



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](#)

- Advocacy for Improving Nutrition in the First 1000 Days to Support Childhood Development and Adult Health
- What Would it Look Like if We Protected Rather Than Just Promoted Breastfeeding?
- YouTube's Digital Playground, an Open Gate for Pedophiles
- 5 Phrases You Can Use To Get Picky Eaters Eating On Their Own
- What if we Gave Struggling Families as Much Support as Foster Parents?
- Burnout is Making Us Worse at our Jobs, According to the World Health Organization

[II. Recent Reports & Research - Early Childhood Development & Education](#)

- An Exploratory Look at the Role of Childcare Providers as a Support and Resource for Breastfeeding Mothers
- Pathways from Early Adversity to Later Adjustment: Tests of the Additive and Bidirectional Effects of Executive Control and Diurnal Cortisol in Early Childhood
- Saving Lives in our Lifetime
- Neighbourhood Culture and Immigrant Children's Developmental Outcomes at Kindergarten
- Poverty and Early Childhood Outcomes
- Association Between Childhood Behaviors and Adult Employment Earnings in Canada
- Safely Storing Medication Around Grandchildren
- Family-Friendly Policies in Rich Countries: How Canada Compares
- State of the World's Fathers
- Associations Between Father Involvement and Father-Child Attachment Security: Variations Based on Timing and Type of Involvement
- Advancing Outdoor Play and Early Childhood Education : A Discussion Paper
- Physical Activity and Sedentary Behavior Across Three Time-Points and Associations with Social Skills in Early Childhood
- Physical Activity and Trajectories of Cardiovascular Health Indicators During Early Childhood
- Beyond Building Blocks: Investing in the Lifelong Mental Health of Ontario's Three- to Six-Year-Olds

[III. Current Initiatives](#)

- The Social Exposome Research Cluster
- Peer Parenting Support Program
- Advocacy Centre Opens for Children, Youth Abuse Victims in Nipissing

[VI. Upcoming Events](#)

- Measuring Social and Emotional Skills to Support Children's Growth
- Breath of Fresh Air Outdoor Play Summit
- Cultural Awareness Training Sessions
- Conference - Child Development Update

[VII. Resources](#)

- New Health Nexus Booklet : Parenting Indigenous Children with FASD
- Podcast : Overcoming Teacher Burnout In Early Childhood
- Early Years Study, a New Website
- The Looksee Pocket Edition
- F-Words Webinars
- 5 Videos About Family Life in Canada
- Podcast: Developing Social Competency In Young Children
- New Family Cycling Resource by CultureLink

I. News & Views

Advocacy for Improving Nutrition in the First 1000 Days to Support Childhood Development and Adult Health

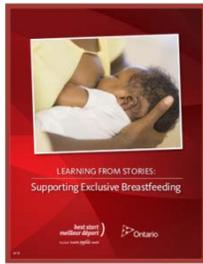
Good nutrition is crucial to healthy neurodevelopment, and that includes promoting exclusive breastfeeding for the first 6 months of life and ensuring that both mothers and infants have access to good prenatal and postnatal nutrition. Pediatricians should support breastfeeding, advocate for nutrition support programs, and promote healthy food choices with their patients in order for infants to get their best nutritional start in the first 1,000 days of life, according to [the American Academy of Pediatrics](#) (AAP).

[Read the statement](#) and [learn more](#).

What Would it Look Like if We Protected Rather Than Just Promoted Breastfeeding?

Public health bodies are in agreement: Breastfeeding protects the health of mothers and babies and therefore breastfeeding should be encouraged. But what use is encouraging women to breastfeed if at every corner they face barriers in their way? If we want to encourage breastfeeding, we need to create an environment in which breastfeeding can flourish.

[Learn more](#).



What are the breastfeeding trends in Ontario?

Best Start's series of booklets "Learning from Stories" surveys the actions being taken in the province to support breastfeeding. It includes:

- Supporting Exclusive Breastfeeding (In [English](#) and in [French](#))
- Breastfeeding Promotion to Increase Awareness and Confidence (in [English](#) and [French](#))
- Prenatal Breastfeeding Education (in [English](#) and [French](#))
- Breastfeeding Education for Health Care Providers (in [English](#) and [French](#))
- Breastfeeding and Younger Women (in [English](#) and [French](#))

YouTube's Digital Playground, an Open Gate for Pedophiles

YouTube has described its recommendation system, which drives most of the platform's billions of views by suggesting what users should watch next, as artificial intelligence that is constantly learning which suggestions will keep users watching. Unfortunately, in many cases, its algorithm referred users to family-made videos of children, after they watched sexually themed content.

[Learn more.](#)



5 Phrases You Can Use To Get Picky Eaters Eating On Their Own

Usually between 18 and 24 months of age, toddlers start to assert their new-found independence and assertiveness at the table. They also become more cognitively mature and are able to analyze and process detail like colour, texture and taste more than they were previously. The resulting "picky eating" is no joke, but it's completely normal and here are five phrases you could use to help a child become more confident at the table.

[Learn more.](#)

What If We Gave Struggling Families as Much Support as Foster Parents?

When it comes to child welfare, social work experts and parents in B.C. say we're investing in the wrong end of the system — pouring money into foster care instead of offering adequate support to vulnerable families, many of whom are Indigenous. Data from the Ministry of Children and Family Development shows nearly 75 per cent of the kids in their care by December 2018 were apprehended because of "neglect," a term experts say is too often linked to poverty. But financial support for at-risk families can add up to less than what is available for foster parents.

[Learn more](#) and on a related topic, read [this](#).



Burnout is Making Us Worse at our Jobs, According to the World Health Organization

[The World Health Organization](#) (WHO) included for the first time what it calls “burn-out” in the [latest version](#) of its [International Statistical Classification of Diseases and Related Health problems](#). According to the WHO, “burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed.” Burnout isn’t simply a synonym for stress, the definition suggests; it’s the result of deep, long-term stress that hasn’t been dealt with, either by the sufferer or their employer.

Learn more [here](#).

II. Recent Reports & Research

An Exploratory Look at the Role of Childcare Providers as a Support and Resource for Breastfeeding Mothers

This article explores the perceptions of 25 first-time breastfeeding mothers on navigating the critical transition to childcare and the role of childcare providers regarding breastfeeding support. A thematic analysis resulted in three key themes: Providers are not Critically Evaluated, A Stressful Transition, and Childcare as a Service, not Support. These themes indicated that although mothers intended to continue breastfeeding during and after the transition to childcare, they had not previously given much consideration to the childcare setting beyond that of a service provider. This suggests a need for better information, and for basic and practical education and training to prepare childcare providers to support breastfeeding mothers.

[Access the article](#).

You can support breastfeeding mothers too!

The online course [Supporting Mothers and Babies: Understanding Breastfeeding and the Baby-Friendly Initiative](#) (also available in [French](#)) will help you to:

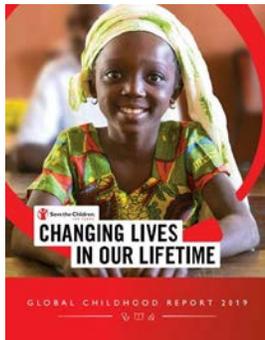
- Protect, promote and support breastfeeding.
- Have a positive influence on pregnant women who are making their infant feeding decision.
- Be a trusted support during the early weeks of breastfeeding.



Pathways from Early Adversity to Later Adjustment: Tests of the Additive and Bidirectional Effects of Executive Control and Diurnal Cortisol in Early Childhood

This study tested the effects of low income and cumulative risk on levels and growth of executive control and hypothalamic–pituitary–adrenal (HPA) axis regulation (diurnal cortisol level), the bidirectional effects of executive control and the HPA axis on each other, and their additive effects on children's adjustment problems, social competence and academic readiness. Low income predicted lower executive control, and cumulative risk predicted lower diurnal cortisol level. Altogether, the results provide evidence that executive control and diurnal cortisol additively predict children's adjustment and partially account for the effects of income and cumulative risk on adjustment.

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



Saving Lives in our Lifetime

In commemoration of its founding 100 years ago, [Save the Children](#) is releasing its third annual Global Report to celebrate progress for children. They find significantly fewer children suffering ill-health, malnutrition, exclusion from education, child labor, child marriage, early pregnancy and violent death. At least 280 million children are better off today than they would have been two decades ago.

[Learn more.](#)

Neighbourhood Culture and Immigrant Children’s Developmental Outcomes at Kindergarten

This study examined the relationship between immigrant children’s cultural background, the socio-economic and cultural composition of children’s neighborhoods, and children’s developmental outcomes at kindergarten. The results of the study corroborate previous research showing that family and neighborhood poverty are highly detrimental to almost all children’s developmental outcomes. Findings are considered in relation to socio-cultural differences, Bronfenbrenner’s person-process-context-time model and educational policy.

[Access the study.](#)

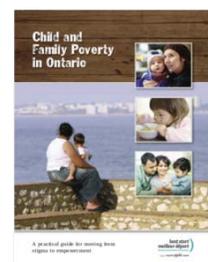
Poverty and Early Childhood Outcomes

The relationships among various outcomes and different levels of poverty at different points during a child’s first 5 years was examined in 46 589 children born in Manitoba by measuring placement in out-of-home care, externalizing mental health diagnosis, asthma diagnosis, and hospitalization for injury, with school readiness assessed between ages 5 and 7. **Children born into poverty had greater odds of not being ready for school than children not born into poverty.** The odds of school readiness for children born into neighborhood poverty were higher only if children moved before age 2, suggesting that the level of poverty and its duration modify the relationship between early poverty and childhood outcomes.

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

What’s the situation like in Ontario?

Learn more about the effects of poverty on future and new families, and what you can do to help them, [here](#). In particular, read the booklet [Child and Family Poverty in Ontario. A practical guide for moving from stigma to empowerment](#) (also available [in French](#)).



Association Between Childhood Behaviors and Adult Employment Earnings in Canada

In this study of 2850 participants who were followed up for 30 years, inattention at age 6 years was found to be associated with lower annual earnings at age 33 to 35 years, after adjustment for IQ and family adversity. For male participants only, aggression-opposition was associated with lower annual earnings and prosociality was associated with higher annual earnings.

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



Safely Storing Medication Around Grandchildren

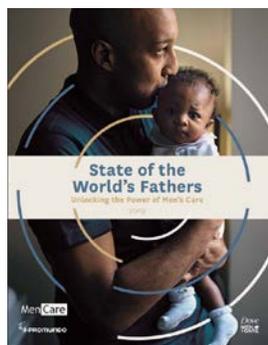
In October 2018, a US sample of adults age 50–80 were asked how they store medications both at their own homes and when visiting the homes of their grandchildren. Only 5% said they place their prescription medication in a locked cupboard or cabinet. When their grandchildren come to visit, 84% of respondents say they keep their medicines in the same place they typically store them. When grandparents take their medicines to visits with their grandchildren, 72% keep medicines in their purse or a bag, 7% leave them on counter, and 14% keep their medicines in other places.

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

Family-Friendly Policies in Rich Countries: How Canada Compares

This Canadian Companion to the UNICEF Research Brief, [Family-Friendly Policies in Rich Countries](#), finds that significant gaps remain between Canada and its peer countries in key family-friendly policies, and too many Canadian children are left out of the benefits of these policies and services. Canada only ranks 19th of 41 among other rich countries in the provision of parental leave available to mothers and 16th of 41 in the provision of dedicated leave available to fathers and second parents.

[Read the report](#).



State of the World's Fathers

[State of the World's Fathers](#), produced by Promundo, is a biennial report and advocacy platform aiming to change power structures, policies, and social norms around care work and to advance gender equality. [The third State of the World's Fathers report](#) reveals new research on men's caregiving from 11 countries, with additional cross-country analysis of data from over 30 countries. It calls for men's uptake of their full share of the world's childcare and domestic work – across all societies and relationships – to advance gender equality.

[Read the report](#) and [the discussion](#).

Associations Between Father Involvement and Father–Child Attachment Security: Variations Based on Timing and Type of Involvement

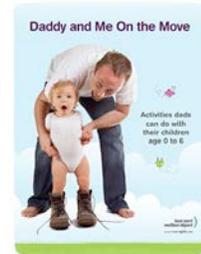
This study examined associations between father involvement and father–child attachment security, and whether those associations differed as a function of timing and/or type of involvement, in 80 father–child dyads. Findings highlight the differential impact of father involvement for the father–child attachment relationship depending on when involvement occurs and what types of activities fathers engage in.

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

Let's help fathers/partners to stay involved!

The *Daddy and Me* booklet, available in [English](#) and [French](#), will:

- Give fathers ideas of things they can do with their young children, beginning with the important bond that starts during pregnancy.
- Provide information on how activities are important for them and their child.
- Highlight cues they can watch for in their child so they know what activities to suggest.



Advancing Outdoor Play and Early Childhood Education : A Discussion Paper

In October 2018, [the Lawson Foundation](#) convened leaders from multiple sectors at the Outdoor Play and Early Learning Policy Research Symposium at the Kingbridge Centre, King City, Ontario, to explore how to advance outdoor play and early childhood education across policy, practice, and research. This discussion paper summarizes the six major themes that emerged from the Symposium presentations and discussions.

[Read the report](#).

Physical Activity and Sedentary Behavior Across Three Time-Points and Associations with Social Skills in Early Childhood

The objectives of the study were to examine: 1) the longitudinal associations of physical activity and sedentary behavior with social skills and 2) how physical activity and sedentary behavior track over three time-points. In this study, screen time was unfavorably associated with social skills across early childhood. Furthermore, all behaviors tracked at moderate to moderate-high levels from toddler to preschool ages. Therefore, promoting healthy physical activity and sedentary behavior patterns early in life, especially for screen time, may be important.

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

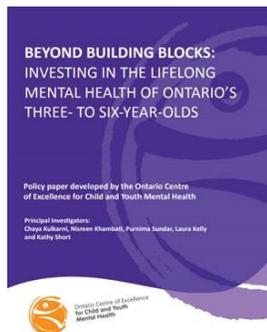
Physical Activity and Trajectories of Cardiovascular Health Indicators During Early Childhood

To determine the effect of physical activity on trajectories of cardiovascular health indicators during early childhood, this prospective, observational cohort study enrolled 418 3- to 5-year-olds with annual assessments for 3 years. The study reveals that children who engage in higher levels of physical activity during early childhood have better cardiovascular health indicators, with more intense physical activity attenuating the stiffening of arteries.

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

Then let's get the kids moving!

[Best Start's Physical Activity resource page](#) regroups many resources to help you promote physical activity and keep the little ones active. You could start by displaying our colorful [series of mini posters](#) (also [in French](#)) in your settings, or getting inspired by the many activities offered on [the Have a Ball Together website](#)...



Beyond Building Blocks: Investing in the Lifelong Mental Health of Ontario's Three- to Six-Year-Olds

Through targeted consultations with a wide range of key stakeholders, a review of current evidence and a scan of possible programs that can support healthy social-emotional development in three- to six-year-olds, eight specific policy recommendations were developed, to guide a cross-sectoral, collective response to meet the social-emotional needs of three- to six-year-olds.

[Read the report](#).

III. Current Initiatives



The Social Exposome Research Cluster

The [Social Exposome Research Cluster](#) brings together experts in medicine, public and population health, policy development, and the natural and social sciences to understand how children's social environments influence their physical and psychological exposures to impact their health and development and lead to the persistent health disparities in our society. The long-term goal is to apply this knowledge to the development of interventions and policies to reduce disparities and optimize the health and well-being of all children in Canada and abroad.

[Learn more](#).

Peer Parenting Support Program

Ottawa Public Health is looking for input and ideas from expecting, new, and existing parents/caregivers to develop a Peer Parenting Support Program. The goal is a program that will support expecting and new parents or caregivers by helping them connect with parents who have had similar experiences. Through peer matches, this program can have a great impact on parents by offering social connections, learning opportunities and ways of helping them deal with the daily stress and anxiety of parenting, improving the health of both parents and babies.



[Learn more.](#)



Advocacy Centre Opens for Children, Youth Abuse Victims in Nipissing

The criminal justice system can be intimidating and difficult to navigate, particularly for a young person. But help is now available for young victims through the Child and Youth Advocacy Centre (CYAC) of Nipissing. In a release, the advocacy centre says it has assisted 30 families since it had a “soft launch” in March. Now it has opened officially in a secure and central location of North Bay, bringing a local, collaborative, child-focused approach to child abuse investigations. The advocacy centre is accessed as needed through child protection or police services.

[Learn more.](#)

IV. Upcoming Events



Measuring Social and Emotional Skills to Support Children’s Growth

Taking place **August 19, 2019** in Toronto, this session will: (1) present evidence from a literature review about the assessment tools available to educators, researchers, and policy makers to measure social and emotional (SE) skills, (2) present quantitative evidence of the developmental progression these assessment tools describe. A focus of the session will be on how contemporary measurement theory can support more nuanced measurement of children’s growth in SE skills.

[Learn more.](#)

Breath of Fresh Air Outdoor Play Summit

Taking place **September 27-29, 2019** in the outdoors near Ottawa, Breath of Fresh Air is a two-day Outdoor Play Summit where thought leaders, practitioners, researchers, and policy makers can connect and share best practices. It will feature a variety of hands-on, in the forest [workshops](#).

[Learn more.](#)



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 **between June 25, 2019 and March 31, 2020**.

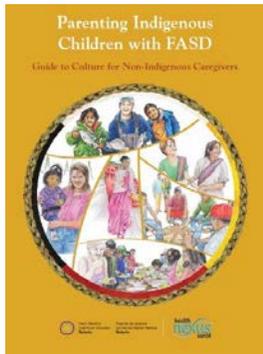
[Learn more and register.](#)

Conference - Child Development Update

On **November 22-23, 2019** in Toronto, [the Continuing Professional Development unit at the Faculty of Medicine in Toronto](#) is offering *the Child Development Update*, a 2-day conference that will enhance the clinicians' understanding of the link between current developmental paediatric research and its translation into clinical paediatric practice; new skills in clinical assessment and management of developmental disorders, and up-to-date developments in the basic science and clinical research relevant to child development and diagnosis and treatments. Additional details about this conference can be reviewed at <https://www.childdevelopmentupdate.com/>



V. Resources



New Health Nexus Booklet : Parenting Indigenous Children with FASD

Available for free on [the FASD Ontario website](#), and designed for non-Indigenous people who care for Indigenous children with FASD, this booklet shares why culture is important, and how parents and caregivers can connect as a family to the child's culture. It also contains comments from families and service providers. Share it with adoptive or foster parents, as well as social service agencies!

[Download the booklet.](#)

Podcast: Overcoming Teacher Burnout In Early Childhood

Children are hard-wired to need nature and to play in their natural environments. Yet, compared to the 70s, children today are spending 50% less time engaged in outdoor play. Find out more about it and what can be done to promote the value of outdoor play.

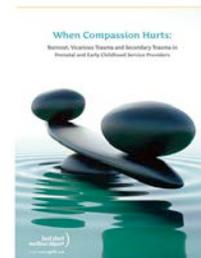
[Learn more.](#)



Speaking of burnout...

The manual [When Compassion Hurts](#) for service providers explores burnout, vicarious trauma and secondary trauma. Topics include: definitions, the biology of stress and trauma, signs and symptoms, risk factors, protective factors, resilience and self-care, reflective practice and taking action.

Also available in [French](#).



Early Years Study, a New Website

Early Years Study is a series of reports that draw on academically rigorous studies about the impact of early experiences on lifelong learning, behaviour and health, and the public policies that influence these outcomes. This new version, Early Years Study 4, calls on governments to offer quality early childhood education to ALL preschool-aged children across the country.

[Learn more.](#)

The Looksee Pocket Edition

The Looksee Pocket Edition is the ultimate guide to a child's development. As the child grows, you can celebrate each milestone and major achievement together. The Pocket is portable, making it easy for caregivers to take with them to doctor's appointments if they have any questions about how their child is developing. The Pocket Edition is also great for waiting rooms, child care centres, and home visiting programs.

[Learn more.](#)

Speaking of child development...

[Best Start's *Learning to Play and Playing to Learn* booklet](#) explains how to **support a child's individual growth and development**. It help children be prepared for learning at school, and also help adults feel more confident that the child is prepared for kindergarten and beyond. Also available [in French](#).



F-Words Webinars

[CanChild](#) has partnered with [Child Development Resource Connection Peel](#) (CDRCP) to develop a series of six webinars on each one of the 'F-words' in Childhood Disability (Function, Family, Fitness, Fun, Friends & Future). Each webinar describes how the 'F-words' can be used with children from 0-6 years old and their families to provide a broad strengths-based approach to child development.

Watch the webinars at the [CanChild](#) or [CDRCP](#) websites.

5 Videos About Family Life in Canada

[Families Canada](#) recently completed the Family Life in Canada Video Project, and released new resources for family support practitioners and families across Canada, that can be found [on YouTube](#). See for example:



- [Being a Dad in Canada](#). Partner: [Dad Central Canada](#).
- [Children's Rights in Canada](#). Partner: [The Landon Pearson Centre for the Study of Childhood and Children's Rights](#).
- [An Introduction to Positive Discipline](#). Partner: [Positive Discipline in Everyday Life](#).
- [Parenting with Positive Discipline](#). Partner: [Positive Discipline in Everyday Life](#).



Podcast: Developing Social Competency In Young Children

Socio-emotional skills are developed when children are young. Positive relationships have a big impact on how children grow into productive adults. In this episode, Christine Schmidt shares the 7 Cs of social competency : curiosity, control, conflict resolution, coping, confidence, communication and community building. She also offers some practical tips on how to create an environment that encourages children to build their skills.

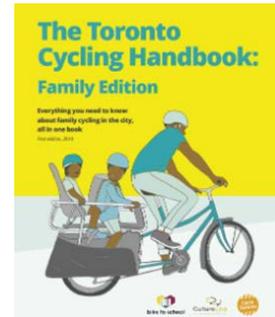
[Access the podcast](#). See also:

- [Developing Social Competency In Young Children](#)
- [2 CR Solutions](#)

New Family Cycling Resource by CultureLink

[CultureLink](#) has released a new family-friendly cycling resource, [The Toronto Cycling Handbook: Family Edition](#). It contains sections on all phases of family cycling including 'Biking while Pregnant', 'Biking with Babies and Toddlers', 'Biking to School', and 'Reasons to Ride as a Family'. You can find information about bike safety, child bike seats, bike trailers, bike maintenance, and more.

[Learn more](#).



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.

