



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

### Opinion: Health Care Reform and Social Assistance

The Ontario government's recent [announcement](#) on the future of the province's health care system was

significant. But we need to think even bigger. As the debate continues on the right path for health care, we cannot lose sight of the fact that the announcement was both instructive for, and dependent on, the changes coming to Ontario's social assistance system. Many of the problems being raised with regard to our health care system — the silos, patients falling through the cracks — will sound familiar to those who have followed the discussions on social assistance in Ontario. Replace "health care" with "social assistance" and "patients" with "people" in the government's announcement, and you will see that the structural issues pervading health care also affect our social assistance system. A [recent editorial](#) in Huffington Post Canada by Maytree's Director of Policy and Research argues that the ultimate success of provincial health care reform depends on the success of Ontario's social assistance system.

[Learn more.](#)



**Canada's Food Guide:**  
Awareness,  
Understanding,  
Affordability, and  
Barriers to Adoption  
*(Preliminary Results)*



### **Opinion: New Canada's Food Guide Offers a More Affordable Plate, and Greater Food Security, but That May Not Last**

After Health Canada released its new guide earlier this year, some of the most pointed criticisms have been over the question of affordability, and whether a diet made up of half fruits and vegetables is accessible for everyone. The new study, conducted by researchers at Dalhousie University and the University of Guelph and released Thursday, appears to dispel these concerns – with conditions, including that cost-savings may be short-lived. The study covers the following:

- Are the new Food Guide recommendations affordable?
- What about the food security of Canadians?
- Where are Canadians getting their nutrition information?
- What stands in the way of Canadians adopting the new Food Guide?

[Access the report](#) in English or French, and [read the discussion](#).

### **Release of the Patient Declaration of Values for Ontario**

Read about the values important to patients, families and caregivers in a document developed by the [Minister's Patient and Family Advisory Council \(PFAC\)](#), and a message from the Minister's PFAC Chair, Julie Drury. The Declaration is a vision that articulates a path toward patient partnership across the health care system in Ontario. It describes a set of foundational principles that are considered from the perspective of Ontario patients, and serves as a guidance document for those involved in our health care system. The Declaration describes a vision that recognizes the importance of patients, families, and caregivers as partners across the entirety of the health care system. I challenge all hospitals, long term care homes, rehabilitation centres, children's treatment centres, and other health service providers to use this document to identify opportunities to strengthen their current value systems.

Read more in [English](#) and [French](#).

And you're why mommy drinks wine,  
yes you are, oh yes  
you are.....

someecards  
user card



## Opinion: Uncorked: 'Mommy' Drinking Culture Normalizing Alcoholism for Women

While more men are still dying from alcohol related illnesses compared to women, numbers released by the Canadian Institute for Health Information in 2018 noted a worrisome trend. Between 2001 and 2016 the rate of women who died from causes linked to alcohol climbed 26 per cent for women, compared to just five per cent for men. While it's not clear what's behind the rise in women drinking there's a growing theory that alcohol jokingly packaged as 'mummy juice' could be playing a role. However, women have fewer enzymes used to break down alcohol before it enters the blood stream, which means it can stay in their system longer. And that's making women more susceptible to alcohol-related diseases like cirrhosis, depression and even addiction.

[Learn more.](#)

## Looking for ways to help women think about their alcohol consumption during pregnancy?

Best Start can help! Visit [our many resources](#) on this topic, including:

- Brochures for future and new parents.
- Handouts for future parents in many languages.
- Reports and manuals for service providers.
- [An entire, recently revised website.](#)



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## The Government of Canada and the Métis Nation Sign Historic Early Learning and Child Care Accord

The Minister of Families, Children and Social Development, and leaders of the Métis Nation signed the Métis Nation Early Learning and Child Care Accord. The Accord provides the Métis Nation with the authority and funding to create culturally relevant and supportive early learning and child care for Métis Nation children and their families. The Government of Canada has committed up to \$450.7 million to strengthen early learning and child care (ELCC) programs and services for Métis children and families in the Métis Homeland. This will be achieved through a flexible model that allows Métis Nation Governing Members to identify ELCC priorities such as to improve access to programs, integrate Métis culture, languages and values into ELCC services, and promote employment of Métis individuals as early childhood providers.

[Learn more.](#)

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CAN VAX

## Vaccine Acceptance in Canada: Building Confidence, Demand and Resiliency

Vaccine acceptance has become a growing concern as we see outbreaks of diseases once thought to be under control and on their way to eradication. Despite the tremendous strides made in vaccine development, safety, and access, some parents continue to question the need for vaccines, their safety and effectiveness,

and are hesitating to accept vaccines. In this article, CanVax authors describe the factors that can drive negative vaccine concerns, and can influence vaccine acceptance, before listing what can be done at the community and individual levels.

[Learn more](#), and [read a related article](#) about the inefficiency of Ontario's mandatory class for parents seeking vaccine exemptions.

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## Opinion: A Team Approach Makes Full-Day Kindergarten a Success

An innovative component of Ontario's full-day [kindergarten program](#) is the educator team, *i.e.* the dynamic staffing duo that leads every class in Ontario's full-day kindergarten program: a certified teacher and a registered early childhood educator. This strategic professional partnership sees two people seamlessly collaborate throughout the day to provide an enriched learning environment for children. This bold new vision for [kindergarten that Ontario introduced in 2010 is working](#) yet its [very existence is at stake](#).

[Learn more](#).

### Speaking of team approaches...

Are you interested in developing partnerships? In having more efficient meetings? In fun, creative and efficient ways to evaluate your work? In being more inclusive and equitable? Check out the many manuals and tools that we recently added to Best Start's ["How To" resource category](#)...



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## Zen in Care and Support for New Children Who Have Disabilities

This is [Peter Limbrick's](#) account of Zen in the care and support of babies and infants who have disabilities. It brings together separate elements of established good practice into a whole approach that he has used successfully as a child and family keyworker in the UK. Keyworkers are a great asset in pursuit of wholeness. The approach described responds to disabled children's need for increased sensitivity, to families' need for respectful support as they bring up their children and to practitioners' need for flexibility in their pressurized work schedules.

[Learn more](#).



## The CICH Profile on the Health of Canada's Children and Youth Becomes Families Canada's Responsibility

Since its inception in 1977, the [Canadian Institute of Child Health \(CICH\)](#) has published "The Health of Canada's Children and Youth: A CICH Profile". The Profile evaluates and summarizes data on the health and well-being of Canadian children and youth through graphs, tables and commentaries covering a broad range of health indicators. The Profile is a unique, easy-to-read educational resource and is recognized nationally and internationally for its breadth of expert knowledge. This renowned resource can help support service providers and parents by providing access to the best child health data available in Canada

in a user-friendly format. Through an agreement with CICH, the Health of Canada's Children and Youth: A CICH Profile will now be managed by [Families Canada](#). However the website will remain accessible at <https://cichprofile.ca/>

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

### Long-Term Effects of Pregnancy and Childbirth on Sleep Satisfaction and Duration of First-Time and Experienced Mothers and Fathers

This study aimed to examine the changes in mothers' and fathers' sleep satisfaction and sleep duration across pre-pregnancy, pregnancy, and the postpartum period of up to six years after birth and to determine potential protective and risk factors for sleep during that time. Participants in a large study from Germany reported sleep satisfaction and sleep duration in yearly interviews. During the observation period (2008–2015), 2,541 women and 2,118 men reported the birth of their first, second, or third child and provided longitudinal data for analysis. Sleep satisfaction and duration sharply declined with childbirth and reached a nadir during the first three months postpartum, with women more strongly affected. In both women and men, sleep satisfaction and duration did not fully recover for up to six years after the birth of their first child. Breastfeeding was associated with a slight decrease in maternal sleep satisfaction and duration. Parental age, household income, and dual vs. single parenting were unrelated, or only very weakly related, to improved sleep. In conclusion, following the sharp decline in sleep satisfaction and duration in the first months postpartum, neither mothers' nor fathers' sleep fully recovers to pre-pregnancy levels up to six years after the birth of their first child.

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

CADTH

### Substance Use in Breastfeeding Parents: A Review of Safety and Guidelines

CADTH RAPID RESPONSE REPORT  
SUMMARY WITH CRITICAL APPRAISAL  
**Substance Use in  
Breastfeeding Parents: A  
Review of Safety and  
Guidelines**

This rapid response report from the [Canadian Agency for Drugs and Technologies in Health](#) (CADTH) aimed at answering the following questions:

1. What is the safety regarding the consumption of controlled and illicit substances by breastfeeding parents for the parent and infant?
2. What are the evidence-based guidelines regarding the consumption of controlled or illicit substances by breastfeeding parents?

[Read the full review](#).

Source Line: Report Number: 13  
Version: 1.0  
Publication Date: September 15, 2016  
Report Length: 21 Pages

### Interactive Effects of Infant Gestational Age and Infant Fussiness on the Risk of Maternal Depressive Symptoms in a Nationally Representative Sample

To examine the interactive effects of gestational age and infant fussiness on the risk of maternal depressive symptoms, a sample of 8200 children from the Early Childhood Longitudinal Study, Birth Cohort was studied. Gestational age categories were defined as very preterm (VPT, 24-31 weeks), moderate/late preterm (MLPT, 32-36 weeks) and full-term (FT, 37-41 weeks), and maternal depressive symptoms categorized as non-depressed/mild/moderate-severe. The later were assessed from the modified Center for Epidemiological Studies Depression Questionnaire, and infant fussiness (categorized as fussy/ not fussy)

were assessed at 9 months from parent-report questionnaires. Infant fussiness interacted with gestational age categories in predicting maternal depressive symptoms, with severity varying by gestational age and infant fussiness. Compared with mothers of VPT infants without fussiness, mothers of VPT infants with fussiness had higher odds of *mild* depressive symptoms. Similarly, compared with mothers of MLPT and FT infants without fussiness, mothers of fussy MLPT and FT infants had higher odds of *moderate-severe* symptoms. In conclusion, mothers of MLPT and FT infants with fussiness had increased odds of moderate-severe depressive symptoms, and mothers of VPT infants with fussiness had increased risk of mild symptoms. Early screening for infant fussiness in preterm and full-term infants may help identify mothers with depressive symptoms in need of support.

[Access the article.](#)

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### **The Repertoire of Maternal Anti-Viral Antibodies in Human Newborns**

All circulating immunoglobulin G (IgG) antibodies in human newborns are of maternal origin and transferred across the placenta to provide passive immunity until newborn IgG production takes over 15 weeks after birth. However, maternal IgG can also negatively interfere with newborn vaccine responses. The concentration of IgG increases sharply during the third trimester of gestation and children delivered extremely preterm are believed to largely lack this passive immunity. Antibodies to individual viruses have been reported, but the global repertoire of maternal IgG, its variation in children, and the epitopes targeted are poorly understood. Here, antibodies against 93,904 epitopes from 206 viruses in 32 preterm and 46 term mother-child dyads were assessed. Results reveal that extremely preterm children receive comparable repertoires of IgG as term children, albeit at lower absolute concentrations and consequent shorter half-life. Neutralization of the clinically important respiratory syncytial virus (RS-virus) was also comparable until three months of age. These findings have implications for understanding infectious disease susceptibility, vaccine development, and vaccine scheduling in newborn children.

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

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### **Prevalence of Fetal Alcohol Exposure by Analysis of Meconium Fatty Acid Ethyl Esters; A National Canadian Study**

Most studies reporting on gestational use of alcohol rely on maternal self-reports, which are grossly inaccurate due to maternal guilt, shame and fear of losing custody of the child. This has led to the search for biological markers of fetal alcohol exposure. Fatty acid ethyl esters (FAEEs) are non-oxidative metabolites of ethanol, formed through the esterification of ethanol with endogenous fatty acids or fatty acyl-CoA. FAEE are excellent biomarkers for fetal alcohol exposure to alcohol. This study aimed to estimate the prevalence of heavy fetal alcohol exposure through the analysis of meconium FAEEs as an objective biomarker of fetal exposure. A study was conducted on meconium samples collected nationwide through the Maternal-Infant Research on Environmental Chemicals (MIREC) Study Group. FAEE in meconium was quantified by an established headspace solid-phase microextraction coupled with gas chromatography-mass spectrometry (SPME GC-MS). Out of 1315 samples collected in 10 Canadian obstetric units coast to coast between 2008-2011, the estimated prevalence of positive meconium FAEE ranged between 1.16% and 2.40%, translating into at least 1800 new cases of FASD in Canada each year. Positive maternal self-reports of heavy alcohol use were tenfold lower (0.24%). Use of meconium FAEE revealed tenfold more cases of heavy exposure to maternal drinking than did maternal reports. The use of objective measures of maternal alcohol exposure is critical in accurately estimating risks and in monitoring effective prevention of FASD.

[Access the article.](#)

## Did you know?

Health Nexus recently launched FASD Ontario, an accessible and bilingual online portal for families affected by FASD. FASD Ontario has a directory of FASD information, a searchable directory of Ontario FASD services, a listing of learning events and a FASD news feed.

Visit <https://fasdinfo.ca>

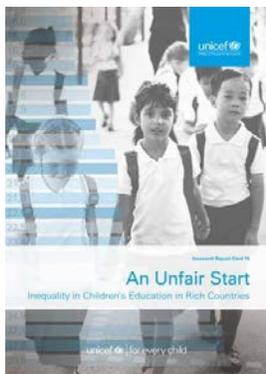


## III. Recent Reports & Research - Early Childhood Development and Education

### Family Stress Processes and Children's Self-Regulation

Economic hardship can affect children's development through child–caregiver interactions, which may mediate cascading effects of other family stress processes. This study examined, simultaneously, the relations of financial strain, caregiver general stress, and child–caregiver conflict—each measured at two time points—with child self-regulatory outcomes in a high-poverty sample (age 5–7 years;  $n = 343$ ). Increase in child–caregiver conflict mediated negative relations between other processes and development of executive function. In contrast, only increase in financial strain had direct, negative association with development of delay of gratification and did not significantly mediate relations between any other process and children's outcomes. Results have implications for understanding effects of family stress on self-regulatory outcomes and for interventions with low-income families.

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



### An Unfair Start: Inequality in Children's Education in Rich Countries

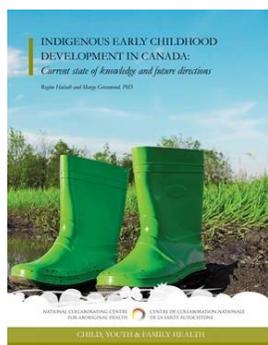
In the world's richest countries, some children do worse at school than others because of circumstances beyond their control. These children enter the education system at a disadvantage and can drop further behind if educational policies and practices reinforce, rather than reduce, the gap between them and their peers. This report by [UNICEF](#) focuses on educational inequalities in 41 of the world's richest countries. Using the most recent data available, it examines inequalities across childhood – from access to preschool to expectations of post-secondary education – and explores in depth the relationships between educational inequality and factors such as parents' occupations, migration background, the child's gender and school characteristics. The key feature of the report is the league table, which summarizes the extent of educational inequalities at preschool, primary school and secondary school levels.

[Read the report](#).

## Preschoolers and Multi-Digit Numbers: A Path to Mathematics Through the Symbols Themselves

Numerous studies from developmental psychology have suggested that human symbolic representation of numbers is built upon the evolutionally old capacity for representing quantities that is shared with other species. Substantial research from mathematics education also supports the idea that mathematical concepts are best learned through their corresponding physical representations. We argue for an independent pathway to learning "big" multi-digit symbolic numbers that focuses on the symbol system itself. Across five experiments using both between- and within-subject designs, we asked preschoolers to identify written multi-digit numbers with their spoken names in a two-alternative-choice-test or to indicate the larger quantity between two written numbers. Results showed that preschoolers could reliably map spoken number names to written forms and compare the magnitudes of two written multi-digit numbers. Importantly, these abilities were not related to their non-symbolic representation of quantities. These findings have important implications for numerical cognition, symbolic development, teaching, and education.

[Access the article.](#)



## Indigenous Early Childhood Development in Canada: Current State of Knowledge and Future Directions

Indigenous peoples experience a disproportionate burden of ill health associated with the socioeconomic context of their lives. Investing in quality early childhood development and care (ECDC) programs for Indigenous children is critical to redressing these health imbalances. This paper provides a brief overview of the current state of knowledge and knowledge gaps on the health and well-being of First Nations, Inuit and Métis young children and highlights future directions for Indigenous ECD programs and policies. It draws on data presented in "Module 7" of the Canadian Institute of Child Health online profile on The health of Canada's children and youth and other relevant sources.

Read the report [in English](#) or [in French](#).

## Preschool Teachers' Perspective on How High Noise Levels at Preschool Affect Children's Behavior

Early-age exposure to noise may have long-term health implications of which we have little knowledge of today. Age-specific hearing, learning inadequate coping strategies, and alterations in biological stress regulatory responses could play a role in the long-term health impacts. In Sweden about half a million children in the age between 1-5 years attend preschool. The noise exposure at preschools is intermittent and unpredictable and levels reach up to 84 dB LAeq (time indoors) with maximum levels of 118 dB LAF, mostly due to child activity. To increase the overall understanding of the possible implications of preschool noise environments for children, this paper describes children's behavioral and emotional reactions to and coping with their everyday sound environment from a teachers perspective. A postal questionnaire study performed in 2013-2014 with answers from 3,986 preschool teachers provided the data. Content analysis was combined with quantitative analysis. Eighty-two percent of the personnel considered that children's behavior was affected rather or very much by preschool noise. The most prevalent behaviors were categorized into: be heard, be distracted, show negative internal emotions, crowd, avoid, withdraw, be exhausted, and learning. The quantitative analyses confirmed an association between the perceived loudness and noise annoyance at preschool and affirmative reporting on noise affecting the children's behavior. Age of the personnel, with the youngest age group reporting noise related behavior less often, and age distribution of the class, with 1-5 years old seeming less affected by noise, were also indicated, while pedagogic orientation was not a significant factor. Future studies should address the long-term health effects

of these behaviors.

[Access the article.](#)

## IV. Recent Reports & Research - Other Topics



### At the Interface: Indigenous Health Practitioners and Evidence-Based Practice

There has been increasing recognition of the importance of Indigenous knowledges for the health and well-being of Indigenous peoples, with corresponding increased efforts to integrate both Indigenous and Western knowledges into health care practice and policy. [At the interface: Indigenous health practitioners and evidence-based practice](#) adds to the limited research on the knowledge and evidence needs, barriers and supports of Indigenous health practitioners when working with Indigenous patients, and on how to blend Indigenous and Western knowledges in these health care settings. It seeks to understand what constitutes evidence, how evidence is accessed, and how Indigenous knowledge is currently being integrated into health practice by Indigenous health practitioners.

### Do Children Make You Happy? Evidence from One Million Europeans

The common finding of a zero or negative correlation between the presence of children and parental well-being continues to generate research interest. We here consider over one million observations on Europeans from ten years of Eurobarometer surveys, and in the first instance replicate this negative finding, both in the overall data and then for most different marital statuses. Children are expensive, and controlling for financial difficulties turns almost all of our estimated child coefficients positive. We argue that financial difficulties explain the pattern of existing results by parental education and income, and country income and social support. Marital status matters. Kids do not raise happiness for singles, the divorced, separated or widowed. Last, we underline that all children are not the same, with step-children commonly having a more negative correlation than children from the current relationship.

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



### Strategies to Reduce Alcohol-Related Harms and Costs in Canada: A Review of Provincial and Territorial Policies

Canada's federal, provincial and territorial governments could be doing a much better job at implementing policies that reduce alcohol-related harms, according to new reports from the University of Victoria's [Canadian Institute for Substance Use Research \(CISUR\)](#). The Canadian Alcohol Policy Evaluation (CAPE) project, led by researchers at CISUR and [Toronto's Centre for Addictions and Mental Health \(CAMH\)](#), issued two reports recently, one focusing on provincial and territorial policies and one on federal policy. The team looked at 11 different types of alcohol policy including availability, pricing and taxation, and health and safety messaging. They then developed gold-standard best

practices based on extensive international research, then compared these best practices against what Canada's provincial, territorial and federal governments had in place as of 2017. Researchers found that **Canadian provinces and territories collectively achieved less than half (44 per cent) of their potential to reduce alcohol-related harm.**

Read [the report](#) and [the discussion](#).

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### **Sleep Duration and Incidence of Obesity in Infants, Children, and Adolescents: a Systematic Review and Meta-Analysis of Prospective Studies**

To assess the prospective relationship between sleep and obesity in a paediatric population, a systematic search for prospective studies with a follow-up of  $\geq 1$  year, duration of sleep at baseline, and measures of incidence of overweight or obesity and/or changes in body mass index (BMI) z-score and BMI during follow-up was performed. Forty-two studies were included but, as there was significant heterogeneity, results are presented by age strata. Short sleep was associated with a greater risk of developing overweight or obesity in infancy, early childhood, middle childhood, and adolescence. Sleep duration was also associated with a significant change in BMI z-score and in BMI. In conclusion, short sleep duration is a risk factor or marker of the development of obesity in infants, children, and adolescents.

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

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

Recently revised, Best Start's online course *It Takes a Village – Taking Action for Healthy Children* is for service providers who work with children aged 2 through 11, and/or their parents, and who want a better understanding of how to support the healthy growth and development of children, with a focus on healthy weights.



The course is available [in English](#) or [in French](#).

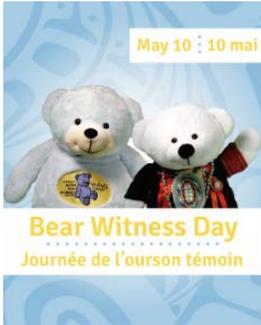
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### **Parental Smoking and E-cigarette Use in Homes and Cars**

This study aimed to determine how smoke-free and vape-free home and car policies differ for parents who are dual users of cigarettes and electronic cigarettes (e-cigarettes), who only smoke cigarettes, or who only use e-cigarettes, and to identify factors associated with not having smoke-free or vape-free policies and how often smoke-free advice is offered at pediatric offices. A secondary analysis of 2017 parental interview data collected after their children's visit in 5 control practices participating in the Clinical Effort Against Second-hand Smoke Exposure trial was performed. It revealed that most dual users had smoke-free home policies, yet fewer had a vape-free home policies. Dual users were less likely than cigarette users to have smoke-free car, vape-free home, or vape-free car policies. Inside cars, dual users were more likely than cigarette users to report smoking, e-cigarette use, and e-cigarette use with children present. Parental characteristics associated with not having smoke-free or vape-free home and car policies include smoking  $\geq 10$  cigarettes per day, using e-cigarettes, and having a youngest child  $> 10$  years old. Smoke-free home and car advice was infrequently delivered. This suggests that parents may perceive e-cigarette aerosol as safe for children. These findings reveal important opportunities for intervention with parents about smoking and vaping in homes and cars.

[Access the study](#).

## V. Current Initiatives



### Bear Witness Day

On May 10, join with people of all ages across Canada to celebrate Bear Witness Day! It is an annual day where caring people of all ages honour Jordan River Anderson and Jordan's Principle, by bringing their teddy bears to work, school or daycare and by posting on social media using #JordansPrinciple and #BearWitnessDay.

[Learn more](#) about Bear Witness Day.

### An Educational Program Designed to Lessen the Risk of Falls in Children

For [the World Health Organization](#), falls are an important global public health problem. There are 646,000 fatal falls annually. Of this number, adults and children are those most at risk. The program Safe Fall- Safe Schools© establishes a methodology that is suitable for different ages of students, centered on progression by levels and types of fall (backwards, sideways and forwards), in which the child, goes from being a passive to an active participant. The program is designed to be implemented in PE classes, with between five and ten minutes in each PE class being given over to doing exercises simulating falls.

[Learn more.](#)



### Safe Kids Week 2019

[Parachute](#) is pleased to announce this year's topic for Safe Kids Week (June 3 - 9, 2019) is preventing harm from children's falls in the home and at play. Parachute Safe Kids Week is an annual campaign to raise public awareness of child safety issues, encouraging community involvement as part of the solution. Check out <http://parachutecanada.org/safekidsweek> in the coming months to access Safe Kids Week materials, messaging and news about all our great education and awareness activities. We will also be sharing messaging and resources widely across social media (@parachutecanada on Twitter, Facebook, and Instagram).

### CanVax Evaluation

[The Canadian Public Health Association \(CPHA\)](#) is looking to get your feedback on their online immunization resource centre, [CANVax](#). CANVax is an online database of curated resources to support immunization program planning and promotional activities to improve vaccine acceptance and uptake in Canada.

[Take the survey.](#)





## The Aboriginal Children's Hurt & Healing (ACHH) Initiative

A child's expression of their pain experience is complex, and related to social and cultural factors. Research shows that the way Indigenous children's pain is assessed and treated by non-Aboriginal health care providers can be ineffective, and have a range of negative effects. Under-treated pain can lead to learning disabilities, heightened medical fears, anxiety, chronic pain, impaired development, poor school outcomes and inadequate health care that can continue later in life. Because of this long and short-term impact, it is critical that we work towards understanding these complex issues. The [Aboriginal Children's Hurt & Healing \(ACHH\) Initiative](#) is working with communities and clinicians to bridge the gap in our understanding of Indigenous children's pain and hurt and improve healthcare experiences. They hope to design tools for culturally appropriate communication and treatment. Having started in the Maritimes, **the ACHH Initiative is actively networking with Indigenous communities from across Canada to begin the ACHH National expansion.**

[Learn more.](#)

## Metaphors and Analogies

Are you willing to share your favourite metaphors or analogies on how to explain children's health conditions to parents, family members or the public? [CanCHILD](#) are hoping to compile a plain language resource and share it on their website. All participants who agree to receive attribution will be in the acknowledgements section of the resource page.

Read this [editorial](#) to find out more about this idea, and contact [maoq@mcmaster.ca](mailto:maoq@mcmaster.ca) to participate!



## VI. Upcoming Events

### Webinar: Covert (and Overt) Attitudes Toward Disability

This webinar presented by Lucy Lach and Donna Thomson will take place on **April 25th at 12:00 pm EST**. Attitudes toward children, youth and adults with disabilities impact the way healthcare practitioners and the public interact with them and make decisions that affect their lives. These 'attitudes' reflect 'worthiness,' guide clinical decision-making, and help with the allocation of limited resources. Shifting attitudes require champions that challenge taken-for-granted assumptions about worthiness of their lives.

[Learn more.](#)





## Diversity Conference 2019 - Engagement, Empowerment, Equity: From Theory to Practice

Taking place in Toronto **April 26th, 2019**, this event aims to

- Describe characteristics and the benefits of empowerment-focused mental health initiatives.
- Identify practical strategies to improve engagement, inclusion and equity in mental health initiatives.
- Integrate cultural perspectives in the development and implementation of mental health initiatives and services as well in governance and leaderships.

[Learn more.](#)

## Save the Date: Building Skills for Change in Early Years and Child Care Workshop

Taking place in **Sudbury May 4 & 5** and in **London June 1 & 2**, this 2-day training session is an excellent opportunity for those working or studying in the early years and child care sector and for parents and community members who are interested in taking up an active role in their communities and in the Professional Pay campaign. The curriculum includes:

- Gaining self-confidence to tell your story/speak your mind to motivate others.
- Recruiting and retaining members of your community/program to work towards a common goal.
- Building strong Communities of Practice (CoP) that foster leadership among ECEs, staff and parents.
- Strategizing in a CoP setting and on tactics that build power and move decision makers.

Contact [the Association of Early Childhood Educators of Ontario](http://the Association of Early Childhood Educators of Ontario) at [info@aeceo.ca](mailto:info@aeceo.ca) to learn more.



## Certificate Program in Children's Grief and Bereavement

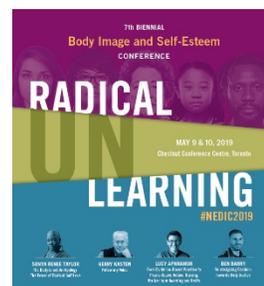
Grief is a confusing and isolating experience for any person, old or young. Children's grief, however, differs considerably from adult grief, resulting in the needs of grieving children often being overlooked or misunderstood. This can have a profound impact on the social and emotional development of a child. Caregivers, including the most skilled professionals, often feel helpless when supporting children through the death of someone close to them. This training, taking place **May 6, 7, 8, 9 & 10, 2019** in Toronto, is composed of 6 modules that can be taken separately.

[Learn more and register.](#)

## 7th Biennial Body Image and Self-Esteem Conference

This event, offered by the [National Eating Disorder Information Centre \(NEDIC\)](#) on **May 9th and 10th** in Toronto, has been organized around the theme Radical Unlearning, which calls for unpacking and unlearning negative and erroneous messaging to which people have been subjected. It will be a unique opportunity in Canada for attendees to share and learn more about current research, evidence-based practices, and innovations in the areas of eating disorder prevention and treatment in a multi-disciplinary, action-oriented environment. Attendees will gain practical skills they can apply immediately in their practice settings, from clinics to classrooms and beyond.

[Learn more.](#)



## Self-Compassion Workshop with Kristin Neff

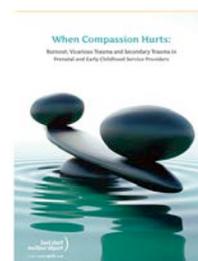
Participants joining this workshop on **May 10<sup>th</sup> in Stratford ON** will learn some of the core skills of the 8-week Mindful Self-Compassion (MSC)\* program developed by Kristin Neff and Christopher Germer. MSC is an empirically supported and internationally recognized program designed to cultivate self-compassion by teaching skills for responding in a kind, compassionate way whenever we are experiencing painful emotions. Through discussion, meditation, and experiential exercises, you will gain practical skills to help bring self-compassion into your daily life and the lives of your clients.

[Learn more and register.](#)

## On a similar topic...

Best Start's *Compassion Fatigue* manual for service providers explores burnout, vicarious trauma and secondary trauma. Topics include: definitions, the biology of stress and trauma, signs and symptoms, risk factors, protective factors, resilience and self-care, reflective practice and taking action.

Consult the manual [in English](#) or [in French](#).



## Nourish Food for Health Symposium

Taking place in Toronto **May 15th and 16th, 2019**, the symposium is a meeting place for health care and food systems stakeholders to learn about how food in health care can enhance patient experience, organizational culture, and community well-being. You can expect:

- Keynote speakers and thought-leadership from prominent Indigenous, Canadian, and international leaders.
- Experiential workshops with practitioners leading innovation around food in health care.
- Immersive hospital food experience around the future of food in health care.
- Elders gathering and a focus on truth and reconciliation through food in health care.

- Local tours to health care sites and food places of interest in Toronto.
- Networking opportunities with national leaders & a chance to share challenges and pathways forward to getting more value from the food served in health care.

[Learn more.](#)

## Webinar: Infant Development: Prelinguistic Communication

This webinar, occurring **May 29, 2019** at 10:30 am EDT, was designed for professionals and caregivers to review the building blocks of communication (e.g., imitation, joint attention, cause and effect, turn taking, functional play, etc.). For most children the ability to communicate emerges naturally and starts long before the use of first words. However, for children with autism spectrum disorder or identified social communication deficits, intervention may be necessary to foster the growth of these foundation skills. In addition to a theoretical review, participants will learn practical strategies and leave with a variety of resources to encourage the development of prelinguistic communication skills.

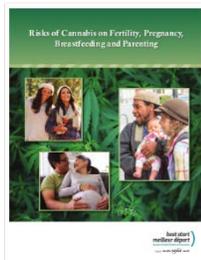
[Learn more and register.](#)

## Public Health 2019

**Public Health 2019** is the national forum where public health professionals, researchers, policy-makers, academics, students and trainees come together to strengthen efforts to improve health and well-being, to share the latest research and information, to promote best practices and to advocate for public health issues and policies grounded in research. Three Forums will be held concurrently with **Public Health 2019**. Click on the links below for more information.



- [Cannabis and Public Health Forum](#) 30 April-1 May 2019
- [Healthy Parks, Healthy People Forum](#) 1-2 May 2019
- [Public Health Emergency Preparedness and Response Forum](#) 2 May 2019



### Speaking of cannabis...

Best Start's booklet *Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting* was recently updated and is now available in PDF and in HTML format (like a webpage).

Both are available [in English](#) or [in French](#).

## Save the Date: OMSSA's Mental Health Forum

On **June 13-14, 2019** in Toronto, the [Ontario Municipal Social Services Association \(OMSSA\)](#) will be hosting a two-day, cross-sectoral forum that highlights best practices leading to positive



outcomes, and equips managers and frontline staff with the knowledge, skills, and confidence to navigate a system in flux and assist individuals living with mental illness and addiction in ways that help unlock their potential.

[Learn more.](#)

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## Save the Date : Summer Institute 2019 – Accounting for Quality

The [16th Annual Summer Institute on Early Childhood Development](#) will take place in Toronto on June 17th, 2019. Iram Siraj, Professor of Child Development and Education at the University of Oxford will present Fostering Effective Early Learning through Professional Development at our 16th annual Summer Institute. In addition to her keynote presentation, Professor Siraj will lead a workshop on Developing the whole child through movement play: Using the MOVERS guide to improve the quality of physical well-being. Please visit our webpage for abstracts on both presentations, and a detailed Bio of Professor Siraj.

[Learn more.](#)

## VII. Resources



### New Families Canada Videos on Positive Discipline

Positive Discipline in Everyday Life and [Families Canada](#) have partnered to create two videos: “An Introduction to Positive Discipline” and “Parenting with Positive Discipline”. We couldn’t have done it without the incredible work of Secret Level Films! These videos are part of the Family Life in Canada resource series. The series aims to help newcomers adjust to life in Canada and encourages them to access information, programs, services and resources in their community.

[Watch the videos.](#)

### On this very topic...

Best Start has developed a series of resources on how to support and discipline a child in a positive way, without punishments:

- A [bilingual website](#),
- A ready-to-use workshop for service providers [in English](#) and [in French](#),
- Bilingual [promotional materials](#).



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## Recorded Webinar : How Survivors Of Partner Violence Can Work With Their Family Lawyer: What to Ask For and What to Expect

How can a survivor of intimate partner violence make the most of the working relationship with their lawyer in a family law case? How can misunderstanding and further trauma be avoided? This webinar from the [Family](#)

[Law Education for Women \(FLEW\)](#) project discussed best practices for an effective and efficient lawyer-client working relationship, and what survivor clients can and should reasonably expect and ask from their lawyers.

[Watch the webinar.](#)



### Roots to Harvest: Forest Meets Farm

*Forest Meets Farm* is a celebration of the wild and cultivated foods of Northern Ontario. Many of the people growing up in Northern Ontario have a food literacy that has largely gone unrecognized by the conventional food economy, and *Forest Meets Farm* is a celebration of their knowledge as well. It draws on students' food memories, family stories and food skills, such as how to angle a knife to cut a goose neck, what lure to use to catch a trout in the winter and how to smell when the wild rice is roasted to perfection.

[Learn more.](#)

### Reflective Practice in Early Childhood Education

Do you use reflective practice in your interactions or work with children? Do you carefully observe children, listen to what they are saying, and pay attention to what they are doing? Do you take time to marvel in what you notice and thoughtfully consider what you can say or do in response? Do you gather documentation to study and then share with children and parents? The [Science of Early Childhood Development \(SECD\)](#) includes a new section on reflective practice. Researchers and practitioners share thoughts and insights that can enhance your reflective practice with children.



[Learn more.](#)

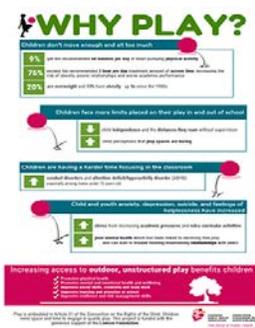
### Recorded Webinar by RentSafe: Intersectoral Action on Healthy Housing

[Canadian Environment Law Association \(CELA\)](#) senior researcher and paralegal Kathleen Cooper conducted a webinar with Erica Phipps of the [Canadian Partnership for Children's Health and Environment](#) on healthy housing that is available on [YouTube](#). The [slide deck](#) can be downloaded [from the CELA website](#)

### On a similar topic...

Visit the [Exposures and Environmental Health](#) page of the Best Start's resources platform to discover our manuals and fact sheets about environmental health and how to protect families.





## About Unstructured Play

In a position statement, the [Canadian Public Health Association \(CPHA\)](#) recognizes unstructured play as a child's right and a critical component to child and youth health and well-being and calls upon all parents/caregivers, educators, child care providers, school boards, public health professionals, the private sector and all levels of governments and Indigenous peoples' governments to improve access to unstructured, child-led play. CPHA also launched a toolkit of resources targeted to a range of audiences to promote children's outdoor play. It includes infographics, research summaries, decision-making tools, a discussion document and promising practices.

[Read the position statement](#) and [access the resources](#).

## Free Online Course: Indigenous Health Equity course

[Public Health Trainings for Equitable Systems Change \(PHESC\)](#) has recorded 4 webinars as part of their Indigenous Health Equity stream. All pre-readings, webinar recordings, an online talking circle, and an extensive list of suggested resources for further exploration are now online in the [Indigenous Health Equity course](#). By signing up for the course, you'll also receive a certificate of completion upon watching all four webinars. You need to register to access these materials, but it's a quick and easy process (and free).

[Register or return to the Indigenous Health Equity course materials](#)



## Why Play? Brochures Now Available at Individually Priced Rates and in Multiple Languages

Throughout our 43 years as an association, play has been an important focus and business line for [Families Canada](#). There is now evidenced-based knowledge that play influences brain development and promotes physical, social and emotional health in young children. Play can also be a powerful opportunity for bonding between parent and child. Now, not only can you order the re-branded Why Play? brochures in packs that include all three age groups, but you can also order separate age groups that best pertain to your organization! Also, formerly only available in English and French, the brochures are now also available in four additional languages: Spanish, Arabic, Punjabi and Simplified Chinese!

[Consult and order them now](#).



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E-mail: [beststart@healthnexus.ca](mailto:beststart@healthnexus.ca)



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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.
- **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.

