



November 2016

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

Health Minister Jane Philpott Announces New Food Labelling, Marketing Regulations

This article (CBC, 2016, October 24) discusses federal government changes that will limit how unhealthy foods can be marketed to children under the age of 13. In addition, the government is making changes to regulations regarding food labeling to allow consumers to make more informed choices. The Canadian Food Guide will also be updated to include distinctions between age groups, sex, activity levels or height.

[Read the article](#)

II. Recent Reports & Research

Delayed Parenthood On the Rise: A Call for Upstream Preconception Health Promotion in Canada*

Mill, C., Enders, J., Montanaro, C., Moore, K. M. (2016). Delayed parenthood on the rise: A call for upstream preconception health promotion in Canada. *Canadian Journal of Public Health*, 107(3). DOI: 10.17269/cjph.107.5497

OVERVIEW

The trend toward delayed parenthood is on the rise across Canada. Societal emphasis on attaining higher education, career advancement and financial security may be some reasons why individuals delay becoming a parent; whatever the reason, this trend is linked to significant health and economic impacts. Many Canadians are unaware of the impact

this may have on their fertility and potential birth outcomes. It is important that health care professionals apprise individuals in their reproductive years about these issues and the steps they can take to mitigate these risks. Implementing a health equity and broader determinants of health approach through social policy development may also prove beneficial. Such upstream approaches could enhance maternal and child health outcomes, and also help ensure that people of reproductive age are making an informed decision about delaying parenthood. This article calls for developing a comprehensive preconception health promotion and care strategy encompassing individual, community and population level approaches.

[Read the abstract](#)

American Academy of Pediatrics Stands by Recommendations on Universal Developmental Screening

Albano, A. J., & Noritz, G. H. (2016). AAP stands by recommendations on universal developmental screening. Retrieved from: <http://www.aappublications.org/news/2016/09/01/Disabilities090116>

OVERVIEW

One in four children ages 0-5 years is at risk for a developmental delay, according to the Centers for Disease Control and Prevention (CDC). Developmental surveillance is an integral component of the pediatric preventive care visit to identify children with delays and get them treatment early. The Academy and CDC continue to recommend universal developmental screening using a standardized instrument at regular intervals during early childhood, despite recent recommendations to the contrary from the U.S. Preventive Services Task Force (USPSTF).

[Read the article](#)

Socioeconomic Inequality and Children's Brain Development

Noble, K. G. (2016). Socioeconomic inequality and children's brain development – Science Brief. *Psychological Science Agenda*, 30(9). Retrieved from: <http://www.apa.org/science/about/psa/2016/10/socioeconomic-brain-development.aspx>

OVERVIEW

What can neuroscience tell us about why disadvantaged children are at risk for low achievement and poor mental health? How early in infancy does socioeconomic disadvantage leave an imprint on the developing brain, and what factors explain these links? How can we best apply this work to inform interventions? These and other questions are the focus of this brief that discusses socioeconomic inequality and children's brain development through research that addresses issues at the intersection of psychology, neuroscience and public policy.

[Read the science brief](#)

Advancing Early Childhood Development: from Science to Scale*

The Lancet. (2016). Advancing Early Childhood Development: from Science to Scale: Series from the Lancet Journal. Retrieved from: <http://www.thelancet.com/series/ECD2016>

OVERVIEW

The 2016 Lancet Early Childhood Development Series highlights early childhood development at a time when it has been universally endorsed in the 2030 Sustainable Development Goals. This Series considers new scientific evidence for interventions, building on the findings and recommendations of previous Lancet Series on child development (2007, 2011), and proposes pathways for implementation of early childhood development at scale. The Series emphasises 'nurturing care', especially of children below three years of age, and multi-sectoral interventions starting with health, which can have wide reach to families and young children through health and nutrition.

[Read the abstracts](#)

III. Current Initiatives

Child Birth Fear Study – Participants Wanted

The UBC Perinatal Anxiety Lab has recently launched a study on childbirth concerns and is looking for pregnant women who are over 18 and living in Canada to participate. The research will assess the validity of a new screening tool for fear of childbirth, and explore the relationship between fear of childbirth and mental health, history of trauma and symptoms of post-traumatic stress. The researchers hope to create educational materials using the study results.

[Go to the registration link](#)

Consulting Canadians on Poverty Reduction

The Government of Canada is committed to developing a Canadian Poverty Reduction Strategy and will be consulting with Canadians in 2017 to gather views to help develop this strategy. The discussion paper Towards a Poverty Reduction Strategy has been released. Interested individuals and organizations can review this paper in advance of the broader consultation process.

[Learn more](#)

Ontario Seeking Input on Basic Income Pilot

Ontario is seeking public input to help inform the design of a basic income pilot, which is a new approach to providing income security. The pilot would test whether a basic income is a more effective way of lifting people out of poverty and improving health, housing and employment outcomes. Through the consultations, Ontario is seeking input from across the province, including from people with lived experience, municipalities, experts and academics. The province will also work with Indigenous partners to tailor a culturally appropriate engagement process that reflects the advice and unique perspective of First Nations, urban Indigenous, Métis and Inuit communities. The province is consulting on key questions, including: who should be eligible, where the pilot should take place, what the basic income level should be and how best to evaluate it. The consultations will be guided, in part, by a discussion paper by the Hon. Hugh Segal, Finding a Better Way: A Basic Income Pilot Project for Ontario, and will run from November 2016 to January 2017.

[Read more about how to participate](#) and the [discussion paper](#)

IV. Upcoming Events

2017 Best Start Resource Centre Annual Conference

Early Bird Rates end Dec. 31, 2016!

Feb. 8-10, 2017: Toronto, ON

[Don't miss out and register now!](#)

The 7th International Conference on Fetal Alcohol Spectrum Disorder Research: Results and Relevance

March 1-4, 2017: Vancouver, BC

[Learn more](#)

V. Resources

Poverty: A Clinical Tool for Primary Care Providers

The Centre for Effective Practice (CEP) and the College of Family Physicians of Canada (CFPC) have collaborated on an initiative to expand and disseminate the Ontario poverty tool for primary care providers across the country. The Ontario version of this tool has been modified for all provinces/territories except Quebec. The aim is to have all primary care providers screen and follow up for poverty.

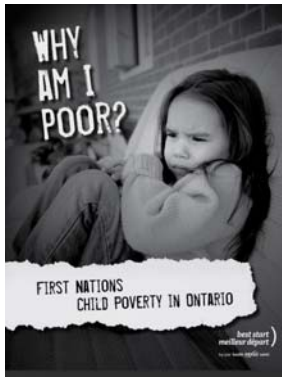
[View the tool](#)

Video: Protect Your Family from the Flu

Flu season is upon us. The Canadian Paediatric Society continues to encourage annual influenza vaccination for all children and youth ≥ 6 months of age. A new flu vaccine video, produced in partnership with the Eastern Ontario Health Unit, is now available on the Caring for Kids website. It is a timely resource to share with colleagues, parents and caregivers. The video addresses three common myths about the flu vaccine and reinforces the importance of getting the shot each year to protect yourself and others.

[Watch the video](#)

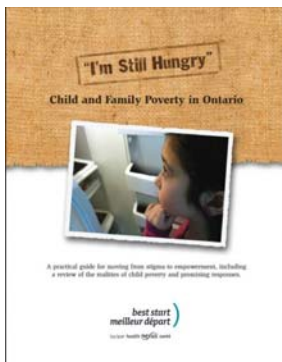
VI. Featured Resources by the *Best Start Resource Centre*



Why am I Poor - First Nations Child Poverty in Ontario - Report

This report provides a hard look at the lived experiences and outcomes of First Nations children in Ontario who are poor, the factors that drive First Nations child poverty and the ways that service providers can make a difference.

Available in [print](#) and [PDF](#)



I'm Still Hungry - Child and Family Poverty in Ontario

This manual is a practical guide for moving from stigma to empowerment, including a review of the realities of child poverty and promising responses.

Available in [print](#) and [PDF](#)



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- 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.