



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



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](#).**

## In-person Events



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



A number of workshops are offered through the Champlain Maternal Newborn Regional Program. Upcoming ones include:

- [Substance Use in the Perinatal Period](#), Ottawa, February 15

- [Late Preterm Infant](#), Belleville. February 15 and 16
- [Late Preterm Infant](#), Ottawa, April 3
- [Labour Support](#), Kingston, March 9
- [Labour Support](#), Ottawa, May 17

A full list is [available here](#)

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## Prenatal Education Webinars

The Best Start Resource Centre webinars on the Prenatal Education Key Messages are all sold out. Recordings of past webinars [are available here](#).

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## Resources & Research

### **Low carbohydrate intake can lead to increased risk of birth defects.**

Study underscores importance of dietary folic acid for pregnant women and those who could become pregnant

[Read the abstract and summary on ScienceDaily](#)

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### **Marijuana use does not lower chances of getting pregnant**

Marijuana use -- by either men or women -- does not appear to lower a couple's chances of getting pregnant, according to a new study led by Boston University School of Public Health (BUSPH) researchers.

[Read the full research report in the Journal of Epidemiology & Community Health](#)

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### **Thirty-year study shows women who breastfeed for 6 months or more reduce their diabetes risk**

In a long-term national study, breastfeeding for six months or longer cuts the risk of developing type 2 diabetes nearly in half for women throughout their childbearing years, according to new research.

[Read the full story on ScienceDaily](#)

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### **New report calls into question effectiveness of pregnancy anti-nausea drug**

Previously unpublished information from the clinical trial that the US Food and Drug Administration relied on to approve the most commonly prescribed medicine for nausea in pregnancy indicates the drug is not effective, a new report says.

[Story on Science Daily](#)

[Full Research article](#)

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## Stay connected!

- 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.

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- **Promotion de la santé aujourd'hui**– Notre blogue sur lequel on partage des nouvelles et réflexions liées à la promotion de la santé.

