



January 2017

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

Ontario Passes Law Ensuring Equal Recognition for All Parents and Children

The Ontario government has announced that as of January 1, 2017, a new law is in effect that will “recognize the legal status of all parents, whether they are LGBTQ2+ or straight, and whether their children were conceived with or without assistance”. This law will ensure that all parents have equal rights and recognition when a child is born.

Read the news release in [English](#) or [French](#)

Society of Obstetricians and Gynaecologists of Canada (SOGC) Statement on Recent Reports on Diclectin

The SOGC is reassuring concerned women that the recent publication regarding Diclectin (doxylamine/pyridoxine) did not relate to patient safety, nor did it contradict any of the many studies showing efficacy of Diclectin. The overwhelming body of evidence shows that Diclectin is safe and effective for treating nausea and vomiting in pregnancy. The SOGC guideline, [The Management of Nausea and Vomiting of Pregnancy](#), released in

December 2016, reviews the use of Diclectin and other pharmacologic treatments, of which Diclectin was found to be an appropriate first choice, and many non-pharmacological options such as dietary manipulation, ginger supplements or acupressure.

[Learn more about the statement by SOGC](#)

Child, Youth and Family Services Act

On December 8, 2016, the Ontario government introduced the Child, Youth and Family Services Act. This Act will help to improve the well-being of children in care of the child welfare system by allowing them to participate in decisions around their care, focusing on early intervention, and providing more culturally appropriate services.

Read the news release in [English](#) or [French](#)

II. Recent Reports & Research

Updated – Neonatal Abstinence Syndrome (NAS) Clinical Guidelines

(Provincial Council for Maternal and Child Health 2016)

The Provincial Council for Maternal and Child Health has updated their NAS Clinical Guidelines in November 2016 to reflect current evidence and best practices when supporting opioid dependant pregnant women and infants born to these women. Included in these guidelines is an updated list of resources for additional support.

[Read the guidelines](#)

Prenatal Alcohol Exposure and Pregnancy and Childhood Outcomes: A Systematic Review of Alternative Analytical Approaches*

(Mamluk et al. 2016)

ABSTRACT

Background

Investigation of the effects of prenatal alcohol exposure in observational studies using standard analytical approaches such as multivariable regression can produce results that are biased by residual confounding or measurement error due to self-reported alcohol consumption. We aimed to determine the causal effects of maternal alcohol consumption in pregnancy on long-term outcomes in offspring.

Methods

We conducted a systematic review of studies that used alternative analytical methods. We searched Medline, Embase, Web of Science, and PsycINFO (Jan 1, 1950, to Feb 11, 2015) using a combination of MeSH terms and text words to reflect outcomes (eg, pregnancy, fetal development), exposure (alcohol), and relevant study designs, limiting the search to publications in the English language. Study designs including Mendelian randomisation, negative control, and other family-based comparisons, and quasi and natural experiments were included. Pregnancy outcomes (such as birth weight), and features of fetal alcohol spectrum disorders (FASD) related to alcohol exposure during pregnancy were examined. Data were extracted by one of four reviewers and were checked by the lead reviewer. This study is registered with PROSPERO, number CRD4201501594.

Findings

Of 751 full text articles, ten reported effects of prenatal alcohol consumption on offspring outcomes (six Mendelian randomisation and four quasi-experimental, three of which were negative control studies and one a natural experiment). One Mendelian randomisation analysis reported evidence that prenatal alcohol consumption was associated with an increased risk of “a FASD-like construct”, and two other analyses conducted on the same cohort showed evidence of lower childhood intelligence quotient (IQ) (mean difference per additional risk allele -1.2 points, 95% CI -1.89 to -0.52) and lower school results for the group genetically predisposed to consuming more alcohol. A family-based negative control study (maternal–paternal comparison) in the same UK cohort suggested intrauterine effects on IQ and school results for maternal compared with paternal binge drinking but not for moderate alcohol use. Analyses of a Swedish natural experiment also showed evidence of worse educational and occupational outcomes in offspring caused by exposure to higher levels of alcohol consumption proxied by increased availability of liquor (eg, 24% decrease in earnings, 95% CI 19 to 29).

Interpretation

We found a causal effect of prenatal alcohol consumption on offspring outcomes. Further studies are needed and women should be made aware of existing findings.

[View the abstract](#)

Evidence Brief: Exploring Interventions for Perinatal Mental Health in a Public Health Context

(Ontario Agency for Health Protection and Promotion, Public Health Ontario, Mensah & Singh 2016)

OVERVIEW

Mental health throughout the perinatal period is an important public health concern. The newest evidence brief from Public Health Ontario investigates evidence-based interventions to address perinatal mental health in a public health context. This evidence brief addresses a current gap in public health research. This evidence brief found that:

- Psychosocial and psychological interventions were effective in addressing

- depression symptoms
- A combination of interventions integrating different types of service providers may be most effective
- There should be a consistent approach across the province to ensure the same high quality of programming, and to continue reducing stigma around perinatal depression

Public health practitioners are key in addressing perinatal health, including supporting mental health in partnership with other health professionals. Public Health Ontario provides expertise and resources for perinatal health and mental health to support evidence-based practice.

For more information on the methods, results and findings, [see the full evidence brief](#)

III. Current Initiatives

Health Promotion Foundations Course – Public Health Ontario

Public Health Ontario offers an online Health Promotion Foundations course that includes nine modules: definitions and concepts, milestones in the history of health promotion, introduction to models and theories, ecological frameworks, theory at individual and interpersonal levels, theories of health behaviour change, theories of change at public policy/societal level and health promotion strategies. These modules are self-directed.

Go to the course in [English](#) or [French](#)

Think Babies Campaign – ZERO TO THREE

This U.S. campaign aims to highlight the importance of healthy brain development between the ages of zero and three and influence members of Congress to invest in resources to support families and promote healthy early child development.

[Learn more about the campaign](#)

IV. Upcoming Events

Screening and Observation of Infants and Young Children: Using the Ages and Stages Questionnaires

February 13, 2017: Online or Toronto, ON

This workshop will explain a number of different tools and approaches to screening children 0-5 who have been identified as having a possible developmental delay. In particular, this workshop will demonstrate how to administer, score and interpret the results the ASQ Screening Tools.

[Register for the training](#)

Online Workshop - Positive Guidance

April 20 - May 3, 2017: Online

The Association of Early Childhood Educators of Ontario and Red River College are offering a flexible online positive guidance workshop. This workshop will cover strategies for applying positive guidance principles when working with children and evidence that supports this approach.

[Learn more about the workshop](#)

BORN Ontario 2017 Conference

April 24-25, 2017: Toronto, ON

Early Bird rates end March 24, 2017.

[Learn more about the conference](#)

V. Resources

When Your Pregnancy Goes Past Your Due Date

This document provides an overview of the risks and recommendations for an uncomplicated pregnancy that goes past 40 weeks. It is based on information from the Association of Ontario Midwives (AOM) [Clinical Practice Guideline No. 10 - Management of the Uncomplicated Pregnancy Beyond 41+0 Weeks' Gestation](#)

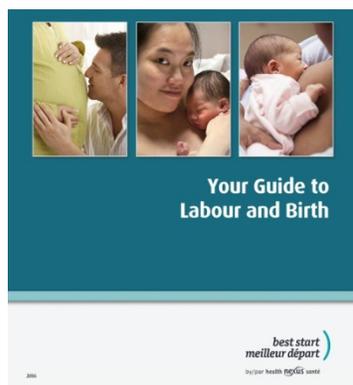
Download the handout from the AOM in [English](#), [French](#), [Arabic](#), [Farsi](#) and [Simplified Chinese](#)

Connectability

Connectability is an online resource and community to support individuals with an intellectual disability and their caregivers and/or supporters. The site offers resources for specific groups, including children, as well as a virtual forum for families and supports to connect and share. Some topics covered by this initiative include: adaptation and accommodation, anger management, supporting children with Autism Spectrum Disorder, behaviour issues and communication.

[Go to the website](#)

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



Your Guide to Labour and Birth - Booklet

This low literacy guide for future mothers answers common questions about labour and birth. This guide will serve as a useful tool for prenatal teaching on labor & birth support.

The information in the guide is adapted from the section on labour and birth from the resource “A Healthy Start for Baby and Me”.

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



Best Start Resource Centre Handout for Parents

Share this link or download and print this bilingual handout for your clients to let them know about the free online information and resources provided by the Best Start Resource Centre. Clients can scan the QR code on the handout to visit our website directly.

Available 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 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.

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.