**JIA Option Map Links**

**Legend:**

**Working links previously used**

**Links containing the same information (to keep and add mentions that links are in Canada or the US)**

**Non-working links**

**New links added**

**1. Links for the App in English**

**Splints, Orthotics, Other Devices**

Custom-Made Foot Orthotics:

Canadian “Teens Taking Charge” program: <https://teens.aboutkidshealth.ca/Article?contentid=2611&language=English&hub=jiateenhub>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2377&language=English>

<https://www.ccaa.org.uk/about-jia/treatment-of-jia/podiatry/>

Wrist Splints Worn at Night

<http://education.arthritis.ca/en_us/learntousetoolsanddevices/topic6_9.aspx>

https://www.versusarthritis.org/about-arthritis/treatments/splints/

Canadian “Teens Taking Charge” program: <https://www.aboutkidshealth.ca/Article?contentid=1079&language=English>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2376&language=English>

Night Mouth Guards

https://creakyjoints.org/symptoms/arthritis-jaw-pain/

Canadian “Teens Taking Charge” program: <https://www.aboutkidshealth.ca/Article?contentid=1085&language=English>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2382&language=English>

**Physical Activities**

Pilates

Canadian “Teens Taking Charge” program: <https://www.aboutkidshealth.ca/article?contentid=1077&language=English>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2340&language=English>

Videos:

https://www.nhs.uk/conditions/nhs-fitness-studio/arthritis-pilates-exercise-video/?tabname=pilates-and-yoga

<https://www.arthritis.org/living_with_arthritis/exercise/arthritis_friendly/pilates.php>

<https://www.nhs.uk/conditions/nhs_fitness_studio/arthritis_pilates_exercise_video/>

[Apps:](https://www.arthritis.org/living-with-arthritis/exercise/videos/" \t "_blank)

https://apps.apple.com/us/app/your-exercise-solution/id1142267846

Yoga

Canadian “Teens Taking Charge” program links:

<https://teens.aboutkidshealth.ca/Article?contentid=2605&language=English&hub=jiateenhub>

<https://teens.aboutkidshealth.ca/Article?contentid=2606&language=English&hub=jiateenhub>

US “Teens Taking Charge” program links:

<https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2371&language=English>

<https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2373&language=English>

<https://www.arthritis.org/living_with_arthritis/exercise/workouts/yoga/yoga_benefits.php>

Other links:

https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/best-exercises-for-children-with-ja

<https://www.hopkinsarthritis.org/patient-corner/disease-management/yoga-for-arthritis/>

Videos:

Canadian “Teens Taking Charge” program videos: <https://teens.aboutkidshealth.ca/Article?contentid=2608&language=English&hub=jiateenhub>

US “Teens Taking Charge” program videos: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2374&language=English>

<https://www.youtube.com/user/yogawithadriene/search?query=arthritis>

<https://www.youtube.com/watch?v=1j4984Mqx7Q>

[Apps:](https://www.arthritis.org/living-with-arthritis/exercise/videos/" \t "_blank)

https://apps.apple.com/us/app/your-exercise-solution/id1142267846

Cardio

https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/best-exercises-for-children-with-ja

Canadian “Teens Taking Charge” program: <https://teens.aboutkidshealth.ca/Article?contentid=2604&language=English&hub=jiateenhub>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2370&language=English>

<http://www.kidsgetarthritistoo.org/living_with_ja/daily_life/staying_active/ja_exercise.php>

<https://www.cps.ca/en/documents/position/physical_activity_chronic_condition>

Videos:

<https://www.youtube.com/watch?v=0Kuv7blrV6U>

[Apps:](https://www.arthritis.org/living-with-arthritis/exercise/videos/" \t "_blank)

https://apps.apple.com/us/app/your-exercise-solution/id1142267846

Water Exercises

https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/best-exercises-for-children-with-ja

https://creakyjoints.org/diet-exercise/water-exercises-for-arthritis/

<https://www.jia.org.uk/pain_and_resistive_underwater_exercise>

<https://arthritisaustralia.com.au/managing_arthritis/living_with_arthritis/physical_activity_and_exercise/water_exercise/>

[Apps:](https://www.arthritis.org/living-with-arthritis/exercise/videos/" \t "_blank)

https://apps.apple.com/us/app/your-exercise-solution/id1142267846

Individualized Exercise Program

Canadian “Teens Taking Charge” program links:

<https://www.aboutkidshealth.ca/article?contentid=1077&language=English>

<https://www.aboutkidshealth.ca/Article?contentid=1076&language=English>

US “Teens Taking Charge” program links:

<https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2340&language=English>

<https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2370&language=English>

<https://www.cdc.gov/arthritis/basics/physical_activity_overview.html>

<https://www.arthritis.org/about_arthritis/types/juvenile_idiopathic_arthritis_jia/self_care.php>

Other links:

<https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=hw100889>

<https://www.arthritis.org/living-with-arthritis/exercise/videos/>

<https://www.arthritis.org/living-with-arthritis/exercise/videos/stretches/>

Stretching

Canadian “Teens Taking Charge” program: <https://teens.aboutkidshealth.ca/Article?contentid=2604&language=English&hub=jiateenhub>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2370&language=English>

<http://www.kidsgetarthritistoo.org/living-with-ja/daily-life/staying-active/ja-exercise.php>

https://creakyjoints.org/diet-exercise/gentle-stretches-for-arthritis-pain/

https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/get-in-the-habit-of-stretching

<https://www.cps.ca/en/documents/position/physical-activity-chronic-condition>

<https://www.arthritis.org/living-with-arthritis/exercise/videos/stretches/>

[Apps:](https://www.arthritis.org/living-with-arthritis/exercise/videos/" \t "_blank)

https://apps.apple.com/us/app/your-exercise-solution/id1142267846

**Physical Treatments**

Massage

Canadian “Teens Taking Charge” program: <https://www.aboutkidshealth.ca/Article?contentid=1076&language=English>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2340&language=English>

https://www.arthritis.org/health-wellness/treatment/complementary-therapies/natural-therapies/benefits-of-massage

<https://www.arthritis.org/living-with-arthritis/treatments/natural/other-therapies/massage/self-massage.php>

Occupational Therapy Interventions

<https://www.jia.org.uk/the-occupational-therapist->

<https://www.ccaa.org.uk/about-jia/treatment-of-jia/occupational-therapy/>

Canadian “Teens Taking Charge” program: <https://www.aboutkidshealth.ca/Article?contentid=1079&language=English>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2376&language=English>

Physiotherapy Interventions

<https://www.jia.org.uk/physiotherapist>

<https://www.ccaa.org.uk/about-jia/treatment-of-jia/physiotherapy/>

Canadian “Teens Taking Charge” program: <https://www.aboutkidshealth.ca/Article?contentid=1078&language=English>

Canadian “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2368&language=English>

<https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=hw100889>

Heat

Canadian “Teens Taking Charge” program: <https://www.aboutkidshealth.ca/Article?contentid=1076&language=English>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2340&language=English>

<http://www.kidsgetarthritistoo.org/living-with-ja/medical-care/pain-and-symptoms/ja-heat-cold.php>

https://www.arthritis.org/health-wellness/healthy-living/managing-pain/pain-relief-solutions/heat-therapy-helps-relax-stiff-joints

Cold

<http://www.kidsgetarthritistoo.org/living-with-ja/medical-care/pain-and-symptoms/ja-heat-cold.php>

Canadian “Teens Taking Charge” program: <https://www.aboutkidshealth.ca/Article?contentid=1076&language=English>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2340&language=English>

https://creakyjoints.org/living-with-arthritis/cold-therapy-for-arthritis/

Acupuncture

Canadian “Teens Taking Charge” program: <https://www.aboutkidshealth.ca/Article?contentid=1083&language=English>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2379&language=English>

<http://www.kidsgetarthritistoo.org/living-with-ja/medical-care/treatment/acupuncture.php>

<https://www.arthritis.org/living-with-arthritis/treatments/natural/other-therapies/mind-body-pain-relief/acupuncture-gets-respect.php>

Chiropractic

Canadian “Teens Taking Charge” program: <https://www.aboutkidshealth.ca/Article?contentid=1083&language=English>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2379&language=English>

Osteopathy

Canadian “Teens Taking Charge” program: <https://www.aboutkidshealth.ca/Article?contentid=1083&language=English>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2379&language=English>

**Educational Approaches**

## Educational Website

Canadian “Teens Taking Charge” program: <https://teens.aboutkidshealth.ca/jiateenhub>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen>

<http://www.bcchildrens.ca/rheumatology-site/Documents/Youyourchild1.pdf>

<https://www.msk.org.au/juvenile-idiopathic-arthritis/>

<https://www.cincinnatichildrens.org/health/j/jra>

<https://arthritisaustralia.com.au/managing-arthritis/arthritis-and-children/living-with-jia/>

<https://www.rchsd.org/documents/2014/02/juvenile-idiopathic-arthritis-for-teens.pdf/>

https://www.parksmed.co.uk/wp-content/uploads/2013/09/Pain-Toolkit-for-teenagers.pdf

Joint Protection Program

<http://www.kznhealth.gov.za/occtherapy/jointprotectionprinciples.pdf>

<https://www.arthritis.org/living-with-arthritis/pain-management/joint-protection/joint-health.php>

Sleep Routine

Canadian “Teens Taking Charge” program: <https://teens.aboutkidshealth.ca/Article?contentid=2626&language=English&hub=jiateenhub>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2394&language=English>

<http://www.kidsgetarthritistoo.org/living-with-ja/medical-care/pain-and-symptoms/mood-pain-and-sleep.php> (REPLACE THIS WITH FOLLOWING LINK)

https://www.arthritis.org/health-wellness/healthy-living/managing-pain/fatigue-sleep/how-ja-can-impact-sleep

<https://www.nras.org.uk/data/files/Publications/29562%20NRAS%20Sleep%20Matters%206pp%20DL%20leaflet%20%28Prf2%29.pdf>

<https://arthritisaustralia.com.au/managing-arthritis/arthritis-and-children/6387-2/>

Apps:

Sleep Cycle – Sleep Tracker: https://apps.apple.com/us/app/sleep-cycle-sleep-tracker/id320606217

Relax Melodies (relaxing sounds: nature, melodies, meditations…): https://apps.apple.com/us/app/relax-melodies-sleep-sounds/id314498713 <https://play.google.com/store/apps/details?id=ipnossoft.rma.free>

More apps are available. You can go to your app store to find more.

**Psychological & Spiritual Approaches**

Distraction

Canadian “Teens Taking Charge” program: <https://teens.aboutkidshealth.ca/Article?contentid=2590&language=English&hub=jiateenhub>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2367&language=English>

<http://www.sickkids.ca/patient-family-resources/Child-Life/coping-with-a-health-care-experience/Comfort-Kit/index.html> (BRINGS TO GENERIC HOMEPAGE)

<https://www.aci.health.nsw.gov.au/chronic-pain/painbytes/pain-and-mind-body-connection/how-can-distraction-be-used-to-manage-pain>

<http://americanpainsociety.org/uploads/education/PAMI_Distraction_Toolkit.pdf>

<http://pami.emergency.med.jax.ufl.edu/resources/distraction-toolkit/>

Video:

<https://www.youtube.com/watch?v=uKD4k_DUf_Y>

Relaxation

Canadian “Teens Taking Charge” program links: <https://teens.aboutkidshealth.ca/Article?contentid=2585&language=English&hub=jiateenhub>

<https://www.aboutkidshealth.ca/Article?contentid=3008&language=English>

US “Teens Taking Charge” program links: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2353&language=English>

<https://teenstakingcharge.carragroup.org/en/jiateen>

https://www.arthritis.org/health-wellness/treatment/complementary-therapies/natural-therapies/mind-body-techniques-juvenile-arthritis

<https://www.parksmed.co.uk/wp-content/uploads/2013/09/Pain-Toolkit-for-teenagers.pdf>

<https://patienteducation.osumc.edu/Documents/relaxbre.pdf>

<https://www.painmanagement.org.au/2014-09-11-13-35-53/2014-09-11-13-36-47/176-progressive-muscle-relaxation.html>

<http://www.kidsgetarthritistoo.org/living-with-ja/medical-care/treatment/mind-over-pain.php>

Apps:

PZIZZ (sound sequences and voice narrations to boost somatic awareness, relax muscles and stabilize heart rate): <https://pzizz.com>

More apps are available. You can go to your app store to find more.

Hypnosis

<http://www.cfp.ca/content/53/5/823>

Mindfulness

<https://www.arthritis.org/health-wellness/treatment/complementary-therapies/natural-therapies/mind-body-techniques-juvenile-arthritis>

https://www.arthritis.org/health-wellness/treatment/complementary-therapies/natural-therapies/types-of-meditation-for-arthritis

Canadian “Teens Taking Charge” program links:

<https://teens.aboutkidshealth.ca/Article?contentid=2591&language=English&hub=jiateenhub>

<https://teens.aboutkidshealth.ca/Article?contentid=2592&language=English&hub=jiateenhub>

US “Teens Taking Charge” program links:

<https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2383&language=English>

<https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2384&language=English>

<http://parentingchaos.com/anxiety-apps-kids>

Apps:

The Mindfulness App (introduction to mindfulness, time-guided or silent meditations, personalizes and tracks meditation): https://themindfulnessapp.com

Calm (offers meditations and mind training. Has meditations specific to pain-related illnesses): <https://www.calm.com/?gclid=Cj0KCQjw9YWDBhDyARIsADt6sGYMi9OsMCPN4lkARrzcCvqohjSEdZpSW_JqkekATRZYWQfw2nzN-soaAizzEALw_wcB>

Smiling mind (mediation for all ages, section on meditation in the classroom): https://apps.apple.com/us/app/smiling-mind/id560442518

https://www.petitbambou.com/en/

More apps are available. You can go to your app store to find more.

Cognitive-Behavioural Therapy

<https://teens.aboutkidshealth.ca/Article?contentid=2612&language=English&hub=jiateenhub>

<https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2378&language=English>

https://www.aboutkidshealth.ca/article?contentid=1080&language=english

<https://www.zoffness.com/what-is-cbt/>

<https://notes.childrenshospital.org/psychological-interventions-for-chronic-pediatric-pain/>

**Pain Medications**

NSAIDs in Pills

Canadian “Teens Taking Charge” program: <https://teens.aboutkidshealth.ca/Article?contentid=2596&language=English&hub=jiateenhub>

US “Teens Taking Charge” program links: <https://www.aboutkidshealth.ca/Article?contentid=1069&language=English>

<https://www.jia.org.uk/nsaids-for-children-and-young-people>

Acetaminophen (Tylenol®)

Canadian “Teens Taking Charge” program: <https://www.aboutkidshealth.ca/Article?contentid=62&language=English>

<https://www.health.harvard.edu/pain/where-to-turn-for-pain-relief-acetaminophen-or-nsaids>

NSAIDs in Creams

Opioids

Canadian “Teens Taking Charge” program: <https://www.aboutkidshealth.ca/Article?contentid=1075&language=English>

Marijuana-Cannabinoids

Canadian “Teens Taking Charge” program: <https://teens.aboutkidshealth.ca/Article?contentid=2629&language=English&hub=jiateenhub>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2937&language=English>

Acetylsalicylic Acid (Aspirin®)

**Nutrition**

Healthy Diet

Canadian “Teens Taking Charge” program links:

<https://teens.aboutkidshealth.ca/Article?contentid=2609&language=English&hub=jiateenhub>

<https://www.aboutkidshealth.ca/Article?contentid=1081&language=English>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2375&language=English>

<https://food-guide.canada.ca/en/>

h<ttps://health.gov/dietaryguidelines/2015/>

<https://www.jia.org.uk/diet-and-jia>

<https://www.arthritis.org/about-arthritis/types/juvenile-idiopathic-arthritis-jia/self-care.php>

Mediterranean Diet

<https://www.jia.org.uk/diet-and-jia>

<https://www.arthritis.org/living-with-arthritis/arthritis-diet/anti-inflammatory/anti-inflammatory-diet.php>

Fish Oil (Omega-3)

<https://www.jia.org.uk/diet-and-jia>

https://www.aboutkidshealth.ca/Article?contentid=1083&language=English

https://arthritis.ca/support-education/online-learning/eating-well/what-about-supplements

<https://arthritisaustralia.com.au/managing-arthritis/living-with-arthritis/complementary-treatments-and-therapies/fish-oils>

Glucosamine Hydrochloride (Continued)

https://arthritis.ca/support-education/online-learning/eating-well/what-about-supplements

https://www.aboutkidshealth.ca/Article?contentid=1083&language=English

<https://arthritisaustralia.com.au/managing-arthritis/living-with-arthritis/complementary-treatments-and-therapies/glucosamine-and-chondroitin/>

Vitamin D

Canadian “Teens Taking Charge” program links: <https://teens.aboutkidshealth.ca/Article?contentid=2609&language=English&hub=jiateenhub>

<https://www.aboutkidshealth.ca/Article?contentid=1081&language=English>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2375&language=English>

<https://www.jia.org.uk/diet-and-jia>

https://arthritis.ca/support-education/online-learning/eating-well/what-about-supplements

Calcium

Canadian “Teens Taking Charge” program links:

<https://teens.aboutkidshealth.ca/Article?contentid=2609&language=English&hub=jiateenhub>

<https://www.aboutkidshealth.ca/Article?contentid=1081&language=English>

US “Teens Taking Charge” program: <https://teenstakingcharge.carragroup.org/en/jiateen/Article?contentid=2375&language=English>

<https://www.jia.org.uk/diet-and-jia>

Vegetarian & Vegan Diets

<https://www.arthritis.org/living-with-arthritis/arthritis-diet/anti-inflammatory/vegan-and-vegetarian-diets.php>

Gluten-Free Diets

**2. Links for the App in French**

**Splints, Orthotics, Other Devices**

Custom-Made Foot Orthotics:

<https://teens.aboutkidshealth.ca/Article?contentid=2611&language=French>

Wrist Splints Worn at Night

<https://www.aboutkidshealth.ca/Article?contentid=1079&language=French>

Night Mouth Guards

https://www.aboutkidshealth.ca/Article?contentid=1085&language=French

**Physical Activities**

Pilates

Yoga

<https://teens.aboutkidshealth.ca/Article?contentid=2605&language=French>

<https://teens.aboutkidshealth.ca/Article?contentid=2606&language=French>

<https://teens.aboutkidshealth.ca/Article?contentid=2608&language=French>

Cardio

<https://teens.aboutkidshealth.ca/Article?contentid=2604&language=French>

Videos:

<https://www.youtube.com/watch?v=tED1RYb27ng>

Water Exercises

Individualized Exercise Program

<https://www.aboutkidshealth.ca/Article?contentid=1077&language=French>

<https://www.aboutkidshealth.ca/Article?contentid=1076&language=French>

Stretching

https://teens.aboutkidshealth.ca/Article?contentid=2604&language=French

**Physical Treatments**

Massage

<https://www.aboutkidshealth.ca/Article?contentid=1076&language=French>

Occupational Therapy Interventions

<https://www.aboutkidshealth.ca/Article?contentid=1079&language=French>

Physiotherapy Interventions

<https://www.aboutkidshealth.ca/Article?contentid=1078&language=French>

<https://oppq.qc.ca/blogue/arthrite-chronique-juvenile-et-physiotherapie/>

Heat

<https://www.aboutkidshealth.ca/Article?contentid=1076&language=French>

Cold

https://www.aboutkidshealth.ca/Article?contentid=1076&language=French

Acupuncture

https://www.aboutkidshealth.ca/Article?contentid=1083&language=French

Chiropractic

https://www.aboutkidshealth.ca/Article?contentid=1083&language=French

Osteopathy

https://www.aboutkidshealth.ca/Article?contentid=1083&language=French

**Educational Approaches**

## Educational Website

Je m'en charge : gérer l’AIJ en ligne!: https://teens.aboutkidshealth.ca/fr/aijadolescents

<https://www.childhooddisability.ca/wp-content/uploads/2018/11/Newsletter-JIA_FR.pdf>

https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/juvenile-diopathic-arthritis/arthrite-juvenile-fiche-renseignements.pdf

Joint Protection Program

Sleep Routine

https://teens.aboutkidshealth.ca/Article?contentid=2626&language=French

Applications :

https://www.santemonteregie.qc.ca/sites/default/files/2020/12/applications\_mobiles\_pour\_les\_enfants\_et\_adolescents.pdf

D’autres applications sont disponibles. Vous pouvez aller sur votre magasin d’applications pour les trouver.

**Psychological & Spiritual Approaches**

Distraction

<https://teens.aboutkidshealth.ca/Article?contentid=2590&language=French>

Applications :

https://www.santemonteregie.qc.ca/sites/default/files/2020/12/applications\_mobiles\_pour\_les\_enfants\_et\_adolescents.pdf

D’autres applications sont disponibles. Vous pouvez aller sur votre magasin d’applications pour les trouver.

Relaxation

<https://teens.aboutkidshealth.ca/Article?contentid=2585&language=French>

Hypnosis

Mindfulness

<https://teens.aboutkidshealth.ca/Article?contentid=2591&language=French>

<https://teens.aboutkidshealth.ca/Article?contentid=2592&language=French>

Apps :

https://www.petitbambou.com/en/

D’autres applications sont disponibles. Vous pouvez aller sur votre magasin d’applications pour les trouver.

Cognitive-Behavioural Therapy

<https://teens.aboutkidshealth.ca/Article?contentid=2612&language=French>

<https://www.aboutkidshealth.ca/Article?contentid=1080&language=French>

**Pain Medications**

NSAIDs in Pills

https://www.aboutkidshealth.ca/Article?contentid=1069&language=French

Acetaminophen (Tylenol®)

<https://www.aboutkidshealth.ca/Article?contentid=62&language=French>

NSAIDs in Creams

Opioids

<https://www.aboutkidshealth.ca/Article?contentid=1075&language=French>

Marijuana-Cannabinoids

<https://teens.aboutkidshealth.ca/Article?contentid=2629&language=French>

Acetylsalicylic Acid (Aspirin®)

**Nutrition**

Healthy Diet

https://www.aboutkidshealth.ca/Article?contentid=1081&language=French

<https://guide-alimentaire.canada.ca/fr/>

https://www.canada.ca/content/dam/hc-sc/documents/services/canada-food-guide/resources/stakeholder-toolkit/canada-food-guide-presentation-fra.pdf

Mediterranean Diet

Fish Oil (Omega-3)

https://arthrite.ca/soutien-et-education/apprentissage-en-ligne-fr/bien-manger/qu-en-est-il-des-supplements

Glucosamine Hydrochloride (Continued)

https://arthrite.ca/soutien-et-education/apprentissage-en-ligne-fr/bien-manger/qu-en-est-il-des-supplements

Vitamin D

<https://www.aboutkidshealth.ca/fr/Article?contentid=1081&language=French>

https://arthrite.ca/soutien-et-education/apprentissage-en-ligne-fr/bien-manger/qu-en-est-il-des-supplements

Calcium

<https://www.aboutkidshealth.ca/fr/Article?contentid=1081&language=French>

Vegetarian & Vegan Diets

Gluten-Free Diets