



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.*

In this issue:

I. News & Views

- Make Time for Self Care
- Expanding Service Options for Children and Youth with Autism
- Is Distracted Parenting a Problem?

II. Recent Reports & Research

- Informed Decision-Making for Labour and Birth
- Paving the Path to Connected Care: Strengthening the Interface Between Primary Care and Community-based Child and Youth Mental Health Services (available in French)
- First Peoples, Second Class Treatment: The Role of Racism in the Health and Well-being of Indigenous Peoples in Canada
- SOGC Position Statement: Marijuana Use during Pregnancy (available in French)

III. Current Initiatives

- Postpartum Depression: Action Towards Causes and Treatment – Call for Participants

IV. Upcoming Events

- Children's Health and the Environment Workshop & Symposium: Moving Research to Action for Healthy Kids
- Should We Mind? Why Nutrition Matters for Mental Health

- Linking for Healthy Communities: With Everyone, For Everyone

V. Resources

- Population Mental Health Promotion for Children and Youth - A Collection for Public Health in Canada
- Collection of Evidence-based Maternal and Child Health Related resources - Translated into Arabic

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

- Infant Formula - What You Need to Know - Booklet
 - Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting - Booklet
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I. News & Views

Make Time for Self Care

This article (Albrecht 2017) explores the levels of work and stress in parents' lives. In light of high levels of stress, various methods to engage in self-care are suggested. It outlines what self-care can look like and how it can be incorporated into a daily routine.

[Read the article](#)

Expanding Service Options for Children and Youth with Autism (available in French)

The Government of Ontario (2007) announced that families of children with autism will have more options to support their children by providing them with a permanent direct funding option. This will allow families to choose between receiving direct service or receiving funding to purchase services for their children. This funding should be implemented by the end of the year through the Ontario Autism Program (OAP).

Learn more in [English](#) or [French](#)

Is Distracted Parenting a Problem?

In a blog post from the International Childbirth Education Association (Walls 2017) nurse Donna Walls discusses the issue of distracted parenting with regard to screen time and cell phone use. Walls cites a number of studies to illustrate the impact of distracted parenting on children and provides suggestions on how to safely use technology, particularly for infants and in the early years.

[Read the post](#)

II. Recent Reports & Research

Informed Decision-Making for Labour and Birth

(Stirling et al. 2017)

Summary:

The Ontario Public Health Association (OPHA) Reproductive Health Workgroup has written a position paper: *Informed Decision-Making for Labour & Birth*. The paper advocates for a comprehensive and evidence-informed approach to informed decision-making for labour and birth in Ontario. In order to set the context for public health's role in the discussion about informed decision-making for labour and birth, the importance of physiological labour and birth to lifelong health and wellness must be addressed. From a public health perspective, this is a key upstream health promotion strategy for the prevention of poor health outcomes for mothers and babies.

[Read the full position paper](#)

Paving the Path to Connected Care: Strengthening the Interface Between Primary Care and Community-based Child and Youth Mental Health Services

(available in French)

(Cappelli & Leon 2017)

In *Paving the Path to Connected Care: Strengthening the Interface Between Primary Care and Community-based Child and Youth Mental Health Services*, principal investigators, Mario Cappelli and Stephanie L. Leon examine the latest literature and evidence-informed practices to highlight the knowledge and first-hand experience of youth, families, service providers, and other stakeholders. With system transformation underway, they argue that the timing is right to move forward with the policy recommendations in this paper and to establish collaborative and integrated care partnerships to improve access to care, quality of care, and mental health outcomes of children and youth across the province.

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

First Peoples, Second Class Treatment: The Role of Racism in the Health and Well-being of Indigenous Peoples in Canada

(Allan & Smiley 2015)

Executive Summary:

First Peoples, Second Class Treatment explores the role of racism in the health and well-being of Indigenous peoples in Canada. The authors begin with an overview of the historical and contemporary contexts of racism, and the ways in which racism is fundamentally responsible for the alarming disparities in health between Indigenous and non-Indigenous peoples. They examine Indigenous responses to racism including individual, family and community level strategies and resiliencies; health service-level responses (including Indigenous and non-Indigenous led services); efforts directed at the training of health professionals; and provincial, territorial and national-level policies and

recommendations.

[Read more](#)

SOGC Position Statement: Marijuana Use during Pregnancy (available in French)
(Society of Obstetricians and Gynaecologists of Canada 2017)

Summary:

Cannabis (marijuana) is the most commonly used illicit drug among pregnant women. Legalization of cannabis in Canada may reinforce the reputation of cannabis being a harmless drug and result in an increase of use among pregnant women.

Evidence-based data has shown that cannabis use during pregnancy can adversely affect the growth and development of the baby, and lead to long-term learning and behavioural consequences. There have been sufficient studies with comparable results, showing that cannabis use during pregnancy raises concerns of impaired neurodevelopment of the fetus, in addition to the adverse health consequences related to maternal and fetal exposure to the effects of smoking. Pregnancy is a critical time for the brain development of the baby and the adverse effects caused by cannabis exposure can be life-long.

The SOGC recommends that women who are pregnant or contemplating pregnancy should abstain from cannabis use during pregnancy.

Read the position statement in [English](#) or [French](#)

III. Current Initiatives

Postpartum Depression: Action Towards Causes and Treatment – Call for Participants

PPD ACT is a research study developed by Postpartum Depression: Action Towards Causes and Treatment (PACT) Consortium. This study aims to better understand the interaction of genes and environment to predict which women are at risk of postpartum depression (PPD) with the hope of developing critical knowledge that will improve detection, prevention and treatment of these conditions. The researchers are seeking women in Canada over age 18 who has ever had a live birth to participate.

[Learn more](#)

IV. Upcoming Events

Children's Health and the Environment Workshop & Symposium: Moving Research to Action for Healthy Kids

June 26-28, 2017: London, ON

This workshop will focus on recent research and practice related to children's health and the built environment across three themes:

- access to healthy food
- promoting healthy physical activity including active travel and play
- healthy outdoor play and mobility

Practitioners, policymakers, health promoters and providers, community service and care providers, designers and planners, educators and all others interested in providing healthy built environments for children are invited to this workshop.

[Learn more](#)

Should We Mind? Why Nutrition Matters for Mental Health

November 9, 2017: Toronto, ON

The Nutrition Resource Centre is hosting a forum to explore the connection between nutrition and mental health. The forum will provide the opportunity to learn about current scientific research in this area as well as practical experiences of the link between mental health and nutrition. The event is being held as part of the Ontario Public Health Association's 2017 Annual Fall Forum.

[Register online](#)

Linking for Healthy Communities: With Everyone, For Everyone

November 20 & 21, 2017: Toronto, ON

HC Link's 2017 conference will focus on how to work across difference to build more inclusive communities. Sessions will cover equity, diversity, cultural humility, inclusion and allyship, with a focus on youth, ethnoracial, Francophone, and Indigenous communities.

[Learn more](#)

V. Resources

Population Mental Health Promotion for Children and Youth - A Collection for Public Health in Canada

The National Collaborating Centres for Public Health have put together this resource to increase understanding of population mental health promotion for children and youth. The goal is to start a discussion to promote collaboration to address this issue. This collection of papers includes relevant evidence to support gaps in knowledge and tools, guidelines, frameworks, and other resources to guide the work of public health professionals/practitioners.

[Read more](#)

Collection of Evidence-based Maternal and Child Health Related Resources - Translated into Arabic

The Public Health Agency of Canada and Immigration, Refugees and Citizenship Canada have translated a number of maternal and child health resources into Arabic. These resources include information related to prenatal care, breastfeeding, child health and safety, nutrition, behaviour, early child development and parental coping skills.

The documents can be accessed by sending a request to DCA.public.inquiries@phac-aspc.gc.ca

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

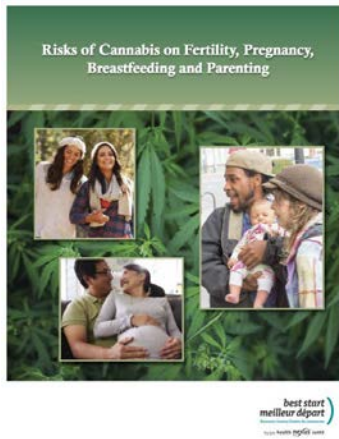


Infant Formula - What You Need to Know - Booklet

(BFI Strategy for Ontario 2017)

This booklet is designed to guide families with informed decision making regarding infant feeding. The booklet provides information on safe preparation, storage and feeding of formula. As part of the Baby-Friendly Initiative, this resource is intended for individual discussion, and is not intended to be on display nor given out in group situations.

Available in print in English and French.
Available in PDF in [English](#), [French](#), [Arabic](#), [Bengali](#), [Chinese \(Simplified\)](#), [Farsi](#), [Gujarati](#), [Hindi](#), [Korean](#), [Punjabi](#), [Russian](#), [Serbian](#), [Somali](#), [Spanish](#), [Tagalog](#), [Tamil](#), [Urdu](#), and [Vietnamese](#).



Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting - Booklet (Best Start Resource Centre 2017)

This resource is for women and men, who are thinking about becoming parents, are pregnant, or who are new parents. It provides information about the effects of cannabis on fertility, pregnancy, breastfeeding, on children and adolescents when their mothers used cannabis during pregnancy and on parenting. This resource summarizes the current knowledge about the effects of cannabis.

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



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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.
- **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.