

Promote the Ontario Prenatal Education Program Directory to Future Parents!

Prenatal education matters! Promote the Ontario Prenatal Education Program Directory to future parents on your website, through social media, on waiting room screens or in person with the new promotional materials developed by Best Start:

- The [bilingual postcard](#).
- The [bilingual flyer](#).
- The horizontal website banner in [English](#) or [French](#).
- The square website banner in [English](#) and [French](#).

And, as always... Don't forget to update your listing regularly!

Events



South West Maternal Newborn Child Youth Network Annual Maternal Newborn Conference

Taking place **October 9th, 2019** in London, ON, the 32nd Annual MNCYN Maternal Newborn Conference topic is "Embracing and Supporting Every Pregnancy". Hold the date!

[Learn more.](#)

Perinatal Palliative Care Symposium

This event is hosted by [the Roger Neilson House](#) and [the Children's Hospital of Eastern Ontario \(CHEO\)](#) on **October 11, 2019**, in Ottawa. Keynote speaker Amy Kuebelbeck will describe her own experience continuing a pregnancy with a life-limiting prenatal diagnosis

[Learn more.](#)



Perinatal Mental Health Conference: Promoting Wellness, Extending Our Reach

Taking place **October 23, 2019** in Burlington, this learning and networking event is for multidisciplinary practitioners who care for

pregnant and postpartum families. Speakers like Dr. Simone Vigod, Dr. Ryan Van Lieshout, Dr. Lori Ross, Stephanie George, IBCLC, and Dr. Vivian Polak will share their expertise in providing perinatal mental health care to priority populations, including families reflecting indigenous heritage, newcomers to Canada, and LGBTQ2+ parents. In addition, those with lived experiences from these priority populations will give their accounts of navigating the challenges of living with a perinatal mood disorder.

[Learn more.](#)

BORN 2019 Conference

BORN is hosting a two-day conference on **November 7th and 8th** in Ottawa, for health-care providers, administrators, policy makers, researchers, and students. The themes will focus on:

- Disruptive technology in health care
- Perinatal risk and safety
- Ontario's maternal-newborn data partners
- Using data to support better care - future trends

[Learn more.](#)



News

To Justify Using Weed, Some Pregnant Women Cling to an Old and Dubious Study

The main author makes no claim that cannabis is good for babies, nor does she encourage pregnant women to use it. Though the cannabis-exposed babies scored higher on some measures in her study, it didn't show that cannabis caused these better scores. In fact, the mothers who used the most cannabis also had more education, more financial independence, and fewer other children to care for. Yet online conversations between expecting parents don't reflect this caution.

[Learn more.](#)

Opinion: Further Research Vital to Understand the Full Impact of Prenatal Opioid Exposure on Childhood Development

The opioid crisis is an urgent public health emergency that requires instant action to protect vulnerable individuals. While the startling death toll associated with this epidemic has received much attention, the health outcomes associated with prenatal opioid exposure during pregnancy are less well defined.

[Learn more.](#)

Prescription Opioid Use

A guide for service providers and health care professionals to support a harm reduction approach to prescription opioid use of individuals who are parents, are pregnant or thinking about becoming parents.



Prescription Opioid Use

Recently released by Best Start by Health Nexus, *Prescription Opioid Use* is a guide aiming to equip service providers and health care professionals with information that supports a harm reduction approach to prescription opioid use of individuals who are parents, are pregnant or thinking about becoming parents.

[Learn more.](#)

How a Prenatal “Bootcamp for Dads” Preps Men for Fatherhood

Prenatal classes for expecting parents can often focus primarily new mothers. But as NPR reports, an increasing number of classes geared specifically to men, like New York City’s “Bootcamp for New Dads,” aim to better prepare its participants for fatherhood and get them more involved in their new baby’s life.

[Learn more.](#)



Maternal Newborn Outcomes Committee: Call for Nominations/Expression of Interest

The vision for the BORN (Better Outcomes Registry and Network) Ontario Maternal Newborn Outcomes Committee is to provide scientific, health system, and clinical expertise advice to BORN Ontario to facilitate quality health care for mothers and newborns. Interested individuals can submit an application for the BORN Maternal Newborn Outcomes Committee by September 30th:

[Learn more.](#)

Too Much Caffeine During Pregnancy May Damage Baby's Liver

Having too much caffeine during pregnancy may impair baby's liver development and increase the risk of liver disease in adulthood, according to a new study... in rats. Pregnant rats given caffeine had offspring with lower birth weights, altered growth and stress hormone levels and impaired liver development.

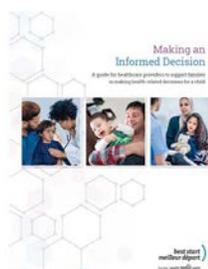
[Learn more.](#)

Recent Studies

A Systematic Review of Barriers to Vaccination During Pregnancy in the Canadian Context

The objective of this study was to identify barriers and facilitators of vaccination during pregnancy in Canada. In total, 17 studies met inclusion criteria. Facilitators and barriers were identified at the level of the patient and the provider. At both levels, knowledge was an important facilitator of vaccine acceptance during pregnancy and was notably improved in studies following the 2009 pandemic H1N1 influenza outbreak compared with earlier studies. Vaccine endorsement by a prenatal care provider and clear messages of safety for the fetus emerged as key motivators. Few studies addressed system-level barriers or interventions for improving vaccine uptake during pregnancy in the Canadian setting.

[Access the study.](#)



Speaking of decisions...

Making an Informed Decision – A guide for healthcare providers to support families in making health-related decisions for a child is a resource that equips healthcare providers with information and tools that support parents, guardians, caregivers, and families when making health-related decisions for a child in their care. Informed decisions may relate to screening, testing, treatment, or medical care. It includes a 5-step framework and 4 supporting tools.

[Learn more.](#)

Relationship Between Parity and the Problems that Appear in the Postpartum Period

The objective of this cross-sectional study with puerperal women in Spain was to identify the association between parity and the existence of distinct discomfort and problems during the postpartum period. 53.4% of the 803 primiparous women in the study affirmed to have feelings of sadness, as opposed to 36.2% of the 539 multiparous women. 48.3% of primiparous had lactation problems vs 24.7% of multiparous. 37.2% of primiparous reported anxiety, while the percentage in multiparous was 25.7%. 22.2% of primiparous had depressive symptoms, and 11.6% of multiparous. Faecal incontinence was more present in primiparous than in multiparous, 6.5% and 3.3% respectively. Parity is associated with the presence of certain problems in the postpartum period. Thus, primiparous are more likely to have lactation problems, depressive symptoms, anxiety, sadness, and faecal incontinence.

[Access the study.](#)

A Matched Cohort Study of Postpartum Placentophagy in Women With a History of Mood Disorders: No Evidence for Impact on Mood, Energy, Vitamin B₁₂ Levels, or Lactation

This study sought to test the hypotheses that women who consumed their placenta (placentophagy exposed [PE]) would have (1) fewer depressive symptoms, (2) more energy, (3) higher vitamin B₁₂ levels, and (4) less pharmaceutical lactation support during the postpartum than women who did not consume their placenta (non-placentophagy exposed [NE]). In the sample of 138 women (28 in the PE cohort, matched to 110 in the NE cohort) there were no differences in Edinburgh Postnatal Depression Scale or Sleep-Wake Activity Inventory scales, vitamin B₁₂ levels, or domperidone use between the PE and NE cohorts. These data provide no support for the idea that postpartum placentophagy improves mood, energy, lactation, or plasma vitamin B₁₂ levels in women with a history of mood disorders.

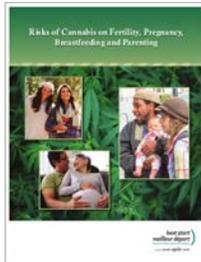
[Read the study.](#)

Cannabis Use in Pregnancy in British Columbia and Selected Birth Outcomes

This study sought to determine the association between cannabis use in pregnancy and stillbirth, small for gestational age (SGA) (<10th percentile), and spontaneous preterm birth (<37 weeks). It revealed that maternal cannabis use has increased in British Columbia over the past decade, that pregnant women who use cannabis are younger and more likely to use alcohol, tobacco, and illicit substances and to have a

history of mental illness. Moreover, using cannabis in pregnancy was associated with increased risk of SGA, spontaneous preterm birth and intrapartum stillbirth. The association between cannabis use in pregnancy and overall stillbirth and antepartum stillbirth did not reach statistical significance, but it had comparable point estimates to other outcomes.

[Access the study.](#)



By the way...

Best Start's booklet on cannabis provides information about the effects of cannabis on fertility, pregnancy, breastfeeding, parenting, and on children and adolescents when their mothers used cannabis during pregnancy.

It is available in [English](#) and [French](#).

Association Between Maternal Fluoride Exposure During Pregnancy and IQ Scores in Offspring in Canada

To examine the association between fluoride exposure during pregnancy and IQ scores in a prospective birth cohort, 601 mother-children pairs (41% of which lived in communities supplied with fluoridated municipal water) were recruited across Canada. In this study, maternal exposure to higher levels of fluoride during pregnancy was associated with lower IQ scores in children aged 3 to 4 years: a 1-mg higher daily intake of fluoride among pregnant women was associated with a 3.66 lower IQ score in boys and girls. These findings indicate the possible need to reduce fluoride intake during pregnancy.

[Access the study.](#)

Implementation of a Comprehensive Safety Bundle to Support Newborn Fall/Drop Event Prevention and Response

To create a comprehensive newborn fall/drop event prevention and response strategy in the form of a Newborn Fall Safety Bundle and to reduce newborn fall/drop events across an eight-hospital health system, an evaluation of the problem was undertaken and evidence-based interventions were organized into a Newborn Fall Safety Bundle. A reduction in newborn fall/drop events was observed after implementation of this comprehensive Newborn Fall Safety Bundle.

[Access the study.](#)

Trends in Medical Imaging During Pregnancy in the United States and Ontario, Canada, 1996 to 2016

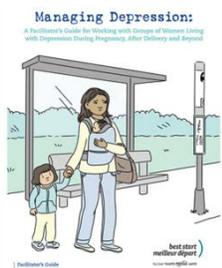
To evaluate patterns of medical imaging during pregnancy, a retrospective cohort study was performed at 6 US integrated health care systems and in Ontario, Canada. Over a 21-year follow-up period (1996-2016), computed tomography use rates increased by 3.7-fold in US sites and 2.0-fold in Ontario, whereas use rates for other imaging modalities with ionizing radiation decreased. Overall, 5.3% of pregnant women in US sites and 3.6% in Ontario underwent imaging with ionizing radiation, and 0.8% in US sites and 0.4% in Ontario underwent computed tomography.

[Access the study.](#)

Predictors of Drug Use During Pregnancy: The Relative Effects of Socioeconomic, Demographic, and Mental Health Risk Factors

To assess the relative effects of socioeconomic, demographic, and mental health risk factors associated with drug use during pregnancy, a retrospective cohort study involving 25,734 pregnant women from Southwestern Ontario was conducted. It revealed that maternal depression is the primary risk factor of drug use during pregnancy: Compared to women who were not depressed during pregnancy, women who were depressed were 2.15 times more likely to use alcohol, 1.70 times more likely to smoke tobacco, and 2.56 times more likely to use cannabis.

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



Did you know?

- *Managing Depression – A Facilitator's Guide* for service providers provides a weekly agenda and activities to facilitate 5 group sessions for women living with depression. Available in [English](#) and in [French](#).
- *Managing Depression - A Self-help Skills Resource Workbook* for women living with depression and their clinicians or service providers. It provides information about depression and healthy lifestyle behaviours, and skills for managing depression. Concerned partners, family members or friends may also find this resource helpful. Available in [English](#) and in [French](#), and in a fillable format in [English](#) and in [French](#).

Is vitamin D Supplementation Beneficial or Harmful for Women During Pregnancy?

Authors aimed to determine if vitamin D supplementation, alone or in combination with calcium or other vitamins and minerals, during pregnancy have benefits or harms to the mother or her offspring. Evidence from 30 trials involving 7033 pregnant women suggest that 1) supplementing pregnant women with vitamin D alone probably reduces the risk of pre-eclampsia, gestational diabetes, low birthweight and may reduce the risk of severe postpartum haemorrhage, but made little or no difference in the risk of having a preterm birth < 37 weeks' gestation, 2) supplementing pregnant women with vitamin D and calcium probably reduces the risk of pre-eclampsia but may increase the risk of preterm births < 37 weeks, and 3) supplementing pregnant women with vitamin D and other nutrients may make little or no difference in the risk of preterm birth < 37 weeks' gestation or low birthweight.

[Learn more](#).



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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 Aboriginal Sharing Circle (BSASC) Network** is a distribution list designed for service providers working with Indigenous 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.

