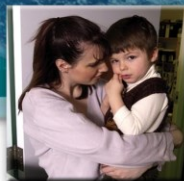


MNCHP Network Bulletin



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](#).

March - 2016

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I. NEWS & VIEWS

1. Kids Ask Adults to Back Off, Give Them Freedom to Fall Down, Make Mistakes

This article (Toronto Star, Feb 22, 2016) highlights a video created by a group of children who are members of a youth advisory committee for a children's health research program based out of Queen's University. The focus of the video is to discuss overprotective parenting and the desire for children to have more opportunities to take risks. The video describes strict rules that reduce risks to children across the country as well as expert opinion regarding the potentially harmful outcome of removing risk from children's lives (e.g. inability for children to negotiate boundaries, hindering learning and growth).

News: <http://www.thestar.com/news/canada/2016/02/22/kids-ask-adults-to-back-off-give-them-freedom-to-fall-down-make-mistakes.html>

Position Statement: <http://www.participaction.com/wp-content/uploads/2015/03/Position-Statement-on-Active-Outdoor-Play-EN-FINAL.pdf>

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2. Study Looks to Find Out When Babies Should Get Solid Food

This article explains (Hamilton Spectator, 2016, Feb. 12) a new study out of McMaster University that examines changes to baby's gut bacteria with the introduction of food. The researchers hope that study outcomes will help inform what should be the first food fed to babies and when is the most ideal time to introduce foods.

<http://www.thespec.com/news-story/6306505-study-looks-to-find-out-when-babies-should-get-solid-food/>

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3. No Timeouts, Reward Charts or Taking Their Toys Away. So How Do We Get Our Kids to Behave?

This article (Globe and Mail, Jan 28, 2016) discusses Dr. Vanessa LaPointe's new book, *Discipline Without Damage*. This recently published book offers guidance on addressing difficult behaviour in children by connecting with them when they are experiencing a challenging moment. Her recommendations are based on child brain development and responding to the child's needs in a supportive way.

<http://www.theglobeandmail.com/life/parenting/science-says-no-to-time-outs-so-whats-a-parent-to-do-with-an-unruly-kid/article28434433/>

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II. RECENT REPORTS AND RESEARCH

* indicates journal subscription required for full text access

***4. The Association of Maternal Obesity and Diabetes With Autism and Other Developmental Disabilities**

Mengying L. M., et. al. (2016). The association of maternal obesity and diabetes with autism and other developmental disabilities. *Pediatrics*, 137(2). Retrieved from: http://pediatrics.aappublications.org/content/137/2/1.26?sso=1&sso_redirect_court=1&nfstatus=401&nftoken=00000000-0000-0000-0000-000000000000&nfstatusdescription=ERROR%3a+No+local+token

ABSTRACT:

Background

Obesity and diabetes are highly prevalent among pregnant women in the United States. No study has examined the independent and combined effects of maternal prepregnancy obesity and maternal diabetes on the risk of autism spectrum disorder (ASD) in parallel with other developmental disorders (DDs).

Methods

This study is based on 2734 children (including 102 ASD cases), a subset of the Boston Birth Cohort who completed at least 1 postnatal study visit at Boston Medical Center between 1998 and 2014. Child ASD and other DDs were based on physician diagnoses as documented in electronic medical records. Risks of ASD and other DDs were compared among 6 groups defined by maternal prepregnancy obesity and diabetes status by using Cox proportional hazard regression controlling for potential confounders.

Results

When examined individually, maternal prepregnancy obesity and pregestational diabetes (PGDM) were each associated with risk of ASD. When examined in combination, only mothers with obesity and PGDM (hazard ratio 3.91, 95% confidence interval 1.76–8.68) and those with obesity and gestational diabetes (hazard ratio 3.04, 95% confidence interval 1.21–7.63) had a significantly increased risk of offspring ASD. Intellectual disabilities (IDs), but not other DDs, showed a similar pattern of increased risk associated with combined obesity and PGDM. This pattern of risk was mostly accounted for by cases with co-occurring ASD and ID.

Conclusions

Maternal prepregnancy obesity and maternal diabetes in combination were associated with increased risk for ASD and ID. ASD with ID may be etiologically distinct from ASD without ID.

http://pediatrics.aappublications.org/content/137/2/1.26?sso=1&sso_redirect_count=1&nfstatus=401&nftoken=00000000-0000-0000-0000-000000000000&nfstatusdescription=ERROR%3a+No+local+token

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5. Understanding the Role of Indigenous Community Participation in Indigenous Prenatal and Infant-Toddler Health Promotion Programs in Canada: A Realist Review

Smylie, J., Kirst, M., McShane, K., Firestone, M., & Wolfe, S. (2015). Understanding the role of indigenous community participation in indigenous prenatal and infant-toddler health promotion programs in Canada: A realist review. *Social Science & Medicine*, 150, 128-143. [doi:10.1016/j.socscimed.2015.12.019](https://doi.org/10.1016/j.socscimed.2015.12.019)

ABSTRACT

Purpose

Striking disparities in Indigenous maternal-child health outcomes persist in relatively affluent nations such as Canada, despite significant health promotion investments. The aims of this review were two-fold: 1. To identify Indigenous prenatal and infant-toddler health promotion programs in Canada that demonstrate positive impacts on prenatal or

child health outcomes. 2. To understand how, why, for which outcomes, and in what contexts Indigenous prenatal and infant-toddler health promotion programs in Canada positively impact Indigenous health and wellbeing.

Methods

We systematically searched computerized databases and identified non-indexed reports using key informants. Included literature evaluated a prenatal or child health promoting program intervention in an Indigenous population in Canada. We used realist methods to investigate how, for whom, and in what circumstances programs worked. We developed and appraised the evidence for a middle range theory of Indigenous community investment-ownership-activation as an explanation for program success.

Findings

Seventeen articles and six reports describing twenty programs met final inclusion criteria. Program evidence of local Indigenous community investment, community perception of the program as intrinsic (mechanism of community ownership) and high levels of sustained community participation and leadership (community activation) was linked to positive program change across a diverse range of outcomes including: birth outcomes; access to pre- and postnatal care; prenatal street drug use; breast-feeding; dental health; infant nutrition; child development; and child exposure to Indigenous languages and culture.

Conclusions

These findings demonstrate Indigenous community investment-ownership-activation as an important pathway for success in Indigenous prenatal and infant-toddler health programs.

<http://www.sciencedirect.com/science/article/pii/S0277953615302793>

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6. Vitamin D Supplementation for Women During Pregnancy

De-Regil, L. M., Palacios, C., Lombardo, L. K., & Peña-Rosas, J. P. (2016). Vitamin D supplementation for women during pregnancy. *Cochrane Database of Systematic Reviews*, 2016(1), CD008873.

<http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD008873.pub3/full>

ABSTRACT

Background:

Vitamin D deficiency or insufficiency is thought to be common among pregnant women. Vitamin D supplementation during pregnancy has been suggested as an intervention to protect against adverse pregnancy outcomes.

Objectives:

To examine whether oral supplements with vitamin D alone or in combination with calcium or other vitamins and minerals given to women during pregnancy can safely improve maternal and neonatal outcomes.

Search Methods:

We searched the Cochrane Pregnancy and Childbirth Group's Trials Register (23 February 2015), the International Clinical Trials Registry Platform (31 January 2015), the Networked Digital Library of Theses and Dissertations (28 January 2015) and also contacted relevant organisations (31 January 2015).

Selection Criteria:

Randomised and quasi-randomised trials with randomisation at either individual or cluster level, evaluating the effect of supplementation with vitamin D alone or in combination with other micronutrients for women during pregnancy.

Data Collection and Analysis:

Two review authors independently i) assessed the eligibility of studies against the inclusion criteria ii) extracted data from included studies, and iii) assessed the risk of bias of the included studies. Data were checked for accuracy. The quality of the evidence was assessed using the GRADE approach.

Main Results:

In this updated review we included 15 trials assessing a total of 2833 women, excluded 27 trials, and 23 trials are still ongoing or unpublished. Nine trials compared the effects of vitamin D alone versus no supplementation or a placebo and six trials compared the effects of vitamin D and calcium with no supplementation. [More in review]

Authors' Conclusions:

New studies have provided more evidence on the effects of supplementing pregnant women with vitamin D alone or with calcium on pregnancy outcomes. Supplementing pregnant women with vitamin D in a single or continued dose increases serum 25-hydroxyvitamin D at term and may reduce the risk of pre-eclampsia, low birthweight and preterm birth. However, when vitamin D and calcium are combined, the risk of preterm birth is increased. The clinical significance of the increased serum 25-hydroxyvitamin D concentrations is still unclear. In light of this, these results need to be interpreted with caution. Data on adverse effects were lacking in all studies. The evidence on whether vitamin D supplementation should be given as a part of routine antenatal care to all women to improve maternal and infant outcomes remains unclear. While there is some indication that vitamin D supplementation could reduce the risk of pre-eclampsia and increase length and head circumference at birth, further rigorous randomised trials are required to confirm these effects.

Plain language summary: <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0033955/>

Full article: <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD008873.pub3/full>

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7. Family-Based Interventions to Increase Physical Activity in Children: A Systematic Review, Meta-Analysis and Realist Synthesis

Brown, H. E., Atkin, A. J., Panter, J., Wong, G., Chinapaw, M. J. M., & van Sluijs, E. M. F. (2016). Family-based interventions to increase physical activity in children: a systematic review, meta-analysis and realist synthesis. *Obesity Reviews*, 17(4), 345-360. [Doi: 10.1111/obr.12362](https://doi.org/10.1111/obr.12362)

ABSTRACT

Objective:

Family-based interventions represent a potentially valuable route to increasing child physical activity (PA) in children. A dual meta-analysis and realist synthesis approach examined existing interventions to assist those developing programmes to encourage uptake and maintenance of PA in children.

Design:

Studies were screened for inclusion based on including participants aged 5–12 years, having a substantive aim of increasing PA by engaging the family and reporting on PA outcome. Duplicate data extraction and quality assessment were conducted. Meta-analysis was conducted in STATA. Realist synthesis included theory development and evidence mapping.

Results:

Forty-seven studies were included, of which three received a 'strong' quality rating, 21 'moderate' and 23 'weak'. The meta-analysis (19 studies) demonstrated a significant small effect in favour of the experimental group (standardized mean difference: 0.41; 95%CI 0.15–0.67). Sensitivity analysis, removing one outlier, reduced this to 0.29 (95%CI 0.14–0.45). Realist synthesis (28 studies) provided in-sight into intervention context (particularly, family constraints, ethnicity and parental motivation), and strategies to change PA (notably, goal-setting and reinforcement combined).

Conclusion:

This review provides key recommendations to inform policy makers and other practitioners in developing evidence-based interventions aimed at engaging the family to increase PA in children, and identifies avenues for future research.

<http://onlinelibrary.wiley.com/doi/10.1111/obr.12362/full>

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III. CURRENT INITIATIVES

8. EduTOX Video Challenge (available in French)

The EduTOX Video Challenge invites young people to make short videos (maximum two minutes) that outline the links between toxins and health and, most importantly, motivate action. To help youth get started, the EduTOX website provides information about some toxins, their health effects and ways we can avoid them.

For more information about submission requirements and prize details:

<http://sandboxproject.ca/eduTOX#!/>

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9. 2016 Diabetes Funding Opportunity – Lawson Foundation

The Lawson Foundation has put out a request for Letters of Intent for their 2016 Diabetes Funding Opportunity. This funding opportunity will strengthen the delivery of diabetes prevention, treatment and management programs and services designed to improve health outcomes for children and youth.

<http://lawson.ca/diabetes2016call>

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IV. UPCOMING EVENTS

10. PHO Rounds: Visiting Speaker: Reimagining How to Promote Parenting - Public Health Ontario

March 21, 2016: Toronto, ON

This presentation will discuss the impact of poor parenting on children's brain development and learning, and clinical and program strategies to help parents facilitate their aspirations for their children. The latter includes understanding the impact of their childhood experience that goes beyond an adverse childhood experience (ACE) score; identifying and treating common mental health problems; and possessing a mindset that raising a child is hard and that all parents need help. Finally, a community-wide approach, such as social marketing, is needed to change social norms and re-imagine parenting.

<http://www.eventbrite.ca/e/pho-rounds-visiting-speaker-reimagining-how-to-promote-parenting-tickets-22584582093>

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11. Perspectives on Parenting

March 24, 2016: Toronto, ON

Excerpt: "Alison Gopnik says parenting has become obsessive and controlling, based on bad science. Children are messy, unpredictable, and different from their parents and that, she says, is what leads them to create, innovate and survive. What they need most is a secure, loving environment."

<http://www.eceprc.ca/news.html>

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12. 2016 Parks and Recreation Ontario (PRO) Educational Forum and Trade Show

April 5-8, 2016: Collingwood, ON

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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13. Online Course: Working With Families and Children

April 11, 2016 - June 6, 2016: Online

Families present themselves in many ways and offer varying challenges to helping professionals. As children change through their developmental stages, it presents new challenges to the counsellor. Past experiences with other agencies may have affected the parents' ability to trust and cooperate. Often the goals of parents and children are so different that they appear permanently and discouragingly polarized.

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

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14. Early Learning and Child Care Conference 2016

April 23, 2016: Peterborough, ON

The annual Early Learning and Child Care Conference will feature keynote speaker Susan Stacey, Early Childhood Educator, Director, Practicum Supervisor and Teacher Educator.

<http://www.investinginquality.ca/event/elcc-conference-2016/>

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15. Collaborative State of Mind Conference – Starting with The ‘Self’ Self-Regulation for the Adults Who Care for Children & Youth

April 27, 2016: Mississauga, ON

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://www.pcyi.org/csomc>

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16. 13th International Congress on Obesity 2016

May 1-4, 2016: Vancouver, BC

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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17. Brain Development and the Impact of Technology

May 4, 2016: Edmonton, AB and Online

In the Significance of Trauma session, participants will learn about the frequency of traumatic events in early childhood and how these traumas influence brain development, attachment patterns, and school success; as well as practical skills to use to best support children who have experienced trauma. The Impact of Technology presentation will focus on discussing the most recent theory and research related to critical periods of early brain development, how early technology use can positively and negatively impact brain development and function, and the implications for early childhood learning, emotion and social development.

<http://albertaearlyyears.ca/learning-series/>

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18. The Play and Nature Summit

May 13-15, 2016: Toronto, ON

This is a one-day introductory workshop on the importance of risky play to children's learning and development, with a focus on both theory as well as the practice of supporting children to intrinsically navigate risk in lives. In this workshop we will define "risky play", explore the benefits of children having freedom in their play, ending with tangible resources on how to support children in this, while fulfilling our duty of care as educators, parents, and/or care providers.

http://www.ymnature.ca/play_and_nature_summit

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

June 2-3, 2016: Toronto, ON

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

http://www.oise.utoronto.ca/atkinson/Events/2016_Events/Summer_Institute_2016.html

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20. Pediatric Health: Moving Along the Continuum of Care

Jun 25, 2016: Toronto, ON

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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21. Childbirth Educator Training Workshop

July 7-9, 2016: Vaughn, ON

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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22. Atlantic Summer Institute on Healthy and Safe Communities

August 16-18, 2016: Charlottetown, PEI

Registration will open in mid-March for this 3-day program. If you are a researcher, policy maker, advocate working in multiple sectors (such as education, health, justice, child and family, or community services, non-profit and private sectors), a parent, caregiver, youth or a member of the general public who is a promoter of positive mental health, this event is designed for you!

<http://www.asi-iea.ca/en/>

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V. RESOURCES

23. HC-Link – Blog Series on Facilitation

HC Link has published a series of blog posts exploring facilitation tools and techniques. The first post gives an overview of facilitation, including a list and brief definition of various tools and techniques. The second post goes into more detail regarding an approach called the, “Wise Crowd” technique for collective problem-solving and networking.

<http://www.hclinkontario.ca/blog/entry/blog-series-on-facilitation.html>

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24. Newborn Crying: Fact Sheets from CHEO (available in French)

These Children’s Hospital of Eastern Ontario Fact Sheets about newborn crying offer advice to help understand why babies are crying and suggestions on how to cope with it. They also discuss how to handle frustration and anger that may arise when a baby is crying as well as offer helpful resources for parents/caregivers seeking more information.

EN: <http://www.cheo.on.ca/en/Crying>

FR: <http://www.cheo.on.ca/fr/Lespleurs>

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25. Raising Our Healthy Kids (available in French)

Raising Our Healthy Kids is a series of 60-90 second healthy living videos with up-to-date, evidence-based health information on nutrition and healthy eating; active living and play; positive parenting; oral and mental health; and media literacy, some with Aboriginal themes. The short snappy videos, developed for parents, caregivers, teachers, child-service and health care providers, will help Canadian families live healthier lives.

EN: <https://vimeo.com/raisingourhealthykids>

FR: <https://www.eatrightontario.ca/fr/Videos/Elever-des-enfants-en-sante.aspx?aliaspath=%2fen%2fVideos%2fRaising-our-Healthy-Kids> (French versions of the nutrition videos)

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VI. FEATURED BEST START RESOURCES

26. Playing it Safe - Service Provider Strategies to Reduce Environmental Risks to Preconception, Prenatal & Child Health – Manual (available in French)

Best Start Resource Centre in collaboration with the Canadian Partnership for Children's Health and Environment (CPCHE), revised 2013

This manual will guide service providers to promising strategies to address environmental risks to preconception, prenatal and child health.

EN: http://www.beststart.org/resources/env_action/pdf/envirostrategies_rev.pdf

FR: http://www.meilleurdepart.org/resources/environ/pdf/BSM_rev_2013.pdf

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27. READY-TO-USE WORKSHOP - Building Resilience in Young Children (available in French)

Best Start Resource Centre, 2015

This workshop is designed to meet the needs of service providers. It provides practical tips for parents on simple messages about how to build resilience from infancy to age 6.

EN:

http://www.beststart.org/resources/hlthy_chld_dev/BSRC_Resilience_Workbook_EN.pdf

FR:

http://www.beststart.org/resources/hlthy_chld_dev/BSRC_Resilience_Workbook_FR.pdf

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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.

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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](#)