

# 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](#).*

February 29, 2016

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## **I. NEWS & VIEWS**

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### **1. Low-income Families Struggle to Feed Their Kids Healthy Foods as Prices Rise**

This article (Canadian Press, February 18, 2016) describes concerns related to the rising price of food and the ability of Canadian families to afford healthy foods. A research group has found that nearly 13% of Canadian families experience some type of food insecurity. This article explains the connection between food insecurity and the chance for children to explore and develop a taste for healthy foods. The article discussed how families with lower incomes tend to have more concern regarding food waste. It has been shown that it can take upwards of 15 tries before a child might develop a taste for something, and if cost of food is a worry, children are not offered foods that they reject at another time.

<https://www.baytoday.ca/business/low-income-families-struggle-to-feed-their-kids-healthy-foods-as-prices-rise-199456>

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## **2. The Ontario Human Rights Commission Responds to the Truth and Reconciliation Commission's Call for Action on Indigenous Children in the Child Welfare System**

In December, 2015, the "Ontario Human Rights Commission (OHRC) responded to the Truth and Reconciliation Commission of Canada's (TRC) calls to action, and to similar calls from racialized communities, by committing to address the goal of preventing and reducing the overrepresentation of Indigenous and racialized children and youth in the child welfare system". The OHRC has pledged to work with child welfare agencies across the province to ensure relevant race-based data is being collected and meaningful indicators are being tracked in order to better prevent and reduce the overrepresentation of Indigenous and racialized children in care.

[http://www.ohrc.on.ca/en/news\\_centre/ohrc-responds-truth-and-reconciliation-commission%E2%80%99s-call-action-indigenous-children-child-welfare](http://www.ohrc.on.ca/en/news_centre/ohrc-responds-truth-and-reconciliation-commission%E2%80%99s-call-action-indigenous-children-child-welfare)

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## **3. Screening for Perinatal Depression: A Missed Opportunity**

In this editorial in the Lancet journal, a recommendation that all pregnant and post-partum women should be routinely screened for depression from the US Preventive Services Task Force (USPSTF) is questioned. The authors note that these recommendations are at odds with expert groups in Canada and the UK and that there was not sufficient evidence to support routine screening. In addition, the authors suggest that there is not currently an appropriate screening tool for routine screening, in particular because of the high rate of false-positives, which could lead to costly unnecessary referrals and interventions. The identification of depression during the perinatal period is recognized as important, however, the authors believe that with the evidence currently available, routine screening could potentially do more harm than good.

<http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2816%2900265-8/fulltext>

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## **4. Gomeroi Maternal Health Centre Uses Art to Turn Around Indigenous Birth Outcomes**

An article published by the Australian news source ABC (February 18, 2016) describes a study examining maternal health and birth outcomes for indigenous women in New South Wales, Australia. The study looks at the health of women attending an arts-based prenatal care program and has found that more than half of indigenous women in the program had pregnancy or birth complications which highlights major health disparities. These results are being compared to a similar study out of McMaster University in

Ontario and has found that the women in Canada are having more positive health outcomes and researchers are exploring what is contributing to those results. <http://www.abc.net.au/news/2016-02-17/researchers-look-at-art-to-improve-indigenous-maternal-outcomes/7177292>

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## II. RECENT REPORTS AND RESEARCH

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\* indicates journal subscription required for full text access

### 5. Fish Intake in Pregnancy and Child Growth: A Pooled Analysis of 15 European and US Birth Cohorts

Stratakis, N., Roumeliotaki, T., Oken, E., Barros, H., Basterrechea, M., Charles, M.-A., . . . Chatzi, L. (2016). Fish intake in pregnancy and child growth: A pooled analysis of 15 European and US birth cohorts. *JAMA Pediatrics*. DOI: [10.1001/jamapediatrics.2015.4430](https://doi.org/10.1001/jamapediatrics.2015.4430)

ABSTRACT:

#### Importance

Maternal fish intake in pregnancy has been shown to influence fetal growth. The extent to which fish intake affects childhood growth and obesity remains unclear.

#### Objective

To examine whether fish intake in pregnancy is associated with offspring growth and the risk of childhood overweight and obesity.

#### Design, Setting, and Participants

Multicenter, population-based birth cohort study of singleton deliveries from 1996 to 2011 in Belgium, France, Greece, Ireland, Italy, the Netherlands, Norway, Poland, Portugal, Spain, and Massachusetts. A total of 26 184 pregnant women and their children were followed up at 2-year intervals until the age of 6 years.

#### Exposures

Consumption of fish during pregnancy.

#### Main Outcomes and Measures

We estimated offspring body mass index percentile trajectories from 3 months after birth to 6 years of age. We defined rapid infant growth as a weight gain z score greater than

0.67 from birth to 2 years and childhood overweight/obesity at 4 and 6 years as body mass index in the 85th percentile or higher for age and sex. We calculated cohort-specific effect estimates and combined them by random-effects meta-analysis.

### Results

This multicenter, population-based birth cohort study included the 26 184 pregnant women and their children. The median fish intake during pregnancy ranged from 0.5 times/week in Belgium to 4.45 times/week in Spain. Women who ate fish more than 3 times/week during pregnancy gave birth to offspring with higher body mass index values from infancy through middle childhood compared with women with lower fish intake (3 times/week or less). High fish intake during pregnancy (>3 times/week) was associated with increased risk of rapid infant growth, with an adjusted odds ratio (aOR) of 1.22 (95% CI, 1.05-1.42) and increased risk of offspring overweight/obesity at 4 years (aOR, 1.14 [95% CI, 0.99-1.32]) and 6 years (aOR, 1.22 [95% CI, 1.01-1.47]) compared with an intake of once per week or less. Interaction analysis showed that the effect of high fish intake during pregnancy on rapid infant growth was greater among girls (aOR, 1.31 [95% CI, 1.08-1.59]) than among boys (aOR, 1.11 [95% CI, 0.92-1.34];  $P = .02$  for interaction).

### Conclusions and Relevance

High maternal fish intake during pregnancy was associated with increased risk of rapid growth in infancy and childhood obesity. Our findings are in line with the fish intake limit proposed by the US Food and Drug Administration and Environmental Protection Agency.

[10.1001/jamapediatrics.2015.4430](https://doi.org/10.1001/jamapediatrics.2015.4430)

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### \*6. Association of the Type of Toy Used During Play With the Quantity and Quality of Parent-Infant Communication\*

Sosa, A.V. (2016). Association of the type of toy used during play with the quantity and quality of parent-infant communication. *JAMA Pediatrics*, 170(2), 132. DOI:

[10.1001/jamapediatrics.2015.3753](https://doi.org/10.1001/jamapediatrics.2015.3753)

ABSTRACT:

#### Importance

The early language environment of a child influences language outcome, which in turn affects reading and academic success. It is unknown which types of everyday activities promote the best language environment for children.

#### Objective

To investigate whether the type of toy used during play is associated with the parent-infant communicative interaction.

**Design, Setting, and Participants**

Controlled experiment in a natural environment of parent-infant communication during play with 3 different toy sets. Participant recruitment and data collection were conducted between February 1, 2013, and June 30, 2014. The volunteer sample included 26 parent-infant (aged 10-16 months) dyads.

**Exposures**

Fifteen-minute in-home parent-infant play sessions with electronic toys, traditional toys, and books.

**Main Outcomes and Measures**

Numbers of adult words, child vocalizations, conversational turns, parent verbal responses to child utterances, and words produced by parents in 3 different semantic categories (content-specific words) per minute during play sessions.

**Results**

Among the 26 parent-infant dyads, toy type was associated with all outcome measures. During play with electronic toys, there were fewer adult words (mean, 39.62; 95% CI, 33.36-45.65), fewer conversational turns (mean, 1.64; 95% CI, 1.12-2.19), fewer parental responses (mean, 1.31; 95% CI, 0.87-1.77), and fewer productions of content-specific words (mean, 1.89; 95% CI, 1.49-2.35) than during play with traditional toys or books. Children vocalized less during play with electronic toys (mean per minute, 2.9; 95% CI, 2.16-3.69) than during play with books (mean per minute, 3.91; 95% CI, 3.09-4.68). Parents produced fewer words during play with traditional toys (mean per minute, 55.56; 95% CI, 46.49-64.17) than during play with books (mean per minute, 66.89; 95% CI, 59.93-74.19) and use of content-specific words was lower during play with traditional toys (mean per minute, 4.09; 95% CI, 3.26-4.99) than during play with books (mean per minute, 6.96; 95% CI, 6.07-7.97).

**Conclusions and Relevance**

Play with electronic toys is associated with decreased quantity and quality of language input compared with play with books or traditional toys. To promote early language development, play with electronic toys should be discouraged. Traditional toys may be a valuable alternative for parent-infant play time if book reading is not a preferred activity.

<http://archpedi.jamanetwork.com/article.aspx?articleid=2478386>

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**7. Centers for Disease Control Vital Signs: Alcohol In Pregnancy – Why Take the Risk?**

Centers for Disease Control and Prevention. (2016). Alcohol in pregnancy – Why take the risk? Retrieved from <http://www.cdc.gov/vitalsigns/fasd/>

## OVERVIEW

Alcohol use during pregnancy can cause fetal alcohol spectrum disorders (FASDs), which are physical, behavioral, and intellectual disabilities that last a lifetime. More than 3 million US women are at risk of exposing their developing baby to alcohol because they are drinking, having sex, and not using birth control to prevent pregnancy. About half of all US pregnancies are unplanned and, even if planned, most women do not know they are pregnant until they are 4-6 weeks into the pregnancy. This means a woman might be drinking and exposing her developing baby to alcohol without knowing it. Alcohol screening and counseling helps people who are drinking too much to drink less. It is recommended that women who are pregnant or might be pregnant not drink alcohol at all. FASDs do not occur if a developing baby is not exposed to alcohol before birth. <http://www.cdc.gov/vitalsigns/fasd/>

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### **\*8. Treatment Sequencing for Childhood ADHD: A Multiple-Randomization Study of Adaptive Medication and Behavioral Interventions\***

Pelham, W. E., Fabiano, G. A., Waxmonsky, J. G., Greiner, A. R., Gnagy, E. M., Pelham, W. E., . . . Murphy, S. A. (2016). Treatment sequencing for childhood ADHD: A multiple-randomization study of adaptive medication and behavioral interventions. *Journal of Clinical Child and Adolescent Psychology*. DOI: 10.1080/15374416.2015.1105138

#### ABSTRACT:

Behavioral and pharmacological treatments for children with attention deficit/hyperactivity disorder (ADHD) were evaluated to address whether endpoint outcomes are better depending on which treatment is initiated first and, in case of insufficient response to initial treatment, whether increasing dose of initial treatment or adding the other treatment modality is superior. Children with ADHD (ages 5–12, N = 146, 76% male) were treated for 1 school year. Children were randomized to initiate treatment with low doses of either (a) behavioral parent training (8 group sessions) and brief teacher consultation to establish a Daily Report Card or (b) extended-release methylphenidate (equivalent to .15 mg/kg/dose bid). After 8 weeks or at later monthly intervals as necessary, insufficient responders were re-randomized to secondary interventions that either increased the dose/intensity of the initial treatment or added the other treatment modality, with adaptive adjustments monthly as needed to these secondary treatments. The group beginning with behavioral treatment displayed significantly lower rates of observed classroom rule violations (the primary outcome) at study endpoint and tended to have fewer out-of-class disciplinary events. Further, adding medication secondary to initial behavior modification resulted in better outcomes on the primary outcomes and parent/teacher ratings of oppositional behavior than adding behavior modification to initial medication. Normalization rates on teacher and

parent ratings were generally high. Parents who began treatment with behavioral parent training had substantially better attendance than those assigned to receive training following medication. Beginning treatment with behavioral intervention produced better outcomes overall than beginning treatment with medication.

<http://www.tandfonline.com/doi/abs/10.1080/15374416.2015.1105138>

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## 9. Putting an End to Child & Family Homelessness in Canada

Gulliver-Garcia, T. (2016). Putting an end to child & family homelessness in Canada. Toronto: Raising the roof. Retrieved from: <http://www.raisingtheroof.org/wp-content/uploads/2015/10/CF-Report-Final.pdf>

SUMMARY:

This report – the culmination of a three-year national initiative – discusses the challenges and barriers faced by the fastest-growing segment of the homeless population: children and families. In presenting a cohesive framework, exemplary program models, promising practices and a comprehensive set of recommendations, the report aims to not only address the gap in knowledge concerning this unique demographic, but to pave the way for long-term solutions.

<http://www.raisingtheroof.org/wp-content/uploads/2015/10/CF-Report-Final.pdf>

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## III. CURRENT INITIATIVES

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### 10. Child Care and Early Years Act, 2014 and the Education Act: Phase 2 Regulations (available in French)

Message from The Ministry of Education: The Ministry and its partners have been working to support an early years and child care system which is focused on the health, development, and well-being of children and the provision of high quality programs. The ministry is now consulting on Phase 2 regulations to continue to support the government's vision for child care modernization and its commitment to have in place before and after school programs for children age 6-12 years in publicly-funded schools. The ministry is inviting all interested parties are encouraged to provide feedback on the proposed regulations by April 1, 2016.

EN: <http://www.ontariocanada.com/registry/view.do?postingId=20628&language=en>  
FR : <http://www.ontariocanada.com/registry/view.do?language=fr&postingId=20628>

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### **11. International Women's Day – Professional Pay for Professional Work**

The Association of Ontario Early Years Educators is pairing International Women's Day with a campaign calling for professional pay for professional early child education work. This campaign calls for the Ontario government to fund professional pay for early childhood educators that reflects their specialized training and ongoing professional development.

[https://d3n8a8pro7vhmx.cloudfront.net/aeceo/pages/724/attachments/original/1425580425/IWD\\_and\\_ECEs\\_Final.pdf?1425580425](https://d3n8a8pro7vhmx.cloudfront.net/aeceo/pages/724/attachments/original/1425580425/IWD_and_ECEs_Final.pdf?1425580425)

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## **IV. UPCOMING EVENTS**

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### **12. Winter 2016 Physical Literacy Days, Ontario Society for Health and Fitness (OSHF)**

February and March, 2016: Various, Ontario

OSHF is thrilled to be partnering with the Healthy Active Living and Obesity Research Group (HALO) to offer special full-day workshops that will introduce practitioners to the Canadian Assessment of Physical Literacy (CAPL). Sessions are taking place across Ontario to increase awareness and improve understanding of physical literacy, as well as provide comprehensive hands-on training in physical literacy evaluation. Attendees will be guided through novel and dynamic protocols that will test their own movement skills and ultimately enhance the delivery of child and youth activity programming.

<http://www.oshf.ca/view.asp?ccid=603>

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### **13. Sharing Best Practices for Supporting the Successful Settlement of Young Refugees in Canada**

March 2, 2016: Toronto

This Wisdom2Action event will focus on bringing together local and regional groups who will be directly responding to the needs of incoming refugee children, youth, and their families. Using participatory methods and tools from the Art of Hosting and Harvesting

Meaningful Conversations approach, participants will have the opportunity to learn and share promising practices for supporting the successful resettlement of refugee children and youth into Canadian communities, and for ensuring their long-term resilience and wellbeing.

<http://www.cyccnetwork.org/wisdom2action-events/refugees/>

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#### **14. Make the Connection Workshop**

March 2-4, 2016: Toronto

Make the Connection programs put attachment theory into nine fun and purposeful sessions. Caregivers learn what babies need to form secure attachments, practice with their baby/toddler and reflect on their parenting role. This event is for staff with an educational background and/or working experience with infants and toddlers. Prior experience leading parenting groups is an asset.

<http://www.psychologyfoundation.org/EventDetail?EventKey=9c5c511d-7bba-4b73-a9ce-6fcba6383196&WebsiteKey=7ec8b7ce-729b-4aff-acd8-2f6b59cd21ab>

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#### **15. Daily Oral Iron Supplementation During Pregnancy: What's the Evidence?**

March 4, 2016: Webinar

Health Evidence will be hosting a 90 minute webinar examining the effectiveness daily oral iron supplementation during pregnancy. Dr. Luz Maria De-Regil, Director of Research and Evaluation at the Micronutrient Initiative, will be leading the session and will present findings from her latest Cochrane review regarding daily oral iron supplementation during pregnancy.

<https://health-evidence.webex.com>

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#### **16. Rainbow Health Ontario Conference**

March 9-11, 2016: London

Canada's only professional LGBTQ health and wellness conference features over 50 workshops delivered by health and social service providers, researchers, policy makers and activists. The conference covers an exceptionally wide range of topics and is known for its first-rate content and friendly atmosphere.

[www.rainbowhealthontario.ca/conference](http://www.rainbowhealthontario.ca/conference)

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**17. Save the Date: Knowledge Exchange Forum on Using m-Health for Maternal, Newborn, and Child Health**

March 11, 2016: Ottawa

Join HealthBridge Foundation and CAN-MNCH for stimulating discussions on promising practices and lessons learned in using m-Health to support maternal, newborn and child health.

<http://www.can-mnch.ca/save-the-date-knowledge-exchange-forum-on-using-m-health-for-mnch/>

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**18. 2016 Parks and Recreation Ontario (PRO) Educational Forum and Trade Show**

April 5-8, 2016: Collingwood

This annual event from PRO is for those who love to work and play in parks, recreation, sport, health promotion and community-based services. This year's program features more than 70 educational sessions and keynote addresses and plenty of opportunities to network with and learn from colleagues from across the province.

<http://www.cvent.com/events/the-2016-parks-and-recreation-ontario-educational-forum-and-trade-show/event-summary-1a8a94d3adf04dbf9e3f6e0062adf5f5.aspx>

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**19. Online Course: Working With Families and Children**

April 11, 2016 - June 6, 2016: Online

During this online course, participants will learn to:

- Describe a competency-based theoretical framework for working with families
- Utilize ideas that will build therapeutic rapport and cooperation with all family members
- Develop methods for clarifying problem definition and family "goal consensus"
- Challenge intergenerational family scripts using genograms and time lines
- Know when to include the children in counselling
- Assess motivation and offer lines of inquiry to move change forward
- Demonstrate familiarity with a broad repertoire of questions that elicit hope, focus and family resources

<http://www.cvent.com/events/online-course-working-with-families-and-children/event-summary-a306ad603cd3446199104ef326c9f134.aspx>

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**20. Introduction to Attachment Theory**

April 20-21, 2016: Toronto

This two-day workshop is designed to provide front-line workers with a basic introduction to attachment theory. This workshop will also be useful for those working with adolescents and adults as well as young children who wish to gain a better understanding of how individuals have come to deal with issues of trust, empathy, self-control and relationships.

<http://www.cvent.com/events/introduction-to-attachment-theory/event-summary-7221e943a1ee4977b54b9930a21607e7.aspx>

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### **21. Save the Date: Collaborative State of Mind Conference – Starting with The ‘Self’ Self-Regulation for the Adults Who Care for Children & Youth**

April 27, 2016: Mississauga

Through a line-up of dynamic speakers and presenters, this full-day conference will focus on the importance of self-regulation for the adults who work with children and youth in Peel’s schools and community. This year’s keynote speaker will be Dr. Stuart Shanker.

<http://eyeonkids.ca/docs/files/savethedate.jpg>

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### **22. 13th International Congress on Obesity 2016**

May 1-4, 2016: Vancouver

This Congress has a wide set of programme tracks that encompass the full life course. In addition to symposia the congress will include: debates, prizes for scientific excellence and poster prizes, and the Final Plenary Lecture immediately before the Closing Ceremony, on a major breaking development in obesity research to ensure that the Congress is as up-to-the minute as possible.

<http://www.worldobesity.org/what-we-do/events/ico/intconob2016/ico-16-registration/>

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### **23. The 13th Annual Summer Institute on Early Childhood Development - Growing ECE Access and Quality: Opportunities and Challenges**

June 2-3, 2016: Toronto

This conference will focus speakers from the Organization for Economic Cooperation and Development will share best practices in policy and programming.

[http://www.oise.utoronto.ca/atkinson/Events/2016 Events/Summer Institute 2016.html](http://www.oise.utoronto.ca/atkinson/Events/2016%20Events/Summer%20Institute%202016.html)

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**24. Pediatric Health: Moving Along the Continuum of Care**

Jun 25, 2016: Toronto

The conference theme focuses on enhancing children's health outcomes across the care continuum. We know children and families encounter many challenges in navigating the healthcare system. Healthcare professionals are called upon to provide care that incorporates knowledge of best practices, innovation, and research in meeting those challenges. PedNIG aspires to create a rich dialogue about pediatric health and nursing. We invite you to share and strengthen your knowledge on achieving practice excellence and creating seamless transitions of care.

<http://www.pcmch.on.ca/events/pediatric-health-moving-along-the-continuum-of-care-2/>

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**25. Childbirth Educator Training Workshop**

July 7-9, 2016: Vaughan

This interactive and dynamic two day workshop is one of the steps to becoming a CAPPA Certified Childbirth Educator. You will learn teaching strategies that will help you to prepare families for their journey through childbirth.

<http://www.icappa.net/events/EventDetails.aspx?id=711707&group=>

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## V. RESOURCES

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**26. Active for Life: Resources for Developing Physical Literacy** (available in French)

These resources are designed for educators, caregivers, and program leaders to assist in the development of physical literacy for children. The resources include specific activities to help children development basic movement to learn and promote a positive active lifestyle at a young age.

EN: <http://activeforlife.com/resources-for-developing-physical-literacy/>

FR: <http://activeforlife.com/fr/ressources-pour-le-developpement-de-la-litteratie-physique-chez-les-enfants/>

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**27. The Healthy Eating Manual**

The Healthy Eating Manual is an online resource developed by the Nutrition Resource Centre (Ontario Public Health Association) with the goal of “bringing good nutrition and healthy eating to life in a very practical way, incorporating healthy eating education into existing and developing programs, helping community leaders to help others to learn about nutrition and healthy eating, and spreading the healthy eating message through a variety of people, programs and organizations”.

<http://www.healthyeatingmanual.ca/>

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## VI. FEATURED BEST START RESOURCES

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### **28. My Life My Plan - Booklet** (available in French)

*Best Start Resource Centre, 2014*

This booklet for teens will guide them through six topic areas, providing them with facts and referrals, and the opportunity to respond to a series of questions that will help them to make healthy decisions, set goals and plan for their future. Topics include: physical health, mental health, reproductive health, relationships, family health history and their future.

EN: [http://www.beststart.org/resources/preconception/MLMP\\_14MY01\\_Final.pdf](http://www.beststart.org/resources/preconception/MLMP_14MY01_Final.pdf)

FR: [http://www.meilleurdepart.org/resources/preconception/pdf/MLMP\\_FR\\_14MY01\\_Final.pdf](http://www.meilleurdepart.org/resources/preconception/pdf/MLMP_FR_14MY01_Final.pdf)

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### **29. Daddy and Me On the Move – Booklet** (available in French)

*Best Start Resource Centre, 2015*

Aimed at fathers of children aged 0 to 6, the goal of the booklet is to encourage strong father-child relationships right from the start. It highlights activities that fathers can do with their children. The booklet is easy to read. All the activities presented are meant to be fun and done easily.

EN: <http://www.beststart.org/cgi-bin/commerce.cgi?preadd=action&key=K57-E>

FR: <http://www.beststart.org/cgi-bin/commerce.cgi?preadd=action&key=K57-F>

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### **About This Bulletin**

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## Contact Us

**Best Start Resource Centre:** [http://beststart.org/index\\_eng.html](http://beststart.org/index_eng.html)

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

180 Dundas W., Room 301, Toronto (Ontario) M5G 1Z8

## 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](#)