



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 and 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

### **Choosing Wisely: Bedrest—A Panacea for All That Ails the Gravida?**

Bedrest has been frequently prescribed for various high-risk conditions during pregnancy, such as increased risk of spontaneous preterm birth. However, there is no evidence of any benefit of bedrest or reduced activity during pregnancy for either of these conditions. On the contrary, there is evidence of harm, in addition to the fact that exercise is known to be beneficial in pregnancy.

[Learn more.](#)



## OPHA Launches Nutrition Connections, Formerly the Nutrition Resource Centre

Nutrition Connections will serve as a hub for nutrition knowledge and collaboration and will support health professionals, community organizations, educators, researchers, and others working in food and nutrition to build capacity, connect, and share information. While our new centre will provide services in many areas of nutrition and healthy eating, **food literacy** will be a primary focus for our work.

Check out their [new website](#).

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## CHEO Leading National Program to Help Newcomers Navigate Pediatric Healthcare

A nationwide Newcomer Navigator Network aims to ensure standardized service delivery by health-care organizations serving both children and adults and by workers helping newcomers. Immigration officials have picked [the Children's Hospital of Eastern Ontario \(CHEO\)](#) to create a new national network to help newcomers to Canada overcome linguistic and cultural hurdles to care and understand our health system. The project will be paid for by a \$150-million, five-year fund aimed at helping newcomers settle in Canada.

[Learn more](#).

### To help you further support newcomers...

Best Start by Health Nexus offers many resources in many languages for future and new parents. Check them out [here](#).



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## Premier's Council on Improving Healthcare and Ending Hallway Medicine Releases Second Report

Developed in consultation with more than 1,500 health care providers, patients and caregivers, this report, [Healthy Ontario: Building a Sustainable Health Care System](#), provides advice on how to build a modern, sustainable and integrated health care system and solve the problem of hallway medicine. Future reports from the Council will focus on the progress being made in delivering better health care services and recommendations on long-term planning for the health care system.

Read the [first report](#) or the [second report](#) and [provide feedback](#).

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## The Predator in Your Pocket

Intimate partner violence, abuse, and harassment is routinely linked with efforts to monitor and control a targeted person. As new technologies have seeped into everyday life, aggressors have adopted and repurposed them to terrorize, control, and manipulate their current and former partners.

[Learn more](#).

## Speaking of which...

Best Start developed several resources to inform future mothers about violence and pregnancy, and where they can get help. Find them all [here](#). Watch also our webinar recording on [How to Talk About Abuse in Prenatal Classes](#).



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## Breastfeeding Reduces Risk of Heart Disease in Moms

Moms who breastfeed their babies are less prone to heart diseases that develop later in life, a study presented at the European Society of Endocrinology annual meeting has found. Researchers measured markers of heart and blood vessel health in postmenopausal women, in relation to their history of breastfeeding. After adjusting for other cardiovascular health risk factors, the data indicated that women who breastfed had significantly lower levels of heart disease and heart disease risk indicators.

[Learn more.](#)

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## Opinion: Tackling Opioid Use Disorder on the Frontlines

The Public Health Agency of Canada [estimated](#) 10,300 Canadians died from opioid-related causes between January 2016 and September 2018. More than 100 Ontarians are dying of an opioid overdose each month, and the crisis is not yet slowing. More can be done to equip front-line health care providers to identify opioid use disorder and guide people to appropriate interventions.

[Learn more.](#)

## What can you do?

The booklet [Prescription Opioid Use](#) aims to equip service providers and health care professionals with information that supports a harm reduction approach to prescription opioid use of individuals who are parents, are pregnant or thinking about becoming parents.



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## Prepregnancy Obesity Triples Risk for Excess Weight in Offspring

Children born to mothers with prepregnancy obesity were 3.6 times more likely to also have obesity when compared with children born to mothers without excess weight, according to data presented at the European Congress on Obesity. Risk persisted among children born to mothers with overweight, who were nearly twice as likely to have overweight when compared with children born to mothers without excess weight. The risk for childhood overweight was similarly elevated for children born to mothers with prepregnancy obesity and prepregnancy overweight.

[Learn more.](#)

## II. Recent Reports & Research - Breastfeeding

### **The Effects of Early Nutritional Interventions on the Development of Atopic Disease in Infants and Children: The Role of Maternal Dietary Restriction, Breastfeeding, Hydrolyzed Formulas, and Timing of Introduction of Allergenic Complementary Foods**

This clinical report addresses the roles of maternal and early infant diet on the prevention of atopic disease (atopic dermatitis, asthma, and food allergy). It reports:

- No evidence of a role for maternal dietary restrictions during pregnancy or lactation.
- Exclusive breastfeeding (BF) for 3 to 4 months decreasing the incidence of eczema in the first 2 years of life.
- No short- or long-term advantages for exclusive BF beyond 3 to 4 months for prevention of atopic disease.
- A protective effect of BF  $\geq 3$  to 4 months against wheezing in the first 2 years of life, and of longer duration of any BF against asthma even after 5 years of age.
- No evidence that BF prevents or delays the onset of specific food allergies.
- No evidence that partially or extensively hydrolyzed formula prevents atopic disease.
- No evidence that delaying the introduction of allergenic foods beyond 4 to 6 months prevents atopic disease. On the contrary, early introduction of peanuts may prevent peanut allergy.

[Access the article.](#)

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### **Effects of a Breastfeeding Relaxation Intervention on Maternal Psychological State, Breast Milk Outcomes, and Infant Behavior and Growth**

To investigate physiological and psychological aspects of mother–infant signaling during breastfeeding experimentally, the effects of a relaxation intervention on maternal psychological state, breast milk intake, milk cortisol levels, and infant behavior and growth were tested. The trial shows the effectiveness of this simple relaxation intervention for improving maternal and infant outcomes and identifies some potential signaling mechanisms for investigation in future and larger studies, especially in settings where mothers are more stressed, such as those with preterm or low birth weight infants.

[Access the article](#) and [read the discussion.](#)

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### **The Effect of Home-Based Intervention With Professional Support on Promoting Breastfeeding: a Systematic Review**

The present study evaluated the efficacy of home visits on promoting breastfeeding outcomes using a systematic review that included 26 studies. Ten of them demonstrated a significant increase on the rate/duration of exclusive breastfeeding. Sixteen investigated rate/duration of breastfeeding, four of them demonstrated a significant increase on the rate/duration of breastfeeding, four studies evaluated initiation of breastfeeding and three of them did not show a significant effect. Overall, findings suggest that breastfeeding can be increased by home-based interventions with professional support.

[Access the article.](#)

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### **Effect of Early Limited Formula on Breastfeeding Duration in the First Year of Life**

To determine whether structured, short-term formula supplementation for at-risk neonates affects the proportion still breastfeeding at 6 and 12 months, a randomized clinical trial was conducted. Breastfeeding mother-infant dyads of mothers who were not yet producing copious milk and infants with newborn weight loss were randomly sorted between Early Limited Formula (ELF), a structured formula supplementation protocol and control dyads, who received a safety teaching intervention. In this cohort with high breastfeeding prevalence, ELF was certainly not associated with any improvement in breastfeeding duration.

[Access the article.](#)

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### **An Integrated Analysis of Maternal-Infant Sleep, Breastfeeding, and Sudden Infant Death Syndrome Research Supporting a Balanced Discourse**

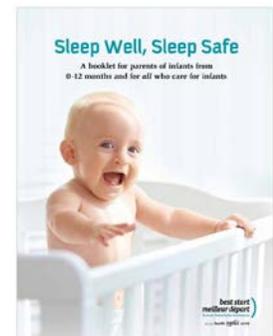
Despite recommendations, many breastfeeding mothers and caregivers do sleep with their infants whether intentionally or unintentionally. The aims of this integrated analysis were to (a) review breastfeeding and maternal and infant sleep research literature; (b) determine where we are currently in safeguarding both infant lives and breastfeeding; and (c) recommend ways to improve knowledge and inform policy and practice. Though more research is needed, data supports, in several instances, some safe sleep practices, including bed-sharing in non-hazardous circumstances.

[Access the article](#) and [read more on a similar topic.](#)

### **Speaking of sleep...**

The [Sleep Well, Sleep Safe booklet](#) (Also [in French](#)) and the associated [Sleep Messages](#) (In [English](#) and [French](#)) address the following topics:

- Recommendations on healthy sleep practices for parents and infants.
- How to reduce the risks sleep related causes of infant death.
- Further information on healthy and safe sleep for infants.



### **High-Dose Vitamins**

Even in mothers with no known dietary deficiency risks, the use of prenatal vitamins during lactation is commonplace and is considered safe for the breastfed infant. However, some lactating mothers may elect to consume high-dose or “megadose” vitamin therapy, beyond that required for adequate daily intake. Depending on the vitamin, dosage, and the mother’s underlying vitamin status, this practice could potentially lead to vitamin concentrations in milk that are harmful to the infant. This column briefly reviews the available published data and provides recommendations for nursing mothers considering vitamin megadosing.

[Access the article.](#)

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### **Exclusive Breastfeeding Is Favourably Associated with Physical Fitness in Children**

To examine the potential association between exclusive breastfeeding and its duration on physical fitness (PF) components during childhood, a random sample of 5,125 dyads children and their mothers was evaluated. With the exception of speed test in girls, children who were exclusively breastfed  $\geq 6$  months had

10–40% increased odds for average/high performances in PF tests in comparison with those who were breastfed <1 month. It seems that exclusive breastfeeding could play a significant role in children's future health.

[Access the article.](#)

### Timing of First Milk Expression to Maximize Breastfeeding Continuation Among Mothers of Very Low-Birth-Weight Infants

To estimate the time of first milk expression among mothers of very low-birth-weight (VLBW, 1,500 g or less) infants that predicts the maximal duration of mother's milk provision during hospitalization in the neonatal intensive care unit (NICU), a secondary analysis was performed on 1,157 mother–VLBW infant pairs. First milk expression at 9–24 hours was associated with lower odds of any mother's milk provided to the infant on day 7 and discharge or transfer, compared with expression within 8 hours. Mothers who first expressed 9–24 hours also stopped providing milk earlier in the neonatal hospitalization compared with mothers who first expressed within 8 hours.

[Access the article](#) and [read the discussion](#).

## III. Recent Reports & Research - Maternal and Child Health

### Association between Early Life Exposure to Air Pollution and Working Memory and Attention

To assess the role exposure to fine particulate matter during different prenatal and postnatal windows may play in children's cognitive development, data from the Brain Development and Air Pollution Ultrafine Particles in School Children (BREATHE) Project was used to estimate residential exposures of 2,221 children from Barcelona, Spain, while assessing the children's cognitive abilities. Early life exposure to these fine particles was associated with a reduction in fundamental cognitive abilities, including working memory and conflict attentional network.

[Access the article](#) and [read the discussion](#).

### Prevention is key...

Read and refer parents to [Best Start's resources on exposure and environmental health](#), or watch the webinar recording on how to talk about environmental safety in prenatal classes in [English](#) and [French](#).



### Consistent Use of Bedtime Parenting Strategies Mediates the Effects of Sleep Education on Child Sleep: Secondary Findings from an Early-Life Randomized Controlled Trial

This study investigated whether parent's consistent use of recommended bedtime strategies with infants was a mediating mechanism for improved child sleep. Expectant mothers were allocated to 4 groups: usual care (Control); advice on infant sleep (Sleep); other additional support (FAB), or both FAB and Sleep interventions (Combination). Compared to Controls, the Sleep and Combination groups used more intervention strategies consistently, which was associated with a decrease in child bedtime behavioral difficulties and increased sleep duration.

[Access the article](#) and [read the discussion](#).

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### **1-Minute and 5-Minute Apgar Scores and Child Developmental Health at 5 Years of Age: A Population-Based Cohort Study in British Columbia, Canada**

The associations between Apgar scores at 1 and 5 min and child developmental health at 5 years of age was studied in 150081 singleton term infants without major congenital anomalies, who then had a developmental assessment in kindergarten. In this study, the risks of adverse developmental health and having special needs at 5 years of age were inversely associated with 1 min and 5 min Apgar scores across their entire range.

[Access the article](#).

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### **The Good, the Bad and the Ugly: New Report Cards on Policies to Reduce Alcohol Harms in Canada's 10 Provinces and 3 Territories**

A new Health-Canada-funded study, led by the [University of Victoria's Canadian Institute for Substance Use Research \(CISUR\)](#) and the [Centre for Addiction and Mental Health \(CAMH\)](#) in Toronto, provides report cards for each province and territory on how well they implement policies proven to reduce the harms and economic costs from alcohol use.

- *The good:* Many proven strategies are available to prevent Canada's 15,000+ deaths, 90,000+ hospital admissions and \$15+ billion economic costs caused by alcohol use each year. The great majority (87%) of these strategies are already being implemented in Canada.
- *The bad:* Best practices in alcohol harm reduction are spread very thinly across the country, with 8 provinces and all 3 territories receiving an overall Fail grade in a rigorous national assessment just completed, and a declining national performance since 2013. Revenues from alcohol sales cover only 75% of its economic costs in Canada.
- *The ugly:* From the view of health and safety, the ugliest developments can be found in Ontario, where minimum prices have been slashed and free alcohol in casinos can now be publicly advertised, among several other backward steps.

[Access the report](#).

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### **Severe Maternal Morbidity in Canada: Temporal Trends and Regional Variations, 2003-2016**

To quantify temporal trends and provincial and territorial variations in severe maternal morbidity (SMM) in Canada, data on all hospital deliveries in Canada was analyzed. Severe hemorrhage rates increased in 2012 and then declined in 2016. Maternal intensive care unit admission and sepsis rates decreased between 2003 and 2016, whereas rates of stroke, severe uterine rupture, hysterectomy, obstetric embolism,

shock, and assisted ventilation increased. Rates of composite SMM in 2012-2016 were higher in Newfoundland and Labrador, Nova Scotia, New Brunswick, Manitoba, Saskatchewan, the Yukon, and Nunavut compared with the rest of Canada, whereas rates were lower in Alberta and British Columbia.

[Access the article.](#)

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### **Preconception Care: A Technology-Based Model for Delivery in the Primary Care Setting Supported by Public Health**

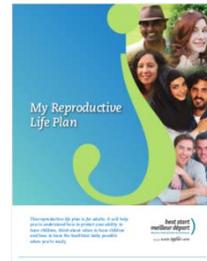
Wellington-Dufferin-Guelph Public Health developed and tested an evidence-based Preconception Health (PCH) electronic intervention delivered in a primary care setting, the first of its kind in Canada. The purpose of this study was to: (1) identify the prevalence of PCH risks among women of reproductive age, (2) determine the impact of the PCH intervention on knowledge and behaviour, and (3) assess the implementation of the intervention. Participants: (1) completed a Risk Assessment (RA), (2) discussed results with primary care providers (PCPs), (3) received handout with results and key messages. The RA screened for 34 PCH risk factors. The number of risks identified per participant ranged from 4 to 24, averaging 15. The majority reported a positive experience using the RA and would recommend the intervention. PCPs reported many practice benefits. The study also highlights the positive influence that PCPs have around PCH.

[Access the article.](#)

#### **On a similar topic...**

Best Start developed many tools and resources to support your preconception interventions, available [on our preconception page](#). Check for example:

- My Reproductive Life Plan, in [English](#) or [French](#), for adults.
- My Life, My Plan, in [English](#) or [French](#), for youths.
- The bilingual website [Health Before Pregnancy](#).



And of course, always refer future parents to [the Alcohol-Free Pregnancy website!](#)

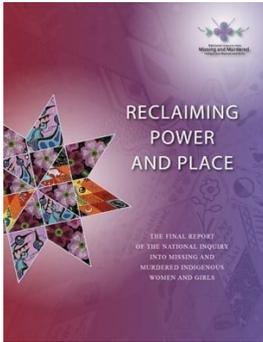
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### **Risks of Stillbirth and Neonatal Death with Advancing Gestation at Term: A Systematic Review and Meta-Analysis of Cohort Studies of 15 Million Pregnancies**

A systematic review was conducted to quantify the risks of stillbirth and neonatal death at term according to gestational age. Results suggest there is a significant additional risk of stillbirth, with no corresponding reduction in neonatal mortality, when term pregnancies continue to 41 weeks compared to delivery at 40 weeks.

[Access the article](#) and [read the discussion](#).

## **IV. Current Initiatives**



## Missing and Murdered Indigenous Women and Girls: Initiatives Will Rally Communities Across Canada to Commemorate, Heal and Advance Reconciliation

The [National Inquiry into Missing and Murdered Indigenous Women and Girls](#) submitted [its Final Report](#) on June 3, 2019. The Government of Canada is reviewing and will finally bring forward a National Action Plan to address violence against Indigenous women, girls and LGBTQ and Two Spirit people. In the meantime, the Government of Canada recognizes that the systemic causes of violence against Indigenous women, girls and LGBTQ and Two Spirit people can't be fully addressed without acknowledging the past, and announced an investment of over \$13 million in over 100 commemoration initiatives from coast to coast to help honour the lives and legacies of missing and murdered Indigenous women and girls, including LGTBQ and Two Spirit people.

[Learn more.](#)

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## Collaborative Action on Fetal Alcohol Spectrum Disorder Prevention: Principles for Enacting the Truth and Reconciliation Commission Call to Action #33

The association between fetal alcohol spectrum disorder (FASD), residential schools and subsequent assimilatory policies in Canada is of such significance that it was included in the groundbreaking Truth and Reconciliation Commission of Canada's Final Report through Call to Action #33, which focuses on collaboratively developing FASD prevention programs in Indigenous communities. The consensus statement provides guidance for developing community- and culture-led FASD prevention programs and highlights the importance of Indigenous knowledge systems in developing and researching FASD prevention in, and with, Indigenous communities.

[Learn more.](#)

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## Bounce Back

If your clients are experiencing low mood, depression, and anxiety, BounceBack can help. Through BounceBack, adults and youth 15+ learn skills to help manage worry and anxiety, combat unhelpful thinking, and become more active and assertive. BounceBack is an evidence-based, guided self-help program grounded in cognitive behavioural therapy (CBT). During three to six telephone sessions, trained coaches motivate and support clients as they work through a series of workbooks that are personalized to their current needs. In addition, there's no waiting period, and the program is free to people living in Ontario who have a valid health card number.

[Learn more.](#)

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## New Multilingual, Accessible Hotline to Help Human Trafficking Victims Launches Across Canada

A national hotline by [The Canadian Centre To End Human Trafficking](#) is now taking calls to help victims and survivors of human trafficking. In addition to connecting victims and survivors with community resources and enlisting law enforcement on prospective cases, the line will help close a critical knowledge gap by collecting data on the prevalence of human trafficking. The toll-free hotline will be available 24 hours a day throughout the year. Call takers will be able to field queries in more than 200 languages, including a number of Indigenous languages. The new hotline can be reached 24 hours a day at: 1-833-900-1010.

[Learn more.](#)

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### Survey: BFI Strategy for Ontario's Crib Cards

In April 2019, the [Baby Friendly Initiative \(BFI\) Strategy for Ontario](#) developed a [BFI Crib Card tool](#), and a year's worth of Crib Cards was sent to all birthing hospitals in the province. Their partner, the [Provincial Council for Maternal and Child Health](#) (PCMCH), is now looking for all birthing hospitals to participate in a survey to provide feedback on the overall design of the crib card and how implementation uptake was received.

[Take the survey.](#)

## V. Upcoming Events



### Cultural Awareness Training Sessions

Offered by [Nogojwanong Friendship Centre](#) in Peterborough, the CAT (Cultural Awareness Training) sessions are meant to provide an awareness about Indigenous people in Canada. Participants will have the opportunity to increase their knowledge, skills of the history, experiences, and events which have influenced the relationship of Indigenous people in Canada. The Indigenous population in Canada is the fastest growing population, the youngest, but also the most overrepresented population in the justice and child welfare systems. The goal of this workshop is to develop a knowledge base on Indigenous lived experiences and be able to support those individuals who are seeking your help and/or support. Many dates are offered **between June 25, 2019 and March 31, 2020.**

[Learn more and register.](#)

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### 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 **September 11 or November 6, 2019** at 12:30pm.

[Learn more.](#)



### 4th Annual Mental Health for All Conference

Register now for the [Canadian Mental Health Association](#)'s 4th Annual Mental Health for All Conference, **September 23-25, 2019** in Toronto. Beyond a standard "conference experience," this is a gathering place for the best minds – and hearts – in mental health. The theme is "Connection interrupted: Restoring mental health in a fractured world." These are turbulent times of disconnection. But human beings heal and thrive *in connection*. We are each other's lifelines.

[Learn more](#) and [register](#).



### Workshop on Motivational Interviewing

Join [A Question Of Care | Peterborough Drug Strategy](#) in Peterborough on **September 23 and November 18, 2019** for an introduction to Motivational Interviewing where you will explore how to enhance our conversation style with clients as they contemplate change. Topics such as how to explore ambivalence, roll with resistance, and elicit change-talk will be discussed. Contact the QoC Project Lead at [goc@peterboroughdrugstrategy.com](mailto:goc@peterboroughdrugstrategy.com) or 705-927-3448 for questions, and register at <https://www.eventbrite.ca/e/mo...-tickets-62649169352>

### Save the Date: 32nd Annual Perinatal Outreach Program

The Southwestern Ontario Maternal, Newborn, Child, and Youth Network (MNCYN) will be holding this event in London, Ontario on **October 9th**, so mark your calendars! This is a great opportunity for you to meet members of the community within the South West region and to exchange knowledge.

[Learn more](#).

### Perinatal Palliative Care Symposium

A perinatal palliative care symposium will be held in Ottawa on **October 11th, 2019**, and is hosted by the [Children's Hospital of Eastern Ontario \(CHEO\)](#) and the [Roger Neilson House](#). The full day event will include keynote speeches and workshops centered on Perinatal Hospice and Palliative Care.



[View the agenda and register.](#)

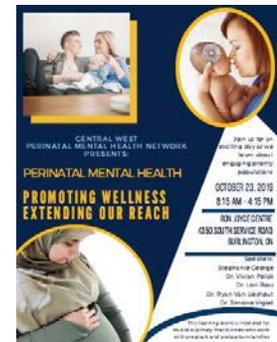


## Save The Date: OCASI Professional Development Conference 2019

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 [their website](#).

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

This is the 2nd conference event organized by the Central West Perinatal Mental Health Network and is intended for multidisciplinary practitioners who care for pregnant and postpartum families. It will take place on **October 23, 2019 in Burlington**, and 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.](#)

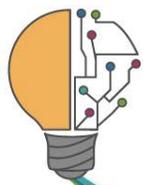


## Save The Date : 2nd Annual Collaborative Knowledge Exchange and 3rd Annual Eastern Ontario FASD Symposium

The [Citizen Advocacy's Fetal Alcohol Resource Program](#) and the [Children's Hospital of Eastern Ontario \(CHEO\)](#) would like to invite the MCCSS funded FASD Workers from across Ontario to gather together in Ottawa **November 1-2, 2019** for the 2nd Annual Collaborative Knowledge Exchange and 3rd Annual Eastern Ontario FASD Symposium to:

- Welcome new FASD Workers.
- Share successes and brainstorm responses to challenges.
- Develop a Community of Practice to work toward standardized service delivery across Ontario.
- Celebrate the various Ontario FASD Strategy initiatives.

Contact [fasd@citizenadvocacy.org](mailto:fasd@citizenadvocacy.org) to learn more.



Rainbow Health Ontario presents  
**RHO<sub>2020</sub>** THE CURRENT  
conference practice | research | policy | systems



SAVE  
THE  
DATE  
APRIL  
21-23,  
2020

Niagara Falls, ON  
[rho2020.ca](http://rho2020.ca)



#RHO2020

### 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.

[Learn more.](#)

## VI. Resources



**CLEO Connect** | Training and tools  
for community workers

### Pushing the Boundary of Legal Information

What is your comfort level in helping clients who come to you with a problem that has a legal element? [Recent research shows](#) that community workers are much needed supports for vulnerable people with legal problems (Read [this blog](#), and this [consultation guide](#)). [CLEO Connect](#) brings together training, webinars, and public legal education development tools to support community workers who help clients who have legal problems. It also includes the refreshed [Your Legal Rights](#) collection, the PLE Learning Exchange [research database](#), and links to CLEO's clear language legal resources.

### Step-by-Step Guide to Using Indicators

The Step-by-Step Guide to Using Indicators is an online tool that gives you a proven, systematic process for asking and answering the right questions so you can

- Identify what your priorities should be and where you should focus your improvement efforts.
- Inform the overall strategic directions of your jurisdictions.

- Help motivate your stakeholders to make improvements.

Plus, this tool gives practical examples showing how you can use it to drill down into indicator results.

[Learn more](#) (you'll need to register).

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### Canadian Guidance on Addressing Vaccine Hesitancy



CANVax is an online database of curated resources to support immunization program planning and promotional activities to improve vaccine acceptance and uptake in Canada. They regularly publish enlightening resources, available for free on their website once you are registered. The latest to date are:

- [Vaccine Hesitancy and Vaccine Demand: Definitions and Determinants.](#)
- [Vaccine Hesitancy Globally and in Canada.](#)
- [Literature Review on Effective Strategies to Improve Vaccine Acceptance and Uptake.](#)

Visit <https://canvax.ca/> to learn more.

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### Indigenous Health Equity Course

Take [Public Health Training for Equitable Change \(PHESC\)](#)'s free Indigenous Health Equity course to learn more about Indigenous peoples and the challenges, successes, and strategies that may assist people who work with Indigenous peoples living in First Nations communities and in urban settings. It contains 4 webinars along with all pre-readings, an online talking circle, and an extensive list of suggested resources for further exploration. You'll also receive a certificate of completion upon watching all four webinars.

[Register](#)



### Canada's Food Guide Snapshot Now Available in 28 Languages

On June 24th Health Canada announced that Canada's Food Guide Snapshot is now available in 28 languages. The Food Guide's healthy eating recommendations are now also accessible and useful for people living in Canada who speak languages other than English or French, including Indigenous Peoples, ethnic groups and newcomers to Canada.

[Learn more.](#)

## And don't forget...

Browse and refer future and new parents to [Best Start's nutrition resources!](#) Many of them are available [in multiple languages](#) too...



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## Stay connected!

- **[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.

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- **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 **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.

