

MNCHP Network Bulletin



best start
meilleur départ

by/par health **nexus** santé

The MNCHP Bulletin is a monthly electronic bulletin that highlights current trends, new resources and initiatives, upcoming events and more in the preconception, prenatal and child health field. Our primary focus is the province of Ontario, Canada but the bulletin also includes news and resources from around the world. Wherever possible, we include resources that are available for free. For more information about this bulletin, [click here](#). To manage your subscription, unsubscribe from the list-serv and access the list archives, [click here](#).

September 14, 2015

The next bulletin will be released October 9, 2015.

In this month's issue:

[I. NEWS & VIEWS](#)

1. [Government of Canada partners with the CHEO Research Institute to improve maternal health](#)
2. [Breastfeeding consultant uses Skype to help new moms in remote areas](#)
3. [Strollers may be too sedentary for kids](#)
4. [Canada election 2015: Comparing the major parties on child care promises](#)

[II. RECENT REPORTS AND RESEARCH](#)

5. [The breastfeeding paradox: A critique of policy related to infant food insecurity in Canada](#)
6. [Physical literacy: A global environmental scan](#)
7. [Sharing their stories: Narratives of young Métis parents and elders about parenting](#)
8. [Reducing pain during vaccine injections: Clinical practice guideline](#) (Available in French)
9. [Maternal psychiatric disease and epigenetic evidence suggest a common biology for poor fetal growth](#)
10. [Levels and trends in child mortality 2015](#)

[III. CURENT INITIATIVES](#)

11. [Black Breastfeeding Week 2015](#)
12. [Fetal Alcohol Spectrum Disorder Provincial Roundtable Report](#)

[IV. UPCOMING EVENTS](#)

13. [Key messages you need to know to support families navigating infant feeding decisions](#)
14. [NRC Webinar: The Updated NutriSTEP Toolkit, 2015](#)
15. [Mindfulness Based Parenting for Mothers in Substance Use Treatment who have Infants and Young Children](#)
16. [Ontario Child Care Policy Summit](#)
17. [ACT: An Adoption and Permanency Curriculum For Child Welfare & Mental Health Professionals](#)

18. [Lactation: Culture, Collaboration and Communities](#)

[V. RESOURCES](#)

19. [Materials from the Symposium on Child and Youth Mental Health](#)

20. [Reproductive Health Snapshots](#) (Available in French)

21. [You and your baby: Supporting love and nurture on the neonatal unit](#)

22. [Canadian trends in Early Childhood Education](#)

[VI. FEATURED BEST START RESOURCES](#)

23. [Awareness Campaign Children See... Children Learn](#) (Available in French)

24. [When Children Speak More Than One Language](#) (Available in French)

25. [Populations with Lower Rates of Breastfeeding: A Summary of Findings](#) (Available in French)

26. [Resources related to alcohol and drug use during pregnancy](#) (Available in French)

27. [Save the Date! – Best Start Resource Centre Conference 2016](#)

I. NEWS & VIEWS

1. Government of Canada Partners with the CHEO Research Institute to Improve Maternal Health

This press release (CHEO, 2015) announces a new partnership between the Children's Hospital of Eastern Ontario (CHEO) Research Institute and the Government of Canada to fund the development of the *SmartMoms – Canada* mobile app. Pregnant women can use the app to monitor their weight, physical activity, nutrition and sleep. Users will also receive personalized input as to how they can improve their health choices. The project will be funded through the *Multi-Sectoral Partnership Approach to Promote Healthy Living and Prevent Chronic Disease* initiative. Dr. Kristi Adamo, senior scientist at the CHEO Research Institute and associate professor at the University of Ottawa, will also be contributing funding from her national research network.

<http://www.haloresearch.ca/blog/2015/07/31/government-of-canada-partners-with-the-cheo-research-institute-to-improve-maternal-health/>

[\[Return to top\]](#)

2. Breastfeeding consultant uses Skype to help new moms in remote areas

From CBC News (2015), this article discusses a new strategy from Sudbury lactation consultant Stephanie Langille to improve rates of breastfeeding for new mothers after they are discharged from the hospital. Langille offers breastfeeding support sessions via teleconferencing. Using Skype allows Langille to connect with women in remote areas

who may not have access to other supports. She reasons that without easily accessible support, women who have difficulty breastfeeding may give up more quickly. She comments: “Having the ability to speak to me over the computer will really help moms to get that extra bit of information.”

<http://www.cbc.ca/news/canada/sudbury/breastfeeding-consultant-uses-skype-to-help-new-moms-in-remote-areas-1.3205423>

[\[Return to top\]](#)

3. Strollers may be too sedentary for kids

This article (CBC News, 2015) addresses new research from the Hospital for Sick Children and St. Michael's Hospital in Toronto that examines how parents use strollers. The study discovered that parents did not often consider how strollers could impact their child's time for physical activity. The most common usages for the stroller included transportation, storage, supervision/confinement, and the parent's own physical activity. Despite recognizing the benefits of allowing their child to walk, many parents appreciated the expediency of the stroller. As many parents view the stroller as enabling increased outdoor time, it is important to ensure that recommending reduced stroller time does not inadvertently reduce a child's outdoor time. Ultimately, the study encourages walking and discourages prolonged trips in the stroller. Read the study:

<http://www.biomedcentral.com/1471-2458/15/808>

<http://www.cbc.ca/news/health/strollers-may-be-too-sedentary-for-kids-1.3199489>

[\[Return to top\]](#)

4. Canada election 2015: Comparing the major parties on child care promises

This concise video (CBC News, 2015) compares the Conservative, NDP and Liberal platforms with respect to their promises surrounding childcare. Using animated infographics, the video explores how the Conservative Universal Child Care Benefit, the Liberal Canada Child Benefit, and the NDP's promised new daycare spaces might impact the lives of families with varying incomes, and family compositions.

<http://www.cbc.ca/news/politics/canada-election-2015-comparing-the-major-parties-on-child-care-promises-1.3201117>

[\[Return to top\]](#)

II. RECENT REPORTS AND RESEARCH

* indicates journal subscription required for full text access

5. The Breastfeeding Paradox: A Critique of Policy Related to Infant Food Insecurity in Canada

Frank, L. (2015). The breastfeeding paradox. *Food, Culture & Society: An International Journal of Multidisciplinary Research*, 18(1). Retrieved from DOI: 10.2752/175174415X14101814953927

ABSTRACT:

This paper explores the framing of public policy related to infant food insecurity in Canada by examining multiple levels and jurisdictions where infant feeding and food security policy merge. It identifies that both policy areas position breastfeeding as the solution to infant food insecurity, primarily isolating policy within health domains. Overall, this paper provides a critique of policy in relation to what we know about the challenges of maintaining breastfeeding as the sole nutrition strategies for infants and the barriers of access to alternative food for infants within the context of low-income circumstances in high-income countries such as Canada. It argues that infant food insecurity is a matter that requires better conceptualization and broader policy responses beyond health policy aimed at shaping infant feeding practice. An informed merging of infant feeding and food security policy could provide the framework for policy development to address the structural relations that make breastfeeding unsustainable, particularly for low-income women, as well food insecurity outcomes that stem from not breastfeeding in low-income circumstances.

<http://www.tandfonline.com/doi/abs/10.2752/175174415X14101814953927>

[\[Return to top\]](#)

6. Physical literacy: A global environmental scan

Spengler, J. O. (2015). *Physical literacy: A global environmental scan*. Washington, D.C.: The Aspen Institute. Retrieved from

<http://www.aspeninstitute.org/sites/default/files/content/docs/pubs/GlobalScan.pdf>

INTRODUCTION:

In 2014, the Aspen Institute's Sports & Society Program, through its Project Play initiative and with the support of the Robert Wood Johnson Foundation, began to develop a cross-sector physical literacy plan for the United States. Step one was tasking the University of Florida Sport Policy and Research Collaborative (now known as the Sports and Physical Activity Research Collaborative) to conduct the first-ever global environmental scan to learn more about the promotion and implementation of physical literacy in other countries. In conducting the scan, methods used to collect data included an analysis of peer-reviewed publications, policy documents, national physical literacy websites, and primary assessment data; interviewing Dr. Margaret Whitehead, founder

of the modern movement around physical literacy; and gathering information from experts in other nations through electronic communication. Ten nations were selected for analysis based on a review of the literature and advice from physical literacy experts. Three nations—Canada, Wales, and England—were selected for a deeper analysis given their especially active and developed physical literacy initiatives. The Sports & Society Program and the authors of this report hope the scan helps leaders from across the world design physical literacy programs in their countries, catalyzing and sharpening efforts in this important, emerging space.

<http://www.aspeninstitute.org/sites/default/files/content/docs/pubs/GlobalScan.pdf>

[\[Return to top\]](#)

7. Sharing their stories: Narratives of young Métis parents and elders about parenting

Graham, C., & Davoren, T. (2015). *Sharing their stories: Narratives of young Métis and elders about parenting*. Prince George, BC: National Collaborating Centre for Aboriginal Health. Retrieved from <http://www.nccah-ccnsa.ca/438/young-metis-parents-and-elders-about-parenting.nccah>

INTRODUCTION:

Over the course of its mandate, the National Collaborating Centre for Aboriginal Health (NCCAH) has engaged in several projects aimed at documenting the stories and experiences of Aboriginal parents. These projects have marked an important step in increasing knowledge and awareness and addressing the current gaps in research about current and historical Aboriginal families and parenting practices. This report aims to document and analyze the narratives of Métis parents in British Columbia about how to effectively parent their children in the face of historical and contemporary challenges. This project began in 2009 after being vetted through UNBC's Research Ethics Board. The NCCAH retained the services of consultants to engage Métis from across British Columbia for the purpose of collecting stories from Métis fatherhood. As evidenced in the findings, the discussion grew beyond that of fatherhood as a main theme into a more general discussion about Métis parenting, health, education, program and service needs, and how Métis culture and identity is important to each.

The report begins by providing some background information about Métis and their struggle to achieve recognition for their rights, as well as the socioeconomic determinants that pose challenges to their ability to effectively parent. It then moves on to a discussion of findings from the research, including participants' childhood experiences of being parented and the impact this has had on the way they parent their own children, the issues and challenges they face in parenting their children today, and the supports and resources that are needed to assist Métis parents in effectively parenting their children.

<http://www.nccah->

ccnsa.ca/Publications/Lists/Publications/Attachments/149/2015_08_17_RPT_MetisSharingStories_DavorenGraham_EN_Web.pdf

[\[Return to top\]](#)

8. Reducing pain during vaccine injections: Clinical practice guideline

Taddio, A., McMurtry, M., Shah, V., Pillai Riddell, R., Chambers, C. T., Noel, M., ... Votta Bleeker, E. (2015). Reducing pain during vaccine injections: Clinical practice guideline. *CMAJ*. Advance online publication. DOI:10.1503/cmaj.150391

INTRODUCTION:

Pain from vaccine injections is common, and concerns about pain contribute to vaccine hesitancy across the lifespan. Non-compliance with vaccination compromises the individual and community benefits of immunization by contributing to outbreaks of vaccine-preventable diseases. Individuals may also engage in broader noncompliant behaviours if they acquire a fear of needles as a result of negative vaccination experiences. There are many evidence-based treatments to mitigate pain at the time of vaccination; however, most are not routinely used. An independent, cross-Canada multidisciplinary team, Help Eliminate Pain in Kids (HELPinKIDS), assembled in 2008 to tackle this gap in clinical care. In 2010, the HELPinKIDS team published the first clinical practice guideline on reducing pain during childhood vaccination. There are currently no guidelines on reducing pain during vaccination in adults.

<http://www.cmaj.ca/content/early/2015/08/24/cmaj.150391>

[\[Return to top\]](#)

9. Maternal Psychiatric Disease and Epigenetic Evidence Suggest a Common Biology for Poor Fetal Growth

Ciesielski, T. H., Marsit, C. J., & Williams, S. M. (2015). Maternal psychiatric disease and epigenetic evidence suggest a common biology for poor fetal growth. *BMC Pregnancy and Childbirth*, 15(192). doi:10.1186/s12884-015-0627-8

ABSTRACT:

Background: We sought to identify and characterize predictors of poor fetal growth among variables extracted from perinatal medical records to gain insight into potential etiologic mechanisms. In this process we reevaluated a previously observed association between poor fetal growth and maternal psychiatric disease.

Methods: We evaluated 449 deliveries of >36 weeks gestation that occurred between 9/2008 and 9/2010 at the Women and Infants Hospital in Providence Rhode Island. This study group was oversampled for Small-for-Gestational-Age (SGA) infants and excluded Large-for-Gestational-Age (LGA) infants. We assessed the associations between

recorded clinical variables and impaired fetal growth: SGA or Intrauterine Growth Restriction (IUGR) diagnosis. After validating the previously observed association between maternal psychiatric disease and impaired fetal growth we addressed weaknesses in the prior studies by explicitly considering antidepressant use and the timing of symptoms with respect to pregnancy. We then evaluated DNA methylation levels at 27 candidate loci in placenta from a subset of these deliveries (n=197) to examine if epigenetic variation could provide insight into the mechanisms that cause this co-morbidity.

Results: Infants of mothers with prenatal psychiatric disease (Depression, Anxiety, OCD/Panic) had increased odds of poor fetal growth (OR_{adjusted} = 3.36, 95% CI: 1.38-8.14). This relationship was similar among those who were treated with antidepressants (OR_{adjusted} = 3.69, 95%CI: 1.31-10.45) and among those who were not (OR_{adjusted}=3.19, 95%CI: 1.370-7.83). Among those with a history of psychiatric disease but no active disease in pregnancy the OR_{adjusted} was 0.45 (95%CI: 0.09-2.35). A locus near the transcription start site of the leptin receptor (cg21655790) had methylation levels that were decreased in the presence of: 1)SGA/IUGR, and 2) active but not resolved psychiatric disease (among mothers not on antidepressants).

Conclusions: These results validate and further characterize the association between maternal psychiatric disease and poor fetal growth. Because the association appears to depend on active psychiatric disease, this suggests a transient and potentially modifiable pathophysiology. The molecular findings in this study suggest that altered leptin signaling may be involved in the biological mechanisms that link prenatal maternal psychiatric symptoms and poor fetal growth.

<http://www.biomedcentral.com/1471-2393/15/192>

[\[Return to top\]](#)

10. Levels and trends in child mortality 2015

UNICEF, WHO, World Bank, UN-DESA Population Division. (2015). *Levels and trends in child mortality 2015*. Retrieved from

http://www.childmortality.org/files_v20/download/IGME%20Report%202015_9_3%20LR%20Web.pdf

OVERVIEW:

The United Nations Inter-agency Group for Child Mortality Estimation (UN-IGME) updates child mortality estimates annually for monitoring progress. This report presents the UN-IGME's latest estimates of under-five, infant and neonatal mortality and assesses progress towards MDG 4 at the country, regional and global levels.

It aims to help countries and partners give high priority to reducing newborn and child mortality, particularly by targeting the major killers of children with effective preventive and curative interventions.

http://www.childmortality.org/files_v20/download/IGME%20Report%202015_9_3%20LR%20Web.pdf

[\[Return to top\]](#)

III. CURRENT INITIATIVES

11. Black Breastfeeding Week 2015

The 3rd Annual Black Breastfeeding Week 2015 was held this year from August 25-31 to raise awareness of the racial disparity in breastfeeding rates. Events held throughout the week included a Lactation Station Open House, Twitter chats, and socials. In the United States, the high black infant mortality rate, unique cultural barriers and lack of resources for black women have prompted the coordination of a week designed specifically to promote breastfeeding to black women. A recent Public Health Perspectives blog post, [Overcoming the Breastfeeding Barriers Black Women Face](#), highlights many of these challenges.

<http://blackbreastfeedingweek.org/black-breastfeeding-week-2015-aims-to-lifteverybaby/>

[\[Return to top\]](#)

12. Fetal Alcohol Spectrum Disorder Provincial Roundtable Report

International Fetal Alcohol Spectrum Disorder Awareness Day was hosted this past week on September 9th. Many organizations produced resources and held events to raise awareness of the dangers of drinking alcohol during pregnancy. The Ministry of Children and Youth Services released the *Fetal Alcohol Spectrum Disorder Provincial Roundtable Report*. The report compiles highlights from roundtable sessions hosted in cities and towns across Ontario with the goal of discussing what can be done to better meet the needs of people with FASD. It was concluded that much of the public is unaware of the risks of alcohol use before, during and after pregnancy, that many adults with FASD cannot live independently, and that there are few supports for adults with FASD.

<http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/fasd/index.aspx>

Related resource:

- **Fetal Alcohol Spectrum Disorder: Prevention & Support:** This website is designed specifically for Nishnawbe Aski Nation (NAN) community service providers who work with individuals with FASD. The site is divided into four

sections: awareness of FASD, understanding women at risk, strategies for intervention, and reflection on current practices.

<http://www.fasdnan.ca/>

[\[Return to top\]](#)

IV. UPCOMING EVENTS

13. Key Messages You Need to Know to Support Families Navigating Infant Feeding Decisions

September 16, 2015: Webinar

From the Ontario Public Health Association, this webinar will provide strategies to help health care providers offer unbiased, evidence based information to parents with respect to infant feeding. Through the sessions, participants will look at the OPHA's new Informed Decision Making Position paper, as well as a decision tree that will help health care providers providing information in an unbiased manner. Moderated by Anna West, a Public Health Nurse at the Halton Region Health Department and BFI coordinator, speakers will include Kathy Vantor, a BFI lead assessor, Heather Lawson, the BFI lead at the North Bay Parry Sound District Health Unit, and York Region Public Health's BFI implementation lead, Evelyn te Nyenhuis.

<https://www.eventbrite.ca/e/opha-webinar-key-messages-you-need-to-know-to-support-families-navigating-infant-feeding-decisions-tickets-17952507433>

14. NRC Webinar: The Updated NutriSTEP Toolkit, 2015

September 17, 2015: Webinar

This webinar will explore the recent changes made to the NutriSTEP toolkit, a program that aids in the assessment of eating habits and nutrition risk in children. Presented by Janis Randall Simpson, Marie-Helene Traversy, Debbie Azim Fleming, and Michelle Saraiva, the session will provide background to the NutriSTEP program, discuss how the changes will support implementation in public health units, offer stories of NutriSTEP's past implementation and provide a taste of future plans for the program.

<http://www.eventbrite.ca/e/nrc-webinar-the-updated-nutristep-toolkit-2015-tickets-18070049003>

[\[Return to top\]](#)

15. Mindfulness Based Parenting for Mothers in Substance Use Treatment who have Infants and Young Children

September 22, 2015: Webinar

Presented by Dr. Diane J. Abatemarco, a professor at Thomas Jefferson University whose research explores interventions to prevent child maltreatment, this workshop will explore the impact of mindfulness based parenting on improving the functioning of substance-affected families. Participants of the webinar will have the opportunity to experience mindfulness based exercises and meditations which can be adapted for use both with clients and staff.

<https://cc.readytalk.com/cc/s/registrations/new?cid=21llrx2clocb>

[\[Return to top\]](#)

16. Ontario Child Care Policy Summit

September 25-26, 2015: Toronto, ON

Through this two-day forum, participants will have the opportunity to explore issues related to provincial and national child care policy just ahead of the federal election. On Day 1, presenters Susan Prentice and Jim Stanford will discuss strategies advocates can use to ensure Ontario has a quality, public child care system. Day 2 will feature three panels that will explore the recent changes to early childhood education in Ontario, examples of ideal child care plans that Ontario could move towards, and the policies behind federal party childcare promises.

<http://www.childcareontario.org/upcomingevents>

17. ACT: An Adoption and Permanency Curriculum For Child Welfare & Mental Health Professionals

Various dates from September 29 - December 8: Toronto, ON

In 48 hours, attendees of the ACT training will learn the theory and skills to support parents of children and youth who have experienced trauma and loss prior to adoption. Participants will include therapists, child welfare workers, child and youth workers, psychologists, child and adolescent psychiatrists. Through a series of 8 workshops, participants will develop the ability to recognize a variety of issues relevant to diverse family structures, the impact of permanence on an adopted child, and the importance of attachment and neurobiology in assessing trauma. The workshops will be facilitated by trainers, Elaine Quinn and Kimberley Miller who both hold prominent positions at the Adoption Council of Ontario.

https://www.adoption.on.ca/uploads/File/ACT_2015_Toronto.pdf

[\[Return to top\]](#)

18. Lactation: Culture, Collaboration and Communities

October 2-3, 2015: Niagara Falls, ON

Hosted by the Canadian Lactation Consultants Association, this two-day meeting will explore diverse breastfeeding and lactation communities. James Akre will deliver two sessions, one regarding his own personal experiences related to breastfeeding, and the second related to how breastfeeding is marketed. Other speakers include Joy Noel-Weiss, who will discuss the inclusion of transgender men in breastfeeding communities, Lenore Goldfarb, who will explore induced lactation, and Attie Sandink, who will examine baby-led breastfeeding.

<http://clca-accl.ca/wp-content/uploads/2015/08/clca-brochure083015.pdf>

[\[Return to top\]](#)

V. RESOURCES

19. Materials from the Symposium on Child and Youth Mental Health

Held from August 17th-19th, the Atlantic Summer Institute's Symposium on Child and Youth Mental Health united practitioners and youth from across the Atlantic Provinces to discuss strategies and policies to promote mental health, and the instruction of social and emotional competencies. Materials related to the symposium's workshops have been recently released online.

- **Watch video of the symposium:** Revisit keynote presentations delivered by Ian Manion and Dr. Mark Greenberg, as well as several of the panel discussions and activities organized as part of the symposium's children and youth programs.
<http://www.asi-iea.ca/en/asi-2015-videos/>
- **Presentations:** Access slides for workshops on topics including school-based intervention, and collective impact.
<http://www.asi-iea.ca/en/2015-presentations/>
- **Books to support social and emotional learning:** View a list of resources that can be used to help teach social and emotional competencies in schools.
<http://www.asi-iea.ca/en/files/2015/09/SEL-Booklist-2015-07-02.pdf>

[\[Return to top\]](#)

20. Reproductive Health Snapshots

(Available in French)

Public Health Ontario recently released a reproductive health section within its collection of Snapshots tools. Snapshots are interactive map-based dashboards that allow users to track geographic and temporal trends across a variety of indicators, including those related to chronic disease, health behaviours, infectious disease, injury and substance misuse and mortality. PHO used data from the Better Outcomes Registry & Network (BORN) to examine trends in reproductive and maternal health across health units, including substance use during pregnancy, birth and pregnancy rates, and maternal age. Users can isolate statistics for individual health units, and compare data for different geographic areas by clicking on an interactive map.

EN: <https://www.publichealthontario.ca/en/dataandanalytics/snapshots/pages/default.aspx>

X

FR: <https://www.publichealthontario.ca/fr/dataandanalytics/snapshots/pages/default.aspx>

[\[Return to top\]](#)

21. You and Your Baby: Supporting Love and Nurture on the Neonatal Unit

This new brochure from the Baby Friendly Initiative provides strategies and encouragement for new families caring for a sick or premature baby. The booklet highlights the importance of breastfeeding, skin to skin contact, and containment holding. It also emphasizes the necessity of parents getting involved with their infant's care while skill on the neonatal unit.

<http://www.unicef.org.uk/BabyFriendly/Resources/Resources-for-parents/You-and-your-baby-Supporting-love-and-nurture-on-the-neonatal-unit/>

[\[Return to top\]](#)

22. Canadian Trends in Early Childhood Education

This presentation from Kerry McCuaig, Zeenat Janmohamed, and Romona Gananathan was recently delivered at the European Early Childhood Education Research Association conference in Spain. The presentation features statistics regarding early childhood education in Canada, and highlights advice from the OECD to improve Canadian early childhood education. Recommendations include integrated governance and policy, attention to staffing and systematic data collection and monitoring.

http://www.oise.utoronto.ca/atkinson/UserFiles/File/Presentations/Canada_Trends_Barcelona_Sept_2015_-_EECER.pdf

[\[Return to top\]](#)

VI. FEATURED BEST START RESOURCES

23. Awareness Campaign Children See... Children Learn

(Available in French)

Sept. 21, 2015: Webinar (in French)

Sept. 22, 2015: Webinar

This webinar will provide an overview of the child discipline campaign offered by the Best Start Resource Centre. The evidence that has led to this campaign will be summarized and the campaign resources will be described. The role that service providers can take to disseminate the campaign messages to parents will be described. Please note that this webinar will not cover positive discipline strategies to use with children.

Register for Sept. 21 (in French): <http://en.beststart.org/event/webinaire-campagne-de-sensibilisation-les-enfants-voient%E2%80%A6-les-enfants-apprennent-21-septembre>

Register for Sept. 22: <http://en.beststart.org/event/webinar-awareness-campaign-children-see%E2%80%A6-children-learn-september-22>

Register for Sept.

[\[Return to top\]](#)

24. When Children Speak More Than One Language

(Available in French)

This resource has recently been translated into Ojibway and Cree. Parents or children who will learn two or more languages may have questions regarding language acquisition. This guide will help practitioners to share evidence-based information with these parents. Language is the best tool to help a child do well later in school and in life. EN:http://www.beststart.org/resources/hlthy_chld_dev/BSRC_When_Families_Speak_fnl.pdf

FR:http://www.meilleurdepart.org/resources/develop_enfants/pdf/BSRC_When_Families_Speak_FR_fnl.pdf

[\[Return to top\]](#)

25. Populations with Lower Rates of Breastfeeding: A Summary of Findings

(Available in French)

Populations with Lower Rates of Breastfeeding: A Summary of Findings and the four *Breastfeeding in Ontario* fact sheets have just been updated with new BORN data, and now include up-to-date rates of breastfeeding initiation and exclusivity at discharge.

Although breastfeeding initiation in Ontario is 91.8% there are populations with lower rates of breastfeeding. The Best Start Resource Centre has completed four research validation strategies to confirm populations with lower rates of breastfeeding in Ontario as well as breastfeeding strategies that are effective with these populations. The resulting report highlights information about trends in Ontario, barriers, effective and promising strategies, and recommendations to reach populations with lower rates of breastfeeding. Access the report and fact sheets from the Best Start Resource Centre's [Breastfeeding Resources](#) page.

EN: http://www.beststart.org/resources/breastfeeding/B09-E_BF_Summary_EN_Aug2015.pdf

FR : http://www.beststart.org/resources/breastfeeding/B09-F_BF_Summary_FR_Aug2015.pdf

[\[Return to top\]](#)

26. Resources related to alcohol and drug use during pregnancy

(Available in French)

The Best Start Resource Centre produces a number of resources that promote awareness of the dangers of drinking alcohol during pregnancy. Our most recent resources include:

- **Be Safe – Have an Alcohol-Free Pregnancy:** A handout that provides information and tips for expectant parents about alcohol use in pregnancy
- **Mixing Alcohol and Breastfeeding:** A handout to help mothers and their partners make an informed choice when it comes to drinking alcohol while breastfeeding.
- **Breastfeeding and Alcohol Use – Parent Knowledge and Behaviours in Ontario:** A report that shares the results of parent knowledge and behaviours surrounding breastfeeding and alcohol use.

EN: <http://www.beststart.org/cgi-bin/commerce.cgi?search=action&category=A00E&advanced=yes&sortkey=sku&sortorder=descending>

FR : <http://www.beststart.org/cgi-bin/commerce.cgi?search=action&category=A00F&advanced=yes&sortkey=sku&sortorder=descending>

27. Save the Date! - Best Start Resource Centre Conference 2016

Feb. 17-19: Toronto, ON

The Best Start Resource Centre team is pleased to announce our 2016 annual conference which will be held in Toronto from **Feb. 17th to Feb. 19th**. The conference addresses issues of interest to service providers working in the areas of preconception health, prenatal health and early child development. Acquire the latest information, learn innovative strategies and programs, and meet new colleagues.

We look forward to seeing you in February 2016!

Details about the program and registration will be posted on our website in the coming months.

Our 2015 conference was a huge success. View last year's [post conference coverage](#) to learn more.

<http://en.beststart.org/event/2016-annual-best-start-resource-centre-conference>

[\[Return to top\]](#)

About This Bulletin

The Best Start Resource Centre thanks you for your interest in, and support of, our work. Best Start permits others to copy, distribute or reference the work for non-commercial purposes on condition that full credit is given. Because our MNCHP bulletins are designed to support local health promotion initiatives, we would appreciate knowing how this resource has supported, or been integrated into, your work (mnchp@healthnexus.ca). Please note that the Best Start Resource Centre does not endorse or recommend any events, resources, or publications mentioned in this bulletin.

Information on the MNCHP Network: Email mnchp@healthnexus.ca or visit

<http://www.beststart.org/services/information.html>

To manage your subscription, unsubscribe from the list-serv and access the MNCHP archives:

<http://lists.beststart.org/listinfo.cgi/mnchp-beststart.org>

To submit items for MNCHP Bulletins: Email mnchp@healthnexus.ca

Contact Us

Best Start Resource Centre: http://beststart.org/index_eng.html

Health Nexus: <http://en.healthnexus.ca/>

180 Dundas W., Room 301, Toronto (Ontario) M5G 1Z8

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.

[Health Promotion Today](#) - Our blog keeps you informed of news and topics related to health promotion.

Follow us on [Twitter](#) to stay up to date on all things related to health promotion.

View our video resources on [YouTube](#) and [Vimeo](#)

[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.

We encourage you visit the website of our new [3M Health Leadership Award](#) to find out how you can support community health leadership and honour your own community leader by nominating them for this national award.

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.

Suivez-nous sur [Twitter](#) pour demeurer au fait de tout ce qui concerne la promotion de la santé.

Visionner nos ressources vidéo sur [YouTube](#) et [Vimeo](#)