



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

U.S. Health Agency's reported word ban on 'fetus' and 'transgender' alarms experts

A CBC article discusses the reaction of the health community in the United States to a ban on using the following seven words and phrases — "diversity," "entitlement," "fetus," "transgender," "vulnerable," "evidence-based" and "science-based" in documents that are to be circulated within federal government. It is reported that U.S. Centers for Disease Control and Prevention officials were given this instruction from high level government officials. Dr. Sandro Galea, dean of Boston University's School of Public Health, said "if you are saying you cannot use words like 'transgender' and 'diversity,' it's a clear statement that you cannot pay attention to these issues."

Read the [article](#).

Health Canada branch shipped to new Indigenous Services Department

The federal government says the First Nations and Inuit health branch at Health Canada has been formally reassigned to Indigenous Services Minister Jane Philpott's department, Indigenous Services.

Read the [article](#).

Providing More Choice for Families in the Ontario Autism Program

The Ministry of Children and Youth Services has announced a new direct funding option that will provide families in the Ontario Autism Program (OAP) with the choice of receiving direct funding to purchase evidence-based behavioural services for their child or youth, or to receive service through one of Ontario's regional providers. This change is intended to allow families more choice and consistency of care.

Read the [news release](#)

II. Recent Reports & Research

Pain Signals to the Brain are Dissociated from Pain Behavior in Newborn Human Infants under Stress

(Jones et al., 2017)

ABSTRACT

Infant pain behavior and pain-related brain activity are generally correlated. However, Jones et al. show that high physiological stress in infants, measured by cortisol and heart rate variability, dissociates these two factors: stress is associated with greater cortical pain activity, but not with increased pain behavior. Stress is therefore an important extraneous factor when predicting infant pain: it increases pain but this increase in pain cannot be deduced from observation of pain behavior. This may be important in the prevention of adverse effects of early repetitive pain on brain development.

Read the full [article](#).

Interventions to prevent global childhood overweight and obesity: A systematic review

(Bleich et al., 2017)

ABSTRACT

In view of the prevalence, health consequences, and costs of childhood obesity, there has been substantial interest in identifying effective interventions to prevent excess weight gain in young people. In this systematic review, we expand on previous reviews of obesity prevention interventions by including recent studies (until May 23, 2017) from all parts of the world. We searched MEDLINE, Embase, CINAHL Plus, Web of Science, CAB Abstracts, and PAIS Index and included randomised controlled trials, quasi-experimental studies, or natural experiments with: (1) a control group; (2) minimum follow-up of 12 months for community-based and home-based interventions or 6 months for school-based and preschool-based interventions; and (3) a primary outcome of BMI, BMI Z score, BMI percentile, body fat percentage, skinfold thickness, waist circumference, or prevalence of overweight or obesity. School-based interventions with combined diet and physical activity components and a home element (n=41) had greatest effectiveness; evidence in support of the effect of preschool-based (n=6), community-based (n=7), and home-based (n=2) interventions was limited by a paucity of studies and heterogeneity in study design. The effectiveness of school-based interventions that combined diet and physical activity components suggests that they hold promise for childhood obesity prevention worldwide. More research with rigorous evaluation and consistent reporting is needed in non-school settings and in combinations of settings.

Read the [article](#).

Birth outcomes among First Nations, Inuit and Métis populations

(Sheppard et al., 2017)

ABSTRACT

Background: First Nations, Inuit and Métis are at higher risk of adverse birth outcomes than are non-Indigenous people. However, relatively little perinatal information is available at the national level for Indigenous people overall or for specific identity groups.

Data and methods: This analysis describes and compares rates of preterm birth, small-for-gestational-age birth, large-for-gestational-age birth, stillbirth, and infant mortality (neonatal, postneonatal, and cause-specific) in a nationally representative sample of First Nations, Inuit and Métis, and non-Indigenous births. The study cohort consisted of 17,547 births to Indigenous mothers and 112,112 births to non-Indigenous mothers from 2004 through 2006. The cohort was created by linking the Canadian Live Birth, Infant Death and Stillbirth Database to the long form of the 2006 Census, which contains a self-reported Indigenous identifier.

Results: With the exception of small-for-gestational-age birth, adverse birth outcomes occurred more frequently among First Nations, Inuit and Métis women than among non-Indigenous women. Inuit had the highest preterm birth rate (11.4 per 100 births; 95% CI: 9.7 to 13.1) among the three Indigenous groups. The large-for-gestational-age rate was highest for First Nations births (20.9 per 100 births; 95% CI: 19.9 to 21.8). Infant mortality rates were more than twice as high for each Indigenous group compared with the non-Indigenous population, and rates of sudden infant death syndrome were more than seven times higher among First Nations and Inuit.

Discussion: The results confirm disparities in birth outcomes between Indigenous and non-Indigenous populations, and demonstrate differences among First Nations, Inuit and Métis.

Read the [article](#).

Benefits of a bedtime routine in young children: Sleep, development, and beyond

(Mindell & Williamson, 2017)

ABSTRACT

This paper presents a conceptual model and reviews the empirical evidence to support a nightly bedtime routine as a key factor in the promotion of not only healthy sleep, but also of broad development and wellbeing in early childhood. A

bedtime routine embodies the characteristics of nurturing care and early child stimulation, which are deemed to be essential for positive outcomes, especially for at-risk children. Furthermore, common, adaptive components of a bedtime routine can contribute to an array of positive developmental outcomes beyond improved sleep, inclusive of language development, literacy, child emotional and behavioral regulation, parent–child attachment, and family functioning, among other outcomes. These bedtime routine components include activities in the broad domains of nutrition (e.g., feeding, healthy snack), hygiene (e.g., bathing, oral care), communication (e.g., reading, singing/lullabies) and physical contact (e.g., massage, cuddling/rocking). A bedtime routine can provide multiple benefits to child and family functioning at a time of day that many parents are present with their children. Although additional research on hypothesized routine-related child outcomes and mechanisms of action are needed, promoting a bedtime routine may be a feasible and cost-effective method to promote positive early childhood development worldwide, particularly for socioeconomically disadvantaged and other at-risk young children.

Read the [article](#).

III. Current Initiatives

Campaign 2000

[Campaign 2000](#) is a cross-Canada public education movement to build Canadian awareness and support to end child poverty in Canada. As part of their campaign, they recently released two very relevant report cards, providing a current snapshot of the depth and breadth of poverty among children and families, outlining how poverty stalls children’s progress and potential and proposes practical policy solutions:

- A national report card, “[A Poverty-Free Canada Requires Federal Leadership](#)”
- The provincial [Report Card on Child and Family Poverty in Ontario](#).

A Call to Action on Behalf of Maltreated Infants and Toddlers in Canada

Infant Mental Health Promotion (IMHP), The Hospital for Sick Children, has put together a Call to Action on behalf of maltreated infants and toddlers in Canada. To support this call to action, IMHP has created a document with evidence-based information that described the particular vulnerability of maltreated infants along with policy recommendations to protect these children. The IMHP reaches out to those working with infants and toddlers and asks them to help in addressing the adversity and contributing to their healthy development and mental health.

Click [here](#) to find out more.

Prenatal Screening Program – Call for Task Force and Advisory Committee Members

The leadership team at Ontario’s new Prenatal Screening Program (PSP) is beginning work to fulfill the program mandate. There will be an ongoing need for expert advice and guidance from the community, and they are now seeking members for the Task Forces and Advisory Committee. Applications are due January 19, 2018.

Click [here](#) for more information.

IV. Upcoming Events

Families First: free parent education workshops

SickKids CCMH offers a variety of different topics relevant to community parents and focuses on concerns that children and youth may be dealing with. These parent education workshops are free to attend. These workshops are monthly and require registration. See upcoming workshops below:

Learning about ADHD: An introductory workshop (school age focus)

January 23, 2018: Toronto

Click [here](#) to register.

When feelings feel too big: helping your young child with intense emotions (preschool to Six)

February 1, 2018: Toronto

Click [here](#) to register.

The Racialized Maternal Health Conference 2018

January 31, 2018: Toronto

The Racialized Maternal Health Conference 2018 is a forum where professionals, students, experts, researchers, policy-makers and other stakeholders will come together to pursue efforts to improve racialized maternal-newborn health and practices in Canada by promoting best practices, cultural competency and advocacy for racialized maternal health issues, research and policies.

Click [here](#) to register.

Best Start Resource Centre Conference

February 6-8, 2018: Toronto



The Best Start Resource Centre Conference is the only annual event in Ontario for service providers in the preconception, prenatal and early childhood fields to share, reflect, network and be inspired! Attracting over 300 participants each year, it allows attendees to increase their knowledge and learn innovative strategies and programs relevant to their work. The conference showcases examples of the best and promising practices throughout Ontario and across multiple settings related to family, maternal, newborn and child health.

Early Bird Registration ends soon! Click [here](#) to register.

Rainbow Health Ontario Conference

March 21-24, 2018: Sudbury, ON

This conference will focus on building partnerships in health and social services to promote the health of Ontario's diverse LGBTQ2S populations, including those in northern and rural areas. In our programming, we have emphasized an intersectional approach to health and well-being, streamed according to 7 themes: clinical practice; public policy, activism and human rights; community support and development; professional education and training; research; organization and systems change; and ethics and law. Additionally, we've encouraged content that focuses on Indigenous, Francophone, rural and northern, racialized, and newcomer LGBTQ2S needs and access.

Click [here](#) to register.

V. Resources

Play and Learn

Research shows that parents and caregivers have an important role in supporting early child development and this can happen through play! Play&Learn provides a variety of expert-reviewed activities that support a child's growth. Activities focus on practicing skills in one of four developmental domains: Thinking & Learning, Social & Emotional, Movement and Language.

Our collection of expert-reviewed activities has been chosen to be beneficial for one of three age groups: toddlers (1.5 to 2.5 years); preschoolers (over 2.5 years to 4 years); and kindergarteners (over 4 years to 6 years). Most Play&Learn activities can be completed in less than 15 minutes and require little equipment to get started. Suggestions are provided to make the activities easier or more challenging depending on your child's unique capabilities.

Learn more at <https://playandlearn.healthhq.ca/>

10 Tips for difficult conversations with parents: Online tutorial with facilitator guide

CMAS, Supporting Child Care in the Settlement Community, has created an online tutorial with a facilitator guide to help service providers have difficult conversations with parents about their child's development, challenges or needs. This tutorial provides tools and strategies to plan ahead and manage these conversations in an approachable and professional way.

[Learn more.](#)

Canadian 24-Hour Movement Guidelines for the Early Years (0-4 years): An Integration of Physical Activity, Sedentary Behaviour and Sleep

The Canadian 24-Hour Movement Guidelines for the Early Years are intended to encourage healthy growth and development. They recommend that young children should receive support from their parents and caregivers that allows for an active lifestyle with a daily balance of physical activities, sedentary behaviours, and sleep.

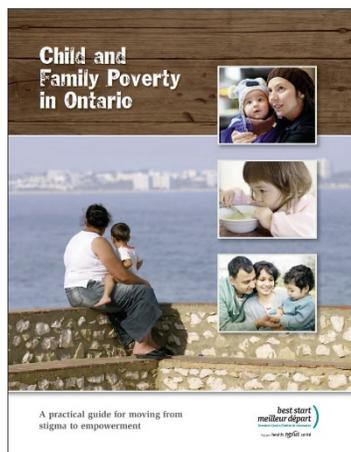
[Learn more.](#)

Family-Centred Maternity and Newborn Care: National Guidelines

The Family-Centred Maternity and Newborn Care: National Guidelines is a resource on maternal and newborn health. It includes the latest information and advice from Canadian experts. The first two available chapters include information on the underlying philosophy and principles of family-centred maternity and newborn care in Canada optimizing preconception health.

[Read more.](#)

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



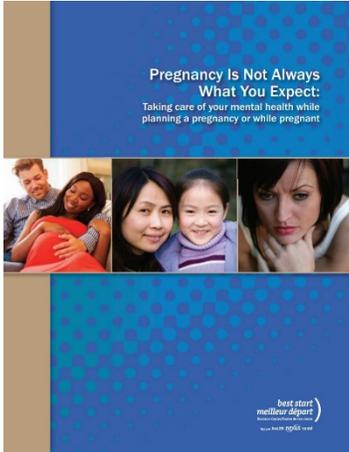
Child and Family Poverty in Ontario. A practical guide for moving from stigma to empowerment - **New edition!**

This manual is a reference for service providers working with families living in poverty who have children under age six. This edition includes **updated statistics, policies and practices** that can influence child and family poverty, examples of promising approaches to addressing various aspects of child and family poverty and current literature.

This manual was written with a wide range of service providers in mind, such as community workers, child protection workers, teachers, health care providers, early childhood educators, social workers and others who

interact with families, parents or children. The manual offers an opportunity to reflect on how poverty is defined, the impacts of poverty on families, how service provider practices can help and suggest broader systemic and policy issues that influence families living in poverty.

Available in [PDF](#).

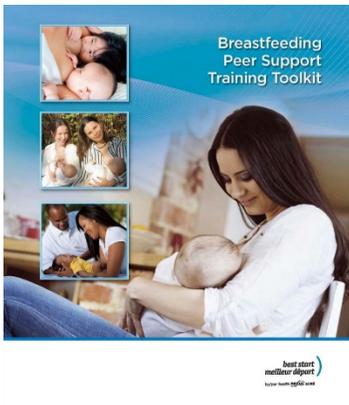


Pregnancy Is Not Always What You Expect - Booklet

This recently revised booklet for pregnant women provides information about depression and anxiety. It presents strategies to help women to:

- Take care of their mental health before and during pregnancy.
- Understand the risk factors that can lead to depression or anxiety during pregnancy.
- Know if they are depressed or anxious during pregnancy.
- Get help and treatment.

Available in [print](#) and [PDF](#) (and also in [French](#))



Breastfeeding Peer Support - Toolkit

Developed in 2016, the Breastfeeding Peer Support Training Toolkit will provide you with all you need to prepare peer support volunteers to begin supporting other mothers. In the toolkit you will find:

1. Introduction for the facilitator with information about recruiting and training potential peer support volunteers.
2. Six modules with facilitator notes. Each 2.5-hour module contains several activities.
3. PowerPoint presentations for each of the six modules.
4. Peer Resource Guide with suggestions about additional handouts, information about your program, and information about local programs and resources, etc.
5. Training Summary Charts for each module which provide an outline of the content, timing, and materials needed for each module, including a pre-training meet-and-greet.

Available in print in [English](#) and [French](#).

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- **[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.