



The MNCHP Bulletin is an electronic bulletin that highlights current trends, new resources and initiatives, upcoming events and more in the preconception, prenatal and early childhood education and development fields. 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.

**Please note that Best Start does not endorse or recommend any events, training, resources, services, research or publications of other organizations.*

In this issue:

[I. News & Views](#)

- CASW Statement of Apology
- Health Canada: U.S. Baby Food Contamination Report Not a Safety Concern for Canada
- Why Dr. Brian Goldman Bought Cigarettes for His Underage Son Who Has FASD
- Nutrition Transition
- Opinion: Parental Stress Hurts Relationships and Children. Universal Child Care Could Help

[II. Recent Reports & Research](#)

- Breastfeeding and Timing of Pubertal Onset in Girls: A Multiethnic Population-Based Prospective Cohort Study
- Associations of Parental Marijuana Use With Offspring Marijuana, Tobacco, and Alcohol Use and Opioid Misuse
- Nutrition Connection Reports on Food Literacy
- Added Sugars Intake Among US Infants and Toddlers
- Timing of Introduction, Sensitization and Allergy to Highly-Allergenic Foods at Age 3 Years in a General-Population Canadian Cohort
- Ciel Éclairci! Towards Better Access to French Language Mental Health and Addictions Services in Ontario
- Who Consumes Most of the Cannabis in Canada? Profiles of Cannabis Consumption by Quantity
- Mortality Among Mothers Whose Children Were Taken Into Care by Child Protection Services: A Discordant Sibling Analysis
- Welfare in Canada Reports
- Counselling Interventions to Enable Women to Initiate and Continue Breastfeeding: A Systematic Review and Meta-Analysis
- Socioeconomic Status and Changes in Appetite from Toddlerhood to Early Childhood

[III. Current Initiatives](#)

- The University of Guelph Is Looking for Dads and Moms to Participate in a Study About the Food Guide

- Ask Canada to Help Increase Access to Contraception by Funding UNFPA Supplies

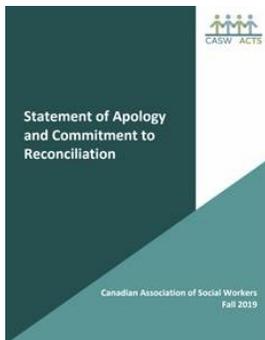
[VI. Upcoming Events](#)

- Community-Level Interventions to Address Obesity: A World Obesity Federation Webinar
- Success Stories in Evidence-Informed Decision Making
- Save the Date: Workshop: Shifting the Feeding and Eating Conversation
- Cultural Awareness Training Sessions
- The 2020 RHO Conference: The Current Practice, Research, Policy, Systems

[VII. Resources](#)

- Health Canada's Vaccination and Pregnancy Fact Sheet
- CMNRP Lactation and Cannabis Discussion Guide
- Stress & Resilience: How Toxic Stress Affects Us, and What We Can Do About It
- The Condom Project Toolkit
- Mothering and Opioids: Addressing Stigma and Acting Collaboratively
- Measuring Health Inequalities: A Critical First Step
- Cannabis, Pregnancy and Breastfeeding
- Financial Consumer Agency of Canada's New Budget Planner
- Research-Based Mealtime Hacks for "Picky" Eaters

I. News & Views



CASW Statement of Apology

The Canadian Association of Social Workers (CASW) acknowledges its role in supporting the implementation of residential schools and affirming the approach to child welfare that led to the 60s scoop through the promotion of discriminatory policies with the underlying motivation to dispossess Indigenous peoples from their land. CASW deeply apologizes for contributing to the injustices imposed on Indigenous peoples and, in this statement, seeks to highlight some of the ways in which CASW was – and in many ways still is – responsible for the systemic denial and inequality that has been apparent in the field of social work."

[Learn more.](#)

Health Canada : U.S. Baby Food Contamination Report Not a Safety Concern for Canada

Health Canada says that the toxic heavy metals found in baby products from U.S. manufacturers “do not pose a safety concern,” despite a major investigation showing that nearly all infant foods tested contained traces of lead. In an emailed statement to *CTV News*, [Health Canada confirmed that similar rates of heavy metals are likely to be in baby foods sold in Canada](#), as Canada sells many of the same products. However, “The available monitoring data indicate that levels of cadmium, lead, total mercury and perchlorate in foods sold in Canada, including those consumed by infants, do not pose a safety concern,” Health Canada wrote.

[Learn more.](#)

Why Dr. Brian Goldman Bought Cigarettes for His Underage Son Who Has FASD

Harm reduction can be tough. “Our relationship with our son has become dotted with disapproval and shame and anger and fear, and when you only have that, when do you have love? Where's the love? Where's the acceptance? And buying that pack of cigarettes was a way of saying, 'I love you. I mean, I know you're not making right choices. We're going to try to limit this.' It's a way of saying, 'I don't approve of the fact that you smoke cigarettes. But I do approve of you, and I love you. And I'm here. I'm going to stay here.'”

[Learn more.](#)



Speaking of supporting someone affected by FASD...

[Health Nexus](#) and [the Fetal Alcohol Spectrum Disorder \(FASD\) Family and Caregiver Support Group](#) project, funded by the Government of Ontario, have developed a [safety plan template](#), to share with families affected by FASD who may wish to prepare for difficult situations and possible crisis that may come up.

Nutrition Transition

Nutrition transition is a shift in diet that is commonly seen when low and middle-income countries or regions transition from a traditional nutrient-rich diet to a Western diet. We also see this phenomenon happening within Indigenous First Nations here in Canada. Learn what Indigenous communities are doing to reclaim their food systems and reconnect with traditional foods to combat nutrition transition.

[Learn more.](#)

Opinion: Parental Stress Hurts Relationships and Children. Universal Child Care Could Help

There is a significant body of research that shows [parental stress can have a negative](#) and [lasting impact on children](#). The best and easiest way to avoid toxic stress is to support parents (and for parents to give themselves permission to set [boundaries](#), knowing this is actually helping their children). That's where universal, zero-cost child care comes in.

[Learn more.](#)

II. Recent Reports & Research

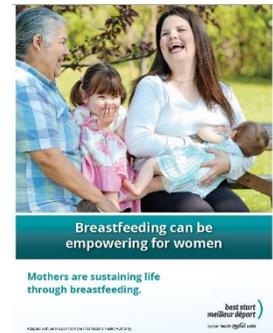
Breastfeeding and Timing of Pubertal Onset in Girls: A Multiethnic Population-Based Prospective Cohort Study

To examine evidence on effectiveness of breastfeeding counselling, a systematic review was undertaken. It revealed that a significant effect of counselling interventions on any breastfeeding at 4 to 6 weeks and 6 months. Greater effects were found on exclusive breastfeeding at 4 to 6 weeks. Counselling delivered at least four times postnatally is more effective than counselling delivered antenatally only and/or fewer than four times.

[Access the article.](#)

Best Start helps you encourage breastfeeding:

The powerful messages of the [Breastfeeding Wellness tip sheet](#) (also available [in French](#)) can be further supported by displaying the Breastfeeding Wellness poster series (in [English](#) and [French](#)).



Associations of Parental Marijuana Use With Offspring Marijuana, Tobacco, and Alcohol Use and Opioid Misuse

To examine associations of parental marijuana use with offspring marijuana, tobacco, and alcohol use and opioid misuse, a cross-sectional study was performed on survey data from the 2015 through 2018 National Surveys on Drug Use and Health (NSDUH). Parental marijuana use was associated with increased risk of substance use among adolescent and young adult offspring living in the same household.

[Access the article.](#)



Nutrition Connection Reports on Food Literacy

Nutrition Connection (NC) has released the next reports in their State of Healthy Eating and Food Literacy in Ontario series:

- [Effective Approaches to Increase Food Skills in Children, Youth, and their Parents](#): This NC evidence brief provides an overview of effective approaches to increase food skills in children, youth, and their parents and identifies implications for food literacy policy and practice.
- [Effective Education Strategies to Increase Food and Nutrition Knowledge in Children and Youth](#) : This NC evidence brief provides an overview of effective approaches to increase food and nutrition knowledge in children, youth, and their parents and identifies implications for food literacy policy and practice.
- [Policies that Influence Food Literacy among Children and Youth in Ontario](#): This NC report provides an overview and analysis of provincial and federal policies that have implications for food literacy among children and youth in Ontario.

Added Sugars Intake Among US Infants and Toddlers

To present national estimates of added sugars intake among US infants and toddlers by sociodemographic characteristics, to identify top sources of added sugars, and to examine trends in added sugars intake, a cross-sectional analysis was undertaken. According to this study, during 2011 to 2016, 84.4% of infants and toddlers consumed added sugars on a given day. A greater proportion of toddlers (98.3%) consumed added

sugars than infants (60.6%). The mean amount of added sugars toddlers consumed was also more compared with infants (5.8 vs 0.9 tsp). For infants, top sources of added sugars were yogurt, baby food snacks/sweets, and sweet bakery products; top sources among toddlers were fruit drinks, sugars/sweets, and sweet bakery products.

[Access the article](#) and [read the discussion](#).

Timing of Introduction, Sensitization and Allergy to Highly-Allergenic Foods at Age 3 Years in a General-Population Canadian Cohort

Early introduction of highly-allergenic foods for lower risk infants was examined using Canadian Healthy Infant Longitudinal Development (CHILD) Study data. Among 2669 CHILD participants at age 3 years, infants introduced to peanut after 12 months had increased odds of sensitization and probable clinical allergy to peanut at 3 years. Associations persisted after exclusion of high-risk infants with moderate-to-severe atopic dermatitis in the first year/egg sensitization at 1 year.

[Access the article](#) or [read the discussion](#).



Ciel Éclairci! Towards Better Access to French Language Mental Health and Addictions Services in Ontario

This report was developed to better understand the mental health and addictions needs of Francophones in Ontario. It provides a summary of findings from the engagement sessions and a review of the literature, along with both system-level and service provider recommendations for improving French language mental health and addictions services.

[Read the report](#) (also [in French](#)).

Who Consumes Most of the Cannabis in Canada? Profiles of Cannabis Consumption by Quantity

To establish the population-level pattern of cannabis use by quantity, this study pooled Waves 1–3 of the 2018 National Cannabis Survey, a set of stratified, population-based surveys designed to assess cannabis consumption and related behaviors in Canada. Similar to the findings in the alcohol literature, study results show that cannabis consumption is highly concentrated in a small subset of users: the upper 10% of cannabis users accounted for approximately two-thirds of all cannabis consumed in the country. Males reported consuming more cannabis by volume than females (approximately 60% versus 40%), with young males (15–34 years old) being disproportionately represented in the heaviest-using subgroups.

[Access the article](#).

Mortality Among Mothers Whose Children Were Taken Into Care by Child Protection Services: A Discordant Sibling Analysis

This retrospective cohort study examines whether mothers who had a child taken into care by child protection services have higher mortality rates compared with rates seen in their biological sisters who did

not have a child taken into care. Data was collected from 1,974 families in which one sister had a child taken into care and one sister did not. Mothers who had a child taken into care had higher rates of mortality due to avoidable and unavoidable causes. The number of children taken into care did not affect mortality rates among mothers with at least 1 child taken into care.

[Access the article](#) and [read the discussion](#).



Welfare in Canada, 2018

Anna Tweedie and Hannah Aldridge

November 2018

Welfare in Canada Reports

The *Welfare in Canada* reports look at the total income available to those relying on social assistance (often called “welfare”), taking into account tax credits and other benefits along with social assistance itself. The reports look at four different household types for each province and territory.

[Download the all-Canada report](#) or [explore by province](#).



Counselling Interventions to Enable Women to Initiate and Continue Breastfeeding: A Systematic Review and Meta-Analysis

To examine evidence on effectiveness of breastfeeding counselling, a systematic review was undertaken. It revealed that a significant effect of counselling interventions on any breastfeeding at 4 to 6 weeks and 6 months. Greater effects were found on exclusive breastfeeding at 4 to 6 weeks. Counselling delivered at least four times postnatally is more effective than counselling delivered antenatally only and/or fewer than four times.

[Access the article](#).

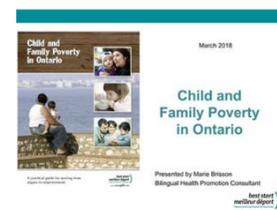
Socioeconomic Status and Changes in Appetite from Toddlerhood to Early Childhood

To test the hypothesis that children of lower socioeconomic status (SES) demonstrate increases in appetite avidity from toddlerhood to five years, data from the Gemini twin birth cohort, with one twin per family selected at random, was analyzed, after parents completed the Child Eating Behaviour Questionnaire (CEBQ) to assess appetitive traits at 16 months and five years. Lower SES was significantly associated with higher food responsiveness, higher enjoyment of food, lower satiety responsiveness, and lower food fussiness at 16 months. At age 5, lower SES was significantly associated with higher food responsiveness, higher desire to drink and higher emotional overeating.

[Access the article](#) and [read the discussion](#).

What else does SES affect and what can be done about it?

Visit [our webpage](#) to find free resources on the topic!



III. Current Initiatives



Ask Canada to Help Increase Access to Contraception by Funding UNFPA Supplies

#SheCanPlan if and when to have kids yet 232 million girls and women can't get contraception like condoms or IUDs. UNFPA Supplies is the world's leading provider of contraceptives, but needs USD \$232 million to address unmet need. Canada can empower millions of girls and women by becoming a leading funder of UNFPA Supplies. Call on Canada to step up funding for this world-leading provider of contraception.

[Learn more.](#)

IV. Upcoming Events

Success Stories in Evidence-Informed Decision Making - The development and implementation of standards in prenatal, postpartum and early childhood public health nurse practice in Manitoba

Before 2013, there were no national public health nurse competencies for prenatal, postpartum and early childhood periods. Presented by Dr. Cheryl Cusack, Jodi Unger, Breanna Harms, and April Gage on **January 23rd, 2020** at 1pm EST, this webinar will address how Manitoba Health, Seniors, and Active Living developed and implemented standards for prenatal, postpartum, and early childhood public health nurses to address this gap.

[Learn more](#) and [register](#).

Save the Date: Workshop: Shifting the Feeding and Eating Conversation – An Introduction to Satter Feeding Dynamics and Eating Competence

Hosted by Nutrition Connections and presented by the Elyn Satter Institute, this workshop will take place **March 5th, 2020** in Toronto, Ontario. In this introductory, full-day workshop, participants will:

- Understand the evidence-based principles of the Satter Feeding Dynamics Model and the Satter Eating Competence Model.
- Examine the concept of stage-related eating competence, including identifying the critical importance of the family meal.
- Explore Satter Division of Responsibility-based primary intervention strategies that address common feeding problems and support the child's eating competence.



Cultural Awareness Training Sessions

Offered by [Nogojwanong Friendship Centre](#) in Peterborough, the CAT (Cultural Awareness Training) sessions are meant to

provide an awareness about Indigenous people in Canada. Participants will have the opportunity to increase their knowledge, skills of the history, experiences, and events which have influenced the relationship of Indigenous people in Canada. The Indigenous population in Canada is the fastest growing population, the youngest, but also the most overrepresented population in the justice and child welfare systems. The goal of this workshop is to develop a knowledge base on Indigenous lived experiences and be able to support those individuals who are seeking your help and/or support. Many dates are offered **until March 31, 2020**.

[Learn more and register.](#)



The 2020 RHO Conference: The Current Practice, Research, Policy, Systems

[Rainbow Health Ontario \(RHO\)](#), a program of [Sherbourne Health](#), is pleased to announce the 6th RHO Conference, coming up **April 21-23, 2020 in Niagara Falls**. The largest LGBT2SQ health conference in Canada, the RHO Conference provides a forum for knowledge exchange, networking and research presentations for health care service providers, researchers, government representatives and LGBT2SQ community members. Our **call for submissions for speakers and poster presentations is now open, closing June 14**. Visit our [Submissions page](#) for guidelines, and [our form](#) to submit your abstract.

[Learn more.](#)

V. Resources



Health Canada's Vaccination and Pregnancy Fact Sheet

Vaccination during pregnancy protects both the mother and the fetus from infections that can be severe. It even protects infants after birth, while they are too young to be vaccinated! Most vaccines can be given during pregnancy. This fact sheet provides all the relevant information to help future parents make an informed decision about vaccinations and pregnancy.

[Learn more.](#)

CMNRP Lactation and Cannabis Discussion Guide

This revised guide is now posted on the CMNRP substance use webpage. The changes reflect gender-inclusive language, the addition of chestfeeding and transgender resources, and updated information related to vaping. Please share widely. For any questions, please contact Christina Cantin ccantin@cmnrp.ca 613-737-2660 x 3246

[Learn more.](#)



Stress & Resilience: How Toxic Stress Affects Us, and What We Can Do About It

We know that healthy development can be derailed by excessive or prolonged activation of stress response systems in the body and brain. We know that toxic stress can have damaging effects on learning, behavior, and health across the lifespan. But what can we do when someone we care about is affected by toxic stress?

[Access the video.](#)

The Condom Project Toolkit

[FASD ONE](#) (Fetal Alcohol Spectrum Disorder Ontario Network of Expertise) developed a new resource tool to help you begin brief conversations with women and men of childbearing age regarding alcohol and birth control use. The resources, including condoms, posters and tear-off information sheets, can be used with both men and women to proactively prevent FASD before a pregnancy occurs. [A webinar](#) will help you find the best way to integrate this toolkit in your practice.

[Learn more.](#)



Mothering and Opioids: Addressing Stigma and Acting Collaboratively

Developed by [the Centre of Excellence for Women's Health](#), the toolkit invites people working in the substance use, child welfare, and related systems, to think about how we can continue to improve our work in partnership with women who engage with these services. The Toolkit includes 15 action-oriented tools, self-reflection guides, fact sheets and discussion starters for work to Reduce stigma; Offer programming; Collaborate across systems; and Improve policy. It highlights culturally safe, trauma informed, harm reduction-oriented and participant-driven approaches

[Learn more.](#)

Measuring Health Inequalities: A Critical First Step

Health care systems need to consider things such as access to health care, social supports, healthy child development, physical environments, income and education. These factors play an important role in contributing to healthy populations. Learn more in this [1-minute video](#) about how we measure these factors. [Register today](#) for the free Measuring Health Inequalities eLearning series!





Cannabis, Pregnancy and Breastfeeding

The [Society of Obstetricians and Gynaecologists of Canada](#) has recently developed materials on cannabis during pregnancy. These materials include an infographic, poster and an FAQ document. The resources are available in multiple languages. Available [as a PDF](#) or [in bigger files](#) ready to use your own local printing firm.

Financial Consumer Agency of Canada's New Budget Planner

Introducing the [Budget Planner](#), a free interactive tool that allows Canadians to create a personalized budget that they can save and update online. It draws on behavioural research into how people make financial decisions, and uses tips, guidelines and suggestions to make budgeting easier. Watch this [short video](#) to learn more.



Research-Based Mealtime Hacks for “Picky” Eaters

Dealing with picky eaters can sometimes feel stressful, frustrating, annoying, and worrisome—all in the same meal. It can help to think about what you and your child are responsible for when it comes to mealtime:

- It's a parent's job to provide a variety of healthy foods in age-appropriate servings at mealtimes and snack times.
- It's the child's job to decide what, and how much, to eat.

[This article](#) offers more evidence-based mealtime hacks for picky eaters.



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



[Subscribe to this bulletin](#)
[Unsubscribe from this list](#)

[Learn more about MNCHP Network](#)
[Submit items for MNCHP Bulletins](#)
[Manage your subscription and access the archives](#)

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 Indigenous 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 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.

