



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



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 such as 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.](#)

Webinar: Hormones in Labour and Birth - Essential Information for Informed Decision Making

Join physician Dr Sarah Buckley on **November 6** at 3:30 pm and explore the intricate hormonal dance of labour, and how hormones such as oxytocin support safety, ease and pleasure for mother and baby. Use this information to facilitate informed choice for birthing families in your care.

[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.](#)

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.](#)

News

Most Pregnant Women Aren't Getting Flu and Whooping Cough Shots, CDC Warns

Most pregnant women in the United States don't get flu and whooping cough vaccines even though the shots are safe and recommended as part of routine prenatal care, a report from the US Centers for Disease Control and Prevention said Tuesday.

[Learn more.](#)



Initiative: Voice, Choice, Change: The Lives of Midwives

[*VOICE, CHOICE, CHANGE: The Lives of Midwives*](#) offers an intimate glimpse into the lives of four very different, very complex midwives in South Sudan (Dora Kunda and Scovia Nalumu) and Canada (Susanna Ku and Jenn Nguyen). We follow the midwives as they negotiate a diverse array of personal and professional challenges from difficult births, to coping with non-existent resources, to the ongoing search for respect in their respective midwifery practices.

Polyamorous Families Face Stigma in Pregnancy Care, Researchers Say

The Canadian Medical Association Journal published [a study](#) Tuesday based on interviews with 24

polyamorous Canadians — 11 who had given birth in the previous five years and 13 partners — recruited through ads posted on social media groups. Findings suggest that while participants reported both positive and negative health-care experiences, all faced some form of marginalization rooted in "mono-normativity," the assumption that romantic relationships are limited to two partners.

[Learn more.](#)

Recent Studies

Effect of Timing of Umbilical Cord Clamping and Other Strategies to Influence Placental Transfusion at Preterm Birth on Maternal and Infant Outcomes

Authors aimed to assess the effects on infants born at less than 37 weeks' gestation, and their mothers of: 1) delayed cord clamping (DCC) compared with early cord clamping (ECC) both with immediate neonatal care after cord clamping; 2) DCC with immediate neonatal care with cord intact compared with ECC with immediate neonatal care after cord clamping; 3) DCC with immediate neonatal care after cord clamping compared with UCM; 4) UCM compared with ECC with immediate neonatal care after cord clamping. They reviewed and assessed randomised controlled trials (RCTs) comparing delayed with early clamping of the umbilical cord (with immediate neonatal care after cord clamping or with cord intact) and UCM for births before 37 weeks' gestation. They found that delayed cord clamping probably reduced the risk of death for babies born preterm. Early cord clamping probably causes harm. No studies showed what length of delay was best, and only a few studies followed babies for health outcomes in early childhood.

[Access the study.](#)

Birth Outcomes for Midwifery Clients Who Begin Postdates Induction of Labour Under Midwifery Care Compared With Those Who Are Transferred to Obstetrical Care

To compare clinical outcomes of midwifery clients who had postdates induction of labour with oxytocin under midwifery care with those transferred to obstetrical care, a retrospective cohort study on low-risk Ontario midwifery clients who had postdates oxytocin induction was performed. For nulliparas, postdates induction with oxytocin under midwifery care decreased the odds of interventions including assisted vaginal delivery, episiotomy, and pharmaceutical pain relief, with no difference in odds of neonatal morbidity or mortality when compared with induction under obstetrical care. For multiparas, the use of pharmaceutical pain relief was significantly lower in the midwifery group.

[Access the study.](#)



By the way...

The brochure [Oxytocin: To Help Start or Speed Up Your Labour](#) is for future parents who have been recommended to have an induction or augmentation with oxytocin, and aims to provide them with all the information they need to make the best decision for them and their baby. It is also available [in French](#).

Using the Robson 10-Group Classification System to Compare Cesarean Birth Utilization Between US Centers With and Without Midwives

To compare cesarean birth utilization in US centers with and without midwifery care using the Robson

classification, births in centers with interprofessional care that included midwives (n = 48,857) were compared with births in non-interprofessional centers (n = 47,935). Interprofessional care teams were associated with lower rates of labor induction and overall cesarean utilization as well as higher rates of vaginal birth after cesarean. There was consistency in cesarean rates among women with higher risk for complications.

[Read the study.](#)

Calcium Supplementation Commencing Before or Early in Pregnancy, for Preventing Hypertensive Disorders of Pregnancy

To determine the effect of calcium supplementation, given before or early in pregnancy and for at least the first half of pregnancy, on pre-eclampsia and other hypertensive disorders, maternal morbidity and mortality, and fetal and neonatal outcomes, the literature was extensively searched for evidence. However only one study (1355 women) fit the inclusion criteria. It suggested that calcium supplementation before and early in pregnancy may reduce the risk of women experiencing the composite outcome pre-eclampsia or pregnancy loss at any gestational age, but the results are inconclusive for all other outcomes for women and babies. Therefore, current evidence neither supports nor refutes the routine use of calcium supplementation before conception and in early pregnancy.

[Access the study.](#)

Risk of Adverse Perinatal Outcomes Among Women with Pharmacologically Treated and Untreated Depression During Pregnancy: A Retrospective Cohort Study

To examine the risks of adverse perinatal outcomes associated with antidepressant use during pregnancy, authors performed retrospective cohort study using population-based data in Alberta, Canada, for women who delivered between 2012 and 2015 (n = 158,486). Both depression and antidepressant use were independently associated with the risk of adverse perinatal outcomes; however, the risk associated with antidepressants was higher over and above the risk associated with depression.

[Access the study.](#)



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](#).

Serve and Return



Serve and Return: How the Interaction Between New Parents and their Baby Can Build Brains

Young children develop in an environment of relationships. Responsive interactions between children and the people who care for them—also known as serve and return interactions—help children grow and reach their full potential. [This guide](#) explains what serve and return interactions are, why they're crucial for a child's development, and how to participate in them.

What else can parents do?

- [The *Baby Wants* booklet](#) encourages new parents to do simple things like playing, reading and singing to help develop their young child. Available as HTML in English and French, and as a PDF in 10 languages.
- [The *Healthy Baby Healthy Brain* website](#) contains videos, tips and recommendations to help new parents and future parents support their baby's brain development.



Podcast: Hiding Depression- Using Perfectionism to Hide Our Struggles

In [this podcast](#), Dr. Margaret Rutherford who has done extensive work on the relationship between perfectionism and depression tells us how childhood trauma can lead to the development of coping mechanisms that don't serve us as adults and how those behaviors might be masking depression. Then she shares how to challenge those beliefs and show ourselves the same compassion we would give to anyone else.



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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.

