

MNCHP Network Bulletin



*best start
meilleur départ*

by/par health **nexus** santé

In this week's issue:

I. NEWS & VIEWS

1. Nursing moms need more support: Ontario
2. [Latest product recalls](#) (also available in French)
3. Fetal Alcohol Syndrome (FAS) declines among Alaska Natives
4. Overweight babies may have delayed motor skills

II. RECENT REPORTS AND RESEARCH

5. Voices from the field: Aboriginal children and obesity
6. The Indian Residential School Settlement Agreement's Common Experience Payment (CEP) and healing: A qualitative study exploring impacts on recipients
7. Statistical portrait of the French-speaking immigrant population outside Quebec (1991 to 2006) (also available in French)

III. CURRENT INITIATIVES

8. Spark advocacy grants: Opportunities for physical activities and nutritious foods
9. Sexual assault awareness campaign (also available in French)

IV. UPCOMING EVENTS

10. Preventing heavy alcohol use in girls
11. Asthma training (May 27)
12. Asthma training (May 31)
13. Asthma training (June 9)
14. Non-status women: Health effects of precarious status and practical strategies for accessing health resources
15. Man up: Empowering men to end violence against women
16. Spring forward through empowerment: disABILITY doesn't have to be a barrier to good parenting
17. Annual Ontario Healthy Schools Coalition forum
18. Asthma training
19. Seventh annual summer institute on early childhood development
20. Multiple blessings, multiple challenges
21. Putting children first: Making a difference
22. Ophea and Physical & Health Education Canada 2010 national conference: Healthy schools, healthy communities
23. Celebrating mothers
24. Birthing the world

V. RESOURCES

25. Positive discipline: What it is and how to do it
26. Family routines (also available in French)

27. Helping children behave well

VI. FEATURED BEST START RESOURCE

28. Big picture ↔ local action: Working with families and young children living in poverty

VII. JOB POSTING

29. Policy Analyst: Ontario Association of Midwives

I. NEWS & VIEWS

ONTARIO

1. NURSING MOMS NEED MORE SUPPORT: TORONTO

Dr. David McKeown, Toronto's Medical Officer of Health, wants the city's hospitals to do more to support women who choose to breastfeed (CBC, 2010, March 16). According to a study of 1,500 first-time mothers by Toronto Public Health, most new mothers tried breastfeeding in the hospital but only about 63% were still doing it exclusively by the time they were discharged. Six months later, only 17.5% of the mothers were not supplementing their child's diet with formula.

<http://www.cbc.ca/canada/toronto/story/2010/03/16/toronto-breastfeeding-public-health.html>

CANADA

2. LATEST PRODUCT RECALLS

(also available in French)

Note: Products that are recalled for containing lead or barium are in excess of the allowable level per the Canadian Hazardous Products Act (CHPA).

- Foam Animal Puzzle by Daouco Canada: Contains small parts that pose a choking hazard to young children.
- Allreds Design Baby Bracelets and Pacifier Clips: Contain lead.
- Eyeglasses Cases for Children: Paint on the green eyeglasses cases contain lead.
- GUND Baby Paperboard Books: Tyrofoam material used to affix the plastic handle/baby rattle to the book can become separated from the book binding when chewed or pulled at. The releasable pieces of styrofoam pose choking and aspiration hazards to infants and young children.
- Garage Beaded String Bracelet and Antique Silver Bracelet: Contain lead.
- Evenflo, Top-of-Stair Plus Wood Gate: Wooden slats on the gate can break or detach, posing a fall hazard when the gate is used at the top of a staircase.
- Infantino SlingRider and Wendy Bellissimo Infant Sling Carriers: Fabric of the sling and adult's body can press against the infant's nose and mouth blocking breathing; this poses a risk of suffocation or asphyxiation.
- Nike Bauer Junior and Youth Hockey Stick (updated): contains lead.
- Graco Harmony High Chair: Poses both fall and choking hazards to children.
- Health Canada reminds parents, grandparents, and caregivers to discard older Fisher-Price "Little People" Figurines manufactured before 1991.
- Health Canada reminds Canadian of the importance of reporting incidents related to consumer products.

English: <http://cpsr-rspc.hc-sc.gc.ca/PR-RP/home-accueil-eng.jsp>
<http://www.hc-sc.gc.ca/cps-spc/advisories-avis/aw-am/index-eng.php>
 French: <http://cpsr-rspc.hc-sc.gc.ca/PR-RP/home-accueil-fra.jsp>
<http://www.hc-sc.gc.ca/cps-spc/advisories-avis/aw-am/index-fra.php>

INTERNATIONAL

3. FETAL ALCOHOL SYNDROME (FAS) DECLINES AMONG ALASKA NATIVES

This article (Shinohara, 2010, February 20) reports that a \$29-million program, which included a multimedia education campaign is being credited with a 32% decline in FAS among Native Americans in Alaska. According to state officials the rate of children born with FAS among native populations declined from about 20 per 10,000 births in 1996 to 13.5 in 2002 and there were fewer children born with alcohol spectrum disorders.

<http://www.adn.com/2010/02/19/1148098/fas-rate-among-natives-declining.html>

4. OVERWEIGHT BABIES MAY HAVE DELAYED MOTOR SKILLS

A doctoral student in nutrition epidemiology at the University of North Carolina at Chapel Hill and her colleagues evaluated 215 infants at various times up to 18 months. A total of 152 infants were found to be overweight during any of these evaluations. A total of 20% of the overweight infants had delayed motor skills such as inability to sit steadily for 30 seconds.

<http://www.canada.com/health/Overweight+babies+have+delayed+motor+skills/2753001/story.html>

II. RECENT REPORTS AND RESEARCH

ONTARIO

5. VOICES FROM THE FIELD: ABORIGINAL CHILDREN AND OBESITY

Melanie Ferris, a First Nations Mother and Aboriginal Health Promotion Consultant for the Best Start Resource Centre, shares some information on what she has learned during her work on childhood obesity through the project “Let’s Be Healthy Together: Preventing Childhood Obesity in Ontario’s Aboriginal Communities”. First Nations, Inuit, and Métis people have worked together to design the culturally appropriate toolkit and training package that helps parents and communities prevent childhood obesity in Aboriginal children between the ages of zero and six. Melanie shares why obesity in Aboriginal children is such a concern; how the research findings in the papers from the Centre of Excellence for Early Childhood Development influence her work; and gaps among research, practice, and policy and how to overcome these gaps.

<http://www.child-encyclopedia.com/documents/FerrisANGps.pdf>

CANADA

6. THE INDIAN RESIDENTIAL SCHOOLS SETTLEMENT AGREEMENT’S COMMON EXPERIENCE PAYMENT (CEP) AND HEALING: A QUALITATIVE STUDY EXPLORING IMPACTS ON RECIPIENTS

The Aboriginal Healing Foundation (AHF) (2010) released a follow-up to the 2007 AHF report “Lump Sum Compensation Payments Research Project”. This new report covers the ways in which survivors of abuses in the Indian Residential Schools System have been impacted by the CEP, a component of the 2007 Indian Residential Schools Settlement Agreement. The findings are mainly based on interviews with 281 First Nations, Inuit, and Métis Survivors from across Canada, who applied for or received CEPs.

An environmental scan of government services aimed at Settlement Agreement beneficiaries and interviews with AHF-funded project staff in communities were also conducted. Results were quantified where possible to determine the priority of impacts, reactions, and options. The findings indicate that decisions around the ineligibility of certain schools (e.g., some schools, hostels, and group homes) were not well understood in communities. Participants generally agreed that the compensation process seemed inconsistent, leaving them at the mercy of an outside agency. Almost half of the study group said that receiving compensation was both a positive and a negative experience. “More Survivors described positive types of impacts of payments than did those who described negative impacts; however, this *frequency* should not be confused with *magnitude*. The negative impacts described by participants were profoundly destructive for many Survivors and their families, and in some communities greatly outweighed any positive, material benefits of the payments” (AHF, 2010, p. 16). For example, over a third of participants shared that the CEP process triggered negative emotions or traumatic flashbacks. Almost half of participants said that compensation made no difference to their well-being, noting that there is no connection between money and healing and no amount of compensation can replace what was lost.

<http://www.ahf.ca/>

7. STATISTICAL PORTRAIT OF THE FRENCH-SPEAKING IMMIGRANT POPULATION OUTSIDE QUEBEC (1991 TO 2006)

(also available in French)

This report discusses French-language immigration outside Quebec and its recent evolution, including numbers, geographic distribution, and demographic and social characteristics. The Francophone immigrant population outside Quebec is comprised of two groups: those who have only French as their first official language spoken (French FOLS immigrants) and those who have both French and English (French-English FOLS immigrants). In Canada outside Quebec, French-English FOLS immigrants (76,100) are slightly more numerous than French FOLS immigrants (60,900). A total of 70% of Francophone immigrants outside Québec are concentrated in Ontario. Two-thirds of French-speaking immigrants live in three areas: Toronto, Ottawa, and Vancouver.

English: <http://www.statcan.gc.ca/pub/89-641-x/89-641-x2010001-eng.pdf>

French: <http://www.statcan.gc.ca/pub/89-641-x/89-641-x2010001-eng.pdf>

III. CURRENT INITIATIVES

8. SPARK ADVOCACY GRANTS: OPPORTUNITIES FOR PHYSICAL ACTIVITY AND NUTRITIOUS FOODS

Spark Advocacy Grants provide financial support to groups to advocate for and implement increased opportunities for physical activity and to ensure better access to nutritious foods for children.

http://www.heartandstroke.on.ca/site/c.pv13leNWJwE/b.5301833/k.D613/Spark_What_is_the_Spark_CAF.htm

9. SEXUAL ASSAULT AWARENESS CAMPAIGN

(also available in French)

The Government of Québec launched a sexual assault awareness campaign that will run from late March to mid-May. The campaign aims to raise public awareness about sexual assault and its serious consequences. The TV and web ads can be viewed on the website.

English: <http://www.agressionssexuelles.gouv.qc.ca/en/2010-campaign.php>

French: <http://www.agressionssexuelles.gouv.qc.ca/fr/campagne-2010.php>

IV. UPCOMING EVENTS

This section lists events that have not been included in earlier editions of the bulletin or listserv postings. For the details of these events and a complete list of events noted in previous bulletins and postings, including contact information, links to organizations, and descriptions, see <http://www.beststart.org/events/otherevents.php>

ONLINE

10. PREVENTING HEAVY ALCOHOL USE IN GIRLS

April 20, 2010: Webinar

Hosted by: BC Women's Hospital & Health Centre and the British Columbia Centre of Excellence for Women's Health

<http://www.bccewh.bc.ca/news-events/default.htm>

11. ASTHMA TRAINING

May 27, 2010: Webinar

Hosted by: Ophea

<http://www.ophea.net/asthmatraining>

12. ASTHMA TRAINING

May 31, 2010: Webinar

Hosted by: Ophea

<http://www.ophea.net/asthmatraining>

13. ASTHMA TRAINING

June 9, 2010: Webinar

Hosted by: Ophea

<http://www.ophea.net/asthmatraining>

ONTARIO

14. NON-STATUS WOMEN: HEALTH EFFECTS OF PRECARIOUS STATUS AND PRACTICAL STRATEGIES FOR ACCESSING HEALTH RESOURCES

April 15, 2010: Toronto, ON

Hosted by: The Rights of Non Status Women Network in partnership with the Association of Ryerson Midwifery Students and Ryerson Health Science Students Association

For further information please email rightsofnonstatuswomen@gmail.com

15. MAN UP: EMPOWERING MEN TO END VIOLENCE AGAINST WOMEN

April 20, 2010: Sudbury, ON

Hosted by: The Greater Sudbury Coalition to End Violence Against Women and the Sudbury Sexual Assault Crisis Centre

For more information please contact Morag Anderson or Carrie-Anne Collin at (705) 675-8071 or morag.ssacc@bellnet.ca

16. SPRING FORWARD THROUGH EMPOWERMENT: disABILITY DOESN'T HAVE TO BE A BARRIER TO GOOD PARENTING

May 6, 2010: Toronto, ON

Hosted by: The Centre for Independent Living

RSVP by April 22, 2010 to Carling at (416) 599-2458, ext. 270, by TTY at 416-599-5077, email to carling.barry@cilt.ca

17. ANNUAL ONTARIO HEALTHY SCHOOLS COALITION (OHSC) FORUM

May 6-7, 2010: London, ON

Hosted by: OHSC

<http://www.oxfordcounty.ca/site/3111/default.aspx>

18. ASTHMA TRAINING

May 10, 2010: Toronto, ON

Hosted by: Ophea

<http://www.ophea.net/asthmatraining>

19. SEVENTH ANNUAL SUMMER INSTITUTE ON EARLY CHILDHOOD DEVELOPMENT

June 3, 2010: Toronto, ON

Hosted by: George Brown College and the Ontario Institute for Studies in Education, University of Toronto (OISE/UT)

<http://www.georgebrown.ca/summerinstitute/>

20. MULTIPLE BLESSINGS, MULTIPLE CHALLENGES

June 11, 2010: Oshawa, ON

Hosted by: La Leche League Canada

Please contact or by contact the National Seminar Coordinator to register pat.millar@ns.sympatico.ca

<http://www.lllc.ca/>

21. PUTTING CHILDREN FIRST: MAKING A DIFFERENCE

June 6-9, 2010: Toronto, ON

Hosted by: Ontario Association of Children's Aid Societies

<http://www.oacas.org/conference/>

22. OPEHA AND PHYSICAL & HEALTH EDUCATION CANADA 2010 NATIONAL CONFERENCE: HEALTHY SCHOOLS, HEALTHY COMMUNITIES

October 21-23, 2010: Toronto

Hosted by: Ophea and PHE Canada

<http://www.phecanada.ca/toronto2010/>

CANADA**23. CELEBRATING MOTHERS**

May 8-9, 2010: Red Deer, AB

Hosted by: La Leche League AB/NWT Area

<http://lllc-alberta.ca/index.php>

24. BIRTHING THE WORLD

November 25-26, 2010: Quebec, QC

Hosted by: Quebec Association for Public Health

<http://www.enfanterlemonde.com/intro.aspx>

V. RESOURCES

25. POSITIVE DISCIPLINE: WHAT IT IS AND HOW TO DO IT

This manual (Durrant, 2007) is for parents/caregivers and for those who support parents, such as parent educators, parent group facilitators, and family support workers. It can be used with individuals or groups

to generate discussion and foster problem-solving. It can be downloaded online but print copies are available from FRP Canada for \$20 for non-members or \$15-\$18 for members depending on number of orders.

Downloadable version: <http://www.endcorporalpunishment.org/pages/pdfs/PositiveDisciplineManual.pdf>

Executive summary: <http://www.endcorporalpunishment.org/pages/pdfs/PositiveDisciplineManual-Summary.pdf>

Interviews with the author: <http://www.youtube.com/watch?v=ll9eS9e9Rhk>
<http://www.youtube.com/watch?v=UsyBiGe-opU>

FOR PARENTS/CAREGIVERS

26. FAMILY ROUTINES

(also available in French)

This fact sheet provides information about family routines such as the benefits for children and parents, an overview of a good routine, and information about changing the routine (e.g., smooth transitions).

English: http://www.frp.ca/data/n_0001/resources/live/Family-routines_ENG.pdf

French: http://www.frp.ca/data/n_0003/resources/live/Les_routines.pdf

27. HELPING CHILDREN BEHAVE WELL

(also available in French)

This resource provides an overview of the principles that help children to have good behaviour: environment and routine.

English: http://www.frp.ca/data/n_0001/resources/live/Helping-children-behave-well_ENG.pdf

French: http://www.frp.ca/data/n_0003/resources/live/boncomportement.pdf

VI. FEATURED BEST START RESOURCE

28. BIG PICTURE ↔ LOCAL ACTION: WORKING WITH FAMILIES AND YOUNG CHILDREN LIVING IN POVERTY

At the recent Best Start Resource Centre forum on working with families and children living in poverty, participants had the opportunity to discuss what is needed to address child poverty in Ontario. A summary of their recommendations is available, as well as speaker handouts.

<http://www.beststart.org/events/detail/poverty/Presentations.htm>

VII. JOB POSTING

29. POLICY ANALYST: ONTARIO ASSOCIATION OF MIDWIVES

The Association of Ontario Midwives (AOM) is seeking a Policy Analyst (Maternity Leave Position). The Policy Analyst will be responsible for providing research, analysis, reports and advocacy on various midwifery, maternal and newborn health and health care system issues. This is a one-year contract (maternity leave) position. A resume and cover letter, including salary expectations, should be emailed by April 14, 2010 to projectassistant@aom.on.ca with "Policy Analyst" in the subject line.

<http://www.aom.on.ca/>

The Best Start Resource Centre thanks you for your interest in, and support of, our work. Best Start permits others to copy, distribute or reference the work for non-commercial purposes on condition that full credit is given. Because our MNCHP bulletins are designed to support local health promotion initiatives, we would appreciate knowing how this resource has supported, or been integrated into, your work (mnchp@healthnexus.ca). Please note that the Best Start Resource Centre does not endorse or recommend any events, resources, or publications mentioned in this bulletin.

Click here to access Health Nexus' other e-bulletins and listservs:

In English:

- **OHPE** - 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. <http://www.ohpe.ca/>
- **Click4HP** - An open, facilitated public listserv, is an international dialogue on health promotion. Participants exchange views on issues and ideas, provide leads to resources, and ask questions about health promotion. <https://listserv.yorku.ca/archives/click4hp.html>
- **Health Nexus Today** - Health Nexus Today is our Blog on health promotion. According to Google, "Blog is short for weblog - a journal or newsletter that is frequently updated and intended for the general public." Find the latest on health promotion including breaking news, highlights, studies, and issues in health promotion and the determinants of health in Canada and internationally. <http://www.blogs.healthnexusante.ca/>

In French:

- **French distribution list** – The free distribution list offers information in French on maternal, newborn, and child health promotion topics. http://www.meilleurdepart.org/index_fr.html
- **Le Bloc-Notes** – The biweekly French language bulletin provides information on health promotion. <http://leblocnotes.ca/>