

MNCHP Network Bulletin



*best start
meilleur départ*

by/par health **nexus** santé

The purpose of this week's bulletin is to provide information that may be useful in welcoming and supporting Syrian refugees. It includes a range of news, tools, links and resources that are relevant to preconception health, prenatal health and early child development. We invite you to actively discuss and exchange other relevant information such as work your organization is doing or other links of interest.

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December 17, 2015

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I. NEWS & VIEWS

1. The Society of Obstetricians and Gynaecologists of Canada Volunteers Obstetric and Gynaecologic Care to Syrian refugees (available in French)

With thousands of Syrian refugees set to arrive in the coming months, the SOGC commits to making available maternal health care to Syrian women who are in need. In alliance with regional medical officers of health, the services of SOGC members are being made available to Syrian women who are pregnant, or who have recently given birth, in order to provide them with the best in maternal health care.

EN: <http://sogc.org/wp-content/uploads/2015/11/MedReleaseSyrianRefugeesE.pdf>

FR: http://sogc.org/fr/news_items/la-sogc-offre-benevolement-ses-soins-obstetricaux-et-gynecologiques-aux-refugiees-syriennes/

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II. RECENT REPORTS AND RESEARCH

* indicates journal subscription required for full text access

2. Population Profile: Syrian Refugees (available in French)

Citizenship and Immigration Canada [CIC]. (2015). *Population profile: Syrian refugees*. Retrieved from http://www.kidsnewtocanada.ca/uploads/documents/EN_Syrian_Population_Profile.pdf

[Executive summary]

The conflict in Syria, which began in 2011, has caused widespread displacement with more than 4 million Syrian refugees fleeing, mainly to neighbouring countries such as Lebanon, Turkey, Jordan and Iraq.

Conditions in asylum countries vary but overall are quite poor. Iraq, Jordan and Turkey are the only three countries that have formal refugee camps; however, the majority of Syrian refugees (85 percent) live in non-camp environments such as urban centers or makeshift dwellings. Syrian refugees resettled to Canada will come primarily from asylum countries such as Jordan and Lebanon where local integration is not possible due to the overwhelming number of refugees residing in those countries.

In order to prepare for the arrival of refugees, CIC compiled available information on demographics and health characteristics of Syrian refugees. Some of the most common medical conditions found include: hypertension, diabetes and visual or hearing impairment. In addition, mental illness and trauma are common given the experiences in Syria, in transit and in asylum countries. Symptoms may not appear right away and therefore, follow-up is crucial. In terms of languages, of the Syrian refugees resettled to Canada in 2014, 46 percent reported knowing at least one of Canada's official languages, making language skills training an important factor in integration.

It is essential that cultural considerations are given to Syrian refugees when providing services as there are a number of important aspects to consider such as providing culturally appropriate health care, understanding family dynamics, religious beliefs and food and dietary restrictions.

EN:

http://www.kidsnewtocanada.ca/uploads/documents/EN_Syrian_Population_Profile.pdf

FR:

http://www.enfantsneocanadiens.ca/uploads/documents/FR_Syrian_Population_Profile.pdf

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3. Clinical Practice Guideline: Caring for a Newly Arrived Syrian Refugee Family

[Summary of recommendations]

Syrian refugees have faced war crimes, human rights violations, poverty and prolonged displacement, which may have physical and mental health implications.

Access to safe and adequate housing, employment and income, family cohesion and keeping parents and children together during and after the integration process may have strong protective health effects.

Primary care clinicians:

- Should not routinely screen for trauma, but should remain alert for impairment of social functioning or high levels of suffering that may be related to post-traumatic stress disorder, depression or anxiety disorders, or exposure to war-related violence and refer to appropriate services for assessment and follow-up.
- Should vaccinate all children and adults without a record of complete vaccination. Depending on age, these may include measles, mumps, rubella, diphtheria, tetanus, pertussis, *Haemophilus influenzae* B and polio.
- Should not offer testing for latent TB as the incidence of active TB in the Middle East Region remains low.
- Screen all children and adults for chronic Hepatitis B infection, prior immunity and vaccinate those who are susceptible.

- Should consider serology for varicella and vaccinate those who are susceptible; many Syrians are likely immune.
- Should consider screening for Hepatitis C; prevalence of this infection in Syrian refugees is currently uncertain, but war may have increased its prevalence.
- Should consider serology for the intestinal parasite Strongyloides, but should not collect stool samples, unless the patient has abdominal symptoms.

<http://www.cmaj.ca/site/misc/caring-for-a-newly-arrived-syrian-refugee-family-cmaj.151422.xhtml>

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III. CURRENT INITIATIVES

4. #WelcomeRefugees

(available in French)

This website aims to make it easy for Canadians to stay updated as we welcome Syrian refugees. You can get regular updates on our key figures, highlighting the progress the Government of Canada is making through this initiative.

EN: <http://www.cic.gc.ca/english/refugees/welcome/index.asp>

FR: <http://www.cic.gc.ca/francais/refugies/bienvenue/index.asp>

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IV. UPCOMING EVENTS

5. Intersections: Violence Against Women and Immigration Policy (two-part webinar)

January 20, 2016: Webinar (Part I)

January 27, 2016: Webinar (Part 2)

This two-part webinar will offer a framework that challenges the notion that violence against women is rooted in culture and explore the intersections of immigration policy and violence against women. The presenters will look at the political and practical implications of newcomer women'...

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

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V. RESOURCES

6. Helping Canadian Communities Help Syrian Refugees

(available in French)

Caring for Kids New to Canada is a comprehensive resource for people who work with immigrant and refugee children, youth and families. Developed by the Canadian Paediatric Society with input from a range of experts and organizations, the site has evidence-based information on medical conditions, mental health, child development, and much more. It also has a range of tools, checklists and links to local resources.

EN: <http://www.kidsnewtocanada.ca/beyond/helping-syrian-refugees>

FR: <http://www.enfantsneocanadiens.ca/beyond/helping-syrian-refugees>

7. Ontario Immigration

(available in French)

This Ontario Government website is designed for potential and new immigrants to Ontario. It includes information about cities and towns, living, working, doing business, studying, etc. There is also an online class wizard to find courses for learning English or French as a second language.

EN: <http://www.ontarioimmigration.ca/en/index.htm>

FR: <http://www.ontarioimmigration.ca/fr/index.htm>

8. Citizenship and Immigration Canada

(available in French)

This federal government department assists people who want to immigrate and newcomers to Canada. Services include immigration, citizenship registration and language instruction for Newcomers to Canada.

EN: <http://www.cic.gc.ca/english/index-can.asp>

FR: <http://www.cic.gc.ca/francais/index-can.asp>

9. Canadian Council for Refugees – Past webinars

(available in French)

The Canadian Council for Refugees is a national non-profit umbrella organization committed to the rights and protection of refugees and other vulnerable migrants in Canada and around the world and to the settlement of refugees and immigrants in Canada. The membership is made up of organizations involved in the settlement, sponsorship and protection of refugees and immigrants. The Council serves the networking, information-exchange and advocacy needs of its membership.

Past webinars are available to logged in CCR members (recordings and resources). The recordings are only available below for a limited amount of time - members who would like access to older recordings should send an email to webinars@ccrweb.ca.

EN: <http://ccrweb.ca/en/webinars>

FR: <http://ccrweb.ca/fr/webinaires>

10. InMyLanguage.org

(available in French)

This multilingual website provides online information and referral resources for newcomers to Ontario, Canada in their own language. The goal of this website is to provide high quality content that can be freely accessed, adapted and printed by anyone providing information to newcomers to Ontario and by newcomers themselves. InMyLanguage.org website provides online resources with settlement related documents professionally translated into the following languages: English, French, Arabic, Chinese (Simplified), Gujarati, Punjabi, Russian, Spanish, Pilipino (Tagalog), Tamil and Urdu.

EN: http://www.inmylanguage.org/index_en.html

FR: <http://french.inmylanguage.org/>

Multiple languages : http://www.inmylanguage.org/index_en.html

11. NSW Multicultural Health Communication Service

The NSW Multicultural Health Communication Service (Multicultural Communication) website offers many resources on a variety of topics in multiple languages. You can search by topic (e.g., pregnancy and post-natal, parenting) language and keyword.

<http://www.mhcs.health.nsw.gov.au/publicationsandresources/publicationsresources.asp>

12. NewYouth.ca

(available in French)

NewYouth.ca is a link to accurate, accessible and easy-to-understand information about issues important to newcomer youth. The website includes a discussion forum, information about Ontario Works, finding a job, immigration and school.

EN: <http://www.newyouth.ca/>

FR: <http://www.nouveauxjeunes.ca/>

<https://www.facebook.com/newcomeryouth>

13. SettlementAtWork.Org

(available in French)

The SettlementAtWork.Org website has professional development resources and news for front-line workers, program staff, managers and administrative staff. The goal of this site is to help workers prepare to best serve their newcomer clients and to help organizations support their staff. The website features news items, professional development events, job postings and requests for proposals of interest to the sector.

EN: <http://www.settlementatwork.org/>

FR: <http://www.secteuiretablissement.org/>

14. Health Information Translations: Health Education Resources for Diverse Populations

(available in French)

Health Information Translations provides education resources in multiple languages for health care professionals and others to use in their communities. You can search for resource by health topic (e.g., pregnancy and baby care, pediatrics), language or keyword. Languages available are: [English](#), [French](#), [American Sign Language](#), [Arabic](#), [Bosnian](#), [Chinese Simplified](#), [Chinese Traditional](#), [Hindi](#), [Japanese](#), [Korean](#), [Marshallese](#), [Multilingual](#), [Portuguese](#), [Russian](#), [Somali](#), [Spanish](#), [Tagalog](#), [Ukrainian](#) and [Vietnamese](#).

<https://www.healthinfotranslations.org/>

15. Healthy Roads Media

This website provides health information in many languages and multiple formats. Click on a topic (e.g., abuse, children/infants, pregnancy and reproduction) or a language to find health and patient education materials in a variety of formats (handouts, audio, web-video, iPod video).

<http://www.healthyroadsmedia.org/index.htm>

16. HealthLinkBC Files

HealthLinkBC Files are easy-to-understand fact sheets on a range of public health and safety topics. Most files are available in Chinese, English, French, Punjabi, Spanish and Vietnamese. You can search or browse the HealthLinkBC Files for information about a specific health topic or concern by using the search field or A-Z index.

<http://www.healthlinkbc.ca/servicesresources/healthlinkbcfiles/index.html>

17. Settlement.Org

(available in French)

OCASI created and launched Settlement.Org in 1999 and has been responsible for the ongoing development and maintenance of the website ever since. This includes web development, content development and marketing of the site. Settlement.Org is a dynamic space where visitors can find trustworthy information that is relevant to newcomers to Ontario under the following main sections:

- Immigration & Citizenship
- Housing
- Health
- Employment
- Education
- Community & Recreation
- Legal Services
- Daily Life

EN: <http://www.settlement.org/index.asp>

FR: <http://etablissement.org/>

18. Child Health and Reproductive Health Publications

(available in French)

The following resources are available on the Ministry of Health and Long-Term Care website:

- Keeping our children safe as they grow
- Can pregnancy affect my oral health?
- Teething: What can I expect?
- Are baby teeth important?
- Is snacking healthy for my child's teeth?

These Early Child Development fact sheets are available as brochures in the following languages: [English](#), [French](#), [Arabic](#), [Chinese](#), [Italian](#), [Ojicree](#), [Portuguese](#), [Punjabi](#), [Somali](#), [Spanish](#), [Tamil](#) and [Vietnamese](#). Use the [catalogue and order form](#) to order brochures in quantity.

EN: http://www.mhp.gov.on.ca/en/healthy-communities/public-health/public_health_programs/pub_early.asp

FR: http://www.mhp.gov.on.ca/fr/healthy-communities/public-health/public_health_programs/pub_early.asp

19. Language Resources

(available in French)

The Ministry of Children and Youth Services website provides information about language development. Topics include: Your baby's speech and language skills for birth to 30 months, your preschool child's speech and language development and helping your child learn language. These resources are available in [English](#), [French](#), [Arabic](#), [Chinese](#), [Farsi](#), [Italian](#), [Korean](#), [Polish](#), [Portuguese](#), [Punjabi](#), [Russian](#), [Somali](#), [Spanish](#), [Tamil](#), [Urdu](#) and [Vietnamese](#)

EN:

<http://www.children.gov.on.ca/htdocs/English/topics/earlychildhood/speechlanguage/index.aspx>

FR:

<http://www.children.gov.on.ca/htdocs/French/topics/earlychildhood/speechlanguage/index.aspx>

20. Parenting Resources

(available in French)

The Canadian Child Care Federation resource sheet series has been developed with both the parent and the practitioner in mind. The information is provided in an accessible, free downloadable format, with concise practical tips on how to manage the early years. Some of the resources are available in multiple languages:

- Parents as partners: Enhancing self-esteem ([Cantonese](#), [Inuktitut](#), [Punjabi](#) and [Spanish](#))
- Problem-solving skills – Enhancing children’s social and emotional well-being and resilience ([Cantonese](#), [Inuktitut](#), [Punjabi](#) and [Spanish](#))
- Families and practitioners working collaboratively to support cultural identity in young children ([Cantonese](#), [Inuktitut](#), [Punjabi](#) and [Spanish](#))
- Encouraging Aboriginal cultural identity at home and in child care ([Inuktitut](#))

EN: <http://www.cccf-fcsge.ca/parents/>

FR: <http://www.cccf-fcsge.ca/fr/parents/>

21. Preschool Speech and Language Resources

(available in French)

First Words provides speech and language resources in English, French, Arabic, Chinese, Inuktitut, Somali, Spanish and Vietnamese. Topics include: first language and bilingualism, success sheets and talk to your child in your first language.

EN: <http://firstwords.ca/first-language-bilingualism/>

FR: <http://firstwords.ca/langue-maternelle-et-bilinguisme/>

22. Making a Difference

(available in French)

The Ontario Early Years Centres Library provides information on early childhood development and health for the first six years of a child's life. Downloadable PDFs are available in: [Armenian](#), [Bengali](#), [Chinese](#), [Farsi](#), [German](#), [Greek](#), [Gujarati](#), [Hindi](#), [Italian](#), [Korean](#), [Japanese](#), [Macedonian](#), [Maltese](#), [Portuguese](#), [Punjabi](#), [Russian](#), [Spanish](#), [Tagalog](#), [Tamil](#), [Ukrainian](#) and [Urdu](#).

EN: <http://www.oeyc.edu.gov.on.ca/library/index.aspx>

FR: <http://www.oeyc.edu.gov.on.ca/French/library/index.aspx>

23. Quick Tips for Parents: Talking and Listening Skills

The National Literacy Trust U.K. provides tip sheets about helping children develop good talking and listening skills. Tip sheets are provided in English, French, Arabic, Bengali, Chinese, Gujarati, Punjabi, Polish, Portuguese, Somali, Tamil, Turkish, Urdu and Welsh on:

- Saying hello to your new baby
- Dummies (pacifiers) and talking
- Talking to your baby in your own language

- Talking with your baby
- Sharing songs and rhymes
- Sharing books with your baby
- Playing with your baby

[http://www.literacytrust.org.uk/talk to your baby/resources/418 quick tips available bilingually in 13 languages](http://www.literacytrust.org.uk/talk-to-your-baby/resources/418-quick-tips-available-bilingually-in-13-languages)

24. FRP Canada Multilingual Parenting Information

This parenting information was originally published as companion resource sheets with Play and Parenting, FRP Canada's newsletter. Topics include active life, family life, guiding children's behaviour, literacy and numeracy and play time. The resource sheets are available in 14 languages (PDF), in addition to English and French. The back of each resource sheet contains the equivalent English content. Topics include:

- Building active habits
- Change waiting time to play time
- Connecting through stories
- Family routines
- Parents at play
- Process not product
- Promoting positive behavior
- Singing throughout the day
- Supporting children's play
- The pleasures of reading aloud

Available in the following languages: [Arabic](#), [Chinese \(Simplified\)](#), [Chinese \(Traditional\)](#), [Farsi \(Persian\)](#), [Hindi](#), [Portuguese](#), [Punjabi](#), [Russian](#), [Somali](#), [Spanish](#), [Tagalog](#), [Tamil](#), [Urdu](#), [Vietnamese](#)
<http://www.welcomehere.ca/index.cfm?fuseaction=page.viewpage&pageid=1099>

25. Brochures for Parents: Child Care

The Westcoast Child Care Resource Centre offers multilingual brochures for parents on: children and play, choosing child care, helping children learn language, knowing about child care choices, selecting an in-home caregiver, writing a parent-caregiver agreement, settlement and cultural adaptation and adaptational difficulties for refugee children. Some of the brochures are available in English, French, Arabic, Farsi, Hindi, Japanese, Korean, Punjabi, Russian, Serbo-Croatian Simplified Chinese, Spanish, Tagalog, Traditional Chinese and Vietnamese.

<http://www.wstcoast.org/parents/multilingual.html>

26. Tip Sheets: Education in Ontario

The People for Education website provides information about education and schooling in Ontario, including tip sheets to understand how the school system works and how parents/caregivers can help their children succeed. Tip sheets are available in English, French, Arabic, Chinese, Farsi, Hindi, Korean, Portuguese, Punjabi, Russian, Somali, Spanish, Tagalog, Tamil and Urdu.

<http://www.peopleforeducation.ca/how-does-education-work/multi-lingual-information-for-parents/>

27. Embracing Diversity: Sharing Our Songs and Rhymes

The Burnaby Public Library website provides video performances of children's songs and rhymes and other resources to inspire sharing across cultures. They are available in [English](#), [French](#), [Arabic](#), [Cantonese](#), [Dari](#), [Farsi](#), [Filipino](#), [Hindi](#), [Korean](#), [Mandarin](#), [Punjabi](#), [Russian](#), [Spanish](#), [Urdu](#) and [Vietnamese](#).

<http://bpl.bc.ca/kids/embracing-diversity>

<http://bpl.bc.ca/kids/embracing-diversity/songs-and-rhymes>

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VI. FEATURED BEST START RESOURCES

Best Start: Ontario's Maternal, Newborn & Early Child Development

Resource Centre supports organizations and individuals working to improve the health of women and families before, during and after pregnancy and well into the early childhood years. Best Start offers service providers a variety of multilingual resources. Most of our resources can be downloaded free of charge at <http://www.beststart.org/cgi-bin/commerce.cgi?search=action&category=O00E&advanced=yes&sortkey=sku&sortorder=descending>

Meilleur départ : Centre de ressources sur la maternité, les nouveau-nés et le développement des jeunes enfants de l'Ontario, assiste les organisations et les individus pour améliorer la santé des femmes et des familles avant,

pendant et après la grossesse, et aussi dans la petite enfance. Meilleur départ fournit aux professionnels de santé communautaire une variété de ressources multilingues. La plupart de nos ressources peuvent être téléchargées gratuitement à <http://www.beststart.org/cgi-bin/commerce.cgi?search=action&category=O00F&advanced=yes&sortkey=sku&sortorder=descending>

28. Information for parents new to Canada

(available in French)

This website for parents offers many resources of interest to parents who are new to Canada. Links to other relevant organizations and resources are also provided.

EN: http://en.beststart.org/for_parents/are-you-looking-newcomers-parenting-resources

FR: <http://fr.meilleurdepart.org/pour-les-parents/informations-canada>

29. Information for parents – in many languages

(available in French)

The Best Start Resource Centre has resources on preconception health, prenatal health and early childhood development in 26 languages.

http://en.beststart.org/for_parents/are-you-looking-resources-languages-other-english-and-french

<http://fr.meilleurdepart.org/pour-les-parents/informations-canada>

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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 listserv 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

Best Start Resource Centre: http://beststart.org/index_eng.html

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.

[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.

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](#)