



## 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



### Webinar: Cannabis Use During Pregnancy and Lactation - A Practice Resource for Health Care Providers

Taking place **November 14** at 4:30pm EST. Learning Objectives:

1. To review current evidence of cannabis use in pregnancy.
2. To review the effects of cannabis use on pregnancy and lactation.
3. To review how to discuss cannabis use during pregnancy and lactation with your patients and clients.

[Learn more.](#)

## Perinatal Health: Trends and Issues

Do you support perinatal women and their families in Hastings and Prince Edward Counties? Join a day of education on **November 21, 2019** to:

- learn from respected experts in the field
- hear up-to-date-evidence
- share knowledge and best practices
- build stronger networks to support families
- increase awareness of community resources and supports

[Learn more.](#)

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## New Parent Educator Training

Ready to become proficient when offering professional education to new and expecting parents? Take the first step towards becoming a Certified New Parent Educator with CAPPA. Taking place **November 23 - November 24**, this course is designed to provide a foundational skill base, knowledge, and perspectives on professional education on the postpartum and newborn periods, as well as providing training for those seeking certification as new parent educators with CAPPA.

[Learn more.](#)

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## Webinar: Evaluating the Adverse Childhood Experiences Questionnaire in Maternity Healthcare Settings

Taking place **November 27** at 5:30pm EST. Learning Objectives:

1. Understand Adverse Childhood Experiences (ACEs) and resilience including the ACEs study, brain architecture and epigenetics, relations between ACEs and health outcomes, the impact of ACEs and how resilience trumps ACEs.
2. Identify procedures and tools used for the ACEs evaluation in healthcare settings.

[Learn more.](#)

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## Webinar: Breastfeeding Is Everyone's Job

On **November 28** at noon, 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! Topics that will be covered: anatomy of the breast, responsive cue-based feeding, breastfeeding positions, peer support, tandem nursing, let-down, colostrum, and more.

[Learn more.](#)

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Information Sharing Webinar

## Webinar: Implementation of RAO's Breastfeeding Guideline in a Rural Setting

This webinar will focus on the ongoing implementation and sustainability of RAO's Promoting and Supporting the Initiation, Exclusivity and Continuation of Breastfeeding for Newborns, Infants and Young Children best practice guideline (BPG) at Grey Bruce Health Unit.

During this webinar on **December 10** at noon, participants will learn how to:

- implement best practices and standardize tools
- consistently provide opportunities for staff education using adult education principles
- promote community-wide evidence-based practices by sharing knowledge, practices and tools and by providing educational opportunities
- make a plan for sustainable change

[Learn more.](#)

## News

### **Survey for Health Professional Working with Women Either in the Antenatal, Intrapartum, or Postnatal Period**

This questionnaire asks about your experience as a health professional working with women either in the antenatal, intrapartum, or postnatal period. It asks about a clinically traumatic event that you may have found stressful (these events may not necessarily have happened in the unit in which you are currently working).

[Learn more.](#)



### **Opinion: Early Motherhood Has Always Been Miserable**

There are two diametrically opposed concepts of motherhood today. There's the Instagram influencer's vision of the ideal mother with perfectly groomed, smiling children set against a backdrop of high-end appliances. And there's the gritty real talk of comedians and writers like Ali Wong, who described her early days of motherhood as "a never-ending festival of feces." But here's what new moms need to know: Some version of the pristine influencer mother has been pushed on American women since the 1800s — and it's always been a lie.

[Learn more.](#)

### **Opinion: Preventing Depression in Pregnant Mothers May Have Lasting Impact for Generations**

Since maternal depression is associated with low birth weight, preterm deliveries, and impaired cognitive development in the child, offering women basic skills in mood management may have long-lasting impact. Pregnant mothers are both an ideal population to work with, as well as one with far-reaching consequences: discrete window of risk, interventions easily included in prenatal classes or doctors' visits, and outcomes impacting future generations.

[Learn more.](#)

## Recent Studies

## Association Between Maternal Exposure to Lead, Maternal Folate Status, and Intergenerational Risk of Childhood Overweight and Obesity

Is maternal lead exposure associated with intergenerational risk of overweight or obesity and is folate associated with a reduction in these risks? In this sample of a US urban population, maternal lead exposure was widespread and associated with higher intergenerational risk of overweight or obesity, but adequate maternal folate status appeared to mitigate such risks.

[Access the study.](#)



### By the way...

Do you know how best to bring up and teach the topic of exposure during pregnancy with your clients? Watch the recording of the webinar [How to Talk About Environmental Safety in Prenatal Classes: Using the Prenatal Education Messages](#) to learn more (Also available [in French](#))

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## SOGC Guideline No. 391-Pregnancy and Maternal Obesity Part 1: Pre-conception and Prenatal Care

This guideline is for all health care providers (obstetricians, family doctors, midwives, nurses, anaesthesiologists) who provide pregnancy-related care to women with obesity. They review key aspects in the pregnancy care of women with obesity. Part I focusses on pre-conception and pregnancy care.

[Access the guideline.](#)



## Maternal Prepregnancy Body Mass Index, Gestational Weight Gain, and Cessation of Breastfeeding: A Systematic Review and Meta-Analysis

This review is to explore the effect of different prepregnancy BMI and gestational weight gain (GWG) categories on breastfeeding initiation and cessation. In the 30 studies included, prepregnancy obesity was a risk factor for breastfeeding initiation, exclusive and any breastfeeding (ABF) duration. Inadequate GWG was a risk factor for breastfeeding initiation. Excessive GWG was a risk factor for ABF duration when women were prepregnancy overweight and obese. Altogether, results suggest that If women are obese before pregnancy or gain excessive/inadequate weight during pregnancy, they are less likely to initiate and continue breastfeeding according to recommendation time.

[Read the study.](#)

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## Severe Maternal Morbidity in Canada: Temporal Trends and Regional Variations, 2003-2016

This study sought to quantify temporal trends and provincial and territorial variations in severe maternal morbidity (SMM) in Canada, using data on all hospital deliveries in Canada (excluding Québec) from 2003 to 2016 ( 3 882 790 deliveries ). Severe hemorrhage rates increased from 44.8 in 2003 to 62.4 per 10 000

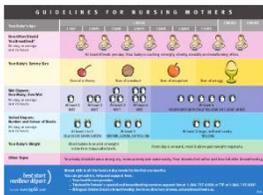
deliveries in 2012 and then declined to 41.8 per 10 000 deliveries in 2016. Maternal intensive care unit admission and sepsis rates decreased between 2003 and 2016, whereas rates of stroke, severe uterine rupture, hysterectomy, obstetric embolism, shock, and assisted ventilation increased.

[Read the study.](#)

## Systematic Review of Expected Weight Changes After Birth for Full-Term, Breastfed Newborns

To summarize the findings of recent studies on neonatal weight changes that occur in the early weeks of life among full-term, breastfed newborns, quantitative studies published in the English language from 2015 through 2019 that focused on newborn weight changes were reviewed. It revealed that nadir of lost birth weight occurs on Days 2, 3, or 4 after birth: by 2 days after birth, mean weight loss among neonates is 6% to 7% of birth weight, and by Day 3, mean weight loss is usually 7% to 8%. At times, breastfed newborns lose 10% or more of their birth weight, but by 10 to 14 days, most newborns regained their birth weight. Interestingly, rates of exclusive breastfeeding decreased when newborns lost greater amounts of weight.

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



### By the way...

Empower new parents to know that all is going well in the first few days with the short, at-a-glance chart [Breastfeeding Your Baby, Guidelines for Nursing Mothers](#), available in 20 languages!

## BMI Growth Trajectory from Ages 2 to 6 Years and its Association with Maternal Obesity, Diabetes During Pregnancy, Gestational Weight Gain, and Breastfeeding

To identify latent BMI growth trajectories from ages 2 to 6 years and examine their independent associations with maternal prepregnancy obesity or overweight, pre-existing type 1 (T1D) or type 2 diabetes (T2D) or gestational diabetes (GDM) with or without requiring antidiabetic medications during pregnancy, excessive gestational weight gain (EGWG), and breastfeeding  $\leq 6$  months, data from 71 892 children was analyzed. Child's high and increasing BMI trajectory was strongly associated with maternal prepregnancy obesity and overweight, modestly associated with maternal T1D, T2D, and GDM requiring medication treatment and EGWG, and slightly associated with breastfeeding  $\leq 6$  months. GDM not requiring medication treatment during pregnancy had little association.

[Access the study.](#)

## Resources



### Video: There May Be a Time and a Place, but Is Pregnancy One?

This short YouTube video from CHEO on cannabis and pregnancy was presented at the BORN conference last week. It aims at weeding out the myths from the facts to help make informed choices about cannabis use in pregnancy.

[Watch the video.](#)

### If future parents have more questions...

... refer them to the booklet [Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting](#) (also available [in French](#)) or watch the recording of our webinar on [Perinatal Cannabis Use – Implications for Pregnancy, Lactation and Parenting](#) to answer them yourself!



### Video: Vaccination in Pregnancy

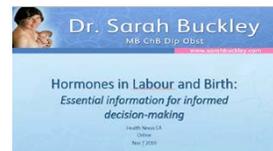
Watch and share widely with your pregnant clients this lovely SOGC video on vaccination and pregnancy, and vote for it by clicking on the thumb underneath the video!

[Watch the video.](#)

### Recorded Webinar: Hormones in Labour and Birth – Essential Information for Informed Decision Making

Watch this webinar to learn how hormones support safety, ease and pleasure for mother and baby and how interventions affect them.

[Watch the webinar.](#)



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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.

