



What's New?

From Tiny Tot to Toddler from pregnancy to age 2 2026 Edition

The *From Tiny Tot to Toddler* guide is updated each year. The 2026 edition includes new content of particular interest to professionals working in perinatal and early childhood care. You'll find information about updates in this *What's New?*

This year, you can also attend a webinar to learn about the guide's update process and the changes made to the 2026 edition. Registration is open for the webinar [Mieux vivre avec notre enfant : la mise à jour annuelle d'un outil de santé publique destiné aux parents](#) [held in French].

Updated Baby section

The entire **Baby** section has been revised and improved. The first two chapters, [The newborn's appearance](#) and [The newborn's bodily functions](#) feature improved and reorganized content. The [The child's development](#) chapter has been completely revised in light of current scientific knowledge, particularly with regard to the developmental stages of young children. Practical ideas for supporting child development in everyday life are provided for parents.

Recognition of different ways families are formed

The **Family** section has been updated. It now puts the experience of transitioning to parenthood at the forefront. Several new sections have also been added to reflect different family realities, such as parenting in an immigration context, parenting with a disability, or parenting an adopted child. Many examples have also been added throughout the guide to represent the full diversity of family experiences.

New website

In the coming weeks, you'll have access to the *From Tiny Tot to Toddler* guide's all-new website. Always attentive to the needs of parents—and to yours!, the website has been completely redesigned to improve the browsing experience and make information easier to find. We'll let you know the launch date, and hope you'll enjoy using the new site!

Do you have suggestions for our team?

Your close relationships with parents and your understanding of their questions and information needs are valuable assets. We encourage you to share your suggestions to help improve the *From Tiny Tot* guide!

Do you also have ideas on how we can improve the way we inform you of updates to the latest editions? Let us know!

Send your comments to: mieuxvivre@inspq.qc.ca

The From Tiny Tot team

Pregnancy

Pregnancy

Everyday life during pregnancy

Personal care

Insect repellent (page 58)

- Soybean oil is no longer listed as effective protection.
- Permethrin-treated clothing has been added as a means of protection against bites.
- Eucalyptus oil has been added as effective protection against mosquitoes (but not against ticks).
- The section featuring recommended precautions has been reorganized.

Pets (page 70)

- The section previously titled [Cats](#) has been renamed [Pets](#).
- The section has been expanded to address infection risks associated with animals during pregnancy.
- Guidance has been added on several measures to reduce the risk of germ transmission related to the presence of pets during pregnancy.

Pregnancy

Preparing to breastfeed

Making the decision to breastfeed (page 171)

- An information box has been added on breastfeeding a baby that you did not carry by following a protocol to initiate milk production without having been pregnant.

Delivery

Delivery

The first few days

Your stay at the hospital or birthing centre

- Urine screening has been removed in accordance with the improved [Programme québécois de dépistage néonatal sanguin](#) [Quebec's newborn blood screening program].

When the unexpected happens

Premature babies (page 245)

- The subsection on prematurity has been improved to better address the questions of parents with premature children.

The body after birth

Physical activity (page 257)

- The section on postpartum physical activity has been updated based on the new [Canadian guideline for physical activity, sedentary behaviour, and sleep throughout the first year post partum](#).

Baby

All chapters in the **Baby** section have been revised and updated. These changes aim to better meet parents' needs, provide up-to-date scientific information, and reflect current practices in perinatal and early childhood care.

The section has also been reorganized. Some sections have been grouped in the chapter **The newborn's appearance** and others in the chapter **The newborn's bodily functions**. The **The child's development** chapter has been completely revamped. The **child's sleep** chapter is unchanged.

Key updates from the chapter The child's development

- Particular attention has been given to normalizing the challenges parents may face in the parent-child relationship, as well as in guiding and supporting the child's development.
- The importance of the child developing a sense of security and trust in their parents, playing with one's child, and the child's independent exploration of their environment form the underlying themes of the chapter on child development.
- The new section [Supporting your child's development](#) (page 320) provides ways to support the child across the four domains of development (motor, cognitive, socio-emotional, and language).
- The new section [Activities to support your child's development](#) (page 326) lists practical ideas for activities that can be done with the child. It also provides an overview of the age ranges for which these activities are appropriate.
- Content on play has been added to the section on supporting child development.
- A **Toys** section (page 330) has been added.
- The **Books** section (page 331) has been enhanced, notably with new information on early literacy.
- The **Screens** section (page 333) has also been updated with the latest scientific data, including those published in the paper [Mieux vivre avec les écrans – réflexions pour une régulation favorable à la](#)

[santé publique](#) and in the knowledge synthesis [Perceptions des parents au regard de l'usage des écrans de leur enfant âgé de 0 à 5 ans](#) [both available in French only].

- The [Stages of development](#) section (page 335) has been thoroughly revised to synthesize the most important information for parents. The information on the five senses and on premature babies is now included in the introduction.
- A [Have questions?](#) section (page 358) was added for parents with questions about their child's development.
- The [Toilet training](#) section (page 360) has been updated. It highlights the importance of respecting the child's pace.

Feeding your child

Feeding your child

Breastfeeding your baby

Is breastfeeding still possible?

If you've had breast surgery (page 451)

- Improvements have been made to the subsection on breastfeeding following breast surgery.

If you want to breastfeed but didn't carry your baby (page 451)

- There is a new section on breastfeeding without having been pregnant.

Common difficulties

You have more milk than your baby needs (overproduction) (page 476)

- A new information box on donating milk has been added.



Have a lot of milk? Donating your breast milk could help other babies. Héma-Québec operates a public breast milk bank to help families whose babies require medical care. If you'd like to take part, visit hemaquebec.ca/en/mothers-milk-donation for information on eligibility.

Health

Health

A healthy baby

Vaccination

Where and when should you get your child vaccinated? (page 618)

- The information on making a vaccination appointment has been modified, indicating that it must now be done at [Quebec.ca/vaccination](https://quebec.ca/vaccination).

Health

Common health problems

The few references to COVID-19 found in symptom-related sections (e.g. cough, nausea) have been removed. A section on respiratory infections, including COVID-19, has been added.

Fever (page 643)

- The [When to consult a health professional](#) section has been removed.

What to do if your child has a fever (page 646)

- The section has been updated to group together information related to seeking medical help in the case of fever. The information is now presented in a way that is simpler and easier to understand.

Colds, flu and other respiratory infections (page 655)

- The former [Colds and flu](#) section has been updated to include other respiratory infections like COVID-19 and respiratory syncytial virus (RSV) infections. The section has been renamed [Colds, flu and other respiratory infections](#).

Health

Keeping baby safe

Travelling safely (page 673)

- Three subsections have been added to include active transportation: [Stroller](#) (page 683), [Baby carriers](#) (page 684), and [On your bike](#) (page 685). These sections, which were previously under [Family – Taking baby for a walk](#) were refined to focus on safety when on the go.

Improving indoor air quality (page 696)

- The [Living in a smoke-free environment](#) section has been expanded to address a wider variety of contaminants and ways of improving indoor air quality.

Protecting your baby from extreme heat and cold (page 711)

- A new section has been added concerning young children in extreme heat and cold, which includes various ways of protecting them from these temperatures.

Protecting your baby from insect bites (page 714)

- The information on insect repellent for children has been updated.
- Soybean oil is no longer listed as effective protection.
- Information has been added on preventing tick bites (e.g. putting clothes in the dryer before washing them) and on the importance of checking a child's body for ticks.

Health

First aid

Insect bites (page 729)

- Information has been added on first aid for tick bites, referring to the Government of Québec web page [Removing a tick if bitten](#).

Family

The **Family** section was fully rewritten to better represent today's parents and to address their concerns. The section is based on the current scientific knowledge on parenting.

Key points from the Family section

- The **Family** section is now broken up into two chapters: **Becoming parents** and **Growing as a family**.
- **Becoming parents** was rewritten to make the parenting experience central to the chapter, drawing on the results of the *Enquête québécoise sur la parentalité 2022* [2022 Québec Parenting Survey]. Parenthood is addressed through the lens of caring for the child, parental responsibilities and parental experiences.
- **The transition to parenthood** (page 740) discusses the changes and challenges that can accompany this major life transition. It suggests several ways to prepare for and cope with these changes.
- A section on **The parent-child relationship** (page 743) has been created to address building the parent-child bond. This section reflects the key messages on attachment found in the chapter on child development.
- The sections **Becoming a mother** (page 752) and **Becoming a father** (page 754) now focus on specific aspects that continue to shape the parenting experience of mothers and fathers today.
- Three new sections have been added: **Parenting as an immigrant** (page 757), **Parenting with a disability** (page 760) and **Parenting an adopted child** (page 762). They recognize the different ways families are formed and take their unique characteristics into account.

- The content in the sections **Parenting twins or triplets** (page 767) and **Parenting a child who is different** (page 768) has been reviewed and updated. The new content normalizes the challenges associated with these situations and emphasizes the importance of having support.
- The **Growing as a family** chapter now starts with a new section, **Support** (page 773). It provides an overview of the different types of support available to parents, including support from family, friends, and professionals, as well as financial, material, and food assistance. It also reminds readers that it is normal for new parents to need support.
- The **Childcare** section (page 778) features a subsection on educational childcare services and mentions the [Childcare Services Registration Portal](#). The second part discusses caregivers who provide occasional child care.
- **Spending time with the family** (page 780) explains the importance of spending time together to strengthen family relationships. It suggests various ideas for activities and outings.

Resources

- The resources are now organized by theme (e.g. Psychosocial support, Perinatal bereavement, Safety and First aid, Parent's sexual and reproductive health) to make them easier to navigate.