you are feeling both physically and emotionally, ...



Imagery and meditations for support during your third trimester

<https://libraries.phsa.ca/permalink/catalog110817>

Bloome, Jennifer. Eagan, MN: Anji Inc. , 2002. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GH 100 BLO 2002c

“ Enhance your pregnancy experience, foster a deeper connection with your baby, and prepare for upcoming motherhood. Each exercise contains a general relaxation exercise, scientifically accurate imagery of your baby's development, a chance to "check-in" with how you are feeling both physically and em...



Imagery and meditations in preparation for a VBAC (Vaginal Birth after Cesarean)

<https://libraries.phsa.ca/permalink/catalog110827>

Bloome, Jennifer. Eagan, MN: Anji Inc. , 2002. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GH 100 BLO 2002e

“ Prepare both physically and mentally for a vaginal birth after cesarean. Gain confidence in your body's ability to birth vaginally, gain knowledge about how labour should progress, and enhance your connection with your baby. Learn specific techniques to relax your entire body during labour. Track 1...



Imagery and meditations to support preparation for a cesarean birth

<https://libraries.phsa.ca/permalink/catalog110818>

Bloome, Jennifer. Eagan, MN: Anji Inc. , 2002. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GH 100 BLO 2002d

“ Prepare for a planned Cesarean Birth by emphasizing the health benefits for you and your baby, focusing on the birth of your baby, gaining knowledge about the surgery itself and healing afterwards, and building a connection with your baby. Track 1: Imagery for cesarean birth; Track 2: Progressive m...



Indigo dreams: Kid's relaxation music

<https://libraries.phsa.ca/permalink/catalog112344>

Lite, Lori, Jacopin, David "Taho" (Composer). Stress Free Kids , 2010. (CD, Audio) — 1 copy, [1 available](#)

Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR CB 500 LIT 2010

“ This full hour of music aims to help children decrease stress, anxiety and anger while enjoying dolphins, laughing with fireflies, exploring the rainforest, and walking on the moon. Each 15 minute track includes child-friendly melodies and sounds of nature to help children achieve a deep state of r...



In the spirit of healing : let the music in

<https://libraries.phsa.ca/permalink/catalog113109>

Nicholson, Kathryn, Smith, Elisabeth. Vancouver, BC: British Columbia Cancer Agency. Vancouver Clinic , 2001. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CB 500 SPI 2001

“ This 17-track CD from the BC Cancer Agency combines music and narration to create a meditative medley for healing and relaxation.



It's a girl's world: A documentary about social bullying (audio version)

<https://libraries.phsa.ca/permalink/catalog109938>

Glazier, Lynn (Producer), Lucht, Bernie (Executive Producer). [Montreal, PQ]: Canadian Broadcasting Corporation , 2004. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BE 965 GLA 2004b

“ *This three-part radio program examines the relationships among young girls. Through audio diaries, a picture emerges of how girls use friendships to hurt each other and win social power in the group. Parents struggle through denial and disbelief to accept and deal with the consequences of this beha...*



Kidz with leukemia: A space adventure

<https://libraries.phsa.ca/permalink/catalog106251>

Degge Group, Ltd. Arlington, VA: Degge Group, Ltd. , 2000. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR FE 350.5 KID 2000

“ *A fun CD Rom game to learn about leukemia, its treatment, and side effects. Complete with different levels of learning, games and videos, this adventure offers a great boost of comraderie for children and their families facing leukemia. ; Three pathways are available: ages 4-7, 7-11, and adult.*



Little Johnny Small and other stories

<https://libraries.phsa.ca/permalink/catalog112604>

Tell, Max, Goldemberg, Silvana. White Rock, BC: Max Tell Publications , 2008. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR BE 965 TEL 2008

“ *Four stories, told first in English and then in Spanish, explore the imaginative lives of children. The first two tales by Max Tell were originally written in English and have been translated into Spanish by Silvana Goldemberg. The other stories were written by Goldemberg and "interpreted" by Tell,...*



Managing moral distress: Family consultations and the child with disabilities

<https://libraries.phsa.ca/permalink/catalog110475>

Pullman, Daryl. Vancouver, BC: BC Children's Hospital , 2008. (CD, Audio) — 2 copies, [2 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: IC 100 PUL 2008

“ *Stephan M. Salzberg Memorial Lecture. ; Part I: Introduction to Dr. Pullman - Salzberg Lectures ; Part II: Dr. Pullman Content Introduction ; Part III: Lecture. Includes Powerpoint presentation*



Méditations guidées pour l'autoguérison

<https://libraries.phsa.ca/permalink/catalog114174>

Kornfield, Jack. Varennes, QC: ADA Audio , 2015. (Audio, CD) — 1 copy, [1 available](#)

Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: EG 220 KOR 2015

“ *La méditation vous conduit vers une communion profonde avec votre propre corps et votre coeur ? mais que se passe-t-il lorsque vous êtes malade ou souffrant ? Dans Méditations guidées pour l'autoguérison, Jack Kornfield vous guide à travers des méditations spécialement créées pour soulager la souff...*



Melatonin therapy for the difficult sleep disorders of children with neurodevelopmental disabilities

<https://libraries.phsa.ca/permalink/catalog110165>

Jan, James. Vancouver, BC: Sunny Hill Health Centre for Children , 2007. (CD, Audio) — 3 copies, [3 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: EA 100.5 JAN 2007

“ *Audio presentation recorded at Sunny Hill Centre.*



Men, women & worthiness: The experience of shame and the power of being enough

<https://libraries.phsa.ca/permalink/catalog112453>

Brown, Brene. Boulder, CO: Sounds True , 2012. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CA 235 BRO 2012

“ Dr. Brene Brown draws upon more than twelve years of investigation to reveal how we can disarm the influence of shame to cultivate a life of greater courage, joy, and love. She invites you to explore: 1. The differences and similarities between the experience of shame for men and women; 2. Guilt vs...



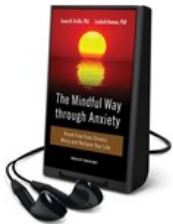
Mindfulness-based stress reduction

<https://libraries.phsa.ca/permalink/catalog112529>

Greenshields, David. Kelowna, BC: BC Cancer Agency. Cancer Centre for the Southern Interior. Patient and Family Counselling Services , 2013. (CD, Audio) — 1 copy, [1 available](#)

Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: EG 220 MIN 2013

“ This CD has 2 tracks. One is a guided body scan and the other a sitting meditation. Mindfulness is about being more aware of what is happening in the present moment. MBSR is an 8 week program that was developed by Dr Jon Kabat Zinn at the University of Massachusetts Medical Centre in 1979 to suppor...



The mindful way through anxiety: Break free from chronic worry and reclaim your life

<https://libraries.phsa.ca/permalink/catalog114739>

Orsillo, Susan M., Roemer, Lizabeth, Eby, Tanya (narrator). Old Saybrook, Ct.: Tantor Audio | Playaway , 2016. (Audio, Pre-loaded Media) — 1 copy, [1 available](#)

Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: PLAY CB 500 ORS 2016

“ With clarity and compassion, this book describes clinically tested mindfulness practices specifically tailored for anxiety in its many forms.



New gastric tube? Postop education for a child and family with a new GT

<https://libraries.phsa.ca/permalink/catalog110773>

Woodman, Shelley, Yong, Sarah, Corrigan, Jay. Vancouver, BC: BC Children's Hospital , 2008. (CD, Audio) — 2 copies, [2 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: BB 210 WOO 2008

“ Audio CD providing information for families about their child's g-tube.



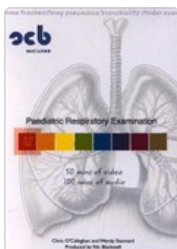
Nickel takes on teasing

<https://libraries.phsa.ca/permalink/catalog112035>

Thinking Publications. Eau Claire, WI: Thinking Publications , 2003. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BE 965 THI 2003

“ This animated story, aimed at children ages 6 to 10, joins Nickel on her first day at school. It focuses on the social skills involved with getting teased, teasing others, and seeing teasing. The child's choices determines the outcome on each page, and the program tracks the responses for later r...



Paediatric respiratory examination

<https://libraries.phsa.ca/permalink/catalog112632>

O'Callaghan, Chris, Stannard, Wendy, Blackwell, Nic (producer). BMJ Books , 2001. (CD, Audio) — 1 copy, [1 available](#)

Audience: Professional
Agency: BC Children's and Women's
Location: Study & Learning Commons
Call Number: REF FN 100.5 OCA 2001

“ This CD-ROM is aimed at junior doctors and medical students, nurses and physiotherapists, general practitioners for revision, and consultations for use as a teaching aid. It includes information on history taking and examination, extensive video images and auscultatory findings of children with res...



Parenting your powerful child: Bringing an end to the everyday battles

<https://libraries.phsa.ca/permalink/catalog114735>

Leman, Kevin, England, Maurice (narrator). Ohio, USA: Brilliance Audio | Playaway , 2013. (Audio, Pre-loaded Media) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: PLAY GK 600 LEM 2013

“ Dr. Kevin Leman offers the fail-safe action plan to redirecting power surges into positive traits that will prepare the powerful child for a successful, happy, productive adult life. Parents will learn how powerful children are created, what makes them tick, what makes them explode, and what they c...



Patient to patient: Kidney care in BC

<https://libraries.phsa.ca/permalink/catalog110440>

BC Renal Agency. Vancouver, BC: Roaring Mouse Media , 2007. (CD, Audio) — 2 copies, [2 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: FP 400 BCR 2007

“ This DVD intends to support those who have just been diagnosed with kidney disease (In English, Cantonese, Mandarin, Punjabi, and Tagalog).



Peaceful heart

<https://libraries.phsa.ca/permalink/catalog113110>

Smith, Elisabeth, Nicholson, Kathryn, Dudley, Jennifer. Vancouver, BC: British Columbia Cancer Agency/PacificLine Music , 1995. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CB 500 PEA 1995

“ This collection of hymns, songs, scripture readings and verse aims to inspire a Peaceful Heart.



Peaceful parent, happy kids: How to stop yelling and start connecting

<https://libraries.phsa.ca/permalink/catalog114737>

Markham, Laura, Sands, Xe (narrator). [Old Saybrook, Ct.]: Tantor Audio | Playaway , 2013. (Audio, Pre-loaded Media) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: PLAY GK 600 MAR 2013



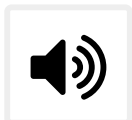
Pediatric feeding disorders

<https://libraries.phsa.ca/permalink/catalog110474>

Manikam, Ramasamy, Pinsky, Leona, Belkin, Melody. Vancouver, BC: BC Children's Hospital , 2008. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: BB 200 RAM 2008

“ Telehealth presentation recorded at the Sunny Hill Health Centre for Children in January 2008. ; Contents include: ; Part 1 & 2: Dr. Ramasamy Manikam. Pediatric feeding disorders. The medical-oral motor-behavioural nexus. ; Part 3: Dr. Ramasamy Manikam. Why won't my child eat ; Part 4: Leona Pinsky...



Perinatal curriculum based on: Growing babies...Growing parents, an evidence-based perinatal educational resource

<https://libraries.phsa.ca/permalink/catalog110869>

BC Women's Hospital + Health Centre. Vancouver, BC: BC Women's Hospital + Health Centre , 2008. (CD, Audio)

Audience: Professional
Agency: BC Children's and Women's
URL Notes: Individual health care provider price. Contact us for institutional pricing

“ This curriculum uses the professional resource, *Growing Babies...Growing Parents* (the resource) to provide women and their partners' classes or groups throughout the perinatal period. This curriculum is woman and family centered.



Quest for the code

<https://libraries.phsa.ca/permalink/catalog110353>

<http://asthma.starlightprograms.org/>

Starbright Foundation. Los Angeles, CA: Starbright Foundation , 2002. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR FN 400 QUE 2002
URL Notes: Click on the link above to play online.

“ This cd-rom helps kids and teens ages 7 to 15 find out more about: Early warning signs and symptoms; Identifying and avoiding asthma triggers; Myths about asthma; How asthma affects the lungs; Proper use of asthma medication devices; Long-term control medicine and quick-relief medicine; Measuring a...



Ready...set... release!: Music and relaxation exercises for children

<https://libraries.phsa.ca/permalink/catalog108395>

Klein, Roger J., Allen, Jeffrey S. Inner Coaching , 1998. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR BC 200 KLE 1998

“ This 74 minutes CD offers 14 fun and calming exercises using music, breathing, muscle relaxation, and guided active imagination to soothe and release tension. For children from preschool to middle school.