



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



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.

In-person Events



4th Annual GOLD Midwifery Online Conference

The 4th Annual GOLD Midwifery Online Conference is still ongoing, ending on April 6th, 2018. Register and join online to hear the latest in childbirth education. Speakers include Jennie Joseph, Hannah Dahlen, Heather Clarke, Declan Devane, Heather Pierce, Carol Gray and many more! Altogether, enjoy 15.5 education hours providing credits for MEAC Midwifery CEU, ACNM, MidPLUS CPD & CERP...

Learn more [here](#).

Note that the [opening](#) and [closing](#) keynotes can be watched online for free.



CHAMPLAIN MATERNAL NEWBORN REGIONAL PROGRAM
PROGRAMME RÉGIONAL DES SOINS À LA MÈRE
ET AU NOUVEAU-NÉ DE CHAMPLAIN



Substance Use workshop, Kingston, May 17th, 2018

The Champlain Maternal Newborn Regional program is offering a whole day workshop on May 17th, 2018 at the Kingston Health Sciences Centre on Substance Use. This workshop is intended for interprofessional health care providers and social service providers who care for childbearing families during pregnancy and postnatal periods. It will provide a solid foundation of theoretical and clinical knowledge to facilitate effective care of mothers and newborns who are impacted by substance use in the perinatal period.

Learn more and register [here](#).

News



UNICEF ranks Canada 146th for newborn mortality rate

UNICEF issued a report ranking newborn mortality rates for 2016 by country, with Pakistan having the highest rate at about 1 in 22 infant deaths before age 1 month and Japan having the lowest, with 1 death for every 1,111 births. Canada tied with Denmark for 146th place, with 1 infant death for every 313 births.

Learn more [here](#), and consult the report [here](#).

Birth plans – Tools or terror?

IN her CAPPa blog post, Laura Speece, Faculty Member and CAPPa-certified labor doula & childbirth educator, discusses the pros and cons of birth plans. She proposes that birth plans are useful as education tools, helping future parents through all the options available to them, and as a communication tool within the birth team (mother, partner, support). While it is important to empower mothers to be active participants in making decisions for themselves and their babies, it is equally important to make them aware that labor is unpredictable, and prepare them for it. This can be achieved, for example, by devising Birth Plan B or C...

Read the post [here](#).

New resources



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...

Re-affirmed SOGC guidelines re: vaginal birth after C-section

The Society of Obstetricians and Gynaecologists of Canada (SOGC) recently re-affirmed their guidelines for vaginal birth after previous caesarean birth.

Refresh your memory [here](#).

Recent studies

Review: Can nonpharmacological prenatal interventions help with pregnancy-specific anxiety and fear of childbirth?

A systematic review of nonpharmacological prenatal interventions for pregnancy-specific anxiety and fear of childbirth (PSA/FoB) has recently been published. The studies included in this review reported significant changes in PSA/FoB, as a result of the intervention. Short individual psychotherapeutic interventions (1.5-5 hours) delivered by midwives or obstetricians were effective for women with elevated childbirth fear. Interventions that were effective for pregnant women with a range of different fear/anxiety levels were childbirth education at the hospital (2 hours), prenatal Hatha yoga (8 weeks), and an 8-week prenatal education course (16 hours).

Learn more [here](#).

Smoking during pregnancy and harm reduction in birth weight

A recent study in Brazil addresses the rarely studied dose-dependent effect of smoking during pregnancy on birth weight. 1313 women were asked how many cigarettes a day they smoked during pregnancy and the birth weight of their newborn assessed. In full-term infants, birth weight decreased as the category of cigarette number per day increased, with a significant weight reduction as of the category 6 to 10 cigarettes per day. Compared with infants born to non-smoking mothers, mean birth weight was 320 g lower in infants whose mothers smoked 6 to 10 cigarettes per day and 435 g lower in infants whose mothers smoked 11 to 40 cigarettes per day during pregnancy. These results, as per the principle of harm reduction, strongly support the idea that if a pregnant woman is unable to quit smoking, she should be encouraged to reduce consumption, ideally to less than six cigarettes per day.

Learn more [here](#).

Women at-risk of Fetal Alcohol Spectrum Disorder (FASD) are stigmatized more than mothers of children with FASD

A recent study examined the effects of health literacy and stigma on the public health agenda for preventing FASD. 341 participants were sampled to ascertain levels of endorsement of the public health priorities of FASD, and FASD health literacy. Stigma towards women who consume alcohol during pregnancy, and towards biological mothers of children with FASD were operationalized using ratings of difference and disdain. The main discovery was that stigma experienced by biological mothers of children with FASD generalizes to women who consume alcohol while pregnant, to a greater degree. Some results were contrary to expectations: stigma was positively associated with health literacy and endorsement of prevention priorities of FASD.

Learn more [here](#).



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



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.