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

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## **I. News & Views**

### **I. News & Views**

#### **Every \$1 spent on early childhood education pays back \$6 later, report finds**

A report by the Conference Board of Canada (2017) argues that the best way to grow the economy in an equitable way is through investment in early childhood education. The report claims that for every dollar spent on early childhood education programs, the economy gets around \$6 worth of economic benefits in the future. This report shows that early childhood education helps to build a solid learning foundation for children, and also provides the opportunity for parents to work and contribute to the economy.

Read the [article](#).

#### **Ontario to spend \$72.6M over 3 years on psychotherapy**

The Ontario Ministry of Health and Long Term Care (2017) has announced an investment of \$72.6 million over the next three years for psychotherapy programs. The funding will support a range of programs, including individual and group psychotherapy counselling through specialty hospitals and community-based agencies, support for depression and anxiety via telephone and health education, along with online self-management tools coordinated by the Ontario Telemedicine Program.

Read the [article](#).

### **Sudden infant death syndrome research breakthrough suggests biological factor**

New research out of the Royal Alexandra hospital for children in the UK has discovered that “babies who die from sudden infant death syndrome (SIDS) have greatly decreased levels of a certain brain protein-like neuropeptide, known as orexin, responsible for regulating sleep arousal” (2017). Researchers are hopeful that this discovery will lead testing, but in the interim stress that parents are still advised to follow all safe sleep guidelines as the risk factors for SIDS are still proven to be relevant.

Read the [article](#).

### **Plant-based drinks shouldn't be main beverage for young kids: experts**

Canada's dietitians and pediatricians are warning parents that plant-based beverages (such as soy, almond, rice, etc.) should not be the main beverage for babies and young children. They advise that these drinks are not suitable for a number of reasons, including, that they often have added sugar, that many are not fortified with essential minerals and vitamins, and many are lacking in protein and fats that are beneficial to children.

Read the [article](#).

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## **II. Recent Reports & Research**

### **Electronic-based lifestyle interventions in overweight or obese perinatal women: A systematic review and meta-analysis.**

(Lau et al., 2017)

#### **ABSTRACT**

Electronic-based (e-based) lifestyle interventions provide potential and cost-effective delivery of remote interventions for overweight and obese perinatal women. To date, no meta-analysis has reported the efficacy of maternal and neonatal outcomes. Seven electronic databases were searched from inception up to July 13, 2016, including the Cumulative Index to Nursing and Allied Health Literature, Cochrane Library, EMBASE, ProQuest Dissertations and Theses, PsycINFO, PubMed and Scopus. Among the 1,145 studies retrieved, 14 randomized controlled trials were selected among 17 publications. The Cochrane risk of bias tool was used to appraise the quality assessment. The meta-analyses demonstrated a significant result for limiting gestational weight gain, losing postnatal weight in 1-2 months, increasing self-reported moderate and vigorous physical activity and reducing caloric intake using diet-related software. Our review shows that an e-based lifestyle intervention is an acceptable approach. The findings reveal the variability in intervention methods and provide limited conclusive evidence. Thus, future studies should examine the efficacy and essential components as well as the various approaches using optimal portions of in-person and phone sessions. Further evaluations comparing the effectiveness of different e-based lifestyle intervention approaches toward activity-related and diet-related outcomes are necessary.

Read the [article](#).

### **Meta-analysis of the effectiveness of educational interventions for**

## **breastfeeding promotion directed to the woman and her social network**

(Oliveira et al., 2017)

### ABSTRACT

**Aim:** The aim of this study was to determine the effectiveness of educational interventions focusing on women and their social network for the promotion of exclusive breastfeeding up to the age of 6 months.

**Background:** Despite the advantages of breastfeeding and strategies available for its promotion, early weaning is common worldwide.

**Design:** Systematic review and meta-analysis based on the Joanna Briggs Institute guidelines.

**Data Sources:** A search was performed in databases (LILACS, PubMed, Science Direct, Scopus, CINAHL, Web of Science and Cochrane Library), reference lists and grey literature. There was no limitation on the studies' year of publication.

**Review Methods:** JBI-MAStARI software were used. The meta-analysis was performed using Stata version 13-0. The effect was estimated by odds ratio with 95% confidence intervals.

**Results:** Of 7201 identified studies, 11 made up the review's corpus. Educational interventions were about twice as effective compared with routine interventions used in the control groups. It was evident that educational interventions have focused only on the woman and have not covered all five types of support she needs to breastfeed.

**Conclusion:** Educational interventions were about twice as effective in promoting exclusive breastfeeding at 6 months old. There is a need for further studies applying interventions that address women and their social network from the prenatal period, considering all types of support.

Read the [article](#).

## **Disparities in chronic conditions among women hospitalized for delivery in the United States, 2005–2014**

(Admon et al., 2017)

### ABSTRACT

#### **Objective:**

To estimate trends in the prevalence and socioeconomic distribution of chronic conditions among women hospitalized for obstetric delivery in the United States.

#### **Methods:**

A retrospective, serial cross-sectional analysis was conducted using 2005–2014 data from the National Inpatient Sample. We estimated the prevalence of eight common, chronic conditions, each associated with obstetric morbidity and mortality, among all childbearing women and then across socioeconomic predictors of obstetric outcomes. Differences over time were measured and compared across rural and urban residence, income, and payer subgroups for each condition.

#### **Results:**

We identified 8,193,707 delivery hospitalizations, representing 39,273,417 delivery hospitalizations occurring nationally between 2005 and 2014. Identification of at least one chronic condition increased significantly between 2005–2006 and 2013–2014 (66.9 per 1,000 delivery hospitalizations in 2005–2006 compared with 91.8 per 1,000 delivery hospitalizations in 2013–2014). The prevalence of multiple chronic conditions also increased during the study period, from 4.7 (95% CI 4.2–5.2) to 8.1 (95% CI 7.8–8.4) per 1,000 delivery hospitalizations between 2005–2006 and 2013–2014. Chronic respiratory disease, chronic hypertension, substance use disorders, and pre-existing diabetes were the disorders with the greatest increases in prevalence over time. Increasing disparities

over time were identified across all socioeconomic subgroups analyzed including rural compared with urban residence, income, and payer. Key areas of concern include the rate at which substance use disorders rose among rural women and the disproportionate burden of each condition among women from the lowest income communities and among women with Medicaid as their primary payer.

**Conclusion:**

Between 2005–2006 and 2013–2014, the prevalence of chronic conditions increased across all segments of the childbearing population. Widening disparities were identified over time with key areas of concern including disproportionate, progressive increases in the burden of chronic conditions among women from rural and low-income communities and those with deliveries funded by Medicaid.

Read the [article](#).

**Vaccine recommendations for children and youth for the 2017/2018 influenza season**

(Moore, 2017)

**ABSTRACT**

The Canadian Paediatric Society continues to encourage annual influenza vaccination for ALL children and youth  $\geq 6$  months of age. Recommendations from the National Advisory Committee on Immunization (NACI) for the 2017/2018 influenza season are not substantially changed from those of last season. NACI has conducted a review of all available vaccine effectiveness data concerning live attenuated influenza vaccine (LAIV) and concludes that current evidence supports the continued use of LAIV in Canada, although use is not currently recommended in the United States because of concern about efficacy.

Read the recommendations [here](#).

**Depression in children and young people: identification and management**

(National Institute for Health and Care Excellence, last updated 2017)

**OVERVIEW**

This guideline covers identifying and managing depression in children and young people aged between 5 and 18 years. Based on the stepped care model, it aims to improve recognition and assessment and promote effective treatments for mild, moderate and severe depression.

In September 2017, we updated recommendation 1.1.5.4 to clarify the training needed for therapists. We also updated recommendation 1.4.1.1 to delete reference to a preferred questionnaire as this is no longer relevant. Footnotes 3, 5 and 6 were also updated to clarify the advice on marketing authorisation and licensed indications.

**Recommendations**

This guideline includes recommendations on:

- care of all children and young people with depression
- stepped care
- step 1: detection, risk profiling and referral
- step 2: recognition
- step 3: mild depression
- steps 4 and 5: moderate to severe depression
- transfer to adult services

### **Who is it for?**

- Healthcare professionals
- Commissioners and providers
- Children and young people with depression and their families and carers

### **Is this guideline up to date?**

We reviewed the evidence in August 2017 and we will plan an update of the recommendations on psychological therapy for treatment of depression in children and young people.

Read the [guidelines](#) from the UK and [flowchart](#) developed by the Centre for Addiction and Mental Health that summarizes and adapts the guidelines for a Canadian setting.

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## **III. Current Initiatives**

### **International Day for the Elimination of Violence Against Women**

#### **November 25**

The International Day for the Elimination of Violence Against Women takes place on November 25 and marks the first day of the 16 Days of Activism Against Gender-Based Violence, which ends on December 10, with International Human Rights Day.

Click [here](#) to find out more.

### **National Child Day**

November 20, 2017

National Child Day celebrates the United Nations' adoption of two documents that focus on the rights of children - the United Nations Declaration of the Rights of the Child and the United Nations Convention on the Rights of the Child. Canada has made a commitment to respect and protect the rights of children. This day celebrates children as active participants in their own lives, and contributors to their communities.

Click [here](#) to find out how to celebrate National Child Day.

### **#Waiting4UCanada**

"February 23, 2017 marked the 10th anniversary of the filing of the case on First Nations child welfare. Ten years is a long time, especially in the life of a child. Thousands of First Nations children have grown up and continue to grow up with inequitable services and fewer opportunities to grow up safely at home. As part of the #Waiting4UCanada campaign, we invite you to consider what has happened in the past ten years of your life. Use the hashtag #Waiting4UCanada on Twitter and social media to share milestones, developmental achievements or historical events in yours and your family's lives. Ten years is far too long for a child to wait for equity."

Click [here](#) for information in English.

Click [here](#) for information in French.

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## IV. Upcoming Events

### **PHO Grand Rounds: Healthier children living longer through better nutrition strategies to promote and support healthy diet**

November 21, 2017: Webinar

The Joannah & Brian Lawson Centre for Child Nutrition at the University of Toronto is hosting a webinar to share new research on child nutrition and knowledge exchange and translation activities emerging from the Centre. The presentation will also examine promising practices to enhance provincial public health partnerships as well as promote solutions-oriented engagement to address needs and challenges in child nutrition.

[Register.](#)

### **London's Child and Youth Network Gathering -Specialized Service Provision**

November 30, 2017: London, ON

The annual Child and Youth Network gathering is focusing on Specialized Service Provision and the Family Centred Service System. This event will share how Family Centres can support professionals who support families with specialized services (e.g. mental health, development, settlement, speech and language, etc.). Family Centres help families access programs and services and connect in with their community.

[Register.](#)

### **Prenatal Education: Trends and Issues**

December 7, 2017: Ramara, ON

This workshop designed to enhance the knowledge of current and emerging trends in prenatal education to help encourage the adoption of consistent maternal and perinatal health messaging across disciplines. The workshop will discuss:

- the importance of physiological labour and birth to lifelong health and wellness,
- the emerging issue of cannabis use in the pregnant and postpartum populations, and
- the critical importance of identifying and addressing perinatal mood disorders.

[Register.](#)

### **HBFI Level One 18 hour Breastfeeding Course**

January 24-26, 2018: Oakville, ON

This three day introductory course explores, promotes and supports human lactation and breastfeeding through examining current evidence-based, best practice. Participants will develop their knowledge and understanding of human lactation and breastfeeding, to enable them to confidently and effectively implement care that facilitates and supports the initiation and maintenance of breastfeeding.

[Register.](#)

**The Annual Best Start Resource Centre Conference 2018: Ontario's leading event for preconception, prenatal, and early childhood service providers**  
February 6-8, 2018: Toronto, ON

Meet, share, reflect, network and be inspired! The conference, attracting well over 300 participants each year, addresses issues of interest to service providers working in the preconception, prenatal and early childhood fields and focuses on strategies and solutions - from policy to practice. You will acquire the latest information, learn innovative strategies and programs, and have excellent networking and peer-sharing opportunities. Visit the [BSRC Conference 2018 website](#) to learn more and register!

[Register.](#)

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## V. Resources

### **Keep calm to think straight**

The Canadian Association of Family Resource Programs has created a tip sheet for parents on how to stay calm during difficult parenting moments (e.g. toddler tantrum). It suggests parents take care of themselves, think clearly, lower the tension, and connect to strengthen the relationship.

[Learn more.](#)

### **Epigenetics: How experience “gets inside” our biology**

The Encyclopedia on Early Childhood Development has created an information sheet about how our cells can change based on our environment – specific to children's experiences. It clearly explains how epigenetics are associated with long-term human developmental and health outcomes, the role of early adversity and developmental risk, and the role of developmental time.

[Learn more.](#)

### **Encyclopedia on Early Childhood Development – Videos**

The Encyclopedia on Early Childhood Development has put together a number of videos that cover a range of topics to guide parents regarding early childhood development. Topics include: aggression, anxiety, depression, emotions, hyperactivity and inattention (ADHD), peer relations, among others.

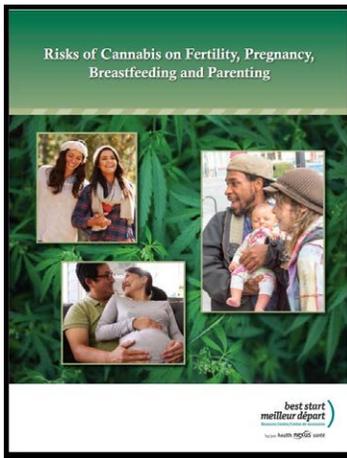
[Read more.](#)

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## VI. Featured Resources by the *Best Start Resource Centre*

**Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting**  
*Best Start Resource Centre, 2017*

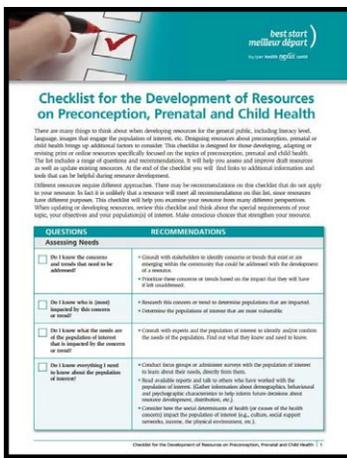
This resource is for women and men who are thinking



about becoming parents, are pregnant, or who are new parents. It provides information about the effects of cannabis:

- On fertility, pregnancy and breastfeeding
- On children and adolescents, when their mothers used cannabis during pregnancy
- On parenting

Available in PDF in [English](#) or [French](#)



**Checklist for the Development of Resources on Preconception, Prenatal and Child Health**  
Best Start Resource Centre, 2016

This checklist includes a range of questions and recommendations to assist in the development, adaptation or revision of resources on the topics of preconception, prenatal or child health.

Available in [PDF](#).



**Bilingual Online Ontario Breastfeeding Services Directory**

Best Start Resource Centre, revised 2016

Breastfeeding mothers benefit from the support of other mothers. The Bilingual Online Ontario Breastfeeding Services directory at [www.ontariobreastfeeds.ca](http://www.ontariobreastfeeds.ca) will help mothers connect and receive help and support from peers, professionals and experts. This downloadable flyer will help you promote the directory to other service providers, mothers and their families.

Bilingual flyer available in [PDF](#).



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- **[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 francophone **[Le Bloc-Notes](#)** est un outil indispensable pour les intervenants professionnels qui aiment être à l'affût des nouveautés dans le domaine de la promotion de la santé.
- 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.