



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.

*\*Please note that the Best Start Resource Centre does not endorse or recommend any events, training, resources, services, research or publications of other organizations.*

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## **I. News & Views**

### **Reactions to the Ontario Budget**

Finance Minister Charles Sousa released the *2017 Ontario Budget: A Stronger, Healthier Ontario*. Learn more about reactions to the budget:

- [Ontario Public Health Association's response to the Ontario budget](#)
- [Registered Nurses' Association of Ontario hails progressive budget](#)
- [Ontario Municipal Social Services Association's 2017 provincial budget report](#)
- [FASD ONE: Preventing Fetal Alcohol Spectrum Disorder \(FASD\) and supporting those affected by FASD](#)
- [Introducing the 'abortion pill,' which takes the clinic out of the equation](#)
- [Social Policy in Ontario: Top 23 takeaways from the Ontario budget](#)
- [Links to more budget reactions](#)

Read the full budget in [English](#) or [French](#)

Highlights of the budget in [English](#) or [French](#)

### **Eat, Sleep, Repeat: How Kids' Daily Routines Can Help Prevent Obesity**

This article (Aubrey 2017) reviews a recent study that found preschool-age children who did not have a set sleep routine were more likely to be overweight at age 11. Other studies that examine the links between other habits such as evening meals and limited screen time on obesity were also reviewed.

[Read the article](#)

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## II. Recent Reports & Research

### Effects of Posted Point-Of-Sale Warnings on Alcohol Consumption During Pregnancy and on Birth Outcomes\*

(Cil 2017)

#### ABSTRACT:

In 23 states and Washington D.C., alcohol retailers are required by law to post alcohol warning signs (AWS) that warn against the risks of drinking during pregnancy. Using the variation in the adoption of these laws across states and within states over time, the researcher found a statistically significant reduction in prenatal alcohol use associated with AWS. The author then used this plausibly exogenous change in drinking behavior to establish a causal link between prenatal alcohol exposure and birth outcomes. The findings indicate that AWS laws are associated with decreases in the odds of very low birth weight and very pre-term birth.

Read the [abstract](#) and [related news](#)

### Polyamory in Canada: Research on an Emerging Family Structure

(The Vanier Institute of the Family 2017)

#### EXCERPT:

The Canadian Research Institute for Law and the Family began a study of perceptions of polyamory in Canada in June 2016. The project is only midway through its course, but the data collected so far have important implications for law and policy in the coming decades, as the meaning of *family* continues to evolve. People who are polyamorous are, or prefer to be, involved in more than one intimate relationship at a time. Some polyamorists are involved in stable, long-term, loving relationships involving two or more other people. Others are simultaneously engaged in a number of relationships of varying degrees of permanence and commitment. Still others are involved in a web of concurrent relationships ranging from short-term relationships that are purely sexual in nature to more enduring relationships characterized by deep emotional attachments.

#### In summary:

- **Polyamory:** The practice or condition of participating in more than one intimate relationship at a time. It is usually not related to religion and it is unrelated to marriage.
- **Polygamy:** The practice or condition of having more than one spouse, typically a wife, at one time, usually for religious reasons.

#### The research to date on polyamory in Canada found:

- Most of the respondents to the survey live in British Columbia (144), followed by Ontario (116), Alberta (71) and Quebec (37). Respondents tend to be younger than the general Canadian population, with 75% of respondents being between the ages of 25 and 44, compared to 26% of the general population, and only 16% of respondents being age 45 or older, compared to 44% of the general population.
- Almost one-quarter of the survey respondents (23.2%) said that at least one child under the age of 19 lives full-time in their household under the care of at least one

parent or guardian, and 8.7% said that at least one child lives part-time in their household under the care of at least one parent or guardian.

Read the article in [English](#) or [French](#)

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### III. Current Initiatives

#### **World Maternal Mental Health Awareness Day: May 3**

An international task force met in late 2015 to start making plans for the first ever World Maternal Mental Health Day. The group decided that the event should be held each year on the first Wednesday of May, close to “Mother’s Day” and “Mental Health Week” in many countries. Before long the task force had grown to include representatives from around the globe, all with a common goal of increasing awareness of maternal mental health issues.

[Learn more](#)

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### IV. Upcoming Events

#### **Measuring Rural Community Vitality – A Rural Ontario Institute Initiative**

May 11, 2017: Webinar

For more than a decade, Canadian researchers and policy makers have focused on measuring the well-being of Canadian residents on a number of domains, including Community Vitality which measures the activity, strength, and inclusiveness of relationships within a community. Recognizing that rural communities are distinct from urban areas in numerous ways, the Rural Ontario Institute (ROI) undertook the Measuring Rural Community Vitality Initiative (MRCVI). Learn more about this applied research and analysis initiative examining effective practices for quantifying rural civic engagement, social capital and community well-being.

[Register](#)

#### **Literacy Engagements – Fostering Energy and Passion for Reading and Writing**

May 13, 2017: Saint John, NB

The pathways to literacy learning are as multiple and diverse as the children themselves. Supporting children’s literate identities in ways that energize and fuel children’s motivation to read, write, represent, and talk requires rigorous, intellectual work on the part of early childhood educators and children. This full day workshop will engage and inspire early childhood educators who are responsible for supporting the unique literate journeys of children from age 3 to 8.

[Learn more](#)

### **Addressing Inequity in Canada through Early Childhood Education**

June 2, 2017: Toronto, ON

The Summer Institute is an annual collaboration between the School of Early Childhood at George Brown College and the Atkinson Centre for Society and Child Development at the Ontario Institute for Studies in Education/University of Toronto. The Institute strives to offer timely information to inform research, policy and practice. Research tells us that quality early childhood education can be a game-changer for children, particularly those from disadvantaged backgrounds. Yet many policies and practices prevent racialized, Indigenous and vulnerable children from participating in early childhood programs or stream them into low quality settings. A new framework for early learning and childcare is in development. Canadian jurisdictions are using the occasion to update their early childhood policies. It is important that change be informed by evidence and viewed through an equity lens.

[Learn more](#)

### **2017 Ontario Society of Physical Activity Promoters (OSPAPPH) in Public Health Conference**

June 6, 2017: Mississauga, ON

OSPAPPH's first annual conference's theme is *Research to Action on Risky Play and Sedentary Behaviour*. This conference promises is for both public health staff working on physical activity promotion, and others from relevant health, recreation and community organizations. In addition, it is:

- targeted and relevant to the work being done at a local level in public health physical activity promotion and injury prevention
- well aligned with the new draft Standards for Public Health Programs and Services
- a unique opportunity to learn about other health units' physical activity initiatives, programs and resources
- a platform for networking with others working in physical activity promotion within public health and from other relevant health, recreation and community organizations

[Register](#)

### **The Power of Play Conference**

September 25-27, 2017: London, ON

The Family Resource Program Canada is hosting a conference the will explore the power of play.

[Read the announcement](#)

### **Ophea Conference**

October 13, 2017

Share your knowledge and experience by providing practical ideas and information to use with either elementary or secondary aged students. Workshop sessions take place **Friday, October 13, 2017** and are provided with 75 minute time slots. Active workshops are especially of interest.

Topics of interest include:

- Health and Physical Education Curriculum Implementation
- Instructional Strategies for Healthy, Active Living within the Classroom and School
- Inquiry-based Learning in Health and Physical Education
- Teaching Games for Understanding
- Mental Health & Well-being
- Assessment and Evaluation in Health in Physical Education
- First Nation Métis Inuit Engagement
- Games to Develop Fundamental Movement Skills
- Inclusive Health and Physical Education

[Apply to become a presenter](#)

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## V. Resources

### **Infographic: Women, Caregiving and Work in Canada**

Caregiving is a fact of life and a common family experience in Canada. And while the gap between women and men has lessened over the past generation, caregivers have historically been disproportionately women, and this remains true today. Research also shows that on average, women in Canada devote more time to caregiving tasks than men and are more likely to experience negative consequences as a result of their caregiving. Women are also more likely to report performing what has been considered “traditionally female” tasks, such as housekeeping, meal preparation and personal/medical care (Vanier 2017).

See the infographic in [English](#) or [French](#)

### **Fairness for Children: Inequality in Child Well-Being Within Wealthy Nations: Webinar Recording and Presentation**

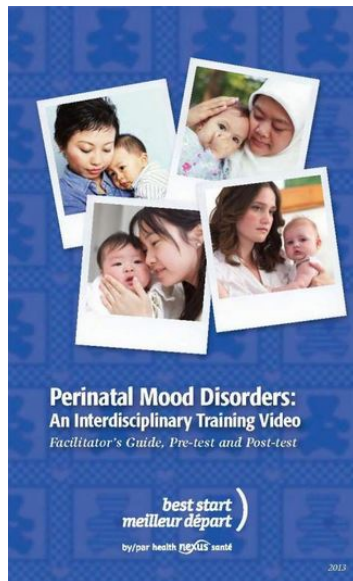
This webinar featured Lisa Wolff, presenting “*UNICEF Report Card 13: Fairness for Children – Inequality in child well-being within wealthy countries.*” The UNICEF Index of Child Inequality reveals the degree to which disadvantaged children fall behind the ‘average’ child in aspects of health, education, income, and life satisfaction in wealthy countries. Broad inequality affects many aspects of child and youth well-being, limiting the potential of all children, not only those who fall furthest behind. Closing the inequality gaps between children in the middle and those at the bottom, should improve well-being for all Canada’s children.

[Learn more](#)

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## VI. Featured Resources by the *Best Start Resource Centre*

The following resources may be useful for Maternal Mental Health Day.



### Perinatal Mood Disorders: An Interdisciplinary Training Video

This video for healthcare providers aims to educate and facilitate participatory discussion on perinatal mood disorders. It is accompanied by a Facilitator's Guide which has questions and answers that correspond to each topic covered in the four chapters of the video.

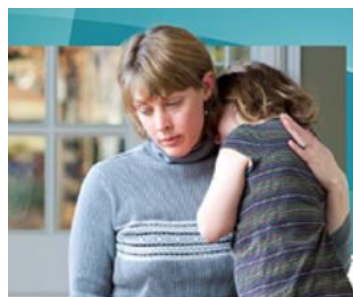
View online: [YouTube](#) or [Vimeo](#)  
Facilitator's Guide available in [PDF](#)



### Pregnancy and Life with a New Baby – Tear-off Pad

This pad of 50 tear-off sheets provides information to help women recognize if they have symptoms of depression or anxiety during pregnancy or postpartum. It also provides brief information on where to get help.

Available in [print](#) and PDF in [English](#) and [French](#)

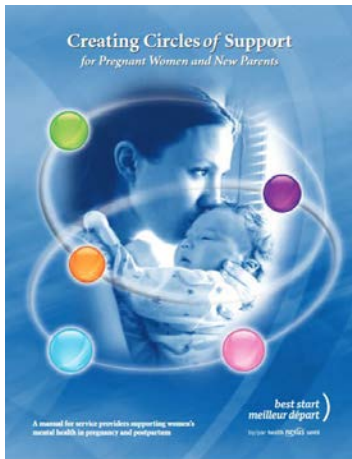


### Supporting Parents when Parents Experience Mental Health Challenges - Workshop for Service Providers

This ready-to-use workshop with PowerPoint slides, slide notes and handouts is designed to meet the needs of service providers who are working with parents experiencing mental health challenges.

[Modules available online](#)





## Creating Circles of Support for Pregnant Women and New Parents - Manual

This manual for health and social service providers working with pregnant women, new mothers and their families supports mental health promotion in pregnancy and postpartum. A helpful template to assist service providers and their clients identify their circle of support, can be downloaded [here](#).

Available in [PDF](#)



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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.



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- **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.
  - **Ontario Prenatal Education Network** - A space where professionals can share information and resources, ask questions and collaborate with peers on topics related to prenatal education.
  - **Health Promotion Today** - Our blog keeps you informed of news and topics related to health promotion.
  - **The Best Start Indigenous 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.

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.