

BEST START RESOURCE CENTRE 2009 Annual Conference



The Best Start Resource Centre team is pleased to host our 2009 annual conference. The conference addresses preconception through to child health and explores sessions relevant to your work and areas of interest. Acquire the latest information, learn innovative strategies and programs, and meet new colleagues. We look forward to seeing you in February!

- FEBRUARY 23 – 25, 2009
- RENAISSANCE TORONTO AIRPORT HOTEL AND CONFERENCE CENTRE
- TORONTO
- Information and on-line registration:
www.beststart.org

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by/par health **nexus** santé

▶ MONDAY, FEBRUARY 23, 2009

PRE-CONFERENCE SESSIONS

9:00 am – 4:00 pm PRE-CONFERENCE SESSION

PC1 Circles of Influence: Integrating the Determinants of Health in Maternal and Child Health Planning
• Room: Muskoka II/III

9:00 am – 4:00 pm PRE-CONFERENCE SESSION

PC2 Promotion of Healthy Weights in the Early Years
• Room: Muskoka I

▶ TUESDAY, FEBRUARY 24, 2009

DAY 1

8:30 am – 10:30 am WELCOME

Keynote #1: The First 'R': Relationships. The Key Role of Relationships in Infant and Child Brain Development. How does love build brains and what is Ontario doing about it?
– Dr. Jean Clinton • Room: Ambrosia I/II/III

10:00 am – 10:30 am BREAK

10:30 am – 12:30 pm CONCURRENT SESSIONS A

- A1** First Nation Perspectives on Child Development
– Jaynane Burning-Fields • Room: MacIntosh
- A2** Prenatal Physical Activity and Obesity Prevention
– Dr. Michelle Mottola • Room: Niagara
- A3** Preconception Health in Ontario
– Wendy Burgoyne • Room: Spartan
- A4** Early Child Development and Chronic Disease Prevention
– Diane Finkle • Room: Ambrosia IV
- A5** Vital Communities, Vital Support – Dr. Carol Crill Russell
• Room: Ambrosia I/II/III
- A6** Safety Issues for Children's Products and Recall Information for Service Providers – Wendy McNalley and Nadira Rambritch
• Room: Northern Spy

12:30 pm – 1:30 pm LUNCH

1:30 pm – **Keynote #2:** Ending Child Poverty in Ontario: Where are we at and what can we do?
2:30 pm – Jacquie Maund • Room: Ambrosia I/II/III

2:30 pm – 3:00 pm BREAK

3:00 pm – 5:00 pm CONCURRENT SESSIONS B

- B1** Strategies for Service Providers: Promoting Infant and Child Mental Health – Dr. Jean Clinton • Room: Ambrosia I/II/III
- B2** 18 Month Well Baby Visit
– Dr. Pat Mousmanis • Room: Ambrosia IV
- B3** Providing Interdisciplinary Education on Perinatal Mood Disorders
– Dr. Diane Meschino and Hiltrud Dawson • Room: MacIntosh
- B4** Helping Families to Prepare for Multiple-Birth Children
– Donna Launslager • Room: Golden Delicious
- B5** Child Language Development in Bilingual or Multilingual Environments – Laurie-Ann Staniforth • Room: Spartan
- B6** Safety Issues for Children's Products and Recall Information for Service Providers
– Wendy McNalley and Nadira Rambritch • Room: Northern Spy

5:00 pm ADJOURNMENT

5:15 pm – 6:15 pm The French Connection

▶ WEDNESDAY, FEBRUARY 25, 2009

DAY 2

8:30 am – **Keynote #3:** A Birthing Strategy for Canada
9:30 am – Dr. Renato Natale • Room: Ambrosia I/II/III

9:30 am – 10:00 am BREAK

10:00 am – 12:00 pm CONCURRENT SESSIONS C

- C1** Giving Birth in a New Land
– Louise Choquette and Saleha Bismilla • Room: Niagara
- C2** Engaging and Supporting Pregnant Women Who Use Substances: Principles and Interventions
– Tammy MacKenzie • Room: Ambrosia I/II/III
- C3** Bullying and the Early Years
– Dr. Tracy Vaillancourt • Room: MacIntosh
- C4** Queering the Family Tree: Welcoming LGBTQ Parents and their Children – Rachel Epstein • Room: Northern Spy

C5 Building Links Between Family Health Teams (FHTs) and Community Programs and Services for Children
– Dr. Nick Kates and Family Health Teams Representatives
• Room: Ambrosia IV

C6 Work / Life Balance – A Personal Issue and a Public Concern
– Dr. Donna Lero • Room: Spartan

12:00 pm – 1:00 pm LUNCH

1:00 pm – **Keynote #4:** Taking Stock after a Decade of Evaluation of the Canada Prenatal Nutrition Program (CPNP) Planning – Nicole Kenton and Julie Voorneveld
2:00 pm • Room: Ambrosia I/II/III

2:00 pm WRAP UP AND ADJOURNMENT

► MONDAY, FEBRUARY 23, 2009

PRE-CONFERENCE SESSIONS

PRE-CONFERENCE SESSIONS 9:00 am – 4:00 pm**PC1 CIRCLES OF INFLUENCE: INTEGRATING THE DETERMINANTS OF HEALTH IN MATERNAL AND CHILD HEALTH PLANNING**

Hosted and facilitated by the staff of the Health promotion HUB at Health Nexus: Sylvie Boulet, Christine Carbotte, Ronald Dieleman, Robyn Kalda, Mary Martin Rowe, Helene Roussel, Subha Sankaran, Peggy Schultz, Suzanne Schwenger, and Beth Ward

This session will help those working in the field of maternal and child health planning to increase their understanding of the role of the broad determinants of health and what we can do about them. Through a combination of presentations, stories and experiential exercises, participants will share ideas on how to coordinate our efforts across sectors to effect positive change for healthy child development.

Highlights of this day will include:

- Principal address by Dr. Pete Sarsfield, former Medical Officer of Health and CEO, Northwestern Health Unit, writer and environmental health physician
- Latest research on the determinants of health from the World Health Organization.
- Introduction of new planning tool called Primer to Action.
- Practical exercises to help us share and connect our own circles of influence.

PC2 PROMOTION OF HEALTHY WEIGHTS IN THE EARLY YEARS

Hosted and facilitated by Nancy McGeachy, Best Start Resource Centre

Childhood obesity has become a serious concern in Canada and has heightened attention to the importance of physical activity in the early years. Join our preconference session to learn more about promoting healthy weights in children and the launch of the provincial campaign on Physical Activity in the Early Years.

The agenda is based on the Ottawa Charter for Health Promotion. The day starts with a keynote speaker to provide an overview of the issue and then speakers will address each of the five components of The Charter.

1. Reorienting health services: Dr. Kristi Adamo, Healthy Active Living and Obesity Research Group at the Children's Hospital of Eastern Ontario Research Institute and Ottawa University
2. Creating supportive environments:
Donna Howard, Ministry of Health Promotion
3. Building healthy public policy:
Donna Howard, Ministry of Health Promotion
4. Developing personal skills.
Michelle Cundari, North Bay Parry Sound District Health Unit
5. Strengthening community action:
Jacky Kennedy, Green Communities Canada



► PLENARY SESSIONS – TUESDAY, FEBRUARY 24, 2009

DAY 1

MORNING KEYNOTE SPEAKER 8:30 am – 10:00 am**1. THE FIRST 'R': RELATIONSHIPS. THE KEY ROLE OF RELATIONSHIPS IN INFANT AND CHILD BRAIN DEVELOPMENT. HOW DOES LOVE BUILD BRAINS AND WHAT IS ONTARIO DOING ABOUT IT?***Dr. Jean Clinton, McMaster University and Offord Centre for Child Studies*

This presentation will provide an overview of infant neurodevelopment and what is being done in Ontario to promote infant and child mental health. It will include an overview of why the brain matters, the role of the primary caregiver in early brain growth, and how experience-based brain development in the early years sets neurological and biological pathways that affect health, learning, and behaviour. Dr. Jean Clinton will cover topics such as early child development, language and cognition, vision and hearing, 'sensitive periods' in early brain development, the fear response and stress, and the importance of relationships.

AFTERNOON KEYNOTE SPEAKER 1:30 pm – 2:30 pm**2. ENDING CHILD POVERTY IN ONTARIO – WHERE ARE WE AT AND WHAT CAN WE DO?***Jacque Maund, Ontario Campaign 2000*

This presentation will provide the latest statistics on child and family poverty in Ontario. It will address some of the reasons why the Ontario child poverty rate remains high. The speaker will summarize what Campaign 2000 is calling for from federal and provincial Government to address child and family poverty, and will give an update on the Poverty Reduction Strategy promised by Ontario Liberal Government. The presentation will talk about public advocacy to end child poverty – challenges and successes – and will provide some examples of actions that the audience (service providers) can take in their communities, with the media, and with politicians. Campaign 2000 hopes to achieve increased understanding of the role that service providers can play in advocating for change, and commitment by the audience to follow through and take action.

► PLENARY SESSIONS – WEDNESDAY, FEBRUARY 25, 2009

DAY 2

MORNING KEYNOTE SPEAKER 8:30 am – 9:30 am**3. A BIRTHING STRATEGY FOR CANADA***Dr. Renato Natale, Society of Obstetricians and Gynaecologists of Canada*

Dr. Renato Natale will discuss "A Birthing Strategy for Canada" as a multi-faceted way to address obstetrical care shortages, to implement collaborative care models for pre- and post-natal care, and to look at ways of providing optimal care in urban, remote, rural, and aboriginal communities. The presentation will include information about this national effort and the implications for service providers.

AFTERNOON KEYNOTE SPEAKER 1:00 pm – 2:00 pm**4. TAKING STOCK AFTER A DECADE OF EVALUATION OF THE CANADA PRENATAL NUTRITION PROGRAM (CPNP)***Nicole Kenton, Public Health Agency of Canada; Julie Voorneveld, Public Health Agency of Canada*

The findings from a decade of evaluation of the Canada Prenatal Nutrition (CPNP) program will be presented and reflected upon. Evaluation findings on program reach, impact, best practice, and cost-effectiveness will be discussed. The presenters will also discuss the challenges and complexities encountered when evaluating this national multi-site, community-based program.

This presentation will raise the following questions:

- What do program planners and policy makers want to know?
- What are some of the challenges to answering?
- Despite the challenges, what have we learned after over 12 years of performance measurement and evaluation?
- What are the implications for programming?

▶ TUESDAY, FEBRUARY 24, 2009

DAY 1

CONCURRENT SESSIONS A 10:30 am – 12:30 pm**A1 – FIRST NATION PERSPECTIVES ON CHILD DEVELOPMENT***Jaynane Burning-Fields, Niagara Regional Native Centre*

This session will provide an overview of First Nation perspectives on child development. It will share information about developmental targets and how parents support reaching these targets. The session will help service providers to develop their skills for working with First Nation families that have young children and to understand Aboriginal perspectives on nurturing the development of children.

A2 – PRENATAL PHYSICAL ACTIVITY AND OBESITY PREVENTION*Dr. Michelle Mottola, Schulich School of Medicine and Dentistry and R. Samuel McLaughlin Foundation – Exercise and Pregnancy Laboratory at the University of Western Ontario*

Dr. Mottola will discuss the current Canadian guidelines for exercise during pregnancy and postpartum (PARmed-X for Pregnancy; www.csep.ca) and the importance of physical activity among women of childbearing age. Physical inactivity during pregnancy and postpartum may be potential pathways for obesity development through excessive pregnancy weight gain and postpartum weight retention. Promotion of active living and how to overcome potential barriers to physical activity during this time period will also be discussed. Participants will learn to use the Canadian guidelines to promote physical activity in pregnant and postpartum women to help them exercise safely.

A3 – PRECONCEPTION HEALTH IN ONTARIO*Wendy Burgoyne, Best Start Resource Centre*

By the time a woman knows she is pregnant, it is too late to prevent many birth defects. Over the last 10 years there have been a growing number of local, regional, and provincial initiatives in Ontario to encourage men and women to assess and improve their health prior to conception. This session will highlight the results of a recent Best Start Resource Centre survey of the general public in Ontario concerning awareness, intentions, and behaviour related to preconception health. The session will discuss changes over the last 6 years, and implications to program planning.

A4 – EARLY CHILD DEVELOPMENT AND CHRONIC DISEASE PREVENTION*Diane Finkle, Consultant for the Best Start Resource Centre*

Linking early child development and chronic disease is part of a long-term strategy that can offer a dramatic return on our investment in the health of Canadians. Policies and programs that promote quality learning experiences and positive relationships for children can have a huge impact on long term health. This presentation will show how early child development is closely linked to risk factors for chronic disease (i.e., poor diet, lack of exercise, stress, smoking and environmental tobacco smoke, etc.). The speaker will present a realistic picture of the challenges that are already faced by both individuals and communities on this subject and provide recommendations for decision-makers about how to address these challenges.

A5 – VITAL COMMUNITIES, VITAL SUPPORT*Dr. Carol Crill Russell, Invest in Kids*

Invest in Kids completed a year's study of "vital communities" – where parents of young children feel supported in their role. They commissioned a literature review, conducted key informant interviews and focus groups, then fielded a national survey of 3000 parents about what they need to feel supported in their role as a parent. Invest in kids found parenthood triggers a search for "community" in parents' physical neighbourhoods. But there is an alarming gap between parents' ideal community and daily reality. This presentation shares the important insights gained through this project and concludes with strategies practitioners can implement to improve our support for parents.

A6 – SAFETY ISSUES FOR CHILDREN'S PRODUCTS AND RECALL INFORMATION FOR SERVICE PROVIDERS*Wendy McNalley, Health Canada; Nadira Rambritch, Health Canada*

This concurrent session will provide an overview of product safety standards and recall procedures in Canada. Information for service providers about how to stay up to date with the latest recalls and promote safety is provided. It will also include information about how to know what products and toys are safe for service providers to purchase for their programs (e.g., child care programs, health programs, etc.) and how service providers can help parents and caregivers in purchasing safe products. Health Canada resources will be available to all participants.

▶ TUESDAY, FEBRUARY 24, 2009

DAY 1

CONCURRENT SESSIONS B 3:00 pm – 5:00 pm**B1 – STRATEGIES FOR SERVICE PROVIDERS:
PROMOTING INFANT AND CHILD MENTAL HEALTH***Dr. Jean Clinton, McMaster University
and Offord Centre for Child Studies*

This concurrent session will offer an in-depth analysis of infant neurodevelopment and information for service providers about how to promote infant and child mental health in their work. Dr. Jean Clinton will provide an overview of attachment including: attachment classifications, the developmental implications of insecure attachment, influences on attachment, suggestions of parents and caregivers, and more.

B2 – 18 MONTH WELL BABY VISIT*Dr. Patricia Mousmanis,
Ontario College of Family Physicians*

This presentation will highlight research in the Early Years and clinical strategies to improve outcomes for families with young children. In particular, the 18 month well child visit will be discussed in detail with three different cases to show how to approach this important opportunity for developmental surveillance. Evidence based guidelines developed by the Ontario College of Family Physicians and the Ontario Medical Association and specific clinical tools (Rourke Baby Record, Nippissing, CHAT/M-CHAT, Nutrition guidelines) will be reviewed and discussed in an interactive workshop. This session will be of particular use to those practitioners working with pregnant women and young families as preventative strategies to optimize attachment and child development will be reviewed.

**B3 – PROVIDING INTERDISCIPLINARY EDUCATION ON
PERINATAL MOOD DISORDERS***Dr. Diane Meschino, University of Toronto, Women's
College Hospital (WCH), Sunnybrook HSC, and the
Centre for Addiction and Mental Health; Hiltrud
Dawson, Best Start Resource Centre*

Dr. Diane Meschino and Hiltrud Dawson will discuss the development of the new resource "Perinatal Mood Disorders: an Interdisciplinary Training Video" with participants and how it can be used in practice to provide education to a multi-disciplinary audience. A train the trainer session will follow using the video along with the facilitator's guide.

**B4 – HELPING FAMILIES TO PREPARE FOR
MULTIPLE-BIRTH CHILDREN***Donna Launslager, Multiple Births Canada*

Expecting and parenting multiples is different from that of a singleton pregnancy and parenthood. Multiple births are associated with substantial medical, health care, socio-emotional, developmental, educational, and economic consequences for both families and society. The session aims to advise how best to help families prepare for and successfully respond to the demands of multiple pregnancy and the first 6 years after the birth of twins, triplets, or more. Donna will highlight that preparation should include education of the special aspects of multiple pregnancy and parenting using multiples-focused resources on infant care and feeding, child development, advice on securing help, and support.

**B5 – CHILD LANGUAGE DEVELOPMENT IN BILINGUAL
OR MULTILINGUAL ENVIRONMENTS***Laurie-Ann Staniforth, First Words*

This concurrent session will provide an overview of normal child language development in bilingual or multilingual environments. Bilingualism in the context of language delay or disorder will also be discussed. This session will include practical considerations for service providers such as issues to consider and how to work with and support bi- and multilingual children and families.

**B6 – SAFETY ISSUES FOR CHILDREN'S PRODUCTS AND
RECALL INFORMATION FOR SERVICE PROVIDERS***Wendy McNalley, Health Canada;
Nadira Rambritch, Health Canada*

This concurrent session will provide an overview of product safety standards and recall procedures in Canada. Information for service providers about how to stay up to date with the latest recalls and promote safety is provided. It will also include information about how to know what products and toys are safe for service providers to purchase for their programs (e.g., child care programs, health programs, etc.) and how service providers can help parents and caregivers in purchasing safe products. Health Canada resources will be available to all participants.

FEBRUARY 24, 2009: THE FRENCH CONNECTION! 5:15 pm - 6:15 pm

A networking event for francophones providing an opportunity to exchange ideas and resources. Participants will be encouraged to discuss issues related to their work with francophone communities. This informal session will be led in French by Louise Choquette, Bilingual Health Promotion Consultant.

▶ WEDNESDAY, FEBRUARY 25, 2009

DAY 2

CONCURRENT SESSIONS C 10:00 am – 12:00 pm**C1 – GIVING BIRTH IN A NEW LAND**

Louise Choquette, Best Start Resource Centre; Saleha Bismilla, Toronto Public Health

The changing demographics of Ontario have an impact for service providers such as nurses, physicians, midwives, and community workers who work in reproductive health. Women from diverse cultural backgrounds may have different needs and expectations when accessing health services. Service providers should be sensitive to these needs and can help women and their partners to prepare for having a baby in Ontario. The Best Start Resource Centre has recently created a manual on this topic and will be presenting the findings. Real-life scenarios will be described and the possible solutions discussed. This session will help you support newcomer women and their partners in the prenatal, labour and delivery, and postnatal phases of their lives.

C2 – ENGAGING AND SUPPORTING PREGNANT WOMEN WHO USE SUBSTANCES: PRINCIPLES AND INTERVENTIONS

Tammy MacKenzie, Jean Tweed Centre

This presentation will provide participants with best practice information and effective strategies in caring for women who are using substances during pregnancy. Several key principles that can be integrated into clinical approaches will be discussed along with the therapeutic relationship. The effects of substance use on both the mother and child will also be discussed within the context of engaging women into service.

C3 – BULLYING AND THE EARLY YEARS

Dr. Tracy Vaillancourt, University of Ottawa, McMaster University, and Offord Centre for Child Studies

Dr. Vaillancourt will talk about the origins of aggression and the factors associated with aggressive behaviour in young children. She will also provide information about what is 'normal' aggression and what is 'abnormal' aggression and will offer strategies for service providers regarding how to address aggression in preschoolers.

C4 – QUEERING THE FAMILY TREE: WELCOMING LGBTQ PARENTS AND THEIR CHILDREN

Rachel Epstein, Sherbourne Health Centre

This presentation will explore the overarching question: What does it mean to be a LGBTQ or queer positive professional? The presentation will address some of the challenges facing LGBTQ parents and their children in light of the current social, cultural, and political context, and will offer some practical suggestions for making services more welcoming to LGBTQ families. The presenter encourages participants to ask questions and to view this as an opportunity for reflection, learning, and dialogue.

C5 – BUILDING LINKS BETWEEN FAMILY HEALTH TEAMS (FHTs) AND COMMUNITY PROGRAMS AND SERVICES FOR CHILDREN

Dr. Nick Kates, McMaster University, Hamilton Family Health Team, and the Quality Improvement and Innovation Partnership

This concurrent session will provide an overview of the role of family health teams (FHTs), opportunities for FHTs to develop programs promoting the wellbeing of children, and connections that can be established between FHTs and other programs and services for children in the community. Presenters from FHTs will discuss the lessons they have learned and advice they would provide to assist community service providers and family health teams in working together to support families and children.

- Jess Rogers and Wanita Livingstone
Centre for Effective Practice and Haliburton Highland FHT
- Jason Bandey and Heather Kane
Stratford FHT
- Mel Krass
Niagara Falls FHT
- Tracy Hussey and Peggy Carter-Arrowsmith
Hamilton FHT

C6 – WORK / LIFE BALANCE – A PERSONAL ISSUE AND A PUBLIC CONCERN

Dr. Donna Lero, Centre for Families, Work and Well-being at the University of Guelph

This concurrent session will provide new research information and perspectives on work-life balance, particularly focusing on challenges for parents and the impacts on children. An overview of some effective strategies for achieving work-life integration will be provided at the personal, organizational, and societal levels. The session will include discussion of how service providers can support families and address some of their own needs.

▶ REGISTRATION INFORMATION

REGISTER EARLY – SPACE IS LIMITED!

Register by January 16, 2009 to take advantage of the “early bird” special of \$250.00. Regular registration fees of \$300.00 apply after January 16, 2009. Student rates available with proof of full time student status.

CANCELLATION POLICY

Notification of cancellation and requests for refunds must be submitted in writing before February 4, 2009. Refunds will be subject to a \$50.00 administration fee. No refunds will be issued for cancellations received after February 4, 2009.

ACCOMMODATIONS

A block of rooms is reserved at the Renaissance Toronto Airport Hotel and Conference Centre at a special rate of \$159 for single or double occupancy. To reserve a room with the special rate, please book your room online at Renaissance Toronto Airport Hotel & Conference Centre <http://www.marriott.com/hotels/travel/yyzta?groupCode=besbesa&app=resvlink&fromDate=2/22/09&toDate=2/25/09> or call 1-800-630-2594 / 1-416-675-6100. Please state that you are attending the Best Start Resource Centre Annual Conference.

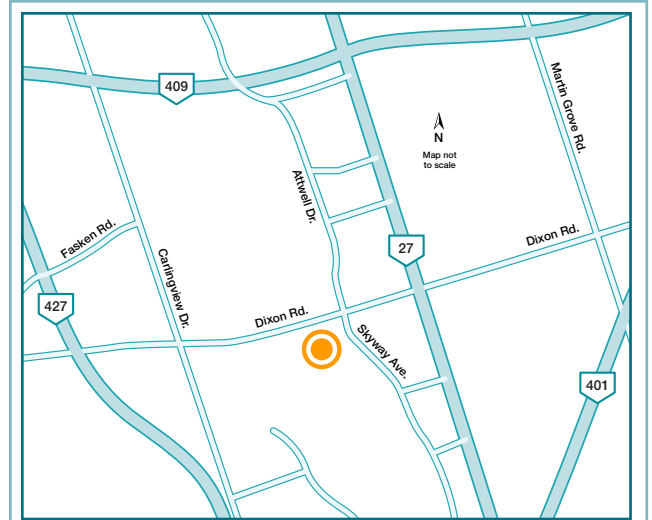
PLEASE NOTE: All delegates are responsible for notifying the Renaissance Toronto Airport Hotel and Conference Centre about changes in travel plans. The Best Start Resource Centre is not responsible for any room charges or room cancellation fees.

PARKING

Free parking is available at the Renaissance Toronto Airport Hotel and Conference Centre. Overnight guests must bring their license plate numbers when they check in.

EXHIBIT SPACE AVAILABLE FOR TUESDAY, FEBRUARY 24

An exhibit and market place will be available to delegates on Thursday, February 24. If you are interested in reserving space to display your program or resources, please contact Sabrina Moella at 1-800-397-9567 ext. 2260. There is an exhibit fee of \$75.



CONFERENCE LOCATION

The Renaissance Toronto Airport Hotel and Conference Centre is located at 801 Dixon Road in Toronto near the airport. Telephone 1-800-630-2594 / 1-416-675-6100

For detailed directions:

<http://www.marriott.com/hotels/maps/directions/yyzta-renaissance-toronto-airport-hotel-and-conference-centre/>

▶ Information and on-line registration:
www.beststart.org



by/par health **nexus** santé

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

c/o Health Nexus 180 Dundas Street West, Suite 1900, Toronto, ON M5G 1Z8
Phone: 416.408.2249 or 1.800.397.9567 • Fax: 416.408.2122 • Email: beststart@beststart.org • www.beststart.org

Name _____ Title _____
 Organization _____
 Address _____
 City _____ Prov _____ Postal Code _____
 Phone _____ Fax _____ Email _____

Monday, February 23, 2009 – 9:00am to 4:00pm

- PC1 Circles of Influence: Integrating the Determinants of Health in Maternal and Child Health Planning
 OR
 PC2 Promotion of Healthy Weights in the Early Years

Tuesday, February 24, 2009 – 10:30am to 12:30pm
Morning workshop (please indicate first, second and third choice):

- A1** First Nation Perspectives on Child Development
A2 Prenatal Physical Activity and Obesity Prevention
A3 Preconception Health in Ontario
A4 Early Child Development and Chronic Disease Prevention
A5 Vital Communities, Vital Support
A6 Safety Issues for Children's Products and Recall Information for Service Providers

First choice:
 Second choice:
 Third choice:

Tuesday, February 24, 2009 – 3:00pm to 5:00pm
Afternoon workshop (please indicate first, second and third choice):

- B1** Strategies for Service Providers: Promoting Infant and Child Mental Health
B2 18 Month Well Baby Visit
B3 Providing Interdisciplinary Education on Perinatal Mood Disorders
B4 Helping Families to Prepare for Multiple-Birth Children
B5 Child Language Development in Bilingual or Multilingual Environments
B6 Safety Issues for Children's Products and Recall Information for Service Providers

First choice:
 Second choice:
 Third choice:

Wednesday, February 25, 2009 – 10:00am to 12:00pm
Morning workshops (please indicate first, second and third choice):

- C1** Giving Birth in a New Land
C2 Engaging and Supporting Pregnant Women Who Use Substances: Principles and Interventions
C3 Bullying and the Early Years
C4 Queering the Family Tree: Welcoming LGBTQ Parents and their Children
C5 Building Links Between Family Health Teams (FHTs) and Community Programs and Services for Children
C6 Work / Life Balance – A Personal Issue and a Public Concern

First choice:
 Second choice:
 Third choice:

Special Requirements:

Meals _____
 Accessibility _____
 Other _____

Conference Registration Fee – Feb. 24 and 25:

Early Bird Registration (before Jan. 16)	\$250.00	<input type="checkbox"/>
Regular Registration (after Jan. 16)	\$300.00	<input type="checkbox"/>
One day rate (Feb. 24 or Feb. 25)	\$175.00	<input type="checkbox"/>
Student Rate (full conference)	\$200.00	<input type="checkbox"/>

Pre-conference Session – Feb. 23:

Early Bird Registration (before Jan. 16)	\$125.00	<input type="checkbox"/>
Regular Registration (after Jan. 16)	\$150.00	<input type="checkbox"/>
Student Rate	\$100.00	<input type="checkbox"/>

TOTAL FEE: (pre-conference + conference) \$ _____

Registration includes continental breakfast and lunch.
 Payment must accompany registration.

Method of Payment: Enclosed cheque Enclosed money order VISA Mastercard

Name of card holder _____

Card number _____ Expiry date _____

Signature _____ Date _____

Accommodation: Conference delegates are responsible for booking their own accommodations. A block of rooms is reserved at the Renaissance Toronto Airport Hotel and Conference Centre at a special rate of \$159 for single or double occupancy. To reserve a room with the special rate, please book your room online at <http://www.marriott.com/hotels/travel/yyzta?groupCode=besbesa&app=resvlink&fromDate=2/22/09&toDate=2/25/09> or call 1-800-630-2594 / 1-416-675-6100.

Registration deadline is Friday, February 6, 2009.

Make cheques payable to Health Nexus and send to:

Best Start: Ontario's Maternal, Newborn and Early Child Development Resource Centre c/o Health Nexus
 180 Dundas Street West, Suite 1900, Toronto ON M5G 1Z8
 Phone: 416.408.2249 or 1.800.397.9567 • Fax: 416.408.2122 • www.beststart.org

The Best Start Resource Centre is funded by the Government of Ontario

