



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

Deaths, Bad Outcomes Elude Scrutiny at Canada's Indigenous Clinics

Over at least nine years, the Canadian federal government has not consistently tracked, let alone investigated, poor outcomes at health clinics on indigenous reserves, according to a Reuters analysis of documents, including internal reports and meeting notes obtained through public records requests. Record-keeping on deaths and other critical incidents at the clinics, which provide basic and emergency care to about 115,000 people, has been erratic and fragmented, Reuters found. The incidents often are detailed in separate provincial computer systems, when they are tracked or reported at all.

[Learn more.](#)

Nurse Practitioners Filling Health-Care Gaps, Despite Lack of Funding

Amid doctor shortages across the country, nurse practitioners have been filling in the health-care gap in many communities, helping to diagnose and treat patients who don't have access to a family physician. But despite growing demand, many clinics can't get adequate funding to employ enough nurse practitioners.

[Learn more.](#)

Thinking About People-First Language: Weight Bias, Stigma, and Discrimination, and Women's Reproductive Health

As health care providers we use language to teach, to share knowledge, and to care for our patients. Our words and attitudes can also inflict harm if we are not careful, and for some of our patients this can have direct impact on the quality of their care. The issues around obesity are particularly sensitive.

[Learn more.](#)

Is Using Cannabis in Front of Children Harmful or Not?

Public health agencies are warning parents about using cannabis in the presence of their children. However, parents who use cannabis say that it makes them more empathetic, more patient and more caring towards their young ones. What is really going on?

[Learn more.](#)



Would you like an update on the risks of Cannabis during pregnancy, breastfeeding and parenting?

Best Start offers a FREE WEBINAR on this very topic in French on december 2nd at 1pm.

[Register today!](#)

Breakdown of Diversity in Canadian Children's Books in 2018

The importance of kids seeing themselves reflected in the books that they're reading can't be overstated. Exclusive new numbers gathered by the Toronto Star show that diverse faces are being reflected in children's books published in Canada, but the people telling those stories are still overwhelmingly white.

[Learn more.](#)

Opinion: How to Teach Consent in Preschool

Right from birth, children are sponges who begin absorbing the world around them. This includes the good and the bad. If we can get through to children in their early years as they are going through their most significant developmental growth, we can set them on a path toward a future where they understand boundaries and the importance of consent.

[Learn more.](#)

Ontario Announces the Creation of Over 19,000 Child Care Spaces

The province's public and private sectors created over 19,000 licensed child care spaces in 2018-19, according to a [new report from the Ministry of Education](#). The government also claimed they will commit up to \$1 billion over five years to create up to 30,000 new child care spaces in schools across the province. As well, the government introduced the new [Ontario Childcare Access and Relief from Expenses \(CARE\) tax credit](#), which should provide approximately 300,000 families with up to 75% of their eligible child care expenses.

[Learn more.](#)

Opinion: Yes, You Can Treat Postpartum Depression and Still Breastfeed

Many physicians told mothers to stop breastfeeding before they would prescribe them antidepressants (often selective serotonin reuptake inhibitors, or S.S.R.I.s). But the Academy of Breastfeeding Medicine has published a protocol so that all physicians and health professionals have access to the evidence when treating postpartum mental health conditions in breastfeeding mothers. No one should be telling a mother who is suffering from postpartum depression or anxiety that she has to make a choice between medication and breastfeeding.

[Learn more.](#)

Today's Crisis, Tomorrow's Apology: Indigenous Death in the Child Welfare System

Last month APTN [reported](#) that 102 Indigenous children died in Ontario's child welfare system. It's a tragic and infuriating look at how the system fails Indigenous children and puts their lives at risk. It's also a story about unconscionable inequality in a system that is supposed to protect vulnerable children. [Cindy Blackstock](#) joins to talk about that story and about taking the government to court on behalf of the rights of Indigenous children.

[Learn more.](#)

II. Recent Reports & Research

Glycerol Monolaurate Contributes to the Antimicrobial and Anti-inflammatory Activity of Human Milk

Human milk has antimicrobial compounds and immunomodulatory activities. We investigated glycerol monolaurate (GML) in human milk versus bovine milk and infant formula for antimicrobial and anti-inflammatory activities. Human milk contained approximately 3000 µg/ml of GML, compared to 150 µg/ml in bovine milk and none in infant formula. For most bacteria tested, human milk was more antimicrobial than bovine milk and formula. Removal of GML and other lipophilic molecules from human milk resulted in a loss of antibacterial activity, which was restored by re-addition of GML. GML addition caused bovine milk to become antimicrobial. GML may contribute beneficially to human milk compared to bovine milk or infant formula.

[Access the article.](#)



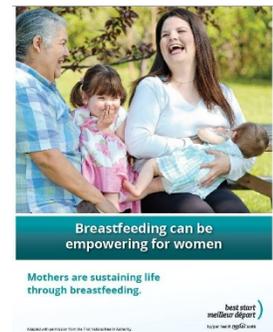
Duration of Breastfeeding and Early Growth: A Systematic Review of Current Evidence

The objective of this systematic review is to evaluate current evidence on the association of exclusive and partial breastfeeding duration with different growth parameters during infancy. In the developed setting, longer duration of exclusive and partial breastfeeding tended to be associated with slower growth rates during infancy. These associations seem to be dose dependent and more pronounced in exclusively versus partially breastfed infants.

[Learn more.](#)

Best Start helps you encourage breastfeeding:

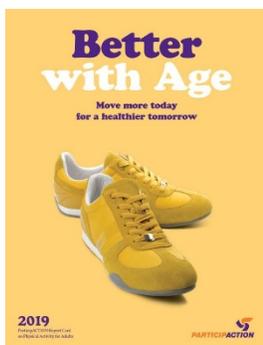
The powerful messages of the [Breastfeeding Wellness tip sheet](#) (also available [in French](#)) can be further supported by displaying the Breastfeeding Wellness poster series (in [English](#) and [French](#)).



Factors Influencing Donations to Human Milk Bank: A Systematic Review of Facilitators and Barriers

This systematic review of the literature aims at systematically reviewing factors influencing donation to human milk banks. Among the 64 factors extracted from the 1157 article reviewed, having excess milk, altruism, and helping other babies are found to be the most important facilitators of milk donation, while the most important barriers are religious and cultural concerns.

[Access the article.](#)



Report: Better With Age: Move More Today for a Healthier Tomorrow

Despite growing media attention and increased social awareness about the downsides of living an inactive life, only 16% of adults are active enough (the national guidelines recommend 150 minutes of moderate-to-vigorous physical activity each week) to reap the health benefits associated with engaging in regular physical activity. So, take care of yourselves: Time to get moving!

[Read the report](#) (also [in French](#)).

The Association of Early Life Stressors with Pain Sensitivity and Pain Experience at 22 Years

To investigate the association of Early life stress (ELS) with future pain sensitivity, the association between a wide range of early life stressors, including in antenatally, and pressure and cold pain sensitivity at young

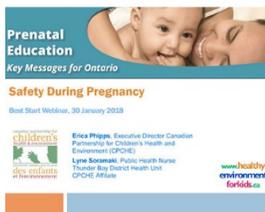
adulthood was assessed. Results supports the idea that early life is a critical period of development influencing future pain signals processing: more problematic behaviour at age two was associated with less pressure pain sensitivity at 22 years. For those reporting a moderate/high pain experience at 22 years, poor family functioning increased the odds ratio for high cold pain sensitivity, but for those reporting no/low pain experience it did not.

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

Maternal and Paternal Depressive Symptoms and Children's Emotional Problems at the Age of 2 and 5 Years: A Longitudinal Study

To elucidate how maternal and paternal depressive symptoms are related to children's emotional problems, authors constructed four parental longitudinal depressive symptom trajectory groups and studied their associations with children's emotional problems at the age of 2 and 5 years. Children whose mothers or both parents had persistent depressive symptoms had significantly more total, externalizing and internalizing problems than did children who had neither parent nor only the father showing depressive symptoms. A higher (and persistent) level of maternal depressive symptoms was related to a higher level of these children's emotional problems, a pattern not evident with paternal depressive symptoms.

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



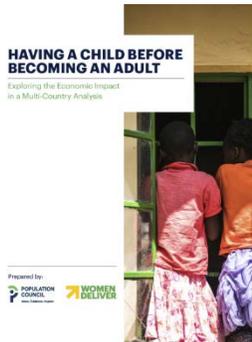
It's important that new parents recognize symptoms of perinatal mood disorders early.

[Watch the recording of How to Talk About Mental Health in Prenatal Classes: Using the Mental Health Key Messages to learn how to discuss this issue with future parents.](#)

The Australian Drug Harms Ranking Study

The aim of the current study was to review drug harms as they occur in Australia. Authors scored 22 drugs on 16 criteria related to harms that a drug produces in the individual and to others. The most harmful substances to users were fentanyl (part score 50), heroin (part score 45) and crystal methamphetamine (part score 42). The most harmful substances to others were alcohol (part score 41), crystal methamphetamine (part score 24) and cigarettes/tobacco (part score 14). Overall, alcohol was the most harmful drug when harm to users and harm to others was combined. These results are consistent with [a similar study conducted in the UK](#).

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



Having a Child Before Becoming an Adult: Exploring the Economic Impact in a Multi-Country Analysis

This report, prepared by [Population Council](#) and [Women Deliver](#), presents findings from one of the first multi-country analyses to examine the short- and long-term impacts of having a child before 18 on employment and monetary compensation (cash earnings).

[Access the report.](#)

Teenage parents need all your support...

... and Best Start can help you : browse [our resources on this very topic](#) to learn how you can make all the difference in a young parent's life.



The Perinatal Mental Health of Indigenous Women: A Systematic Review and Meta-Analysis

The objective of this systematic review and meta-analysis was to compare rates of perinatal mental health problems among Indigenous and non-Indigenous women. In the 21 studies eligible for meta-analysis, Indigenous identity was associated with 1.62 times higher odds of mental health problems. Odds were 1.95 times higher when analyses were restricted to problems of greater severity and young Indigenous women. However, resiliency among Indigenous women, cultural teachings, and methodological issues may be affecting estimates.

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

Associations Between Screen-Based Media Use and Brain White Matter Integrity in Preschool-Aged Children

In this cross-sectional study of 47 healthy prekindergarten children, screen use greater than that recommended by the American Academy of Pediatrics guidelines was associated with (1) lower measures of microstructural organization and myelination of brain white matter tracts that support language and emergent literacy skills and (2) corresponding cognitive assessments. These findings suggest a need for further study into the association between screen-based media use and the developing brain, particularly during early childhood.

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



The First Nations Food, Nutrition & Environment Study (FNFNES)

Ten years in the making, the first full draft of the final FNFNES report offers a comprehensive look at diet and nutrition patterns among Indigenous populations in Canada. It also looks at the role of traditional food in health outcomes and whether the food and

water that is being consumed is safe. The findings conclude that Indigenous communities are struggling with “extremely high” rates of food insecurity, a perpetual problem that has a dramatic impact on the health of residents, leading to higher rates of obesity and diabetes among First Nations adults than in the general Canadian population.

Read [the summary](#), [the full report](#) and [the discussion](#).

Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample

Are positive childhood experiences (PCEs) associated with adult depression and/or poor mental health (D/PMH) and adult-reported social and emotional support (ARSES) independent from adverse childhood experiences (ACEs)? In this cross-sectional study, adults reporting higher PCEs had lower odds of D/PMH and greater ARSES after accounting for ACEs. The associations of PCEs with D/PMH also remained stable when controlling for ARSES. This suggests that assessing and proactively promoting PCEs may reduce adult mental and relational health problems, even in the concurrent presence of ACEs.

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

Would you like to know more?

Watch our webinar recording [Parent-Infant/Child Relationships and Children's Physiological and Developmental Health !](#)



Parent-Toddler Social Reciprocity During Reading From Electronic Tablets vs Print Books

In this counterbalanced, laboratory-based study of 37 parent-toddler dyads, parents and toddlers showed lower social reciprocity with tablet-based books compared with print books as evidenced by greater frequency of solitary body posture, social control, and intrusive behaviors occurring during the reading of tablet-based books. These findings suggest that parents and toddlers may find engaging in shared tablet-based experiences to be challenging.

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

III. Current Initiatives

A New Model for Health Care Respects Indigenous Agency

Life expectancy among populations in [Inuit Nunangat](#) (the traditional territory of Inuit in Canada) is an average of 10 years less than that of the [general Canadian population](#). Cancer is a leading cause of this disparity. The ways the Canadian health care system interacts with Inuit populations plays an important part in this health disparity. And there is an urgent need for Inuit to be able to access and receive appropriate health care. Recently, Inuit and academic health care researchers have teamed up to combat poor cultural awareness in mainstream health care services.

[Learn more](#).



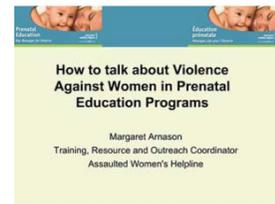
16 Days of Activism against Gender-Based Violence

The [16 Days of Activism against Gender-Based Violence](#) is an annual international campaign that kicks off on 25 November, the International Day for the Elimination of Violence against Women, and runs until 10 December, Human Rights Day. It is used as an organizing strategy by individuals and organizations around the world to call for the prevention and elimination of violence against women and girls. In support of this civil society initiative, under the leadership of the UN Secretary-General, António Guterres, the [United Nations Secretary-General's UNiTE by 2030 to End Violence against Women campaign](#) (UNiTE campaign) calls for global actions to increase awareness, galvanize advocacy efforts, and share knowledge and innovations.

[Learn more.](#)

Intimate partner violence often starts or gets worse during pregnancy.

Learn how best to address this issue in the context of prenatal care and education by watching the webinar recording [How to Talk About Abuse in Prenatal Education Classes: Using the Prenatal Education Messages](#).



Use of a Digital Storytelling Workshop to Foster Development of Intergenerational Relationships and Preserve Culture with the Nak'azdli First Nation: Findings from the Nak'azdli Lha'hutit'en Project

The Nak'azdli Whut'en, a First Nations community in northern British Columbia, recognized the importance of preserving Elders' wisdom and sharing cultural knowledge and oral traditions across generations. During 10 workshops, through storytelling, the Elders shared their wisdom and knowledge. Students recorded the stories and added imagery and sounds to capture their understandings in a digital format. Thus, Elders and students worked in partnership to co-create digital stories to create a cultural legacy for future generations.

[Learn more.](#)



WHO Invites Filmmakers to Participate in their Inaugural Film Festival

In May 2020, on the occasion of the 73rd World Health Assembly, WHO will host the first-ever **Health for All Film Festival** in Geneva. Filmmakers (even you, with your cell phone) are invited to submit a short video for one of the following categories: Video reports (3-8 minutes long), Animation videos (1-5 minutes long) or Videos about nurses and midwives (3-8 minutes long) for the **International Year of the Nurse and Midwife**, which will be celebrated in 2020.

[Learn more.](#)

Manitoba Project Aims to Keep Families Together

The Manitoba government hopes a new pilot project that offers quick access to mental health and addiction supports will help prevent children from being taken into provincial care. The pilot aims to provide key services to families at risk of child apprehension, including a caseworker, a family mentor, and addictions/mental health workers.

[Learn more.](#)



Tireless

The [Canadian Women's Foundation](#) is Canada's public foundation for diverse women and girls. Their latest initiative targets gender-based violence. They believe that an inclusive, coordinated federal strategy will help set the standard for provinces and municipalities across the country, bringing about systemic change that increases safety for ALL women, girls, trans, non-binary, and two-spirit people in every part of Canada.

[Learn more.](#)

IV. 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 **until March 31, 2020**.

[Learn more and register.](#)

Webinar - Indigenous Perspectives on Patient Safety

This webinar, taking place **November 14th** and sponsored by [Patients for Patient Safety Canada](#), invite speaker Gina Gaspard, a Clinical Nurse Specialist with the FHNA. Resources include Coyote's Food Medicines, an innovative storytelling project and campaign focused on healthy medication use developed by the FNHA in collaboration with Doctors of BC and the BC provincial government's Shared Care Committee. Nov. 14, 10 a.m

[Learn more.](#)



HEALTHY EATING &
PHYSICAL ACTIVITY
IN THE EARLY YEARS

Webinar: The Impact of Appetite to Play: Program Evaluation Results and Next Steps

Appetite to Play is a British Columbian initiative that supports early years providers to promote healthy eating and physical activity in daycares, preschools, parent participation programs, and other early years settings for children 0-5 years old.

Join Appetite to Play on **November 14th** at 1pm for a webinar to learn about:

- In-depth program evaluation results: reach, impact, successes and challenges
- The program components and how you can get involved
- Next steps for the sustainability of the program

[Learn more.](#)

Webinar - The Role of Early Childhood Workers in the Prevention of FASD

Participants to this **November 20, 1pm** webinar will develop a basic understanding of FASD including prevalence, diagnosis and FASD-Informed Approaches. They will learn about the most effective ways to prevent or reduce the incidence of FASD with parents and the young children they work with, as well as the larger community. The facilitators will discuss the unique role of ECEs in helping to prevent FASD.

[Learn more.](#)

Conference - Child Development Update

On **November 22-23, 2019 in Toronto**, [the Continuing Professional Development unit at the Faculty of Medicine in Toronto](#) is offering *the Child Development Update*, a 2-day conference that will enhance the clinicians' understanding of the link between current developmental paediatric research and its translation into clinical paediatric practice; new skills in clinical assessment and management of developmental disorders, and up-to-date developments in the basic science and clinical research relevant to child development and diagnosis and treatments. Additional details about this conference can be reviewed at <https://www.childdevelopmentupdate.com/>



Webinar - Breastfeeding is Everyone's Job

Do you have breastfed babies in your programs? Do you work with prenatal families? Are you wondering how to best support them? Then this webinar on **November 28th** at noon is for you! Learn about why

supporting breastfeeding is everyone’s job, how to be an advocate and learn some breastfeeding basics. Everything you wanted to know about breastfeeding but were afraid to ask!

[Learn more.](#)

Comprehensive 6-Week Online Course - “Designing for Implementation”

Enrollment is open **until December 2, 2019**. In this intensive course, you will:

- Understand how to apply key process models, theories and frameworks to your design and planning efforts.
- Learn how to clearly define your problem, and how to build an effective implementation intervention to target this problem.
- Gain insight on how to build interventions with sustainability in mind.
- Develop an implementation evaluation plan.
- Apply what you have learned to your own work, so that you can see the impact of your learning right away.
- Access to a wide range of resources, all for a low cost

[Learn more.](#)



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

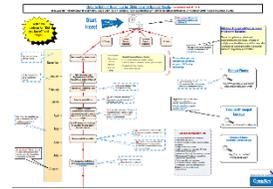
CMNRP Lactation and Cannabis Discussion Guide

This revised guide is now posted on the CMNRP substance use webpage. The changes reflect gender-inclusive language, the addition of chestfeeding and transgender resources, and updated information related to vaping. Please share widely. For any questions please contact Christina Cantin ccantin@cmnrp.ca 613-737-2660 x 3246

[Learn more.](#)

Ontario Special Needs Roadmap for School

Two Moms with special needs children wanted to share with parents what they've learned. They researched for over a year and a half, and put together a new interactive school roadmap. This roadmap aims to be a GPS for parents of special needs children to navigate the education system in Ontario.



[Access the map.](#)

Recorded Webinar - LGBTQ2+ Inclusion in Health and Social Services

Homophobia and transphobia fundamentally shape the health and well-being of LGBTQ2+ communities. LGBTQ2+ communities are significantly more likely to struggle with mental health problems, to experience homelessness and to have substance use issues, but are less likely to access health and social services, and less likely to receive the inclusive care they need when they do. This webinar will provide participants with an introduction to LGBTQ2+ inclusion in health and social services, with a particular emphasis on shifting organizational culture, and bringing LGBTQ2+ inclusion into your everyday practice.

[Learn more.](#)



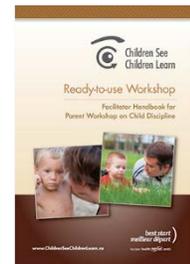
Podcast: Avoiding Behavior Challenges Before They Begin

Are kids really 'misbehaving' or are we setting unrealistic expectations for them? In this podcast, Rae Pica discusses her new book, "Acting Out!: Avoid Behavior Challenges with Active Learning Games and Activities," and provides actionable techniques for you to use to harness children's natural behavior into activities that will make everyone happy.

[Learn more.](#)

How to address children's behavioural challenges with parents?

The [Children See Children Learn ready-to-use workshop](#) (also available [in French](#)) provides you with all you need to deliver a **workshop to a group of parents on the topic of child discipline**. This resource can also be used on a one-on-one basis, through home visits or in clinical settings. It is based on the website [Children See. Children Learn](#). A good complement to this resource are the *FAQs about time-outs*, available in [English](#) and [French](#).



Evidence-Informed Decision Making (EIDM) Casebook

The [National Collaborating Centre for Methods and Tools](#) has recently launched the third issue of the Evidence-Informed Decision Making (EIDM) Casebook. [Click here](#) to learn how Canadian and international public health practitioners use evidence to inform public health practice, programs and policy. Engage with the authors of the stories in the third issue of the EIDM Casebook by [registering](#) for their Peer-to-Peer Webinar Series.



Podcast: Engaging with Indigenous Communities in a Good Way

In this podcast, Nicole Blackman from Durham Region Health Department talks about engaging with Indigenous communities. Nicole has three pieces of advice:

- Take time to build relationships
- Take time to learn about Indigenous communities
- Focus the collaboration on community wants and needs, rather than on the goals of the organization/program

To learn more, listen to the latest episode on [PHESC's website](#) or download it on your preferred podcatcher!

A New Website for the Ontario Centre of Excellence for Child and Youth Mental Health

The [Ontario Centre of Excellence for Child and Youth Mental Health](#) is celebrating 15 years of impact by improving their online presence with their [new website](#), a refreshed look and more social media platforms to ensure you can access important information, news and updates as they become available — where and when you want. Importantly, the new site comes with a shorter and sweeter URL: [cymh.ca](#). Come check it out when you have a chance!

How To Help A Child Struggling With Anxiety

Here are six takeaways that all parents, caregivers and teachers can add to their anxiety toolkits, including information on how anxiety works, how parents can spot it and how to know when it's time to get professional help.

[Learn more.](#)



Fact Sheet: Family Violence as a Social Determinant of First Nations, Inuit and Métis Health

This fact sheet explores family violence as a determinant of health for First Nations, Inuit and Métis individuals, families and communities. It provides an overview of the potential health and social impacts of family violence and examines the prevalence of, risk factors for, and context of family violence in Indigenous communities. The fact sheet concludes with a discussion of barriers to and promising approaches for family violence prevention and intervention.

[Learn more.](#)

See also: [Fact Sheet: Access to Health Services as a Social Determinant of First Nations, Inuit and Métis Health](#)



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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.

