

The MNCHP Bulletin is an electronic bulletin that highlights current trends, new resources and initiatives, upcoming events and more in the preconception, prenatal and early childhood education and development fields. 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 Best Start does not endorse or recommend any events, training, resources, services, research or publications of other organizations.

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### I. News & Views

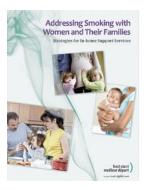
### **Another Huge Win for First Nations Kids**

September 6, 2019, marked another win for First Nations children and their families as the <u>Canadian Human Right Tribunal</u> (CHRT) found that Canada willfully and recklessly discriminated against First Nations children. In this ruling, the CHRT ordered Canada to pay the maximum amount allowable under the <u>Canadian Human Rights Act</u> (CHRA) to compensate First Nations children, youth and families who have been harmed by the child welfare system or were denied or delayed receipt of services due to Canada's discriminatory implementation of Jordan's Principle.

<u>Learn more</u>, read <u>the entire ruling</u>, and see <u>the discussion</u>.

#### Telehealth Ontario expanded to Include Smoking Cessation Services

As of October 1, 2019, Ontarians will have easy access to registered nurses and smoking cessation support through Telehealth Ontario, in combination with other services and health information already offered, including professional medical advice, nutrition counselling and referrals to mental health and addictions support. By transitioning these resources to Telehealth Ontario, the government expects to improve and expand frontline services and supports available to Ontarians, while saving \$750,000 annually.



# How to best support future mothers and their families to try to quit smoking?

Visit <u>Best Start resources</u> on this very topic, and in particular the <u>Addressing Smoking with Women and Their Families</u> – Strategies for In-home Support Services manual.

### Opinion: Cancelling the Transition Child Benefit in Ontario is Bad Policy

A little over a year ago, the Government of Ontario <u>announced</u> that it had set itself an "accelerated 100 day deadline to develop and announce a sustainable Social Assistance program." One of the few decisions that have been announced is the cancellation of the Transition Child Benefit (TCB). According to <u>Maytree</u>, this decision will have devastating long-term consequences for many families in Ontario and undermine the government's own stated goal of transforming social assistance.

Learn more.

# Coming Into force of an Act Respecting First Nations, Inuit and Métis Children, Youth and Families

The Act respecting First Nations, Inuit and Métis children, youth and families will come into force in its entirety on January 1, 2020. This legislation was co-developed with Indigenous partners with the goal of keeping Indigenous children and youth connected to their families, communities, and culture. Its coming into force affirms the inherent right of First Nation, Inuit and Métis communities to move forward with legislation to exercise jurisdiction over child and family services at a pace that they choose.

#### Learn more.



# Canada Cares: Canadians Increasingly Support Development Aid and Global Health Funding but Question Progress on Fighting Global Poverty

Public opinion research released by the <u>Canadian Partnership for Women and Children's Health (CanWaCH)</u> indicates that Canadians increasingly support federal government investment in development aid and global health. The poll, conducted for CanWaCH by Nanos Research, also found that some Canadians question progress on the fight against global poverty.

Learn more.

### **Ontario Expanding Home and Community Care Services**

Ontario is making major investments to expand home and community care to help end hallway health care

and build more capacity in communities across the province by investing an additional \$155 million this year to expand home and community care services. As a part of this investment, the government is providing \$45 million for targeted innovative integrated care models in high-need areas.

Learn more.

# II. Recent Reports & Research



# Healthy Mothers, Healthy Babies: Taking Stock of Maternal Health

Much progress has been made in ending preventable maternal deaths in the past two decades: The number of women and girls who die each year due to issues related to pregnancy and childbirth has dropped considerably, from 532,000 in 1990 to 303,000 in 2015, a 43 per cent decrease. Still, more than 800 women die every day from pregnancy-related complications and many more mothers experience injuries or other debilitating outcomes.

Learn more.

### Dysphoric Milk Ejection Reflex: A Descriptive Study

Dysphoric milk ejection reflex (D-MER) is emerging as a recognized phenomenon to describe an abrupt dysphoria, or undesirable feeling that occurs with the milk ejection reflex (MER) and then goes away after a few minutes. The purpose of this study was to determine the prevalence of D-MER among breastfeeding women and to describe the experience of symptoms associated with D-MER in women presenting for their 6- to 8-week postpartum visit. A prevalence rate of 9.1% was found. The respondents described similarities in their experiences with D-MER, to include feelings coming on suddenly and lasting for <5 minutes. The respondents described feeling anxious, sad, irritable, panicky, agitated, oversensitive, and tearful most often. The findings support that the experience of D-MER is different from that of postpartum depression.

Access the article.



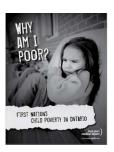
# Towards Justice: Tackling Indigenous Child Poverty in Canada

Towards Justice: Tackling Indigenous Child Poverty in Canada, released in partnership with the Assembly of First Nations (AFN) and the Canadian Centre for Policy Alternatives (CCPA), tracks child poverty rates using Census 2006, the 2011 National Household Survey and Census 2016. "Child poverty rates on First Nations reserves are deplorably high for a country as rich as Canada," says co-author David Macdonald, senior economist with the CCPA. "What's worse is that is that these rates haven't shown any improvement since 2005."

Learn more and read the report.

#### On a similar topic...

<u>Why am I Poor?</u> aims to help service providers understand the context and history of First Nations child poverty, provides information on how to work with and advocate for First Nations families and includes practical, culturally relevant and effective strategies to support families.



# Breastfeeding and Breast Cancer: Managing Lactation in Survivors and Women with a New Diagnosis

The literature was reviewed to identify evidence-based strategies for managing lactation during multidisciplinary breast cancer treatment or among breast cancer survivors. This review serves as a comprehensive resource of evidence-based recommendations for managing lactation in breast cancer survivors and breastfeeding women with a new breast cancer diagnosis.

Access the article.

# Systematic Review of Factors Influencing Non-Medically Indicated Formula Supplementation of Newborns in the Hospital Setting

To examine maternal and newborn factors that influence non-medically indicated (NMI) formula supplementation of newborns in the hospital setting, a systematic review of peer-reviewed articles published in English between January 1, 2000, and September 30, 2017 was conducted. Synthesis indicated that maternal ethnicity, educational level, and income influence the decision to provide NMI formula supplementation to newborns. First-time mothers and those with cesarean birth, no previous breastfeeding experience, female newborns, and large-for-gestational-age newborns were at greater risk for NMI formula supplementation. Neonates born at night are more likely to receive NMI formula supplementation, and NMI formula supplementation increases during the night hours and during the first 24 hours after birth.

Access the article.

### Let's help families make an informed decision

Making an Informed Decision – A guide for healthcare providers to support families in making health-related decisions for a child is a resource that equips healthcare providers with information and tools that support parents, guardians, caregivers, and families when making health-related decisions for a child in their care.



# Breastfeeding Status and Duration and Infections, Hospitalizations for Infections, and Antibiotic Use in the First Two Years of Life in the ELFE Cohort

To examine the association between breastfeeding and infections in the first 2 years of life, in a high-income country with relatively short breastfeeding duration, data from 10,349 young children from a French birth cohort were prospectively collected up to 2 years, with never-breastfed infants as reference group. Any breastfeeding for <3 months was associated with higher risks of hospitalizations from gastrointestinal infections or fever. Predominant breastfeeding for <1 month was associated with higher risk of a single

hospital admission while predominant breastfeeding for ≥3 months was associated with a lower risk of long duration (≥4 nights) of hospitalization. Ever breastfeeding was associated with lower risk of antibiotic use.

Access the article.



# Preventing Child and Maternal Deaths: Acting on the Call 2019

For the past five years, the <u>U.S. Agency for International</u> <u>Development</u> (USAID) has identified and refined its strategy to prevent child and maternal deaths in annual Acting on the Call reports. In the 2019 Acting on the Call report, they highlight key principles USAID has identified as important to achieve self-reliance, as well as how to incorporate them to sustain current and future impact.

Learn more.

# Chronic Harsh Parenting and Anxiety Associations with Fear Circuitry Function in Healthy Adolescents: A Preliminary Study

Fear circuitry functioning in healthy youths with histories of high (HH) or low (LH) chronic harsh parenting and high (HA) or low (LA) anxiety levels was investigated in 84 youths performing an fMRI fear conditioning task. HH displayed decreased selective medial temporal lobe deactivations, less amygdala-insula connectivity . Further analysis suggested that a history of harsh parenting is linked with unique neural and behavioral anxious manifestations, which are different from anxiety manifestations in a context of low adversity.

Access the article.



# Where We Stand - The Canadian Index of Child and Youth Well-Being

- Only 55% of children in Canada report a high level of life satisfaction
- 27% report feeling sad or hopeless for long periods of time
- 1 in 3 reporting weekly symptoms linked to mental distress, including headaches and stomach aches
- 1 in 4 young people sometimes goes to bed or school hungry
- More than a third of young people experience discrimination
- 27% are often bullied and 28% get in fights
- 17% feel time pressure and a quarter say they are overwhelmed with school work

# Ketogenic Diet-Induced Severe Ketoacidosis in a Lactating Woman: A Case Report and Review of the Literature

Although ketogenic diet is safe in non-pregnant individuals, its safety in lactating mothers is unknown. This is a report of lactation ketoacidosis in human, where glycogen stores depletion forced the body into using gluconeogenesis as energy substrate for breast milk production. This is the first case report of life-threatening lactation ketoacidosis in setting of ketogenic diet with adequate number of calories, above 2000 kcal/day. This index case may provide caution in lactating mothers on/or considering ketogenic diet.

Access the article.

### III. Current Initiatives

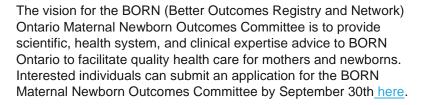


VOTE FOR EVERY CHILD

# #VoteForEveryChild

UNICEF Canada has launched their sectorwide <u>#VoteForEveryChild</u> campaign. The upcoming election is important for the future of kids in Canada and abroad. Organizations in the children's rights and wellbeing sector are encouraged to come together to ensure that Canada centralizes kids and youth as a key priority.

# Maternal Newborn Outcomes Committee: Call for Nominations/Expression of Interest





Learn more.

#### Ontario to Seek Input on Improving the Child Welfare System

Ontario's Associate Minister of Children and Women's Issues announced the launch of an engagement with youth, families, caregivers, frontline workers and child welfare sector leaders to strengthen the child welfare system for children and youth. Provide feedback on your experiences and ideas through an online survey.



The 5th annual Canadian Malnutrition Awareness Week™ (CMAW) is taking place from September 23 to 27, 2019. This year's CMAW will focus on Malnutrition in the Community and includes important information to support patients transitioning from hospital to home. It aims to raise awareness among patients, families and health care providers on the importance of the vital role of nutrition to recovery. The campaign is focusing on older adults in particular, given they are typically more nutritionally vulnerable.

# **IV. Upcoming Events**

## Webinar: 10 Tips to be a Social Media Advocacy Guru

Join <u>CanWaCh</u> on **September 25, 2019** at 8:30pm as they explore how social media (Facebook, Twitter, Instagram and LinkedIn) can be part of your advocacy and raising awareness efforts around the issues that matter to you.

You will get 10 tangible tips on how to be an efficient advocate on social media with an array of additional sources. This webinar will be in English but questions in French are welcome.

Learn more.



## Webinar: Illustrating Resilience with Lisa Boivin

Join the UBC Learning Circle on October 3rd, 2019 at 10am (PST) for the 2019 Indigenous Speaker Series with Lisa Boivin where she will share how her art depicts the link between history and poor health outcomes for Indigenous patients. Lisa utilizes her artistic skills to understand and assert Indigenous worldviews, which promotes individual and community learning.

Learn more.

#### **Canadian Nutrition Society Fall Webinars**

The Canadian Nutrition Society offers a series of webinars in the fall. Check for example:

- Malnutrition in Canada: on the front lines, at noon ET on Friday, September 27, 2019.
- Microbiome & Mental Health: Connecting gut microbes to mood, on October 2, 2019.
- How to Have Impact Webinar Series, part 2, on October 9, 2019.

Learn more.

#### **OMSSA Webinar: Understanding and Preventing Burnout**

Burnout is an epidemic in the workforce. With ever increasing expectations for productivity, reductions in funding, increasing caseloads, and the expectation to do more with less time. Staff in social services are finding themselves struggling to find the energy to provide the empathy, caring, and understanding required to support their clients. This webinar by <a href="the Ontario Municipal Social Services Association (OMSSA)">the Ontario Municipal Social Services Association (OMSSA)</a>, taking place at 12:30pm on October 9, 2019, will teach participants about burnout, the impact of burnout on our

day-to-day performance, and how to bolster our resiliency so we can come back from burnout or prevent burnout altogether.

Learn more.

# Maternal Newborn Child and Youth Network - Perinatal Outreach Program's 32nd annual Perinatal Outreach Conference

Taking place in London on Wednesday, October 9, 2019, this conference will present fascinating topics such as:

- Utilizing trauma-informed skills in the perinatal period.
- Communication and team effectiveness.
- Supporting pregnancies with fetal anomalies.
- and many more.

Learn more.

### Doing Better for LGBTQ2+ Communities in Health and Social Services

Taking place on **October 11** at 1pm, this presentation will provide participants with a deeper understanding of the experiences of LGBTQ2+ young people, and practical tips and tricks for improving LGBTQ2+ inclusion in your practice and workplace.

Learn more.



# Save The Date: OCASI Professional Development Conference 2019

The Ontario Council of Agencies Serving Immigrants (OCASI) will be holding a professional development conference on October 17 and 18, 2019 in Toronto for frontline workers and managers in the immigrant and refugee serving sector. Watch for updates on <a href="mailto:theirwebsite">their website</a>.



# **Conference - Perinatal Mental Health: Promoting Wellness, Extending Our Reach**

Perinatal Mental Health: Promoting Wellness, Extending Our Reach is the 2nd conference event organized by the Central West Perinatal Mental Health Network. This learning and networking event is for multidisciplinary practitioners who care for pregnant and postpartum families. It will take place on October 23, 2019 in Burlington. This dynamic day will include speakers Dr. Simone Vigod, Dr. Ryan Van Lieshout, Dr. Lori Ross, Stephanie George, IBCLC, and Dr. Vivian Polak who will share their expertise in providing perinatal mental health care to priority populations. We will also have the privilege of hearing from those with lived

experiences from these priority populations and their accounts of navigating the challenges of living with a perinatal mood disorder.

Learn more and register.

### Positive Discipline in Everyday Parenting Facilitator Training

Taking place on **October 28-31, 2019 in Calgary**, this event by Families Canada will offer mentorship and support to **a**nyone who supports parents, children and/or families. To register, please fill out the form at <a href="http://ow.ly/aORg30pxMXr">http://ow.ly/aORg30pxMXr</a> and send your application to Mitzie Constant at <a href="mailto:admin@familiescanada.ca">admin@familiescanada.ca</a>

Learn more.



#### 2019 BORN Ontario Conference

Join BORN Ontario on **November 7 & 8, 2019** at the Ottawa Conference and Event Centre. BORN is hosting a 2-day conference for health-care providers, administrators, policy makers, researchers, and students. Topics will include: Disruptive technology in health care, perinatal risk and safety, Ontario's maternal newborn data partnerships and using data to support better care – future trends. The keynote speaker will be Dr. Anthony Chang, cardiologist; founder & medical director of the Medical Intelligence and Innovation Institute.

Learn more and register.

### **OMSSA Webinar: Motivational Interviewing**

Motivational interviewing is a counselling method that helps people resolve ambivalent feelings and uncertainties to find the internal motivation they need to change their behavior. It is a practical, empathetic, and short-term process that takes into consideration how difficult it is to make life changes. Learn more from the Ontario Municipal Social Services Association (OMSSA) on **November 6, 2019** at 12:30pm.



## The 2020 RHO Conference: The Current Practice, Research, Policy, Systems

Rainbow Health Ontario (RHO), a program of Sherbourne Health, is pleased to announce the 6th RHO Conference, coming up April 21-23, 2020 in Niagara Falls, on the traditional territory of the Anishinaabeg, Haudenosaunee, Attawandaron (Neutral) and Wendat peoples, territory which is covered by the Upper Canada Treaties. The largest LGBT2SQ health conference in Canada, the RHO Conference provides a forum for knowledge exchange, networking and research presentations for health care service providers, researchers, government representatives and LGBT2SQ community members. Our call for submissions for speakers and poster presentations is now open, closing June 14. Visit our Submissions page for guidelines, and our form to submit your abstract.

Learn more.

# V. Resources



# New Technology Helps Create Safe Spaces for Indigenous Youth

A new app, created by the Indigenous Friends Association, will help to:

- Create Indigenous Networks between Indigenous Youth.
- Provide access to Traditional Indigenous Counseling.
- Provide access to Information about the available resources in the community.

Learn more about the app on the **Indigenous Friends site.** 

## Online course: Basic Statistics for Public Health

Based on content from Skills Online and adapted in consultation with APHEO, Public Health Training for Equitable Systems Change (PHESC)'s Basic Statistics for Public Health free online course is now open for enrollment. The intent of this self-paced course (it takes about 3 hours) is to provide you with the language and basic concepts of statistics and to enable you to know when and how to communicate with a statistician in a way that is beneficial to both of you.



#### **Podcast: Joy Of Movement For Young Kids**

Early childhood is an important time for kiddos to develop the large motor skills needed for a healthy life. Mary Lynn Hafner, a Physical Therapist and the author of The Joy Of Movement, shares her passion for movement and strategies for age-appropriate activities to support physical development at a young age. She explains how to incorporate exploration, discovery, selection, repetition, and imitation when working with young kids!

Learn more.

### Let's make young children more active!

Visit Best Start's <u>Physical Activity resources page</u> to discover tools and resources to help you promote and support physical activity for young children.



### **Podcast Series: Voices from the Field**

**Voices from the Field**, a podcast series produced by the <u>National Collaborating Centre for Indigenous Health</u> (NCCIH), focuses on innovative research and community-based initiatives promoting the health and well-being of First Nation, Inuit and Metis peoples in Canada. See for example:

- Voices from the Field 002 Birthing experiences of First Nations women from northern and remote communities, June 2017
- Voices from the Field 005 From the Lab to the Reserve,
   September 2017



Learn more.

## Online course: Designing and Implementing Population Health Interventions

Offered by <u>Public Health Training for Equitable Systems Change (PHESC)</u>, the free, self-paced online course <u>Designing and Implementing Population Health Interventions</u> is now available, and the French version is in development. This 3-hour course provides an overview of what to consider when designing, implementing and evaluating population health interventions. It links to many existing trainings and resources that delve into topics in more detail.



# What Happens Next? Information for Kids About Separation and Divorce

The Department of Justice has a large inventory of the publication "What Happens Next?" and is looking to distribute copies of this publication to organizations that work with children.

This <u>publication</u> contains Information for youth about separation and divorce. To order a hardcopy version of the publication contact <u>fcyinfofea@justice.gc.ca</u>.





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# Stay connected!

- <u>Click4HP</u> 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 Indigenous 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 <u>Bulletin de santé maternelle et infantile</u> 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.
- <u>Promotion de la santé aujourd'hui</u>— Notre blogue sur lequel on partage des nouvelles et réflexions liées à la promotion de la santé.