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The MNCHP Bulletin is a monthly electronic bulletin that highlights current trends, new resources and initiatives, upcoming events and more in the preconception, prenatal and child health 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 the Best Start Resource Centre does not endorse or recommend any events, training, resources, services, research or publications of other organizations.*

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I. News & Views

Give women more time to give birth, make choices: WHO

In recent recommendations, the World Health Organization has suggested that women in labour should be given more time to give birth and have fewer medical interventions, while participating more in decision-making. The WHO's new advice counters original guidelines developed in the 1950s and now wants to allow longer time for dilation, based on research over the last 15 years showing that the dilation rate can be slower without endangering the health of a woman or child. This new guideline hopes to help delay and avoid unnecessary interventions linked to pushing for a speedier labour.

Read the [article](#).

Greater screen time linked to worsening sleep quality in early childhood

This Reuters article (January 15, 2018) discusses a new German study looking at the association between media consumption (from screens to books) and overall sleep quality in three year olds. Researchers found that higher electronic media consumption was strongly linked to poor overall sleep quality. Although this study has a number of limitations, this research brings attention to the issue of poor sleep and screen time.

Read the [article](#).

Childhood cancer survivors found to be at higher risk of mental illness

This CBC article (February 25, 2018) discusses a new study that shows that childhood cancer survivors are at greater risk of poor mental health outcomes, such as anxiety, substance use, and mood disorders later in life. This was a surprising finding for the research team out of Toronto's Hospital for Sick Children who have yet to determine a reason for this correlation. A co-author on the study suggests that perhaps being labelled a "childhood cancer survivor" may be a contributing factor.

Read the [article](#).

Why it's been such a tough flu season for children

This CBC article (February 16, 2018) explains why this flu season has been so difficult for children. It

explains that two influenza viruses (A & B) are active at the same time, when normally they are more staggered throughout the season. The article explains how influenza B is particularly dangerous for children. The article discusses emergency warning signs for when to seek attention for a sick child and how the flu vaccine can help turn flu with a potential hospital stay into a mild illness.

Read the [article](#).

II. Recent Reports & Research

WHO recommendations: intrapartum care for a positive childbirth experience (WHO, 2018)

This up-to-date, comprehensive and consolidated guideline on essential intrapartum care brings together new and existing WHO recommendations that, when delivered as a package, will ensure good-quality and evidence-based care irrespective of the setting or level of health care. The recommendations presented in this guideline are neither country nor region specific and acknowledge the variations that exist globally as to the level of available health services within and between countries. The guideline highlights the importance of woman-centred care to optimize the experience of labour and childbirth for women and their babies through a holistic, human rights-based approach. It introduces a global model of intrapartum care, which takes into account the complexity and diverse nature of prevailing models of care and contemporary practice.

The recommendations in this guideline are intended to inform the development of relevant national- and local-level health policies and clinical protocols. Therefore, the target audience includes national and local public health policy-makers, implementers and managers of maternal and child health programmes, health care facility managers, nongovernmental organizations (NGOs), professional societies involved in the planning and management of maternal and child health services, health care professionals (including nurses, midwives, general medical practitioners and obstetricians) and academic staff involved in training health care professionals.

Read the [report](#).

NextGen Technology: Insights and Recommendations to Support the Parents of Children Ages 0–3 (Singh, 2017)

New research shows that children experience the most rapid period of brain development, and build the foundation for all future learning, during their first few years of life. It makes sense that technology's role in early childhood parenting and caregiving is quickly growing. Technology holds untapped potential to enable caregivers to support young children's development. This report answers two primary questions:

1. How is technology currently being used to support parents of children 0-3?
2. What improvements can be made to increase technology's effectiveness in supporting this population?
3. The goal of this report is to provide clarity around how parents of young children are currently using technology, and how the early learning field can harness it to improve development outcomes for their children.

Read the [report](#).

The role of fathers during breastfeeding*

(deMontigny et al., 2017)

To better understand fathers' perceptions of their role in a breastfeeding context, 43 fathers whose children had been exclusively breastfed for a minimum of six months were interviewed. Participating fathers perceived their role as much more complex than the limited role of breastfeeding facilitator that is usually attributed to them, and identified 3 main aspects to their perceived role, each entailing challenges and tasks: 1) acting as partners in decision-making; 2) being responsible for the family functioning, and 3) providing emotional support to the mother. They saw themselves as stakeholders in decision-making relating to how their child was fed and they reacted to the imbalance created by breastfeeding. Their involvement occurred at several levels: that of their child, their spouse, and their family. These results suggest that more attention should be given to fathers' roles in a breastfeeding context and more investigation is required into the extent to which health professionals, such as midwives and nurses, support fathers in managing these various roles and the challenges they entail.

Read the [article](#).

Early Childhood Education Report 2017

(The Atkinson Centre for Society and Child Development, 2017)

Established in 2011 the Early Childhood Education Report is released every three years to evaluate the quality of provincial/territorial early years services against a 15-point scale. Results are populated from detailed profiles of each jurisdiction. The report is organized around five categories with 19 benchmarks forming a common set of minimum criteria contributing to the delivery of quality programming.

Read the [report](#).

What do we know about the relationships between preconception parental health, infertility, and pregnancy outcomes?

(Drobnis & Schust, 2017)

Until recently, research on parental health in humans has focused largely on associations with fertility measures and pregnancy. With the exception of maternal diabetes mellitus and obesity, those studies that extend to infant outcomes most commonly involved maternal exposures to environmental or pharmaceutical toxins. The effects of paternal exposures and health on infant outcomes are much less studied than maternal effects. Work in experimental and domestic species has demonstrated that preconception parental health can affect pregnancy outcomes and offspring characteristics, even across multiple generations.

Read the [article](#).

III. Current Initiatives

Hamilton's Renewed Charter of Rights of Children and Youth

This year marks the 15th anniversary of Hamilton creating its own Children's Charter, and the 25th Anniversary of Canada signing the United Nations Convention on the Rights of the Child. Hamilton's renewed Charter is a reflection of the contributions of over 2000 children and youth from birth to 18 years of age across the community who attend OEYCs, schools, youth programs, child care, and summer programs, making this a truly made-in-Hamilton charter of rights for children, written by children.

Find out [more](#).

Health Quality Ontario: Call for Participation – Non-Invasive Prenatal Testing

Health Quality Ontario is currently reviewing Non-Invasive Prenatal Testing (NIPT). The purpose is to understand whether this screening test should be more broadly funded. An important part of this review is to make sure a variety of perspectives and experiences are considered.

Find out [more](#).

IV. Upcoming Events

Webinars: Child and Family Poverty - Moving from Stigma to Empowerment

March 1st at noon, and March 8th at 10:30am

Offered for free by the Best Start Resource Centre, and presented by Marie Brisson, RN, B.Sc.N., Bilingual Health Promotion Consultant, these webinars follow the recent release of the new report [Child and Family Poverty in Ontario. A practical guide for moving from stigma to empowerment](#). Note that this webinar will also be offered [in French](#).

Learn more and register [here](#) (March 1st) and [here](#) (March 8th).

International Women's Day March

March 8, 2018: Canada

Since 1917, March 8th has been recognized as International Women's Day. This year's theme is #PressforProgress. International Women's Day is not country, group or organisation specific. The day belongs to all groups collectively everywhere.

Find out [more](#).

GOLD Lactation Online Conference 2018

April 3 - June 4, 2018: Online

As GOLD Lactation will continue to explore the latest research, trends, new ideas and hot topics in the world of human lactation, along with bringing you cultural perspectives of breastfeeding around the world and updates from advocacy groups and non-profit organizations dedicated to breastfeeding support and promotion. This online conference allows you to watch presentations at your own pace throughout the conference period.

Register [here](#).

2018 National Physical & Health Education Conference

May 17-19, 2018: Whistler, BC

The National Conference provides an opportunity for delegates to network with colleagues and increase their knowledge and skills to foster healthy active living for children and youth in the school, family and community. Delegates are people involved with the health, physical activity and education needs of children and youth including educators, public health, researchers, administrators, recreation leaders, physical education specialists and generalists and others who want more information regarding the health

of the whole child.

[Register.](#)

V. Resources

Play-based learning - The Encyclopedia on Early Childhood Development

The Encyclopedia on Early Childhood Development has created resources to promote developmentally appropriate practices like play-based learning and show how valuable these approaches are for strengthening many areas of development and learning. This topic aims to show how play-based learning can help support young children's learning of social-emotional skills, general cognitive development, and self-regulation abilities. It also helps to clarify the relationship between play and academic learning.

[Learn more.](#)

Exercise in Pregnancy and the Postpartum Period (Updated Guidelines)

Davies et al. (2017) scanned the literature and updated the Canadian guidelines advising obstetric care providers of the maternal, fetal, and neonatal implications of aerobic and strength-conditioning exercises in pregnancy. This guideline has been approved by the SOGC Clinical Practice Obstetrics Committee, the Executive and Council of SOGC, and the Board of Directors of the Canadian Society for Exercise Physiology.

[Read the recommendations.](#)

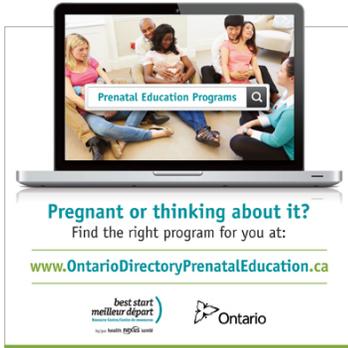
Public Health Agency of Canada – New Folic acid and neural tube defects materials

Health Canada has updated their folic acid and neural tube defect materials. These materials include information in the form of a video, poster, infographic, and fact sheet. The materials cover:

- Why women need to take folic acid
- Information about neural tube defects
- Proper folic acid dosage
- Why someone may need a higher dose
- Dosage limits for folic acid
- Benefits of a healthy diet

[Learn more.](#)

VI. Featured Resources by the *Best Start Resource Centre*



NEW! Ontario Prenatal Education Program Directory

The Ontario Prenatal Education Programs Directory is designed to help expectant parents find the right prenatal education program for them.

Please check that your listing is posted and accurate, and refer future parents to www.OntarioDirectoryPrenatalEducation.ca



Prenatal Education Directory - Promotional Postcard

This bilingual postcard can be used to promote the Ontario Prenatal Education Program Directory to future parents.

Available in [print](#) and [PDF](#).



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- The free weekly **Ontario Health Promotion E-mail bulletin (OHPE)** offers a digest of news, events, jobs, feature articles on health promotion issues, resources, and much more, to those working in health promotion.
- **Click4HP** is an international dialogue on health promotion. Participants exchange views on issues and ideas, provide leads to resources, and ask questions about health promotion.
- **The Maternal Newborn and Child Health Promotion (MNCHP) Network** - A province-wide electronic forum for service providers working to promote preconception, prenatal and child health.
- **Ontario Prenatal Education Network** - A space where professionals can share information and resources, ask questions and collaborate with peers on topics related to prenatal education.
- **Health Promotion Today** - Our blog keeps you informed of news and topics related to health promotion.
- **The Best Start 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 francophone **Le Bloc-Notes** est un outil indispensable pour les intervenants professionnels qui aiment être à l'affût des nouveautés dans le domaine de la promotion de la santé.
- Le **Bulletin de santé maternelle et infantile** est un bulletin électronique mensuel à l'intention des fournisseurs de services œuvrant dans le domaine de la promotion de la santé maternelle et infantile.
- **Promotion de la santé aujourd'hui**– Notre blogue sur lequel on partage des nouvelles et réflexions liées à la promotion de la santé.

