



Recommend the [Ontario Prenatal Education Programs Directory](#) to future parents: Using this directory, they can search for a prenatal education program near them that meets their needs. Service providers, help us keep the directory accurate: please check your listing regularly...

Events

On-Demand Webinar : Perinatal Mood and Anxiety Disorders: Not Just Postpartum Depression

Pregnancy, postpartum, and even breastfeeding can lead to Postpartum Mood and Anxiety Disorders (PMAD). PMAD is the number one medical complication in late pregnancy and postpartum. PMAD can come on at any point in pregnancy and even after the first year post birth.

Although no one wants to experience this, there is good news in that research and clinical practice have led to better diagnosis and treatment. PMAD does not have to be the silent disease of the past. The webinar *Perinatal Mood and Anxiety Disorders: Not Just Postpartum Depression*, with Elizabeth Smith, MPH, ICCE, IBCLC, RLC, explores these mood and anxiety disorders, look at treatments and options, and provide allied health professionals with ways to support pregnant and new moms.

[Watch it on-demand now!](#)



Looking for resources to discuss perinatal mood disorders with future parents?

The Best Start Resource Centre offers resources in various formats (videos, booklets, brochures, posters...) on this very topic. Discover them [on our website!](#)

In particular, the bilingual handout *Pregnancy and Life With a New Baby is Not Always What You Expect* provides information to help women and their partner recognize if they have symptoms of depression or anxiety during pregnancy or postpartum. It also provides brief information on where to get

help. Available for [free download](#), and also in printed format as a tear-off pad of 50 sheets.

[Buy it now](#) while it is still in stock!



Canadian Immunization Conference

On December 4 to 6, 2018, stakeholders who contribute to Canada's vaccination system will gather at the Canadian Immunization Conference in Ottawa to demonstrate their commitment to immunization as an important public health measure.

In particular, the whole day workshop "Moving to Acceptance" on December 3, 2018 will provide you with up-to-date information on **managing vaccine hesitancy**: knowledge on the common causes of vaccine hesitancy, most effective ways to counsel patients and families, so that they feel heard and equipped to make informed decisions. The program also builds confidence around vaccine counselling for patients and parents, making vaccine recommendations, discussing efficacy and safety, and handling common concerns.

Learn more [here](#).

News



The Best Start Resource Centre's has recently done several minor updates on the [Prenatal Education Key Messages for Ontario](#) website. This bilingual 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!

New Journal: The Journal of Fetal Alcohol Spectrum Risk & Prevention

The recent decade has fostered an amazing advancement in addiction research, yet we are still far from understanding the entire spectrum of consequences associated with fetal exposure to addictive substances and how to prevent them from happening. This new journal is designed to attract and showcase novel data regarding the most common teratogenic drug of abuse – alcohol.

The Journal of Fetal Alcohol Spectrum Risk & Prevention strives to serve as an international resource for scientific publications on the epidemiology, neurobiology, psychology and sociology of fetal alcohol toxicity. A strong emphasis will be placed on prevention and risk reduction.

Consult it [here](#).



Campaign: Clean Air at Home: Small Steps Make a Big Difference

Clean Air at Home: Small Steps Make a Big Difference is a targeted, community-based social marketing campaign that aims to reduce young families' exposures to environmental contaminants at home such as mould, dust, fumes from toxic cleaners and tobacco smoke.

York Region's Public Health and Housing Services Branches partnered to pilot this campaign, using an interpersonal approach that challenged tenants from social housing complexes to take five steps over five weeks to clean the air at home for their children's health. Tenants, public health and housing partners participated in campaign planning and implementation to increase buy-in and trust. Eventually, almost three in four participants changed some of their behaviors and almost one half reported performing all five of the behaviors being promoted!

Learn more [here](#).

Blood Test Might Predict Pregnancy Due Date and Preterm Birth

Scientists have developed an inexpensive blood test to predict a pregnant woman's due date and possibly identify women who are at risk of giving birth prematurely. The research, which is still preliminary and involved small numbers of women, was led by a prominent pioneer in the field of genetic blood testing, Stephen Quake at Stanford University, who said the test could eventually provide a low-cost method of gauging the gestational age of a developing fetus. The test, which detects changes in RNA circulating in a pregnant woman's blood, estimated due dates within two weeks in nearly half the cases, making it as accurate as the current, more expensive method, ultrasound, and more accurate than guesses based on a woman's last menstrual period. Using a similar analysis of RNA in blood from eight women who delivered prematurely, the researchers were able to correctly classify six of their pregnancies as preterm. If much larger studies achieve comparable results, the test could become a tool to help prevent unnecessary induction of labor or Cesarean deliveries, and could possibly help save babies would have died because they were born too early.

Learn more [here](#) and in French [here](#), or access [the original publication](#).

New resources



AllerGen Research Sketches

Can breastfeeding help protect babies from asthma? Can a mom's distress during and after pregnancy increase her baby's allergy risk? When should parents feed potentially allergenic foods to their infants?

There is scientific evidence to help you answer these questions, but not always in a format or a prose that are easily accessible. However, the website AllerGen ResearchSKETCHES gathers scientific publications that have been transformed into short (one- to two-page) clear-language research summaries for a non-scientific audience.

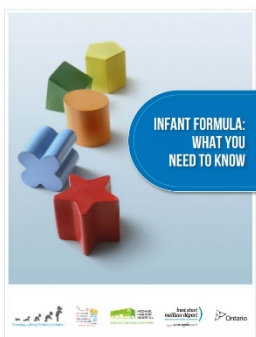
Discover them [here](#).



New Infant Formula Preparation Video from York Region Public Health

Preparing infant formula safely is important. Up until now, Canadian online videos on how to prepare infant formula have been connected to commercial products or informal, non-health regulated professional advice. A new YouTube video on how to safely prepare infant formula by York Region Public Health is now available for health professionals and community agency staff to share with their clients who have made the informed decision to offer infant formula to their baby.

Watch the video [here](#).



Looking for a resource to discuss this issue with future parents?

The booklet *Infant Formula - What You Need to Know* is designed to guide families with informed decision making regarding infant feeding. The booklet provides information on safe preparation, storage and feeding of formula. As part of the Baby-Friendly Initiative, this resource is intended for individual discussion, and is not intended to be on display nor given out in group situations.

Available for sale in [English](#) and [French](#) and for download, in many languages, on our [Nutrition resources page](#) .

Recent studies

Induction of Labour in Women With Normal Pregnancies at or Beyond Term

Births after 42 weeks' gestation may slightly increase risks for babies, including a greater risk of death (before or shortly after birth). However induction of labour may also have risks for mothers and their babies, especially if women are not ready to labour. No tests can predict if babies would be better to stay inside their mother or if labour should be induced to make the birth happen sooner. This update (originally published in 2006 and subsequently updated in 2012) looks to see if inducing labour at a set time at or beyond term, could reduce risks for the babies.

30 trials with over 12,000 women, comparing a policy to induce labour at or later than term (usually after 41 completed weeks of gestation (> 287 days)) with waiting for labour to start and/or waiting for a period before inducing labour were reviewed.

The authors found that a policy of labour induction compared with expectant management is associated with fewer deaths of babies and fewer caesarean sections; but more assisted vaginal births. Although the chances of babies dying are small, it may help to offer women appropriate counselling to make an informed choice between induction of labour for pregnancies at, or later than, term - or waiting for labour to start and/or waiting before inducing labour.

Learn more [here](#).

Afternoon Napping During Pregnancy and Low Birth Weight: the Healthy Baby Cohort Study

Aiming to investigate the relationship between afternoon napping during late pregnancy and low birth weight (LBW), 10,111 women aged 15–50 years were recruited from the ongoing Healthy Baby Cohort study in China, in 2012–2014. Information on sleep habits during pregnancy was obtained by questionnaires at the time of institutional delivery. The results suggest that appropriate afternoon napping (with more health effects for 1.5h naps) and frequency of afternoon napping for pregnant women might reduce the risk of LBW.

Learn more [here](#).

Association Between Vitamin D Supplementation During Pregnancy and Offspring Growth, Morbidity, and Mortality - A Systematic Review and Meta-analysis

Is vitamin D supplementation during pregnancy beneficial and safe for offspring? In this systematic review and meta-analysis of 24 randomized clinical trials including 5405 individuals, vitamin D supplementation during pregnancy was associated with a lower risk of infants being small for gestational age and improved growth during infancy without an increased risk of fetal or neonatal mortality or congenital abnormality. This suggests that vitamin D supplementation during pregnancy may reduce the risk of infants being small for gestational age and improve growth during infancy without an increased risk of fetal or neonatal mortality or congenital abnormality.

Learn more [here](#).

Association of Exposure to Formula in the Hospital and Subsequent Infant Feeding Practices With Gut Microbiota and Risk of Overweight in the First Year of Life.

The effect of neonatal and infant feeding practices on childhood obesity is unclear. The gut microbiome is strongly influenced by feeding practices and has been linked to obesity. To characterize the association between breastfeeding, microbiota, and risk of overweight during infancy, accounting for the type and timing of supplementary feeding, a subset of 1087 infants from the prospective CHILDP pregnancy cohort and their mothers were recruited. Feeding was reported by mothers and documented from hospital records. Fecal microbiota at 3 to 4 months (from 996 infants) and/or 12 months (from 821 infants) were characterized by 16S ribosomal RNA sequencing. Infants with a weight for length exceeding the 85th percentile were considered to be at risk for overweight. Results suggest that breastfeeding may be protective against overweight, and gut microbiota may contribute to this effect. Formula feeding appears to stimulate changes in microbiota that are associated with overweight, whereas other complementary foods do not. Subtle microbiota differences emerge after brief exposure to formula in the hospital. These results identify important areas for future research and distinguish early infancy as a critical period when transient gut dysbiosis may lead to increased risk of overweight.

Learn more [here](#).



WEB WATCH

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



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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.

