

*Best Start Annual
Conference 2005*

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From Challenges to Opportunities

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February 21 – 23, 2005
BMO Institute for Learning

*best start
meilleur départ*)

Ontario's maternal, newborn and early
child development resource centre
Centre de ressources sur la maternité,
les nouveau-nés et le développement
des jeunes enfants de l'Ontario

Issues related to maternal, newborn and early child development are receiving more attention than ever before. This is an incredible time for those of us working to support new and expectant parents, children and families. Yet, while we welcome the attention, it also comes with certain challenges. Together we need to focus our passion and skills in an effort to sustain this current momentum.

conference overview

Once again, we're thrilled to offer a range of topics and interactive sessions related to maternal, newborn and early child health. Come share ideas, resources and practical strategies with colleagues from across the province. Don't miss this exciting forum for addressing the challenges and opportunities in our work.

MONDAY, FEBRUARY 21, 2005

9:00 am	Registration	A3	Parenting with a Disability
10:30 am	Welcome, Opening Remarks	A4	Working with Aboriginal Families with Young Children
11:00 am	Keynote: Barbara Coyle, <i>"Moving Forward – Building a Canada Fit for Children"</i>	A5	Post-partum Mood Disorder: An Update
12:00 pm	LUNCH	A6	Raising Awareness about Alcohol and Pregnancy: What Actually Works?
1:00 pm	Concurrent Sessions A	3:00 pm	BREAK
	A1 Add Self-Help/Peer Support Strategies to Your Health Promotion Mix!	3:30 pm	Keynote Panel: Becoming <i>"Father-Friendly"</i>
	A2 Les besoins en promotion de la santé des populations francophones: mythes ou réalité ?	4:30 pm	Adjournment
		4:45 pm	Reception

TUESDAY, FEBRUARY 22, 2005

7:30 am	Registration	11:30 am	Keynote: Belinda Pettiford, <i>"National Healthy Start Program, US"</i>
8:30 am	Keynote: Jane Bertrand, <i>"Early Child Development: The Roots of Health"</i>	12:30 pm	LUNCH
9:30 am	BREAK	1:30 pm	Concurrent Sessions B (repeated)
9:45 am	Concurrent Sessions B		B1 The Co-Sleeping Controversy
	B1 The Co-Sleeping Controversy		B2 Access is a 2-way Street: Making a Difference with Hard-to-Reach Populations
	B2 Access is a 2-way Street: Making a Difference with Hard-to-Reach Populations		B3 Best Practices - What's It All About?
	B3 Best Practices - What's It All About?		B4 Environment and Children's Health
	B4 Environment and Children's Health		B5 Involving Fathers... Evolving Practices
	B5 Involving Fathers...Evolving Practices		B6 The Challenges of Belonging for Children, for Parents
	B6 The Challenges of Belonging for Children, for Parents	3:00 pm	Adjournment

WEDNESDAY, FEBRUARY 23, 2005

Post-Conference Sessions (full day sessions)	9:00 – 4:00 pm	C1	Building Successful Partnerships with Physicians
		C2	Developing Effective Policies

concurrent sessions

A1. Add Self-Help/Peer Support Strategies to Your Health Promotion Mix!

Niki Deller, Best Start Resource Centre
Gillian Kranias, Ontario Self-Help Network

Self-help groups and peer-led activities enhance social support networks – a key determinant of health. This session will use interactive activities and case studies to help you:

- identify the principle characteristics, benefits and challenges of self-help/peer support aid strategies
- consider different ways professionals can foster opportunities for self-help and peer support
- practice techniques to develop self-help/peer support activities, groups, or programs

A2. Les besoins en promotion de la santé des francophones: mythes ou réalité ?

Christiane Fontaine,
Le Centre ontarien d'information en prévention
Mario Corbeil, Centre de ressources meilleur départ

Cette session présente les résultats de deux différentes démarches consultatives qui ont eu lieu au cours de la dernière année auprès des intervenants francophones en Ontario. La première de ces démarches est une analyse de besoins réalisée par le réseau CORPS. La seconde présente des informations provenant des groupes de discussions réalisés par Meilleur départ en lien avec la maternité, les nouveau-nés et le développement des jeunes enfants. Les participants seront invités à discuter des résultats et des pistes d'action qui découlent de ces consultations.

A3. Parenting with a Disability

Parents with disabilities face unique challenges in their parenting role. How can we support their inclusion in the design and delivery of community parenting programs? A parent and two representatives from disability support organizations will comprise a panel to explore the issues, challenges and strategies for inclusion.

A4. Working with Aboriginal Families with Young Children

Dr. Margaret Munro, Family Physician

This session will assist you in considering effective approaches to supporting healthy child development in Aboriginal families with young children. The early years are incredibly important in establishing a range of learning and social skills in all cultures. Some of the strengths, values, issues and special considerations when working with Aboriginal families will be addressed.

A5. Post-partum Mood Disorder: An Update

Lori Ross, Centre for Addiction and Mental Health

This session will offer participants an opportunity to hear about current research on post-partum mood disorder, raise critical questions and engage in discussions about the current challenges and issues.

A6. Raising Awareness about Alcohol and Pregnancy: What Really Works?

Wendy Burgoyne, Best Start Resource Centre

Raising awareness about the risks of alcohol use in pregnancy is important, but this strategy can be expensive and time consuming. We want our efforts to be effective. This session will discuss the results of many large-scale awareness campaigns, and several unique smaller scale campaigns. It will provide valuable new information on messages, images, and strategies that have been shown to increase awareness about the risks of alcohol use in pregnancy.

B1. The Co-Sleeping Controversy:

Linda Smith, Bright Future Lactation Resource Centre

Safe bedsharing is a time-honored practice that supports, protects and promotes breastfeeding. Research on SIDS, infant mortality, public policy and skin-to-skin contact are presented, with examples from several countries, states, and communities.

B2. Access is a 2-way Street: Making a Difference with Hard-to-Reach Populations

Josie D'avernas, Program Training & Consultation Centre

This workshop will explore the root causes of resistance to mainstream health promotion messages by special populations, and ways to break down these barriers.

We will illustrate:

- how the same message can be interpreted very differently by different people
- how differences in values and priorities can create resistance
- strategies for overcoming barriers to behaviour change

The workshop will draw from health promotion theory and practice as well as tobacco control programming.

Wednesday, February 23, 2005

(post-conference session)

B3. Best Practices

Rhona Hanning, University of Waterloo

In a time of every increasing accountability, we're hearing more and more about the need to implement "best" or "better" practice. By providing an overview of best practices – what it is, what it is not, and practical guidelines to consider, this session will help you to apply best practice concepts to improve your work.

B4. Environment and Children's Health

Suzanne Burkhardt,

Ontario Public Health Association

Tara Zupancic,

**Canadian Association of Physicians
of the Environment**

This workshop will provide a background to children's environmental health issues including updates on policy and research. It will also address how service providers and their clients can engage in creating healthy environments for children.

B5. Involving Fathers...Evolving Practices

Tim Paquette, Fathering Project, Connections

This workshop will provide the following:

- a brief overview of the societal trends that have resulted in changes to the role of parents
- an overview of a study that looked at men's health needs
- a look at the research that links responsible father involvement and child outcomes
- insights into where father involvement fits
- an individual exercise: assessment of how fathers are involved in various organizations
- a look at Health Canada's national project on fathering: My Daddy Matters Because...

B6. The Challenges of Belonging for Children, for Parents

Michael Fay, Ontario Prevention Clearinghouse

Count Me In! will demonstrate a new health promotion strategy that highlights the relationship between health and inclusion. The strategy was developed over a year of consultation with experts and agencies serving people seeking inclusion, including an early years centre. We'll look at the importance of creating the feeling and reality of belonging for the children and parents you serve.

C1. Building Successful Partnerships with Physicians

Wendy Burgoyne, Best Start Resource Centre

Physician involvement can be critical to the success of certain initiatives. This full day workshop will assist you in planning for effective partnerships with physicians to promote maternal, newborn and child health. Relevant tips, ideas and simple step-by-step approaches will be provided. Participants will have the opportunity to hear about recent physician initiatives from across the province. Find out more about assessing physician needs and interests and planning for physician involvement, resources, training and protocols. Participants will have the chance to discuss and apply the information learned in this session.

C2. Developing Effective Policies

Nancy Dubois,

The Health Communications Unit

This workshop is intended for public and community health practitioners with an interest in policy as a strategy for bringing about health promoting change. It will provide a practical, 'hands-on' orientation to the process of developing and implementing health-promoting policies. Topics addressed in the workshop will include: assessing the need for policy, building support for policy among key stakeholder groups, writing policies, evaluating the impact of policies, and sustaining policy over time. Through a combination of lectures, small group exercises and an interactive panel, the workshop will address the development of community-wide policies (e.g., smoke-free public places), as well as the development of policies for specific settings specific to maternal, newborn and child health.

Speaker bios can be viewed
at www.beststart.org

keynote speakers

Becoming “Father-Friendly”

Hear 3 representatives from diverse fathering programs share their experiences and perspectives. The panellists will provide insights about how to actively engage fathers, and about the kind of information and programs fathers want. They will also discuss successful strategies to gain organizational support for fathering programs and will provide concrete suggestions to help us become more “father-friendly”.

Tim Paquette, Fathering Project, Connections

Tim has been working with families in the social service field for the last fourteen years. His current position is Project Coordinator for Health Canada’s national project fund on Fathering. Tim currently sits as vice chair and program lead for the Father Involvement Initiative-Ontario (FII-ON) a regional initiative devoted to promoting responsible father involvement Ontario-wide. Recently, Tim was involved in preparing a report assessing the prenatal and early postnatal needs of fathers in Ontario entitled: “Emerging Trends in Fathering: The Prenatal and Postnatal Needs Assessment of Fathers in Ontario CAPC/CPNP sites”. Tim is also a Community Practitioner Representative for the Father Involvement Research Alliance (FIRA)/Community University Research Alliance (CURA) Project entitled: “Changing Fatherhood: Supporting Involvement as part of the Young Dads Cluster and the New Dads Cluster”

Ed Bader, Focus on Fathers

Edward Bader, a family therapist, has been the Project Director of FOCUS ON FATHERS since 1999 when Catholic Community Services of York Region asked him to develop an educational program for fathers of children under six years of age. He was Associate Professor in the Department of Family and Community Medicine at the University of Toronto (1990 – 1995), President of the Ontario Association for Marriage and Family Therapy (1996 – 1998), and Executive Director of Rose of Sharon in Newmarket (1997 – 1999). He and his wife Carole Sinclair are the parents of Daniel (30) and Beth Ann (28) and grandparents of Christian (8).

Dave Lance, Jessie’s Centre for Teenagers

Dave is a 23 yr. old single father of two and half year old twin boys. He was born in Toronto. In 2001 he became an active participant of Jessie’s Centre for Teenagers. After the birth of his sons he became involved with the Community Education Project at the agency and has done many presentations to youth, professionals, educators and the media about his experiences as a young father. He is on the Board of Directors at Jessie’s and will serve as the Vice-President this term. Dave has provided peer mentoring to the Fathers Group at the centre and is training to become a peer to peer mentor at Planned Parenthood. His future goal is to become a Child and Youth Worker and work with young fathers.

Early Child Development: The Roots of Health

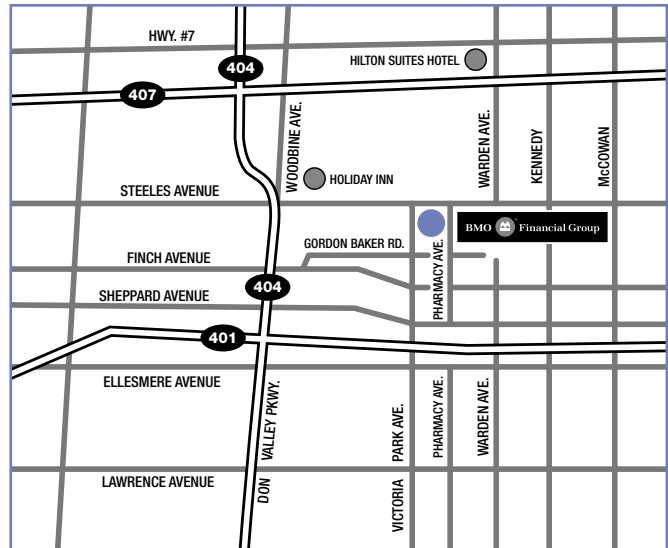
The roots of adult health and well-being are established during early child development. The presentation will summarize research findings from neuroscience, medicine, epidemiology and social science disciplines that link developmental outcomes in early life to mental and physical health in adulthood. Early experiences shape the biology that we carry with us into adolescence and beyond. Our early trajectories are difficult to alter and influence our risk for chronic diseases and early mortality. Our health promotion and prevention efforts will have the largest impact in improving early child development across the population.

Jane Bertrand, Atkinson Centre for Society and Child Development

Jane Bertrand is the executive director at the Atkinson Centre for Society and Child Development, OISE/UT and is an Early Childhood Education faculty member at George Brown College in Toronto. Jane was the research coordinator for the Ontario Early Years Study: Reversing the Real Brain Drain (1999) and continues to work with Fraser Mustard and the Founders’ Network on the early years agenda. Jane brings 30 years experience working with, and advocating for, young children, their families and communities. She is particularly interested in translating early child development science into daily practice.

Conference location: The BMO Institute of Learning is located at 3550 Pharmacy Ave in Scarborough. Telephone 416.490.4300.

For detailed directions please see the Best Start website (http://www.beststart.org/conferences/index.html#annl_conf) or call 1-800-397-39567 ext 260



Register Early – Space is Limited!: Register by January 14, 2005 to take advantage of the “early bird” special, of \$170.00. Regular registration fees of \$200.00 apply after January 14, 2005.

Cancellation Policy: Notification of cancellation and requests for refunds must be submitted in writing before February 7, 2005. Refunds will be subject to a \$50.00 administration fee. No refunds will be issued for cancellations received after February 7, 2005.

Accommodations: A block of single occupancy rooms is reserved on site at the BMO Institute for Learning at a rate of \$150 plus taxes. This rate includes dinner and a full breakfast. For more details about the accommodations, please see www.beststart.org/conferences/index.html#annl_conf. To reserve a room, please check the room request box on the registration form or call Best Start at 1-800-397-9567 ext. 260. All delegates are responsible to notify Best Start of any cancellations in accommodations prior to February 12, 2005. Best Start is not responsible for any room charges due to cancellations after February 12, 2005.

Additional rooms are available at the Holiday Inn Hotel (7095 Woodbine Avenue, Markham) at a rate of \$129 plus taxes (includes buffet breakfast). To make reservations, call 1-800-387-3303 before January 21, 2005 and state that you are with Best Start.

Parking: Free parking is available at the Institute

Exhibit Space Available: If you are interested in reserving an exhibit space to display your program or resources, please contact Joan Piscopo at 1.800.397.9567 ext 260.

Moving Forward Together – Building a Canada Fit for Children

Learn about the promises Canada has made to its children and about the growing expectations to keep these promises. Each of us has a key role to play in the movement for healthy child development that is gathering momentum across the country and around the world. Connect your passion for children to the power of collaboration in your community using Canada's newly published national action plan -- A Canada Fit for Children.

Barbara Coyle, Canadian Child Care Federation

Barbara Coyle is the Executive Director of the Canadian Child Care Federation (CCCF), a federation of 20 provincial and territorial organizations whose mission is to achieve excellence in early learning and child care. In her nine years with CCCF she has been a champion for healthy child development and for the critical importance of working together for children and families.

Healthy Start

Infant mortality, low birth weight and racial disparities have been the focus of this national initiative since 1991. Learn more about the work of over 96 programs across the US, their accomplishments to date, and the insights gained while working in very different communities, with multiple partners and addressing a range of issues including prenatal care, case management (housing, nutrition, social support), health education, barriers to access and enabling client empowerment.

Belinda Pettiford, US National Healthy Start Association

Belinda has been with the North Carolina Division of Public Health, Women's and Children's Health Section since November 1995. She presently serves as the Supervisor for the Perinatal Health and Family Support Unit. In this role, she is responsible for the oversight of all Maternal Health Programs (including three Healthy Start sites, the state's Minority Infant Mortality Reduction and Sickle Cell Programs), Services, and Budgets. Prior to being in this position, Belinda was the Program Manager for the federal Healthy Start Baby Love Plus Initiatives. Belinda presently serves as the President of the National Healthy Start Association – based in Baltimore, Maryland.

**Best Start: Ontario's Maternal, Newborn and Early
Child Development Resource Centre**

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Best Start is a key program of the Ontario Prevention
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Government of Ontario.

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