

MNCHP Network Bulletin



best start
meilleur départ

by/par health NEXUS santé

The MNCHP Bulletin is a monthly electronic bulletin that highlights current trends, new resources and initiatives, upcoming events and more in the preconception, prenatal and child health field. Our primary focus is the province of Ontario, Canada but the bulletin also includes news and resources from around the world. Wherever possible, we include resources that are available for free. For more information about this bulletin, [click here](#). To manage your subscription, unsubscribe from the list-serv and access the list archives, [click here](#).

March 13, 2015

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I. NEWS & VIEWS

1. Motherisk review could have Canada-wide implications

In light of the Motherisk Drug Testing Laboratory's recent closure amid controversy regarding the reliability of its testing, this Toronto Star article (Mendleson, Mar.12, 2015) highlights the wide-reaching impact of the laboratory on criminal cases across Canada. While details have not been provided outlining the reasoning behind the lab's closure, the decision to suspend operations comes after an internal audit and independent provincial review which questioned the lab's policies and procedures. Calling into question the reliability of testing provided by the lab also calls into question the validity of evidence in criminal cases for which Motherisk has provided drug testing services, including those in British Columbia, New Brunswick, Quebec, Nova Scotia, and the Northwest Territories. Motherisk also provides medication counseling services for pregnant women, work that the Ontario government has continued to support and defend.

<http://www.thestar.com/news/crime/2015/03/12/motherisk-review-could-have-canada-wide-implications.html>

2. Ottawa urged to put child poverty pledge into action

Activist group, Campaign 2000 [recently issued an open letter](#) to the four federal party leaders calling for follow-up action to a recent private member's motion which committed Ottawa to eradicate child poverty and develop a timeline for a measurable national poverty reduction plan. Detailing Campaign 2000's motives, this article (Monsebraaten, Mar. 11, 2015) emphasizes the necessity of such a plan, citing the cost of poverty at an estimated \$72 to 86 billion annually. This recent motion, made by Toronto MP Rathika Sitsabaiesan, comes 25 years after the federal government's initial pledge to end child poverty by the year 2000. In the years since, little progress has been made to fulfilling this pledge, with child poverty rates increasing from 15.8% to 19.1% since 1989. <http://www.thestar.com/news/gta/2015/03/11/ottawa-urged-to-put-child-poverty-pledge-into-action.html>

3. Expanding access to chronic pain treatment for children

This article (Ministry of Health and Long-Term Care, March 6, 2015) describes the Ontario government's plan to improve access to chronic pain services for children. The government is investing close to \$300 000 to develop an intensive rehabilitation clinic in Holland-Bloorview Kids Rehabilitation Hospital, and is increasing its investment in SickKids to improve care for patients with migraines, backaches, abdominal pain and tendinitis. SickKids and Holland-Bloorview will also join a network of hospitals across the province called the Paediatric Chronic Pain Network, which will include the Children's Hospital of Eastern Ontario, Children's Hospital, London Health Sciences Centre and McMaster Children's Hospital. Working together, these five hospitals will help to provide patients with access to a range of physician services, reducing wait times and emergency room visits. The increased investment in chronic pain treatment is part of the government's Patients First: Action Plan for Health Care, the goal of which is to "provid[e] patients with faster access to the right care" (Ministry of Health and Long-Term Care, Mar. 6, 2015). <http://news.ontario.ca/mohlhc/en/2015/03/expanding-access-to-chronic-pain-treatment-for-children.html>

4. Treat e-cigarettes like traditional tobacco to protect children, doctors urge

This article (CBC News, Mar. 6, 2015) reports on a recent position statement issued by the Canadian Pediatric Society which highlights the dangers of e-cigarettes to children and youth. The statement cites that children and youth may be particularly susceptible to the high amounts of fine particulate matter in e-cigarettes, which could heighten symptoms of asthma or bronchitis. The CPS proposes banning the sale of e-cigarettes to anyone who is not legally able to purchase tobacco products. Read the full position statement: [E-cigarettes – Are we renormalizing public smoking?](#) <http://www.cbc.ca/news/health/treat-e-cigarettes-like-traditional-tobacco-to-protect-children-doctors-urge-1.2983656>

5. Immunization is not being tracked at Toronto daycares

Despite provincial requirements stipulated by Public Health Ontario, this article (CTV Toronto, Feb. 11, 2015) reports that Toronto Public Health does not track the

immunization of children attending Toronto daycares. With six confirmed cases of measles in the city, Toronto's medical officer of health, Dr. David McKeown, is requesting \$40 000 of the city's budget to fund a daycare immunization tracking system. While Ontario students are required to be immunized prior to school enrollment, a similar rule is not enforced in daycares. Concern over the immunization of daycare children comes after an adult with measles visited a daycare facility where some of the younger children at the daycare may not have been completely vaccinated.

<http://toronto.ctvnews.ca/immunization-is-not-being-tracked-at-toronto-daycares-1.2232295>

Related articles:

- **Vaccinate daycare children for measles – Toronto councillor:** This article (Rider, Feb.11, 2015) details the unanimously approved motion introduced by Coun. Christin Carmichael Greb which called Toronto Public Health to propose to the budget committee ways to ensure the vaccination of daycare children.
http://www.thestar.com/news/city_hall/2015/02/11/vaccinate-daycare-children-for-measles-toronto-councillor.html
- **Daycare promising vaccine-free environment irks Ottawa Public Health:** As detailed in this article (CTVNews.ca, Feb. 10, 2015), an Ottawa daycare that claims to offer a “vaccine-free environment” is being cited by Ottawa Public Health as a “public health risk.”
<http://www.ctvnews.ca/health/daycare-promising-vaccine-free-environment-irks-ottawa-public-health-1.2228980>

6. Ontario Releases Updated Health & Physical Education Curriculum, Parent Resources

As outlined in this news release (Ministry of Education, Feb. 23, 2015), the Ontario Government has updated its Health and Physical Education curriculum to be more reflective of today's technology and the health concerns of today's children and youth. The curriculum now includes content on healthy relationships, consent, mental health and online safety. Accompanying the curriculum release is a series of documents to help parents to understand the changes and to support these changes at home. The news release highlights that the revisions are long overdue, with the Growth and Development section of the elementary curriculum having not been updated since 1998.

<http://news.ontario.ca/edu/en/2015/02/ontario-releases-updated-health-physical-education-curriculum-parent-resources.html>

Related resources:

- **H&PE is here. It's happening. And it's about time:** This blog post from Ophea highlights reactions from students and teachers regarding the new Health and Physical Activity curriculum and touts the update as “the single largest health promotion intervention that Ontario has ever seen.”
<http://www.ophea.net/article/hpe-here-it%E2%80%99s-happening-and-it%E2%80%99s-about-time#.VQIMVOGqbag>

7. Sugar intake should be reduced to 5-10% of calories, WHO

As reported in this article (CBC News, Mar. 4, 2015), the World Health Organization recently recommended that people should limit their intake of sugar to 5-10% of their daily calories. Sugars include honey, syrups, fruit juices and fruit juice concentrates as well as table sugar added to food. For children, 5% is the equivalent of 22 grams of sugar, or six teaspoons. Consuming sugar within these limits is thought to help reduce the rate of obesity and tooth decay.

<http://www.cbc.ca/news/health/sugar-intake-should-be-reduced-to-5-10-of-calories-who-says-1.2981114>

- Read the WHO guideline, *Sugars intake for adults and children*, here: http://www.who.int/nutrition/publications/guidelines/sugars_intake/en/

Related article:

- **Excess sugar lurks in kids' meals at restaurant chains, U of T researchers say:** This article (Ogilvie, Mar. 5, 2015) reports on a recent study conducted through the University of Toronto that highlights the high amounts of sugar in restaurant kids' meals. In the study, they find that 1 in 5 meals for children in restaurants exceed the WHO recommended daily guidelines for sugar intake. <http://www.thestar.com/life/2015/03/05/excess-sugar-lurks-in-kids-meals-at-restaurant-chains-u-of-t-researchers-say.html>

II. RECENT REPORTS AND RESEARCH

** indicates journal subscription required for full text access*

8. SHIFT – Enhancing the Health of Ontarians: A Call to Action for Preconception Health Promotion and Care

Ontario Public Health Association. (2015). *SHIFT – Enhancing the health of Ontarians: A call to action for preconception health promotion and care*. Retrieved from <http://opha.on.ca/Events-News-and-Media/News/SHIFT.aspx>

SUMMARY:

Despite universal access to high quality prenatal care and advances in medicine, adverse perinatal outcomes persist in Ontario. Although strong public health programs that use a life-course perspective exist, “they do not guarantee that women enter pregnancy in good health.” There is growing evidence that preconception health (PCH) can improve maternal and child health outcomes, both in the short- and long-term. In light of this, the Ontario Public Health Association (OPHA) Reproductive Health Workgroup has developed this position paper to advocate for coordinated and comprehensive action in the area of PCH in Ontario. Our aim is to shift public and political awareness and understanding of reproductive health to include PCH. This

document will review the evidence that supports the need to shift attention to PCH, while examining promising current strategies, exploring existing gaps and challenges in the area, and lastly, outlining a set of concrete action steps to move a PCH agenda in Ontario forward.

http://opha.on.ca/getmedia/2da52762-6614-40f7-97ff-f2a5043dea21/OPHA-Shift-Enhancing-the-health-of-Ontarians-A-call-to-action-for-preconception-health-promotion-and-care_1.pdf.aspx

9. Social-Emotional Development in the Early Years: A Common Message Paper

Our Kids Network. (2014). *Social-emotional development in the early years: A common message paper*. Retrieved from <http://www.ourkidsnetwork.ca/Public/Info-share-2>

SUMMARY:

What is this resource about?

Social-Emotional Development in the Early Years: A Common Message Paper is a resource that describes the factors that contribute to the healthy social and emotional development of young children and how that process unfolds.

It is a collection of existing, evidenced-informed information, authored by a number of key organizations that support best practice related to the healthy social and emotional development of young children. The factors contributing to healthy social and emotional development of young children were identified by *Evidence In-Sight*, a free consultation service offered by the Ontario Centre of Excellence for Child and Youth Mental Health, providing the foundation for the development of a list of related common messages.

This resource provides:

- A list of evidence informed common messages related to healthy social and emotional development of young children
- Support and information related to each message
- Resources and links supporting further learning

Who is this resource for?

This resource is for practitioners working with families during the prenatal period and/or with children from birth to six years.

http://www.ourkidsnetwork.ca/Public/Page/Files/73_Social%20Emotional%20Development%202012.05.14.pdf

10. A systemic failure to address at-risk drinking and alcohol use disorders: The Canadian story*

Abass-Dick, J., Stern, S. B., LaRon, E. N., Watson, W., & Dennis, C-L. (2014). Coparenting breastfeeding support and exclusive breastfeeding: A randomized controlled trial. *Pediatrics*, 135(1). doi: 10.1542/peds.2014-1416

EXCERPT:

Key Points

- The Canadian health care system provides inadequate access to effective treatment for at-risk drinking and alcohol use disorders. However, improved

- physician training, combined with strategies to ensure better access to appropriate treatment, would improve health outcomes and generate cost savings for the health care system.
- Graduates in primary care and emergency care disciplines should receive mandatory training in screening for and management of at-risk drinking and alcohol use disorders.
 - Primary care clinics and hospitals should implement systematic screening and brief intervention programs and should also develop pathways to ensure that patients with more severe alcohol use disorders receive ongoing addiction treatment.
 - Provinces and territories should include the first-line medications for alcohol use disorders on their general public formularies.

<http://www.cmaj.ca/content/early/2015/03/03/cmaj.140849.extract>

Related articles:

- **Alcohol-abuse risks need more attention in Canada, researchers say:** This article discusses the above mentioned study and highlights current guidelines for low-risk drinking in Canada as well as the size of a standard drink.
<http://www.cbc.ca/news/health/alcohol-abuse-risks-need-more-attention-in-canada-researchers-say-1.2978302>
VIDEO: In this video report from The National, Peter Mansbridge discusses the implications of the study in CMAJ in conversation with Dr. Peter Lin.
https://www.youtube.com/watch?v=I_0iVMHIPWY
- **Alcohol and women** (Available in French):
This new resource from Éduc'Alcool highlights the specific risks of alcohol consumption for women, noting an increase in consumption for certain groups of women that may be tied to the division of labour between men and women, as well as certain drinking environments that cater specifically to women.
EN: <http://educalcool.qc.ca/wp-content/uploads/2015/02/EA-Alcohol-and-Women.pdf>
FR: <http://educalcool.qc.ca/wp-content/uploads/2015/02/EA-Lalcool-et-les-femmes.pdf>
- **Reducing Alcohol Use During Pregnancy Via Health Counseling by Midwives and Internet-Based Computer-Tailored Feedback:**
This study investigates the efficacy of health counselling to reduce prenatal alcohol use and concludes that, while in-person counselling has little impact, computer-based counselling may be effective.
<http://www.jmir.org/2014/12/e274/>
- **What Have You Heard About Alcohol and Pregnancy? Information Cards:**
These information cards from the Saskatchewan Prevention Institute provide facts and tips for youth regarding alcohol and pregnancy in a concise and easy-to-understand way.
Card 1: <http://www.skprevention.ca/shop/what-have-you-heard-about-alcohol-and-pregnancy-information-card2/>
Card 2: <http://www.skprevention.ca/shop/what-have-you-heard-about-alcohol-and-pregnancy-information-card-2/>

11. The Mother-Child Study: Evaluating Treatments for Substance-Using Women – A Focus on Relationships

Mothercraft. (2014). *The mother-child study: Evaluating treatments for substance-using women – A focus on relationships*. Retrieved from http://www.mothercraft.ca/assets/site/docs/resource-library/publications/Mother-Child-Study_Report_2014.pdf

EXCERPT:

Mothercraft's Breaking the Cycle (BTC) is one of Canada's first prevention and early intervention programs for pregnant women and mothers who are substance-involved, and their young children. Its objective is to reduce risk and enhance the development of substance-exposed children by addressing maternal substance use problems and the mother-child relationship.

[...]

Research and evaluation are important to the way we provide services at BTC and they have been since we opened our doors in 1995. Over the years, we have looked at the many different ways both our program and our participants are changed by our mutual involvement. We have assessed that change by examining and evaluating ways in which we:

- engage pregnant women, mothers, and children and encourage their involvement in all aspects of our programming;
- have an impact on the health of women and mothers, including their use of substances;
- can best support substance-using mothers to enhance their parenting skills and outcomes;
- provide supports that impact on and improve the health and developmental outcomes for children.

http://www.mothercraft.ca/assets/site/docs/resource-library/publications/Mother-Child-Study_Report_2014.pdf

Related resources:

- **Ontario investing \$28 million in mental health and addictions services:** This news release (Ministry of Health and Long-Term Care) outlines the Ontario government's recent investment in mental health and addictions services which will be used to provide increased access to supportive housing, and peer support groups, more seamless transitions between care teams and health professions, and early intervention initiatives.
<http://news.ontario.ca/mohltc/en/2015/02/ontario-investing-28-million-in-mental-health-and-addictions-services.html>
- **2015 AIA Webinar Series**
 - **Sustaining the Promise of Child Well-Being for Infants & Toddlers Born Prenatally Drug Exposed** (April 14, 2015: Webinar)
This webinar will explore strategies and interventions to promote school readiness for young children in families affected by substance use.

- **Strengthening the Parent-Child Attachment in Families Affected by Substance Use** (May 12, 2015: Webinar)
This workshop will provide service-providers with ways they can work with parents and children from families affected by substance use to improve parent-child attachment
<http://aia.berkeley.edu/training/online/webinars/2015-aia-webinar-series/>
- **Growing Together Toolkit:** This resource produced by the BC Council for Families was developed for service providers who work with mothers who may have issues with mental health or substance use. It contains foundational information on infant and maternal mental health, strategies for working with high-risk families, and worksheets to share with parents.
https://www.bccf.ca/media/uploads/resources_pdf/growing-together_toolkit.pdf

12. The Effect of bilingual instruction and play on preschoolers' English proficiency

Cohen, L. E., Kramer-Vida, L., Frye, N., & Andreou, M. (2014). The effect of bilingual instruction and play on preschoolers' English proficiency. *International Journal of Play*, 3(1), 36-52. DOI: 10.1080/21594937.2013.876573

ABSTRACT:

This study seeks to demonstrate the benefits of bilingual instruction, story drama, and play with low-income preschool children. Sixty-five percent of the children in the study were dual language learners (DLLs). The investigation took place in a state-funded, public, universal prekindergarten program implementing Tools of the Mind (*Tools*), a Vygotskian play-based curriculum. Teachers read aloud fairy tales twice a week. Children in three classrooms were exposed to one of three read-aloud conditions: English-only, bilingual and no play, or bilingual and play. The results indicated that the classroom that provided bilingual instruction and play had significantly higher English proficiency and story recall scores than either of the other two classrooms. Providing opportunities to play and reenact fairy tales seemed to have positive effects on English proficiency and story recall for low-income preschool children.

<http://www.tandfonline.com/doi/full/10.1080/21594937.2013.876573>

13. Moving Forward: Challenges Faced by Child- and Youth-Serving Agencies in Canada

National Alliance for Children and Youth. (2014). Moving forward: Challenges faced by child- and youth-serving agencies in Canada. *The Philanthropist*, 26(2), 197-212.

Twenty-two key informant interviews were conducted during the "Taking Stock" project, with a view to gaining a wide and diverse perspective about what was happening in the child- and youth-serving sector in Canada. As with the survey, this phase of the project did not attempt to gather a random or statistically representative sample of the sector, but rather sought a range of opinions from thought leaders and organizations that represented the various constituents and components of the sector. As well, four regional think tank sessions were convened during the first two years of "Taking Stock"

in order to consult directly with a broad spectrum of leaders and stakeholders from across Canada. From these interviews, think tank sessions, and many other informal meetings and discussions, five major overarching themes emerged to describe the significant environmental factors that have an impact on child- and youth-serving agencies, particularly as they affect capacity building, service delivery, and sustainability.

This article provides a synopsis of the collective findings from this extensive process of engagement and follow-up research. The major themes that emerged from this work include what were seen as the key stressors in the sector as well possible answers to the challenges that organizations are experiencing. (Separate background papers exploring each of these themes in more detail are available at www.nacy.ca/taking-stock.)

<http://thephilanthropist.ca/2014/12/moving-forward-challenges-faced-by-child-and-youth-serving-agencies-in-canada/>

PDF: <http://thephilanthropist.ca/original-pdfs/Philanthropist-26-2-3615.pdf>

III. CURRENT INITIATIVES

14. Nutrition Month and National Dietitians Day

The entire month of March is Nutrition Month, and this year, the Dietitians of Canada are encouraging parents to set a positive nutrition example for their children and to eat healthy “9 to 5.” Some examples of easy ways Canadians can start to eat healthy during the work day include skipping the drive-through and preparing quick grab-and-go breakfasts ahead of time, or taking a walk in the middle of the day to re-energize instead of going for a caffeine fix. March 18th is Dietitians Day, which is celebrated to highlight the importance of the profession and to encourage people to talk with dietitians about healthy eating strategies. The Dietitians of Canada website contains links to various fact sheets about the role of dietitians in primary care, chronic disease management and telehealth.

Read more about Nutrition Month: <http://www.dietitians.ca/Your-Health/Nutrition-Month/Nutrition-Month-2015.aspx>

Read more about National Dietitians Day: <http://www.dietitians.ca/Your-Health/Nutrition-Month/National-Dietitians-Day-2014.aspx>

Related resources:

- **Kid Friendly Award Winning Recipes:** Celebrate Nutrition Month by trying some of these healthy kid friendly recipes selected from Eat Right Ontario’s kid recipe challenge. Examples include Almond Butter Spiced Apple, an Asian-inspired Vermicelli Frittata, and an asparagus and tomato salad.
<https://www.eatrightontario.ca/en/Recipes/Kid-friendly-award-winning-recipes.aspx>
- **Nutrition Resource Centre Blog:** Brush up on the latest in nutrition and healthy eating through the Nutrition Resource Centre’s blog. Updated regularly, recent posts include strategies for making healthy breakfast choices, an overview of the

issues related to childhood obesity and tips for making meals during a busy work week.

<http://opha.on.ca/Nutrition-Resource-Centre/Community/Nutrition-Resource-Centre-Blog.aspx>

- **Enhancing nutritional environments through access to fruit and vegetables in schools and homes among children and youth:** As consumption of fruits and vegetables is linked to a variety of personal, environmental and sociodemographic factors, this systematic review compiles research on strategies to increase the availability of fruits and vegetables to children and youth both in the home and at school.

<http://www.healthevidence.org/view-article.aspx?a=28202>

Related events:

- **Nutrition Exchange – Fuelling Public Health Nutrition**
May 7 & 8: Niagara-on-the-Lake, ON
This two day forum will feature a variety of workshops on issues facing public health and nutrition including gestational weight gain, breastfeeding, and nutrition labelling.
<http://www.osnpnh.on.ca/>
- **“Eat Less, Eat Better” ... Is It That Simple?: Rethinking Our Obesity Message**
April 28, 2015: Toronto, ON
Participants at this event will learn new strategies of promoting healthy eating and obesity by exploring culturally-specific beliefs surrounding food and weight, and how different food environments can increase the risk of obesity.
<https://www.eventbrite.ca/e/eat-less-eat-better-is-it-that-simple-rethinking-our-obesity-message-tickets-14741384879>

15. Unplug & Play

To mitigate screen time, which for the average Canadian child can reach up to 8 hours a day, Participaction is encouraging families to pledge to “Unplug and Play” for at least 60 minutes each day from March 23 to 29. On the Participaction website, find suggestions for games to play while you unplug, strategies to balance screen and play time going forward, a log for tracking screen time per day, and statistics related to children and physical activity. Visit the website to take the pledge and tweet about your experience during the week of March 23 using #UnplugandPlay.

<http://www.participaction.com/get-moving/unplug-play/>

Related resources

- **Plan an active March break:** Check out this Participaction blog post for more outdoor play ideas to keep kids active during the March break.
<http://www.participaction.com/activemarchbreak/>
- **Pacifying toddlers with tablets, smartphones may hurt development, scientists speculate:** This article from the Toronto Star (Edwards, Feb. 6, 2015) reports on research recently published in *Pediatrics* that provides more reasons to unplug and play. The *Pediatrics* study suggests that using tablets or smartphones to pacify toddlers may be impacting the ability of young children to develop skills in self-regulation.

<http://www.thestar.com/life/2015/02/06/pacifying-toddlers-with-tablets-smartphones-may-hurt-development-scientists-speculate.html#>

- **Physical Activity, Self-Regulation and Early Academic Achievement in Preschool Children:** This study from *Early Education and Development* suggests that higher active play in children is also associated with better self-regulation. <http://www.tandfonline.com/doi/pdf/10.1080/10409289.2013.780505>

IV. UPCOMING EVENTS

16. Mental Health and Healthy Weights for Children and Youth: A TOPHC pre-convention knowledge exchange forum

March 24, 2015: Toronto, ON

This free one-day knowledge exchange forum will discuss the findings in the 2013 report, *Connecting the dots: How Ontario public health units are addressing child and youth mental health*, which was co-led by Public Health Ontario, CAMH Health Promotion Resource Centre and Toronto Public Health. The forum, which is designed specifically for staff working in Ontario public health units, will explore the connection between mental health and obesity and will highlight research currently being conducted in this area by public health units.

http://www.publichealthontario.ca/en/LearningAndDevelopment/Events/Pages/Mental_Health_Healthy_Weights_Children.aspx#.VP37zeGgboY

17. Harm Reduction in Tobacco for Pregnant and Postpartum Women and Their Families

March 24, 2015: Webinar

In this hour-long webinar offered through RNAO participants will learn key harm-reduction strategies that can be used with pre- and post-natal women who have quit or who are attempting to quit smoking. Claire Gignac, Master-Tobacco Treatment Specialist, will offer tips for working with clients and discuss approaches for harm-reduction. Public Health Nurse Penny Rush will provide examples and case scenarios from her home health unit's tobacco program. [Register online today.](#)

<http://tobaccofreernaoc.ca/en/webinars>

18. BFI Implementation Workshop

April 8, 2015: Sarnia

This free full-day workshop is designed for those who are planning to lead or promote BFI designation at their organization. Session facilitators will guide attendees through the process of BFI designation, providing an overview of the Baby-Friendly Initiative, offering strategies for managing organizational change, and highlighting common

challenges and solutions that face organizations undergoing the BFI process. Two participants per organization are invited to attend.

To register please contact Elizabeth Brazeau at elbra@tegh.on.ca

19. 2015 Breastfeeding Committee for Canada BFI National Symposium

April 16, 2015: Edmonton, AB

This two day conference is an excellent opportunity for those either currently undergoing or considering implementing the Baby-Friendly Initiative process to learn more about the Baby-Friendly Initiative through practical workshops and informal networking. Opening sessions will provide broad overviews of the BFI from both worldwide and Canadian perspectives. Panel sessions will discuss practical issues with the BFI including infant formula contracts, data collection and the differences between the implementation process for hospitals and community health centres. CERPs are currently being applied for.

<http://www.breastfeedingcanada.ca/SymposiumRegistration.aspx>

20. CIRR National Reading Recovery & Early Literacy Conference

April 16-17, 2015: Richmond Hill, ON

Designed for educational professionals including K-3 teachers, early childhood educators, and literacy consultants, this conference will offer workshops specifically around the concept of reading recovery, a “model designed to ensure that children who struggle the most with early literacy learning gain the skills they need to access a literate and productive future.” Sessions from educators currently applying the model will provide participants with practical tips and strategies for using reading recovery. The opening keynote from Reading Recovery Center trainer Mary Fried will highlight the importance of flexibility in new readers. Internationally recognized educator Charles Pascal will close the conference with a discussion of his role as an early learning advisor.

<http://rrcanada.org/annual-teachers-conference/>

V. RESOURCES

21. Preconception Health Care Tool

The Centre for Effective Practice is excited to announce the launch of the Preconception Health Care Tool. It has been shown that enhancing preconception care reduces infant and maternal mortality and morbidity. This tool is intended to support primary care providers in discussions of health promotion and illness prevention strategies with all individuals of reproductive age.

<http://www.effectivepractice.org/index.cfm?id=67174>

22. WYNI – When You Need It: Breastfeeding Information

Wish you could be at your client's side every time they're breastfeeding? This new app developed by the Windsor Faculty of Nursing and the Windsor-Essex County Health Unit can help respond to breastfeeding mothers' questions whenever they need answers. Offering information about sore nipples, latching, sleep duration and how to tell if baby is getting enough milk, the app features diagrams, pictures and videos to help make breastfeeding clear and simple. Using the app, parents can also track breastfeeds, wet and dirty diapers and height and weight.

<https://itunes.apple.com/us/app/wyni-breastfeeding-information/id955007811?ls=1&mt=8>

23. Resiliency Resources for Parents Now in French

Reaching IN... Reaching OUT (RIRO), an organization that promotes resilience in adults and children, has recently worked with the Ottawa Public Health Department to translate many of its resources into French. The newly translated material includes handouts for parents that feature strategies for modeling resilience to children. RIRO has also translated the tip sheets and posters for its Resilience Activity Modules (RAM). The six modules were developed to help parents teach their children about six key inner strengths that are important for resilience.

<http://www.reachinginreachingout.com/index.htm>

- Access the handouts:
 - [Parents & Kids on the 'Road to Resilience'](#)
 - [Parents et enfants sur la « Voie de la résilience »](#)
 - [Role modelling for resilience](#)
 - [Être un modèle de résilience](#)
- Access the tip sheets: <http://www.reachinginreachingout.com/resources-parentprofessionals.htm>

24. Getting started with... The Healthy Kids Strategy

This concise 4-page document produced by HC-Link compiles key information regarding the Ontario government's Healthy Kids panel. The panel comprises experts from a variety of sectors who are working to promote healthy weights for children. In the document, you will find a summary of the Healthy Kids Panel's report, *No Time to Wait: The Healthy Kids Strategy*, which outlines the panel's three primary recommendations for achieving healthy weights. The handout also includes summaries of HC-Link's three-part webinar series on the Healthy Kids Strategy, a list of key resources related to childhood obesity and physical activity, and organizations that support the work of the strategy.

http://www.hclinkontario.ca/images/HCLink_GettingStarted_HKS.pdf

25. Temperament: Understanding your child's unique personality

(Available in French)

This new information sheet from the Encyclopedia on Early Childhood Development provides advice for parents on how to understand, navigate and potentially influence their child's temperament. The sheet recommends first observing the child's behaviour to understand how they react to other people and the world around them. It also provides

parents advice about how to mitigate some of the challenging aspects of their child's unique personality and how to encourage their child to step out of his or her shell. These strategies could include positive discipline, encouraging exploration, or setting clear limits depending on the child's temperament.

<http://www.child-encyclopedia.com/temperament-understanding-your-childs-unique-personality>

26. Look at Me Now!

This short, colourful board book recounts a day in the life of an 18-month old baby as he gets dressed, walks up stairs and practices other new skills. The book was designed for use by medical providers at well-baby visits to help teach parents about key developmental milestones in a fun and interactive way. The book was developed in consultation with Dr. Jean Clinton, a pediatrician and International Fellow of the Zero to Three's Leaders of the 21st Century Program.

<http://www.nimbus.ca/Look-at-Me-Now--P6859.aspx>

27. Children's Mental Health Research Quarterly: Parenting without Physical Punishment

This winter installment of Children's Mental Health Research Quarterly offers a plethora of articles related to parenting without physical punishment. The issue begins with an overview of the topic and features statistics regarding the prevalence of physical punishment in Canada, as well as reasons not to use physical punishment. A review of parenting programs explores their effectiveness in teaching parents new approaches to discipline. The issue closes with an extensive list of references and further reading on the topic.

<http://childhealthpolicy.ca/wp-content/uploads/2015/01/RQ-9-15-Winter.pdf>

28. How Mothers Can Nurse Themselves Healthy (Video)

This 14 minute TedMed Talk features women's health expert and scholar E. Bimla Schwarz. In her talk, Schwarz, who frequently works with patients with heart disease, emphasizes the important benefits of breastfeeding not only for babies, but for mothers. She touts breastfeeding as a "simple and natural way to spare tens of thousands of women from having heart attacks each year." She also argues that, while the benefits of breastfeeding are well-known, the majority of hospitals do not fully promote these benefits, while doing so could save money and lives.

<http://www.tedmed.com/talks/show?id=292925>

29. Learn more about FASD

- **FASD Learning Series:** The annual FASD Learning series offered by the government of Alberta consists of a set of webinars which discuss core issues on the subject of FASD. The aim of the series is to equip those who care for individuals with FASD with information and tools to better support their dependents. This year's series will feature a session on healing disordered

attachments, a case study of a First Nations community's response to FASD, and a summary of new developments in FASD research. All sessions will be archived and sessions from past years are available on the Government of Alberta website.

<http://fasd.alberta.ca/fasd-learning-series.aspx>

- **Kids' Quest – FASD:** The Centers for Disease Control and Prevention has developed an interactive website to teach kids about Fetal Alcohol Spectrum Disorders. Kids visiting the site will follow eight steps that will allow them to explore their own understanding of FASD, learn some new facts, check out some websites, movies and books about FASD, and then test their knowledge.
<http://www.cdc.gov/ncbddd/kids/fasd.html>

VI. FEATURED BEST START RESOURCES

30. Breastfeeding For the Health and Future of Our Nation

March 24, 2015: Webinar

March 26, 2015: Webinar

March 30, 2015: Webinar

This webinar will help service providers support Aboriginal women with the art of breastfeeding. The following points will be discussed:

- Information about Aboriginal traditions around breastfeeding.
- Information about why breastfeeding is important.
- Information about how breastfeeding can help heal intergenerational trauma.
- Practical tips on how to help Aboriginal women get started and continue to breastfeed.
- Information and resources that your clients may find helpful.

Participants are encouraged to consult the resource [Breastfeeding for the Health and Future of Our Nation](#) before participating in the webinar.

March 24: <https://www.eventbrite.ca/e/webinar-breastfeeding-for-the-health-and-future-of-our-nation-march-24-tickets-15918101470>

March 26: <https://www.eventbrite.ca/e/webinar-breastfeeding-for-the-health-and-future-of-our-nation-march-26-tickets-15918157638>

March 30: <https://www.eventbrite.ca/e/webinar-breastfeeding-for-the-health-and-future-of-our-nation-march-30-tickets-15918237878>

31. A Facilitator's Guide: Planning a First Nations Workshop for Parents

This facilitator guide is meant to assist facilitators in planning and presenting a First Nations workshop for parents and caregivers of young children.

http://www.beststart.org/resources/aboriginal/fgw_final_low.pdf

32. Zhi-gid-minaan Nda-nii-jaan-sag – Growing Together With Our Children:

This online guide will help facilitators in providing a workshop for First Nations parents and caregivers about parent-child attachment.

http://www.beststart.org/resources/aboriginal/GTWOC_final.pdf

33. 2015 Best Start Resource Centre Annual Conference: Post-Conference Coverage

The **2015 Annual Best Start Resource Centre Conference** took place from **Wednesday February 25th to Friday February 27th** at the Hilton Toronto Airport Hotel & Suites. Over the course of the three days, close to 400 delegates came together to discuss key issues in maternal and child health, including infant mental health, physical activity and the early years, breastfeeding, prenatal education, parenting without punishing, and the health of Indigenous children in Canada. Delegates, including public health nurses, midwives, doulas, physicians, staff from Ontario Early Year's Centres, breastfeeding supporters, Ontario Healthy Babies Healthy Children staff, social workers and more, came from all across Canada to participate.

Explore the pages of this website to learn more about the topics presented at the conference. Access the slideshows from many of the workshops by clicking on the presentation titles. Video is also available for this year's afternoon keynote presentation by Dr. Brian Jack: **Using Innovative Communication Technology to Deliver Preconception Care.**

<http://en.beststart.org/2015-best-start-resource-centre-annual-conference-overview/>

About This Bulletin

The Best Start Resource Centre thanks you for your interest in, and support of, our work. Best Start permits others to copy, distribute or reference the work for non-commercial purposes on condition that full credit is given. Because our MNCHP bulletins are designed to support local health promotion initiatives, we would appreciate knowing how this resource has supported, or been integrated into, your work (mnchp@healthnexus.ca). Please note that the Best Start Resource Centre does not endorse or recommend any events, resources, or publications mentioned in this bulletin.

Information on the MNCHP Network: Email mnchp@healthnexus.ca or visit <http://www.beststart.org/services/information.html>

To manage your subscription, unsubscribe from the list-serv and access the MNCHP archives:

<http://lists.beststart.org/listinfo.cgi/mnchp-beststart.org>

To submit items for MNCHP Bulletins: Email mnchp@healthnexus.ca

Contact Us

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Health Nexus: <http://en.healthnexus.ca/>

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Stay connected!

The free weekly [Ontario Health Promotion E-mail bulletin \(OHPE\)](#) offers a digest of news, events, jobs, feature articles on health promotion issues, resources, and much more, to those working in health promotion.

[Click4HP](#) is an international dialogue on health promotion. Participants exchange views on issues and ideas, provide leads to resources, and ask questions about health promotion.

[The Maternal Newborn and Child Health Promotion \(MNCHP\) Network](#) - A province-wide electronic forum for service providers working to promote preconception, prenatal and child health.

[Health Promotion Today](#) - Our blog keeps you informed of news and topics related to health promotion.

Follow us on [Twitter](#) to stay up to date on all things related to health promotion.

View our video resources on [YouTube](#) and [Vimeo](#)

[The Best Start Aboriginal Sharing Circle \(BSASC\) Network](#) is a distribution list designed for service providers working with Aboriginal Peoples in areas of preconception, prenatal and child health. The network is a forum to share news, ideas, questions and best practices.

We encourage you visit the website of our new [3M Health Leadership Award](#) to find out how you can support community health leadership and honour your own community leader by nominating them for this national award.

En français:

Restez branché!

Le bulletin francophone [Le Bloc-Notes](#) est un outil indispensable pour les intervenants professionnels qui aiment être à l'affût des nouveautés dans le domaine de la promotion de la santé.

Le [Bulletin de santé maternelle et infantile](#) est un bulletin électronique mensuel à l'intention des fournisseurs de services œuvrant dans le domaine de la promotion de la santé maternelle et infantile.

[Promotion de la santé aujourd'hui](#) – Notre blogue sur lequel on partage des nouvelles et réflexions liées à la promotion de la santé.

Suivez-nous sur [Twitter](#) pour demeurer au fait de tout ce qui concerne la promotion de la santé.

Visionner nos ressources vidéo sur [YouTube](#) et [Vimeo](#)

Nous vous encourageons à visiter le site Web de notre nouveau [Prix 3M de leadership en santé](#) pour découvrir de quelle façon vous pouvez appuyer le leadership en santé communautaire et honorer un chef de file de votre milieu en présentant sa candidature à ce prix national.