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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

A New Newborn Permanent Hearing Loss Risk Test in Ontario

The Ontario's newborn screening program will be expanded to include a permanent hearing loss risk test for earlier identification of babies at risk for hearing loss. Newborn screening services are provided through Newborn Screening Ontario and currently completed by taking a blood sample through a heel prick from each baby between 24 to 48 hours after birth. The added screen for risk of permanent hearing loss will not require collecting additional blood. Ontario also provides universal newborn hearing screening for infants through the Infant Hearing Program.

[Learn more.](#)

Opinion: Feds Should Fund Program Providing Drug-Safety Info to Pregnant Women, According to Doctors

Funding a program that provides pregnant and breast-feeding women with evidence-based research on drug safety should be a priority for the Canadian government, say doctors citing the closure of such a service after nearly 35 years. [Motherisk](#), established at the Hospital for Sick Children in Toronto, provided counselling to women and clinicians. The hospital announced the closure in April as due in part to “years of declining grant funding.” Loss of access to its extensive databases exposed a major public-health void.

[Learn more.](#)



Safe and Timely Transportation for Critically-Ill Newborns in Ontario

A Government of Ontario investment of \$6.8 million to five specially-equipped ambulances and a team of paramedics aims to support transporting critically-ill newborns safer and faster in several regions across the province, including southwestern Ontario. The four children's hospitals in Ontario that will support the specially-equipped ambulances, including the Children's Hospital at London Health Sciences Centre, will also jointly receive nearly \$5.8 million this year to ensure these highly-specialized teams are available 24 hours a day, seven days a week.

[Learn more.](#)

StatCan : Nearly One Quarter of Moms Experience Postpartum Depression or Anxiety

The [Statistics Canada survey](#) analyzed the experiences of 7,085 respondents who gave birth in 2018. The women were surveyed online and by phone five to 13 months after delivery. The data found 23 per cent reported feelings consistent with either postpartum depression or an anxiety disorder. The study also found 3 per cent used cannabis during pregnancy and 3 per cent used cannabis while breastfeeding. In addition, 1 per cent reported opioid use during pregnancy, including medical use and non-medical use.

[Learn more.](#)

New resources

Updated Guidelines: Trial of Labour After Caesarean

To alleviate Fetal and maternal morbidity and mortality associated with vaginal birth after Caesarean and repeat Caesarean section, the [Society of Obstetricians and Gynaecologists of Canada](#) has updated the guidelines for the provision of a trial of labour after Caesarean section.

[Learn more.](#)



An Introduction to the Neonatal Intensive Care Unit by Parents for Parents

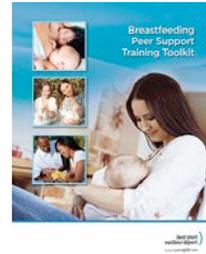
The [Canadian Premature Babies Foundation](#) has introduced a booklet to help parents navigate NICU life with their premature baby. This booklet includes tips on how to help parents provide care, how to find support in this time, and what questions are recommended to ask your care provider.

[The booklet](#) is in English and there is an equivalent in French [here](#).

Speaking of parents helping parents...

The Breastfeeding Peer Support Training Toolkit will provide all you need to educate breastfeeding peer support volunteers, equipping them to begin supporting other breastfeeding mothers (peers).

[Learn more.](#)



Caregiving Practices

There is a wide variety of caregiving practices around the world, often rooted in cultural traditions and beliefs. What do you see as the functions or benefits of such practices? Are there similar practices in your family or community? How can you value and respect these and other practices that support the caregiver-child relationship that is so crucial to early development?

Watch [two videos](#) from Red River College on this very topic.



5 Steps for Brain-Building Serve and Return

Serve and return interactions are an excellent way to build a strong foundation in a child's brain for future learning and development. Is a child pointing at something? Babbling or moving those little arms and legs? That's a serve! By returning a serve with a simple acknowledgement or smile, you are rewarding a child's interest and curiosity. Teaching future parents how serve and return can be a part of their daily interactions with children with this new, practical, how-to video that shows adults and children serving and returning.

[View the video](#)

Speaking of early brain development...

Make sure to direct future parents to [the Healthy Baby Healthy Brain website](#), and to refer them to the associated [tipsheets](#) ! Building a healthy brain for baby starts even before the conception...



Updated Guideline: Management of Breech Presentation at Term

Medline was searched up to April, 2018 for randomized trials and cohort studies comparing outcomes after planned vaginal breech birth and planned Caesarean section and for cohort studies comparing vaginal breech birth techniques for women with a singleton breech fetus at term.

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



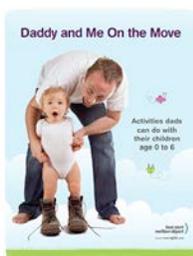
Best Start's bilingual [Prenatal Education Key Messages for Ontario](#) website contains messages to give to future parents, supporting evidence, resources, links and references on 25 prenatal topics. To ensure that you use only the most recent version when handing out PDFs to your clients, or when discussing the key messages topics, make sure to visit the website regularly and to register to receive updates notifications!

Recent Studies

Perinatal Breastfeeding Interventions Including Fathers/Partners: A Systematic Review of the Literature

The objective of this review was to determine the effect of partner-inclusive educational and psychosocial interventions on breastfeeding initiation, duration, and exclusivity. 12 studies in 15 publications met the inclusion criteria. **All of the studies found that inclusion of fathers/partners in breastfeeding interventions improved at least one breastfeeding outcome**, including duration and exclusivity up to 24 weeks postpartum. Interventions that include face-to-face information delivery, are designed in a culturally appropriate manner, and provide information on how partners can support breastfeeding are more likely to have a beneficial effect.

Access [the study](#).



Let's help fathers/partners to stay involved!

The *Daddy and Me* booklet, available in [English](#) and [French](#), will:

- Give fathers ideas of things they can do with their young children, beginning with the important bond that starts during pregnancy.
- Provide information on how activities are important for them and their child.
- Highlight cues they can watch for in their child so they know what activities to suggest.

Effects of Home Visits for Pregnant and Postpartum Women on Premature Birth, Low Birth Weight and Rapid Repeat Birth: A Meta-Analysis and Systematic Review of Randomized Controlled Trials

This review aimed to quantitatively analyse the effects of home visits delivered during pregnancy and postpartum on premature birth (PTB), low birth weight (LBW) and rapid repeat birth (RRB). Fourteen RCTs were included. Pooled estimates showed **a beneficial effect on LBW and RRB in the professional-visit**

subgroup, but didn't support the favourable effects of home visits on PTB and RRB in the non-professional-visit subgroup. Therefore, home visits can be an alternative and complementary part of primary health care for women, especially those with risk factors.

Read [the study](#).

Paternal Tobacco Smoke Correlated to Offspring Asthma and Prenatal Epigenetic Programming

To investigate whether paternal tobacco smoke (PTS) exposure was associated with the offspring's asthma, exposure rates of PTS and maternal tobacco smoke (MTS), infant respiratory tract infection, childhood allergic diseases, etc. were measured in a birth cohort of 1,629 newborns. **The study reveals that prenatal PTS exposure is correlated to development of childhood asthma with a dose-dependent effect**, and that measuring the DNA methylation levels of certain genes might help to predict high-risk populations for childhood asthma and provide a potential target to prevent the development of childhood asthma.

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



By the way...

The *Information on Second and Third-Hand Smoke* handout is intended for new parents and their entourage. It contains information on second and third-hand smoke, provides a summary of the strategies offered in the video *Creating a Smoke-Free Environment for Your Children* (available in [English](#) and [French](#)) and sources of supplementary information.

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

The Association of Inadequate and Intensive Prenatal Care With Maternal, Fetal, and Infant Outcomes: A Population-Based Study in Manitoba

To examine the association of prenatal care utilization with maternal, fetal, and infant outcomes, a retrospective cohort study calculated the proportion of women receiving inadequate, intermediate/adequate, and intensive prenatal care, and maternal and fetal-infant health outcomes, health care use, and maternal health-related behaviours. **Inadequate prenatal care was associated with increased odds of several adverse pregnancy outcomes and lower likelihood of health-related behaviours, whereas intensive prenatal care was associated with reduced odds of some adverse pregnancy outcomes and higher likelihood of health-related behaviours.** Ensuring women receive adequate prenatal care may improve pregnancy outcomes.

Access [the study](#).

Water Birth Maternal and Neonatal Outcomes Among Midwifery Clients in Alberta, Canada, from 2014 to 2017: A Retrospective Study

To evaluate the maternal and neonatal outcomes of water births (WBs) compared with traditional or "land" vaginal birth outcomes, a retrospective cohort comparison of maternal and neonatal outcomes of WB (1716) and traditional or land birth (non-WB) (21 320) from selected low-risk maternal cohorts with spontaneous onset of labour and vaginal delivery in Alberta (2014-2017) was performed. The analysis revealed that **low-risk maternal cohort of WBs managed by midwives had equivalent or improved neonatal outcomes**

compared with a low-risk maternal cohort of land or traditional births managed by midwives and other maternity providers.

Access [the study](#).

Infant Bed Sharing in Canada

For the first time, the 2015 and 2016 [Canadian Community Health Survey](#) (CCHS) collected national data on bed sharing. Previous Canadian studies contained variations in how bed sharing was measured or were not representative. In this study, **33% of mothers reported that their infants had frequently shared a bed, while 27% had done so occasionally**. Moreover, mothers of frequent bed sharers were more likely than those of occasional bed sharers to cite breastfeeding as the reason and to have breastfed exclusively.

Access the data in [English](#) or [French](#).



By the way...

Best Start's series of 7 *Infant Sleep Messages* (in [English](#) or [French](#)) provide tips and practical suggestions for parents and caregivers of infants aged 0-12 months on healthy and safe sleep, and support the current recommendations on how to reduce the risks of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death, consistently with the *Sleep Well, Sleep Safe* booklet (in [English](#) and [French](#)).

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

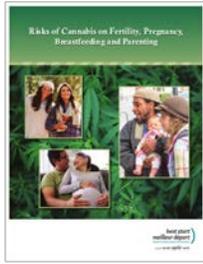
Do women who consumed their placenta (placentophagy exposed [PE]) would have (1) fewer depressive symptoms, (2) more energy, (3) higher vitamin B12 levels, and (4) less pharmaceutical lactation support during the postpartum than women who did not consume their placenta (non-placentophagy exposed [NE])? In this study, 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**.

Access [the study](#).

Association Between Self-reported Prenatal Cannabis Use and Maternal, Perinatal, and Neonatal Outcomes

To assess whether there are associations between self-reported prenatal cannabis use and adverse maternal and perinatal outcomes, a population-based retrospective cohort study was performed in Ontario, Canada. Self-reported cannabis exposure in pregnancy was ascertained through routine perinatal care. In this study, **reported cannabis use was significantly associated with an increased risk of preterm birth, greater frequency of small for gestational, placental abruption, transfer to neonatal intensive care, and 5-minute Apgar score less than 4**.

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



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](#).

Wheeze and Food Allergies in Children Born via Cesarean Delivery: The Upstate KIDS Study

The study examined whether caesarean delivery (CD) increased the risk of wheeze or food allergy in early childhood compared with vaginal delivery and whether these associations were mediated by breastfeeding, in the Upstate KIDS cohort (2008-2010) of mothers and infants from the State of New York (excluding New York City). **Emergency CD (n = 1,356) was associated with elevated risk of wheeze, and an increased risk of food allergy. Neither outcome was significantly associated with planned CD (n = 1,565 infants).** Breastfeeding mediated the association between MOD and wheeze but not food allergy.

[Learn more](#) and [read the discussion](#).

Prenatal Risk Factors and Perinatal and Postnatal Outcomes Associated With Maternal Opioid Exposure in an Urban, Low-Income, Multiethnic US Population

To examine prenatal risk factors associated with maternal opioid use during pregnancy and the short-term and long-term health consequences on their children, a cohort study was performed in an urban, low-income, multiethnic cohort that enrolled mother-newborn pairs at birth and followed them over the years. Pregnancy outcomes, postnatal child physical health, and major neurodevelopmental disabilities as documented in maternal and child medical records, were studied. In this sample, **in utero opioid exposure was significantly associated with adverse short-term and long-term outcomes across developmental stages, including higher rates of physical and neurodevelopmental disorders in affected children.**

[Learn more](#), and [read the discussion](#) or [the commentary](#).

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.



What can you do?

The booklet [Prescription Opioid Use](#) is a guide for service providers, designed 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.



by/par health **nexus** santé

180 Dundas Street West, Suite 301, Toronto, ON M5G 1Z8
Telephone: (416) 408-2249 | Toll-free: 1-800-397-9567 | Fax: (416) 408-2122
E-mail: 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 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.

