



Health Nexus Weekly Bulletin

In this issue:

- Sexual and Reproductive Health Services during the Pandemic.
- Inflammation and Child Development.

SEXUAL AND REPRODUCTIVE HEALTH SERVICES DURING THE PANDEMIC



COVID-19 Women's Initiative (<https://covidwi.com/>) is a new Canadian initiative with the goal to stop the spread of gender-based inequity.

As the pandemic is evolving, so is gender inequity. The COVID-19 Women's Initiative focused on education, advocacy, partnerships, and improving access to resources for those facing gender inequity.

To find out more about the initiative and the current project, please check out the Sexual and Reproductive Health Services (SRHS) Map and how you can use it to access services for your clients at <https://covidwi.com/sexual-and-reproductive-health-services-srhs-map/>

This map can be used to find sexual and reproductive health services that are operating through the pandemic, and are located close to you. Some of these services include contraception and emergency IUD insertion, STI screening and treatment, abortion services, and pap testing.

INFLAMMATION AND CHILD DEVELOPMENT



The Centre on the Developing Child had released new information on acute and chronic inflammation and how it affects child development.

During these unprecedented times, children are facing multiple stresses related to the pandemic and social/physical distancing, as well as the uncertainty of how their lives will look like in a month or a year from now.

Some children experience violence, neglect, and abuse during the lockdown, and some who were in the child welfare system were unable to connect or communicate with their parents due to COVID response policies (as reported by the Comprehensive Drugstrategy during The Child Welfare System, the COVID-19 Pandemic and Pregnant/ Parenting People webinar).

As per [Centre on the Development Child](#), "an "acute" inflammatory reaction is short-term, and can be triggered by an infection, or by experiencing, witnessing, or perceiving an immediate threat. This short-term response causes immune cells to "go to their battle stations." However, the "chronic" inflammation "may be experienced over an extended period of time in environments that cause prolonged stress." In addition, they stated that "this prolonged physiological reaction puts inflammatory substances in constant contact with multiple organs, which can disrupt them over time" and that "ongoing abuse or neglect, deep poverty, the stresses of systemic racism, or long-term exposure to pollution can lead to chronic inflammatory responses."

In order to help parents and children prevent and counteract the effects of chronic stress, service providers can recommend and practice the following strategies:

- Support responsive relationships between children and their caregivers, advocating for things like paid family leave.
- Support strengthening core life skills that give children and their caregivers the tools to regulate and manage their environments.
- Reduce sources of stress by strengthening policies that help build wellbeing by addressing income, nutrition, housing, and medical needs.

To access the infographic on the latter information, please visit the Centre on the Developing Child website at: https://developingchild.harvard.edu/resources/what-is-inflammation-and-why-does-it-matter-for-child-development/?utm_source=newsletter&utm_medium=email&utm_campaign=august2020

To help families and staff build resilience during the COVID-19 pandemic, please go here:

<https://developingchild.harvard.edu/resources/how-to-help-families-and-staff-build-resilience-during-the-covid-19-outbreak/>

To learn about three principles to improve outcomes for children and families, visit here:

<https://developingchild.harvard.edu/resources/three-early-childhood-development->

[principles-improve-child-family-outcomes/](#)

Best Start by Health Nexus also has relevant resources on how to help families and children build resilience during these unprecedented times:

- Building Resilience in Young Children resource can be accessed here: <https://resources.beststart.org/product/k35e-building-resilience-booklet-parents/>
- Ready-to-use Workshop on Building Resilience in Young Children can be accessed here: <https://resources.beststart.org/product/k50e-building-resilience-in-young-children-workshop/>

Visit [our resources page](#) to discover all our many evidence-based, up-to-date resources!



We have moved! Our new location is:

Nous avons déménagé ! Notre nouvelle adresse :

WeWork

c/o Health Nexus

240 Richmond Street W

Toronto, ON M5V 1V6

Tel. (416) 408-2249

1-800-397-9567

Fax: (416) 408-2122

beststart@healthnexus.ca

[Unsubscribe from this list](#)