



Key news, journal articles and resources on the topic of prenatal education



JUST RELEASED! The Best Start Resource Centre just launched the [Ontario Prenatal Education Programs Directory](#). Using this directory, future parents can search for a prenatal education program near them that meets their needs. Service providers: please check your listing if you have not already done so...



Visit the Best Start Resource Centre's [Prenatal Education Web Watch](#) for more up-to-date information.



Visit the Best Start Resource Centre's website on [Prenatal Education Key Messages for Ontario](#). This bilingual website contains messages to give to future parents, supporting evidence, resources, links and references on 25 prenatal topics.

Please note that a number of updates have been done to the Prenatal Education Key Messages recently. Always make sure you use the latest version. To be kept informed of updates, [register to receive updates](#).

Prenatal Education Webinars

The Best Start Resource Centre hosted a series of webinars on the Prenatal Education Key Messages. Recordings of these webinars are available [here](#).

In-person Events



CAPP A recently announced a brand new program beginning this year: The [New Parent Educator](#). Unlike anything currently available, this program will prepare educators to teach to expectant and new parents all about the newborn and postpartum period in a way that can balance the parents' needs for evidence as well as incorporating their own philosophies and influences on their future parenting... Stay tuned!

For more information about the program or trainings, see cappa.net/new-parent-educator.

News



New WHO recommendations on childbirth

[WHO](#) has issued new recommendations to establish global care standards for healthy pregnant women and reduce unnecessary medical interventions. The new WHO guideline recognizes that every labour is unique and progresses at different rates and advocates for high quality care for all women. In short, "all women have a right to a positive childbirth experience that includes respect and dignity, a companion of choice, clear communication by maternity staff, pain relief strategies and mobility in labor and birth position of choice."

Learn more [here](#).

Current concern: placental encapsulation

OPHA has serious concerns about placental encapsulation, with respect to the current lack of evidence of benefit to the practice and the potential contamination and infection control risk. They have raised the issue with the MOHLTC.

Read more [here](#).

New resources

Folic Acid Awareness Materials

Released by the Public Health Agency of Canada, the material is designed to increase awareness and uptake of folic acid among women of reproductive age, and to increase knowledge and influence practice of health care providers.

Available [here](#).

New video in the *Here Comes Baby* series

An initiative by Ottawa Public Health and Monarch Centre, these videos aim to make parents and soon to be parents feel more confident and prepared for their baby's arrival.

The latest video to date shares answers to common questions about **jaundice**.

Watch them all [here](#).

Recent studies

Pros and Cons of cesarean delivery for mother, baby and subsequent pregnancies.

When compared with vaginal delivery, cesarean delivery is associated with a reduced rate of urinary incontinence and pelvic organ prolapse, but this should be weighed against the association with increased risks for fertility, future pregnancy, and long-term childhood outcomes. This information could be valuable in counselling women on mode of delivery.

Read the article [here](#).

TV's influence on pregnancy, childbirth more powerful than many women admit

[A recent sociology research](#) suggest surprisingly stronger-than-expected influence from TV reality shows and other media on pregnant women's perception and management of their pregnancy and childbirth.

SmartMom Text Messaging for Prenatal Education: some encouraging results

[SmartMom](#) is the first peer-reviewed, evidence-based mHealth program for prenatal education in Canada and the first to be endorsed by the Society of Obstetricians and Gynaecologists of Canada. A qualitative focus group explored Canadian women's perceptions and reported that SmartMom is acceptable to the end users. The next step: an evaluation program exploring the effects of the text messages on adoption of health-promoting behaviors and maternal-child health outcomes...

Read the study [here](#).

Support pregnant women with fear of childbirth

A systematic review of approaches and interventions to support pregnant women with fear of childbirth (FOC)/tokophobia was recently performed. Results indicate that, despite methodological limitations, single or group psychoeducation sessions for nulliparous women or therapeutic conversation during pregnancy (in group or individual sessions) have the potential to strengthen women's self-efficacy and decrease the number of caesarean sections due to FOC. The theoretical validation of an intervention deepens the

understanding of psychological processes in women coping with severe FOC.
Read the article [here](#).



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- The free weekly **Ontario Health Promotion E-mail bulletin (OHPE)** offers a digest of news, events, jobs, feature articles on health promotion issues, resources, and much more, to those working in health promotion.
- **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 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.

