



Healthy living in kids with CHD

About this section

In the context of a new research study that was done at the Children's Hospital of Eastern Ontario (CHEO) Research Institute, in collaboration with CHEO's cardiology clinic, various new resources were created to help enable children with complex heart problems to lead healthy, active lives within their own community. These resources were developed based on comments provided by children with complex heart problems and their parents (and some adults), healthcare professionals, and recreation and education professionals. Some of these new resources were implemented in clinic during summer 2013 and others are on-line. We hope that you find the following pages about [finding fun things to do](#), [professionals involved in your in children with CHD's care and well-being](#), [emotions, learning and physical activity](#), and [on-line networking opportunities](#) informative and helpful!

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