



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

### Webinar : New Guidelines and Evolving Evidence for Infant Feeding and Food Allergies

Offered by the Canadian Society for Nutrition on September 20, 2018 at 12:00 EST. Pediatric societies around the world have recently reversed their recommendations regarding when to introduce allergenic foods (such as peanut and egg) to infants. This webinar will summarize the latest evidence from observational studies and clinical trials on infant feeding (breastfeeding and the introduction of allergenic foods) and food allergy development. The specific learning objectives are:

- Describe the new guidelines for allergenic food introduction to infants.
- Summarize the evidence that informed these guidelines.
- Discuss the potential role of breastfeeding in this context.
- Identify current research priorities in this field.

[Learn more and register here.](#)

### Discussing the introduction of solid foods with future parents?

The Best Start Resource Centre has the perfect resource for you: Available in 12 languages, the booklet [Feeding Your Baby](#) provides parents with information about feeding their baby from six months to one year. It has information and answers questions they



may have about breastfeeding and starting solid foods.

It is still available in print in [English](#) and [French](#), and can also be downloaded for free as a PDF in [English](#), [French](#), [Arabic](#), [Chinese \(Simplified\)](#), [Cree](#), [Hindi](#), [Ojibwe](#), [Punjabi](#), [Spanish](#), [Tagalog](#), [Tamil](#), and [Urdu](#).



### **Annual Conference on Women and Maternal Nutrition and Care**

Taking place at the Park Inn by Radisson in Toronto August 31st and September 1st, 2018, Women Nutrition 2018 is intended to give a chance to the specialists in the field of Food and Nutrition to analyze latest progressions and challenges in the field. Women Nutrition 2018 welcomes prominent researchers, specialists, presidents, delegates and experts from the field of nutrition, food science and nutrition industry and molecular genetics to participate in the natural exploratory sessions, B2B meetings and breakout get-togethers over the tea-coffee breaks and cocktails.

By the end of the sessions, participants will:

- See the important role of Nutritional value in Women's Diet in maintaining a healthy life.
- Consider strategies to address issues/Risk factors relating to Women's health and safety through Market research analysis

Learn more [here](#).

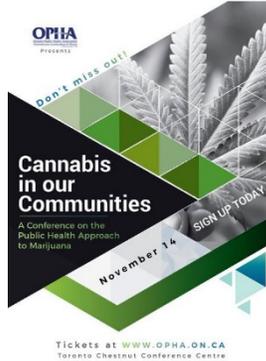


### **For Parents of Multiples - Multiple Births Canada Conference and Annual General Meeting**

The Multiple Births Canada (MBC) Board of Directors is excited to celebrate MBC's 40th anniversary with parents and future parents of multiples at this year's conference! The theme is "Growing Up Multiples" and the weekend will focus on the organization's 40 year history. Many alumni will be in attendance to share their stories and reconnect with MBC members new and old.

The conference is being hosted by the MBC Board of Directors with help from various chapters across the country. Please invite parents to join them from October 19 - 21, 2018 on the lake in Burlington, Ontario.

Learn more [here](#).



### **Forum: Cannabis in our Communities: A Conference on the Public Health Approach to Marijuana**

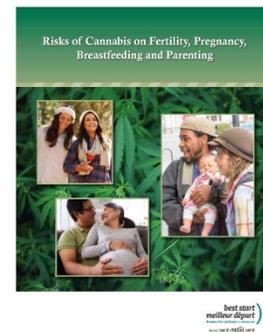
Offered by OPHA on November 14, 2018 at the Chesnut Conference Centre in Toronto.

Ontario is currently preparing for the legalization of recreational cannabis. What will this look like for public health and the communities they serve? Join us at The Ontario Public Health Association's 2018 Fall Forum as we explore the changes and open up dialogue about what we will need to know.

Learn more [here](#).

### **Discussing cannabis with future parents?**

The Best Start Resource Centre has developed a booklet for people thinking about becoming parents, who are pregnant, or who are new parents. It provides information about the effects of cannabis on fertility, pregnancy, breastfeeding, on children and adolescents when their mothers used cannabis during pregnancy and on parenting. This resource summarizes the current knowledge about the effects of cannabis.



Still available in [print](#) and [PDF](#) (also available in French [in print](#) and [PDF](#)).

## **News**

### **Yukon FASD Prevention Campaign Wins Design Award**

A campaign from the Yukon Government, the Fetal Alcohol Syndrome Society Yukon, and the Child Development Centre was launched by the Yukon FASD Interagency Advisory Committee in collaboration with Aasman Brand Communications, and has been recognized by the design world, winning a Summit Creative Award. The Summit International Awards (SIA) is the oldest and most prestigious organization administering marketing awards exclusively for firms with limited billings.

This FASD campaign, which focuses on supporting alcohol-free pregnancies, was recognized as one of the Top 10 "Best of Show" from over 5,000 entries across 26 countries. Along with several unique and eye-catching posters, the campaign provides practical tips for friends and families to support alcohol-free pregnancies. More information about the campaign can be found [here](#).

Learn more [here](#).



### **Canada's First In-hospital Midwifery Unit Opening at Markham Stouffville Hospital**

On July 9, Markham Stouffville Hospital (MSH) will open Canada's first Alongside Midwifery Unit (AMU). This specialized childbirth unit will provide more access to women choosing to have a midwife for their childbirth experience in a hospital setting for normal births for low risk healthy women. The AMU was made possible through the collaborative work of MSH midwives, obstetricians and patients. It gives patients of midwives access to obstetricians, neonatal and anaesthetic care, and diagnostic imaging on the same floor should they be needed during labour and birth. The AMU has six specially equipped birthing rooms outfitted with upright birthing stools, hanging slings and tubs suitable for water births, allowing women to adopt upright positions. The rooms will also have double-sized Murphy beds for rest after giving birth. Both hospital and community midwives will support a patient focused, quality based and integrated approach to healthcare, without sacrificing the high quality and patient-centred care that midwives offer. With the AMU, midwives can care for more women in the community — from the current level of 600 per year to 1,100 — with the same number of midwives. This is done without increasing costs; in fact, midwifery services save a significant amount of money.

Learn more [here](#).

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### **Indigenous Elder Mentorship Program Leads to Healthier Babies in Wetaskiwin Area**

The Elder's Mentoring Program is a community-based program organized through a partnership between the Maskwacis community and the University of Alberta. The program was first established in 2015 as a pilot project, and invites Elders to connect with pregnant women by sharing teachings and stories from their Cree culture. For example, during prenatal visits, the elders offer to teach mothers about moss bags, a traditional Indigenous baby carrier that supports the baby's spine and legs while keeping the child snugly wrapped.

Obstetricians observed that the elders help foster better communication with parents, which in turn leads to a greater trust between the medical team and the patients. They noticed that patients are more engaged in their prenatal care since the program has been introduced. In addition, the elders have taught the staff to be more understanding and culturally sensitive.

Learn more [here](#).

## New resources



### The SOGC Develops New TipSheets and Posters about Alcohol and Pregnancy

These tip sheets and posters emphasize that growing babies are harmed when a mother smokes, drinks alcohol, or uses drugs, that it's never too late to quit any substance abuse habits, and that there are lots of resources out there in the community to help someone stop. They recommend to talk to health care providers, so they can help find the resources parents and baby need.

Learn more [here](#).

### Discussing alcohol and drugs consumption with future parents?

The Best Start Resource Centre developed series of posters, pamphlets, booklets and handouts on this very topic. In particular, the handouts *Be Safe: Have an Alcohol-Free Pregnancy* are easy to print, low-literacy, and available in 12 languages...

Browse, download or order them [here](#).



### New Report: Capture the Moment - Early Initiation of Breastfeeding, the Best Start for Every Newborn

Issued by WHO and UNICEF before the start of [World Breastfeeding Week](#) on August 1, this report revealed that approximately three in five newborns around the world still waited more than 1 hour before being breastfed in 2017. Beginning breastfeeding later than 1 hour after birth (2 to 23 hours) is associated with a 33% higher risk of mortality and increased risk of infections, including a heightened risk of cough and breathing difficulties in the first months of life. Several recommendations were included in the report, in particular establishing immediate skin-to-skin contact and early initiation of breastfeeding in health facilities in national policy on maternal and neonatal care.

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



### New Video from the *Here Comes Baby* Video Series: Newborn Behaviours

Ottawa Public Health and the Monarch Centre just released the last video from the *Here Comes Baby* video series: Newborn behaviours.

Watch the video [here](#) (and in French [here](#))



The Best Start Resource Centre's bilingual [Prenatal Education Key Messages for Ontario](#) 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!

## Recent studies

### Immersion in Water in Labour and Birth

Many women choose to labour and give birth in water (water immersion) and this practice is becoming more popular in many countries, particularly in midwifery-led units. Therefore, it is important to understand more about the benefits of water immersion in labour and birth for women and their newborns, along with any risks. To assess the effects of water immersion (waterbirth) during labour and/or birth (first, second and third stage of labour) on women and their infants, a literature review was performed. It revealed that in healthy women at low risk of complications there is moderate to low-quality evidence that water immersion during the first stage of labour probably has little effect on mode of birth or perineal trauma, but may reduce the use of regional analgesia. The evidence for immersion during the second stage of labour is limited and does not show clear differences on maternal or neonatal outcomes intensive care. There is no evidence of increased adverse effects to the fetus/neonate or woman from labouring or giving birth in water. Available evidence is limited by clinical variability and heterogeneity across trials, and no trial has been conducted in a midwifery-led setting.

Learn more [here](#).

## **The Significance of Supportive and Undermining Elements in the Maternal Representations of an Unborn Baby**

The maternal representations of an unborn baby begin to develop during pregnancy. However, the factors that moderate them are not well identified. The objective of this study was to jointly explore supportive and undermining factors in the maternal representations of an unborn baby and motherhood. A study of cross-sectional data comprising 1646 women studied during the third trimester of pregnancy revealed that the most powerful predictors of a mother's prenatal expectations were the mother's educational status, age, closeness in adult relationships, higher levels of depressive symptoms and family atmosphere. In accordance with our hypothesis, depression was related to the mother's more negative expectations on their relationship with the unborn baby and on regularity in the baby's sleeping and eating patterns. A positive family atmosphere and the mother's ability for closeness and dependence (i.e. confidence) in adult relationships were related to more positive expectations of the mother–unborn baby relationship. On the other hand, stress, anxiety and adverse life events were not related to the mother's expectations of her unborn baby. The results may be helpful in identifying families who need early professional support and call for studies where the prenatal phase is explored as a proactive phase for the development of the child–parent relationship.

Learn more [here](#).

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## **Bearing Witness: United States and Canadian Maternity Support Workers' Observations of Disrespectful Care in Childbirth**

Disrespectful care and abuse during childbirth are acknowledged global indicators of poor quality care. This study aimed to compare birth doulas' and labor and delivery nurses' reports of witnessing disrespectful care in the United States and Canada. Maternity Support Survey data (2781 respondents) were used to investigate doulas' and nurses' reports of witnessing six types of disrespectful care. Doulas and nurses frequently said that they witnessed verbal abuse in the form of threats to the baby's life unless the woman agreed to a procedure, and failure to provide informed consent. Reports of witnessing some types of disrespectful care in childbirth were relatively uncommon among respondents, but witnessing disrespectful care was associated with an increased likelihood to leave maternity support work within three years, raising implications for the sustainability of doula practice, nursing work force shortages, and quality of maternity care overall.

Learn more [here](#).

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## **Changes in Emotions and Personal Goals in Primiparous Pregnant Women During Group Intervention for Fear of Childbirth**

The changes in emotions, subjective fear of childbirth, and personal goals were examined during a group intervention to treat fear of childbirth (FOC). The objective was to gain a more

detailed understanding of the changes occurring during the group intervention of FOC. The changes in emotions, subjective FOC, and personal goals were studied in primiparous pregnant women with severe FOC participating in a group intervention (n = 105). The group intervention contained six sessions during pregnancy and one after childbirth. At every session, the participants filled in a questionnaire regarding their experiences of current positive and negative emotions and the subjective FOC. The participants also set and reported their personal goals in their preparation for childbirth and parenthood. The negative emotions decreased from the beginning of the intervention. The change became significant after the fourth session. The amount of positive emotions increased but became statistically significant only after the delivery. The subjective FOC decreased significantly from the beginning of the intervention. Personal goals shifted from being mainly self-related to being mostly related to parenthood. The group intervention decreased FOC and promoted changes in emotions and personal goals that foster emotional preparedness for childbirth. It seems that the decrease in FOC was made possible through gaining a better capacity to regulate emotions, especially negative emotions. As negative emotions and fear decreased, personal goals simultaneously changed in the direction known to be adaptive for the new life situation as a parent of a newborn.

Learn more [here](#).

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### **Pet Hamsters During Pregnancy May Put Children at Risk for Diabetes.**

A Swedish study published in *Pediatric Diabetes*, based on more than 16,000 parents who had children in the late 1990s, found that children of families who had a hamster as a pet during pregnancy had a four times higher risk of type 1 diabetes, compared with no increased risk among those who had cats or dogs. Researchers note that an "infection by virus hosted by the pet" could be one of the reasons behind the increased diabetes risk in children.

Learn more [here](#).

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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.