



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.*

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## I. News & Views

### Is Resurgence in Milk Sharing Safe?

Wet nursing was considered the safest and most popular alternative form of nutrition until further options were invented, leading to the eventual decline in the profession. Now, society is seeing a resurgence in milk sharing practices through women with an oversupply who are storing extra breast milk and selling it. Unlike wet nursing, however, these interactions often take place away from the regulations and medical examinations that once kept this practice relatively safe.

[Learn more.](#)



### Speaking of which...

Have you checked out the new BFI Strategy for Ontario's Crib Cards yet? These tiny, foldable cards are a keepsake for families and a teaching aid for providers. The six panel card is gender neutral, and replaces formula-sponsored cards. It uses simple language with illustrations on key aspects of BFI-related postpartum care to all families regardless of their infant-feeding decision. Hospitals can personalize it by adding a label with local supports.

[Access them here.](#)

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## Health Canada Says it Will Set Limit on Arsenic in Food — Including Baby Cereal

Currently, there is no hard limit on arsenic in rice-based food in Canada and the U.S., despite existing regulations in Europe. Although the toxicity of arsenic depends on its chemical form and level of exposure, the naturally occurring element can cause various health issues including skin lesions, nausea and diarrhea, with long-term exposure associated with an increased risk of cancer. Health Canada says it will launch a months-long consultation process this year on setting a maximum level of arsenic allowed in rice and rice-based food, including baby cereal. A proposal for these new measures should be available for consultation with the food industry, professional organizations and consumers by mid-2019.

[Learn more.](#)

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## Opinion: Shouting ‘Self-Care’ at People Who Actually Need Community Care Is How We Fail People

Self-care is about the individual caring for their own basic physical needs, whereas community care is focused on the collective: taking care of people together, for everything from basic physical needs to psychological and even spiritual ones. Women of colour in particular have been calling for a shift to community care for years, and yet the onslaught of the [self-care industry continues](#). Especially now, in a world full of [increasingly violent rhetoric and acts](#), community care becomes essential. Unlike self-care, this response isn't about a bandage solution: It's about healing wounds together and eliminating the hazards that caused them together, too.

[Learn more](#), and [read another article on a similar topic](#).

### Speaking of which...

Best Start's *Compassion Fatigue* manual 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.

Consult the manual [in English](#) or [in French](#).



## II. Recent Reports & Research - Maternal and Child Health

### Systematic Review of the Effects of Skin-to-Skin Care on Short-Term Physiologic Stress Outcomes in Preterm Infants in the Neonatal Intensive Care Unit

Infants in the neonatal intensive care unit (NICU) are exposed to many stressors. There is growing evidence that chronic stress early in life has long-term neurodevelopmental implications. Skin-to-skin care (SSC) is an intervention used to reduce stress in the NICU. In premature infants in the NICU, what is the available evidence that SSC improves short-term physiologic stress outcomes compared with incubator care? Although there have been some mixed findings, the research supports that SSC improves short-term cardiorespiratory stress outcomes compared with incubator care. The evidence is clearer for studies reporting stress hormone outcomes, with strong evidence that SSC reduces cortisol and increases oxytocin levels in preterm infants. This suggests that **SSC is safe and has stress-reducing benefits**. SSC should be considered an essential component to providing optimal care in the NICU.

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

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## Infant Deaths in Sitting Devices

Annually, several hundred infant deaths occur in sitting devices, especially car safety seats [CSSs] and strollers. Although guidelines discourage routine sleeping in sitting devices, little is known about factors associated with deaths in sitting devices. To remedy this, the 2004–2014 National Center for Fatality Review and Prevention data was analyzed. Of 11 779 infant sleep-related deaths, 348 (3.0%) occurred in sitting devices. Of deaths in sitting devices, 62.9% were in CSSs, and in these cases, the CSS was used as directed in <10%. Among all sitting-device deaths, 81.9% had  $\geq 1$  risk factor, and 54.9% had  $\geq 2$  risk factors. More than half (51.6%) of deaths in CSSs were at the child's home. Compared with other deaths, deaths in sitting devices had higher odds of occurring under the supervision of a child care provider or baby-sitter compared with a parent. In conclusion, there seems to be **higher odds of sleep-related infant death in sitting devices when a child care provider or baby-sitter is the primary supervisor. Using CSSs for sleep in nontraveling contexts may pose a risk to the infant.**

[Access the article.](#)

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## A Parent-Targeted and Mediated Video Intervention to Improve Uptake of Pain Treatment for Infants During Newborn Screening: A Pilot Randomized Controlled Trial

Most newborns undergo newborn screening blood tests. Breastfeeding, skin-to-skin care, and sweet solutions effectively reduce pain; however, these strategies are inconsistently used. A 2-armed pilot randomized controlled trial was conducted in a mother-baby unit to examine the feasibility and acceptability of a parent-targeted and -mediated video demonstrating use of these pain-reducing strategies and to obtain preliminary effectiveness data on uptake of pain management. One hundred parent-newborn dyads were randomized to view the video or receive usual care (51 intervention and 49 control arm). Consent and attrition rates were 70% and 1%, respectively. All participants in the intervention arm received the intervention as planned and reported an intention to recommend the video and to use at least 1 pain treatment with breastfeeding or skin-to-skin care preferred over sucrose. In the intervention arm, 60% of newborns received at least 1 pain treatment compared with 67% in the control arm. The video was well accepted and feasible to show to parents. As there was no evidence of effect on the use of pain management, major modifications are required before launching a full-scale trial. Effective means to translate evidence-based pain knowledge is warranted.

[Access the article.](#)

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## Milk Therapy: Unexpected Uses for Human Breast Milk

Human breast milk provides a child with complete nutrition but is also a popular therapeutic remedy that has been used in traditional, natural pharmacopeia, and ethnomedicine for many years. The aim of this current review is to summarize studies of non-nutritional uses of mothers' milk. Two databases (PubMed and Google Scholar) were searched with a combination of twelve search terms. Fifteen studies were included in the systematic review. Ten of these were randomized controlled trials, one was a quasi-experimental study, two were in vitro studies, and four employed an animal research model. **Many human milk components have shown promise in preclinical studies and are undergoing active clinical evaluation.** The protective and treatment role of fresh breast milk is particularly important in areas where mothers and infants do not have ready access to medicine

[Access the article.](#)

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## Breastfeeding Intensity and Exclusivity of Early Term Infants at Birth and 1 Month

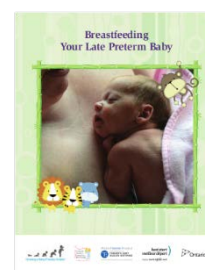
To examine breastfeeding exclusivity and intensity of early term (ET) infants, born at 37–38 weeks, and term infants, born at 39–41 weeks, during the postpartum hospitalization and the first month of life, a prospective cohort study of 358 mothers of ET and term infants was studied during the first 72 hours after birth and at 1 month of age. ET infants had significantly lower breastfeeding in the first hour, lower exclusive breastfeeding in the hospital and at 1 month, and lower rates of high breastfeeding intensity in the hospital and at 1 month, after controlling for confounding variables. ET infants had more emergency room (ER) visits in the first month, and all ET infants who had ER visits were exclusively breastfed. In conclusion, **ET infants had lower breastfeeding in the hospital and at 1 month**. They should be regarded as a group at risk for breastfeeding challenges and infant morbidity.

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

### Best Start can help you reverse this trend:

Refer new parents of ET infants to our Breastfeeding Preterm Infants booklets! They are available in English, French and 16 other languages!

- [Breastfeeding Your Late Preterm Baby](#)
- [Breastfeeding Your Early Preterm Baby](#)



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## Association of Full Breastfeeding Duration with Postpartum Weight Retention in a Cohort of Predominantly Breastfeeding Women

Full breastfeeding (FBF) is promoted as effective for losing pregnancy weight during the postpartum period. This study evaluated whether longer FBF is associated with lower maternal postpartum weight retention (PPWR) as compared to a shorter FBF duration. The MILK (Mothers and Infants Linked for Healthy Growth) study is an ongoing prospective cohort of 370 mother–infant dyads, all of whom fully breastfed their infants for at least 1 month. Breastfeeding status was subsequently self-reported by mothers at 3 and 6 months postpartum. Maternal PPWR was calculated as maternal weight measured at 1, 3, and 6 months postpartum minus maternal prepregnancy weight. Using linear mixed effects models, by 6 months postpartum, adjusted means  $\pm$  standard errors for weight retention among mothers who fully breastfed for 1–3, 3–6, and  $\geq 6$  months ( $0.97 \pm 0.32$  kg) were estimated. **Compared to mothers who reported FBF for 1–3 months, those who reported FBF for 3–6 months and  $\geq 6$  months both had lower PPWR over the period from 1 to 6 months postpartum.** However, PPWR from 3 to 6 months was not significantly different among those who reported FBF for 3–6 versus  $\geq 6$  months. Interventions to promote FBF past 3 months may increase the likelihood of postpartum return to prepregnancy weight.

[Access the article](#).

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## Association between Characteristics at Birth, Breastfeeding and Obesity in 22 Countries: The WHO European Childhood Obesity Surveillance Initiative

Breastfeeding has been described as a protective factor, and the more exclusively and the longer children are breastfed, the greater their protection from obesity. Birth weight has been shown to have a positive association with later risk for obesity. It was the aim of this paper to investigate the association of breastfeeding, exclusive breastfeeding and birth weight, with obesity among children. Data from 22 European countries were collected using cross-sectional, nationally representative samples of 6- to 9-year-

olds (n = 100,583). Information on the children's birth weight and breastfeeding practice and duration was collected through a family record form. The pooled analysis showed that, compared to children who were breastfed for at least 6 months, the odds of being obese were higher among children never breastfed or breastfed for a shorter period, both in case of general and exclusive breastfeeding. Higher birth weight was associated with a higher risk of being overweight, which was reported in 11 out of the 22 countries. Children who were preterm at birth had higher odds of being obese, compared to children who were full-term babies. **The present work confirms the beneficial effect of breastfeeding against obesity, which was highly increased if children had never been breastfed or had been breastfed for a shorter period.**

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

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### **The Effects of Kangaroo Mother Care on the Time to Breastfeeding Initiation Among Preterm and LBW Infants: A Meta-Analysis of Published Studies**

Kangaroo mother care is a comprehensive intervention given for all newborns especially for premature and low birthweight infants. Even though time to initiating breastfeeding has been examined by randomized controlled trials, varying findings have been reported. Therefore, the main objective of this meta-analysis was to estimate the pooled mean time to initiate breastfeeding among preterm and low birthweight infants with or without kangaroo mother care intervention. The authors searched for randomized controlled trial studies conducted on the effects of kangaroo mother care on the time to breastfeeding initiation among preterm and low birthweight infants. A total of 467 eligible titles were identified and eight studies met the inclusion criteria. In this meta-analysis, the overall pooled mean time to initiate breastfeeding was 2.6 days. **Preterm and low birthweight infants receiving kangaroo mother care intervention initiated breastfeeding 2 days 14 h 24 min earlier than conventional care of radiant warmer/incubator method.** Kangaroo mother care promotes early initiation of breastfeeding as compared to conventional care method. Therefore, health facilities need to implement the kangaroo mother care for preterm and low birthweight infants.

[Access the article](#).

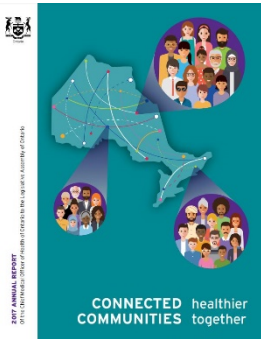
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### **Breastfeeding in Infancy and Lipid Profile in Adolescence**

Breast milk has higher cholesterol than formula. Infants who are breastfed have different cholesterol synthesis and metabolism in infancy than infants who are formula fed. Little is known as to whether breastfeeding is associated with subsequent lipid profile, independent of adiposity. We assessed the association of breastfeeding in early infancy with lipid profile and adiposity at ~17.5 years in a setting where exclusive breastfeeding is not associated with higher socioeconomic position. The study involved 3261 participants in the Hong Kong Chinese birth cohort Children of 1997, adjusting for sex, birth weight, gestational weeks, parity, pregnancy characteristics, parents' highest education, mother's place of birth, and age at follow-up. Exclusive breastfeeding, but not mixed feeding at 0 to 3 months, compared with formula feeding was associated with lower total cholesterol and low-density lipoprotein cholesterol but not with high-density lipoprotein cholesterol at ~17.5 years. BMI and fat percentage measured by bioimpedance did not differ by type of infant feeding. Exclusive breastfeeding in early infancy may promote a healthier lipid profile in late adolescence through mechanisms unrelated to adiposity, implicating its potential long-term benefits for cardiovascular health.

[Access the article](#).

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## Loneliness and Social Isolation are Public Health Issues

Loneliness and social isolation are now being recognized as public health issues in Ontario. Ontario's Chief Medical Officer, [Dr. David Williams](#), released his annual report in February 2019 called [Connected Community Healthier together](#). The report highlights the growing evidence that loneliness and social isolation affects our health. A key takeaway from the report is that increasing connectedness and sense of belonging is a complex community issue. It requires organizations, groups, governments and citizens to work together. No one sector working alone can effectively address complex community issues.

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

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## Maternal, Infant and Childhood Risks Associated with Advanced Paternal Age: The Need for Comprehensive Counseling for Men

While there has been extensive research regarding infertility and comorbidities in the aging mother, relatively few studies have explored similar reproductive factors in aging men. However, evidence does suggest a decrease in fertility and an increase in pregnancy complications such as gestational diabetes, intrauterine growth restriction and preterm birth. Additionally, the offspring of fathers of APA have increased risks of chromosomal and non-chromosomal birth defects and an increased incidence of childhood autism and cancers. This review explores the data, with the intent that key counseling points, including the suggestion of sperm banking, can be highlighted when advising the midlife and older man who is considering paternity.

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

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## Genetic and Epigenetic Perspectives on the Role of Fathers in Fetal Alcohol Spectrum Disorder

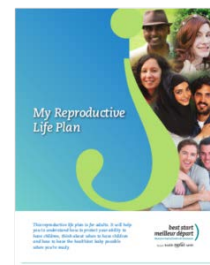
Given that fathers who consume alcohol at risky levels may contribute to FASD due to sperm abnormalities and genetic and epigenetic influences, it is recommended that fathers as well as mothers be involved in pregnancy planning and in reducing/stopping at-risk alcohol consumption in the preconception period. Preconception interventions with male partners should be synchronized with those designed to support women in preventing FASD.

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

### On a similar topic...

Best Start developed many tools and resources to support your preconception interventions, available [on our preconception page](#). Check for example:

- My Reproductive Life Plan, in [English](#) or [French](#), for adults.
- My Life, My Plan, in [English](#) or [French](#), for youths.
- The bilingual website [Health Before Pregnancy](#)

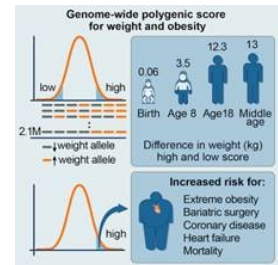


And of course, always refer future parents to [the Alcohol-Free Pregnancy website!](#)

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## Polygenic Prediction of Weight and Obesity Trajectories from Birth to Adulthood

Although often attributed to unhealthy lifestyle choices or environmental factors, obesity is known to be heritable and highly polygenic; the majority of inherited susceptibility is related to the cumulative effect of many common DNA variants. Here we derive and validate a new polygenic predictor comprised of 2.1 million common variants to quantify this susceptibility and test this predictor in more than 300,000 individuals ranging from middle age to birth. Among middle-aged adults, we observe a 13-kg gradient in weight and a 25-fold gradient in risk of severe obesity across polygenic score deciles. In a longitudinal birth cohort, we note minimal differences in birthweight across score deciles, but a significant gradient emerged in early childhood and reached 12 kg by 18 years of age. This new approach to quantify inherited susceptibility to obesity affords new opportunities for clinical prevention and mechanistic assessment.



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

## III. Current Initiatives



### Canada's "Recycling Exemption" in POPs Treaty Leads to Toxic Flame Retardants in Toys and Consumer Products

Allied with international NGO partners, the Canadian Environmental Law Association (CELA) has [written to the federal government](#) urging an immediate end to Canada's "recycling exemption" in an international treaty on toxics. The exemption under the [Stockholm Convention on Persistent Organic Pollutants](#) (POPs) allows plastic consumer products containing toxic substances on the Canadian market, as [confirmed by tests on multiple products](#). Canada is one of the few countries with a recycling exemption for polybrominated diphenyl ethers (PBDEs), flame retardant chemicals banned in multiple countries, including Canada, and added to the POPs treaty in 2004. The exemption allows plastic materials into the recycling stream until 2030. The resulting contamination allows these banned chemicals in products made from recycled plastic, posing a threat to public health, especially to children and fetuses, *in utero*.

[Read the letter.](#)

### Searching for an Inuk Role Model to End Violence Against Women

[The Pauktuutit Inuit Women of Canada](#) are on the search for an Inuk to be a role model for others in their community. The group's violence and prevention department announced its national role model campaign on March 22 as part of its [Pilimmaksarniq project](#). It's an important issue for Inuit communities in Canada. Indigenous women and girls experience violence at a much higher rate than that of other women in Canada, and many communities in remote and northern areas of the country lack shelters and victim services. In 2017, the Pauktuutit Inuit Women of Canada received \$900,000 in funding from the federal government for the Pilimmaksarniq project. Now they're encouraging people to nominate Inuit who demonstrate healthy



relationships, gender equality and violence-free living, the group said in a release

[Learn more.](#)

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## Integrating Legal Services with Primary Care

Patients often leave a medical clinic with the same social and economic problems that caused them to need care in the first place. Providing legal services in health care settings can help address upstream factors that contribute to poor health. Social factors contributing to poor health often overlap with specific legal needs, particularly relating to income security, insurance, housing, employment, and legal status. [The Health Justice Program \(HJP\)](#) aims to bridge the gap between social determinants of health knowledge and practice through a multi-partner medical-legal program informed by the Medico Legal Partnership (MLP) model.

[Learn more.](#)

## IV. Upcoming Events



### Best Practice Champions Workshop (Level 1)

Hosted by [the Registered Nurses' Association of Ontario \(RNAO\)](#) on **June 5 in Ottawa**, this free, one-day session is designed to introduce nurses and other health professionals to evidence-based practice, RNAO's BPGs, and how to implement them in a work setting. The workshop discusses how to evaluate evidence, how to assess a practice and workplace, and how to plan for implementing BPGs, including marketing, engaging stakeholders, and developing plans and proposals.

[Learn more and register.](#)

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### OMSSA Webinar: Understanding and Preventing Burnout

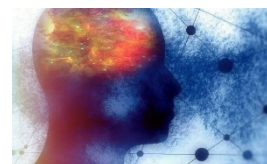
Burnout is an epidemic in the workforce. With ever increasing expectations for productivity, reductions in funding, increasing caseloads, and the expectation to do more with less time, staff in social services are finding themselves struggling to find the energy to provide the empathy, caring, and understanding required to support their clients. These webinars by [the Ontario Municipal Social Services Association \(OMSSA\)](#), taking place at 12:30pm on **June 5 and October 9, 2019**, will teach participants about burnout, the impact of burnout on our day-to-day performance, and how to bolster our resiliency so we can come back from burnout or prevent burnout altogether.

[Learn more.](#)

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### OMSSA's Mental Health Forum

On **June 13-14, 2019 in Toronto**, the [Ontario Municipal Social Services Association \(OMSSA\)](#) will be hosting a two-day, cross-sectoral forum that highlights best practices leading to positive outcomes, and equips managers and frontline staff with the



knowledge, skills, and confidence to navigate a system in flux and assist individuals living with mental illness and addiction in ways that help unlock their potential.

[Learn more.](#)



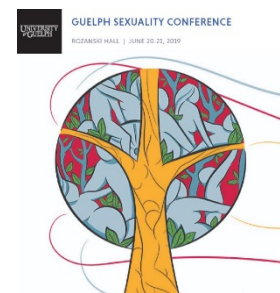
### Conference on Nutrition and Health Status of New Canadians

*Nutrition and Health Status of New Canadians; Readiness for Culturally Appropriate Care* is a one day thematic conference that will take place on June 13, 2019. This thematic conference will provide participants with an overview of nutritional health, food security, and access to healthcare as basic rights of recent immigrants and refugees. This conference will provide an update on food security status of current refugees, as well as their nutritional status in Canada and in a global perspective by bringing together academic researchers, dietitians and settlement agencies to provide a comprehensive picture. The overarching goal is to engage the audience in discussion and hear their perspectives on the challenges and opportunities regarding food security, nutritional health and access to healthcare services.

[Learn more.](#)

### The Guelph Sexuality Conference

The Guelph Sexuality Conference taking place in Guelph on June 20-21, 2019, is recognized as Canada's leading, annual training and education forum for sexual health professionals. You will hear a lot from new and experienced people in our field, sharing information and resources. Join other professionals, practitioners and researchers including medical and public health professionals, community service providers, health and sexuality educators, teachers, therapists, counselors, and clergy (just to name a few).



[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.

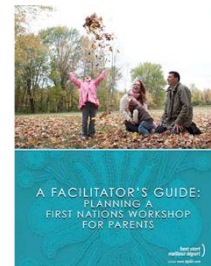
Participants will have the opportunity to increase their knowledge, skills of the history, experiences, and events which have influenced the relationship of Indigenous people in Canada. The Indigenous population in Canada is the fastest growing population, the youngest, but also the most overrepresented 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.](#)

## Would you like to build up on this?

Have a look at our manuals and ready-to-use workshops intended for Indigenous communities. See for example:

- [Atuagsijut: Following the Path Sharing Inuit Specific Ways](#)
- [Planning a First Nations Workshop for Parents](#)
- [Taking Care of Our Children: Parent Workshop on Childrearing in First Nations Families and Communities](#)
- [Zhi-gid-minaan Nda-nii-jaan-saq – Growing Together with Our Children](#), A manual on how to provide a First Nations parent workshop on the topic of parent child attachment.
- [Open Hearts, Open Minds: Services that are Inclusive of First Nations, Metis and Inuit Families](#)



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## OMSSA Webinar: Motivational Interviewing

Motivational interviewing is a counselling method that helps people resolve ambivalent feelings and uncertainties to find the internal motivation they need to change their behavior. It is a practical, empathetic, and short-term process that takes into consideration how difficult it is to make life changes. Learn more from [the Ontario Municipal Social Services Association \(OMSSA\)](#) on **September 11 or November 6, 2019** at 12:30pm.

[Learn more.](#)



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## Save The Date: OCASI Professional Development Conference 2019

[The Ontario Council of Agencies Serving Immigrants \(OCASI\)](#) will be holding a professional development conference on **October 17 and 18, 2019 in Toronto** for frontline workers and managers in the immigrant and refugee serving sector. Watch for updates on [their website](#).



## Conference - Perinatal Mental Health: Promoting Wellness, Extending Our Reach

*Perinatal Mental Health: Promoting Wellness, Extending Our Reach* is the 2nd conference event organized by the Central West Perinatal Mental Health Network. This learning and networking event is for multidisciplinary practitioners who care for pregnant and postpartum families. It will take place on **October 23, 2019 in Burlington**. This dynamic day will include speakers Dr. Simone Vigod, Dr. Ryan Van Lieshout, Dr. Lori Ross, Stephanie George, IBCLC, and Dr. Vivian Polak who will share their expertise in providing perinatal mental health care to priority populations. We will also have the privilege of hearing from those with lived experiences from these priority populations and their accounts of navigating the challenges of living with a perinatal mood disorder.

[Learn more and register.](#)

A banner for the Rainbow Health Ontario (RHO) 2020 conference. On the left is a lightbulb icon with circuitry inside. The main text reads: 'Rainbow Health Ontario presents RHO2020 THE CURRENT conference'. Below 'THE CURRENT' are the words 'practice | research | policy | systems'. There are four icons: a cross, a transgender symbol, a building, and a gear. On the right, an orange box says 'SAVE THE DATE APRIL 21-23, 2020'. At the bottom, a purple bar contains 'Niagara Falls, ON rho2020.ca', the Sherbourne Health logo, the RHO logo, and the hashtag '#RHO2020'.

### 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**, on the traditional territory of the Anishinaabeg, Haudenosaunee, Attawandaron (Neutral) and Wendat peoples, territory which is covered by the Upper Canada Treaties. 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



## Lactfacts Smartphone App

Lactfacts is a free mobile app updated each week with a short summary of recent clinically- applicable breastfeeding research, policy statement or professional protocol. Each Lactfact links to a Clinical Question of the Week, available at the website [lacted.org](http://lacted.org). The Lactfacts App is a great way to keep up-to-date on the evidence for new trends and recommendations in breastfeeding counseling and breastfeeding medicine. Need a fact to prove your point? Just whip out the Lactfacts App! Now available on [Android](#) and [Apple](#).

## Cannabis: Clearing the Air

In this document from [the Ontario Centre of Excellence for Child and Youth Mental Health](#), the links between mental health and substance use are examined, particularly cannabis use among youth under 25 years of age. Expert opinions are summarized, as well as the results of a non-systematic search of the research and grey literature available at the time of writing. This report describes best practices or elements of evidence-informed programs.



[Access the document.](#)

## Overcoming Abuse

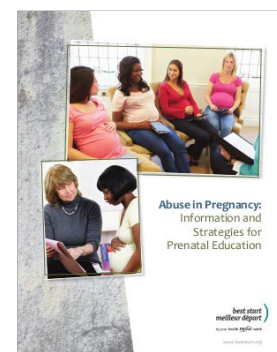
This three part series of articles called *Overcoming Abuse* addresses how to support and respect survivors of family violence, how to find legal help and shelters, and how children can be affected by family violence. The articles are based on expert interviews, and offer links to many Canadian resources and extra sources of information on each topic.

Read the articles at:

- <https://globalnews.ca/news/4615137/support-respect-family-violence-survivors/>
- <https://globalnews.ca/news/4939573/legal-help-shelters-family-violence-canada/>
- <https://globalnews.ca/news/5042916/children-family-violence/>

## What can you do?

Visit [the Abuse page of the Best Start's resources platform](#) for resources for women or manuals for service providers, or [watch the webinar recording](#) to learn how to talk about abuse in the context of a prenatal class.





## New Fact Sheets Show Growing Racial Disparities in Canada

[Colour of Poverty – Colour of Change \(COP-COC\)](#) has released a new set of fact sheets showing racial disparities in education & learning, employment, food & water security, health & child welfare, housing & homelessness, income & social assistance, immigration & newcomer settlement, justice & policing, and poverty, to mark the International Day for the Elimination of Racial Discrimination.

The set of ten fact sheets are based on the 2016 Census of Canada and other recent studies.

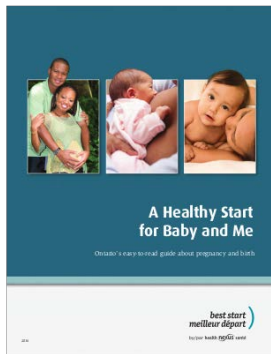
[Learn more](#) and [access the fact sheets](#).

## Baby's Best Chance - Parents Handbook of Pregnancy and Baby Care

*Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care* gives parents easy to read information, based on best practices and evidence, to ensure a healthy pregnancy and baby. Parents can use this book as your main guide to having a successful, healthy pregnancy and giving their baby a good start in life. The 2017 edition of *Baby's Best Chance* meets the Baby-Friendly Initiative criteria.

Access it online in [English](#) or [French](#), or [purchase it](#).

See also: [ABC's for new Parents – 2nd Edition](#)



**But of course, you can always...**

... refer future parents to the *A Healthy Start* book in [English](#) or [French](#). This Ontario booklet developed by Best Start is written in very simple language, is full of illustrations, and provides information about pregnancy, labour, birth and postpartum.

## New NCCHPP free online course: Health Impact Assessment, step by step

Discover the new NCCHPP free online course on Health Impact Assessment (HIA)! HIA is a structured and innovative approach to inform decision makers about the potential impacts of a project, program or policy on the health and well-being of populations. This 5-hour course is available free of charge in English and French and can be accessed at any time upon registration. It consists of 9 online modules including videos with experts, different learning activities, as well as various tools to perform HIAs.

To learn more and register: [ncchpp.ca/hia](http://ncchpp.ca/hia)  
 If you have any questions, contact the NCCHPP at: [ncchpp@inspq.qc.ca](mailto:ncchpp@inspq.qc.ca)





## New Mental Health Videos for Newcomers

[Ottawa Public Health \(OPH\)](#) has launched two new videos about the mental health challenges of settling into a new country. The agency partnered with more than 10 community groups, and received feedback from the community, to create the videos aimed at newcomers and Ottawa's culturally diverse population. Targeting newcomers is critical because they're an increasing population that may not be connected to important mental health resources.

[Learn more](#) and [access the videos](#).

## And as a follow-up...

Consider referring Newcomer future or new parents to our [booklet](#) in multiple languages on mental health during pregnancy!



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## Stay connected!

- [Click4HP](#) is an international dialogue on health promotion. Participants exchange views on issues and ideas, provide leads to resources, and ask questions about health promotion.
- [The Maternal Newborn and Child Health Promotion \(MNCHP\) Network](#) - A province-wide electronic forum for service providers working to promote preconception, prenatal and child health.
- [Ontario Prenatal Education Network](#) - A space where professionals can share information and resources, ask questions and collaborate with peers on topics related to prenatal education.
- [Health Promotion Today](#) Our blog keeps you informed of news and topics related to health promotion.

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- **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.



