

# MNCHP Network Bulletin



best start  
meilleur départ

by/par health **nexus** santé

**December 2, 2011**

*The next bulletin will be released December 16, 2011.*

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## I. NEWS & VIEWS

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### 1. Latest Product Recalls

- Confetti Maracas Barbell Rattle by Janod

The barbells can split apart and release metal balls that can potentially be ingested, posing a choking hazard.

[http://cpsr-rspc.hc-sc.gc.ca/PR-RP/recall-retrait-eng.jsp?re\\_id=1466](http://cpsr-rspc.hc-sc.gc.ca/PR-RP/recall-retrait-eng.jsp?re_id=1466)

Hochet Confetti haltère maracas de Janod

Le hochet peut se scinder (et s'ouvrir) et libérer des billes métalliques qui peuvent être ingérées, ce qui pose un risque d'étouffement.

[http://cpsr-rspc.hc-sc.gc.ca/PR-RP/recall-retrait-fra.jsp?re\\_id=1466](http://cpsr-rspc.hc-sc.gc.ca/PR-RP/recall-retrait-fra.jsp?re_id=1466)

- "Zip Zap" brand Sleepers by Brecrest Babywear Ltd.

Health Canada's sampling and evaluation program has determined that the recalled sleepers do not meet the design and flammability requirements for children's sleepwear under Canadian law.

[http://cpsr-rspc.hc-sc.gc.ca/PR-RP/recall-retrait-eng.jsp?re\\_id=1421](http://cpsr-rspc.hc-sc.gc.ca/PR-RP/recall-retrait-eng.jsp?re_id=1421)

Le programme de contrôle et d'évaluation de Santé Canada a établi que les vêtements de nuit rappelés contreviennent aux dispositions de la loi canadienne relatives aux caractéristiques et à l'inflammabilité des vêtements de nuit pour enfants.

[http://cpsr-rspc.hc-sc.gc.ca/PR-RP/recall-retrait-fra.jsp?re\\_id=1421](http://cpsr-rspc.hc-sc.gc.ca/PR-RP/recall-retrait-fra.jsp?re_id=1421)

### 2. Rhode Island stops offering formula, encourages breastfeeding

Birthing hospitals in Rhode Island have stopped giving away free samples of infant formula to new mothers in an effort to encourage breast-feeding, a spokeswoman for the state health department said on Tuesday.

<http://www.reuters.com/article/2011/11/29/us-breastfeeding-idUSTRE7AS2J52011129>

### **3. Kaiser Permanente Commits to Support Breastfeeding as Key Strategy to Prevent Childhood Obesity**

Kaiser Permanente announced this week it has signed a commitment with the Partnership for a Healthier America to support breastfeeding as a measure of hospital quality and a key strategy in preventing childhood obesity.

Kaiser Permanente believes that one of the most important choices a mother can make to promote the health of her family is to choose to breastfeed. With more than 96,000 births in 2010, Kaiser Permanente cares for more moms and babies than any other integrated health care system and uses its care delivery model to help mothers understand the benefits of breastfeeding for both mother and child, and to support the decision to breastfeed whenever possible.

<http://www.prnewswire.com/news-releases/kaiser-permanente-commits-to-support-breastfeeding-as-key-strategy-to-prevent-childhood-obesity-134682943.html>

### **4. Researchers design new handle to make lifting infant car seats safer, easier**

The researchers based their new handle design on existing research that details which angles reduce "ulnar deviation," or how much your wrist bends, and associated pressure in the carpal tunnel. This is important in terms of lifting tasks, because the further you bend your wrist, the weaker your grip.

<http://www.physorg.com/news/2011-11-infant-car-seats-safer-easier.html>

### **5. National Psoriasis Foundation Releases Recommendations for Psoriasis Treatment in Pregnant and Breastfeeding Women**

The National Psoriasis Foundation Medical Board has released new recommendations for the treatment of psoriasis in pregnant and lactating women.

The recommendations call for topical treatment as the first-line therapy for psoriasis—a chronic, genetic disease of the immune system that appears on the skin, causing it to crack, itch and bleed. Specifically, the medical board recommends that moisturizers and emollients, such as petroleum jelly, be used initially as there are no known adverse effects to these products

<http://www.sacbee.com/2011/11/28/4084687/national-psoriasis-foundation.html#ixzz1fJ1UyYFz>

### **6. UCLA Nursing's Teen-Mom Intervention Program to Receive Funding Under Affordable Care Act**

The U.S. Department of Health and Human Services has chosen an adolescent pregnancy-intervention program designed by the UCLA School of Nursing as a model program for funding under the healthcare reform law.

The Public Health Nursing Early Intervention Program (PHN-EIP) for Adolescent Mothers, which was designed to improve pregnancy outcomes among young Latina and African American adolescents, is one of only two nurse models approved for implementation by Health and

Human Services. This means that agencies and states that implement the model program may be eligible to receive funding under the Patient Protection and Affordable Care Act's Maternal, Infant and Early Childhood Home Visiting Program (MIECHV).

<http://www.marketwatch.com/story/ucla-nursings-teen-mom-intervention-program-to-receive-funding-under-affordable-care-act-2011-11-29>

### **7. Mothers too soon: Groundbreaking analysis exposes relationship between poverty and teenage pregnancy**

The comprehensive analysis of four years of birth outcomes in Ontario expands on the findings of The Spectator's landmark Code Red series, published last year.

<http://www.thespec.com/news/codered/article/627230--mothers-too-soon>

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## **II. RECENT REPORTS AND RESEARCH**

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### **8. Canada's Low-Risk Alcohol Drinking Guidelines**

These guidelines, intended for Canadians of legal drinking age who choose to drink alcohol, are informed by the most recent and best available scientific research and evidence. They are intended to provide consistent information across the country to help Canadians moderate their alcohol consumption and reduce their immediate and long-term alcohol-related harm.

<http://www.ccsa.ca/eng/priorities/alcohol/canada-low-risk-alcohol-drinking-guidelines/Pages/default.aspx>

### **9. Perinatal and maternal outcomes by planned place of birth for healthy women with low risk pregnancies: the Birthplace in England national prospective cohort study**

P Brocklehurst et al, 2011

To compare perinatal outcomes, maternal outcomes, and interventions in labour by planned place of birth at the start of care in labour for women with low risk pregnancies.

The results support a policy of offering healthy women with low risk pregnancies a choice of birth setting. Women planning birth in a midwifery unit and multiparous women planning birth at home experience fewer interventions than those planning birth in an obstetric unit with no impact on perinatal outcomes. For nulliparous women, planned home births also have fewer interventions but have poorer perinatal outcomes.

<http://www.bmj.com/content/343/bmj.d7400>

## 10. Infant Sleep After Immunization: Randomized Controlled Trial of Prophylactic Acetaminophen

Linda Franck, Caryl L. Gay, Mary Lynch, and Kathryn A. Lee

**OBJECTIVE:** To determine the effects of acetaminophen and axillary temperature responses on infant sleep duration after immunization.

**METHODS:** We conducted a prospective, randomized controlled trial to compare the sleep of 70 infants monitored by using ankle actigraphy for 24 hours before and after their first immunization series at ~2 months of age. Mothers of infants in the control group received standard care instructions from their infants' health care provider, and mothers of infants in the intervention group were provided with predosed acetaminophen and instructed to administer a dose 30 minutes before the scheduled immunization and every 4 hours thereafter, for a total of 5 doses. Infant age and birth weight and immunization factors, such as acetaminophen use and timing of administration, were evaluated for changes in infant sleep times after immunization.

**RESULTS:** Sleep duration in the first 24 hours after immunization was increased, particularly for infants who received their immunizations after 1:30 pm and for those who experienced elevated temperatures in response to the vaccines. Infants who received acetaminophen at or after immunization had smaller increases in sleep duration than did infants who did not. However, acetaminophen use was not a significant predictor of sleep duration when other factors were controlled.

**CONCLUSIONS:** If further research confirms the relationship between time of day of vaccine administration, increased sleep duration after immunization, and antibody responses, then our findings suggest that afternoon immunizations should be recommended to facilitate increased sleep in the 24 hours after immunization, regardless of acetaminophen administration.

Pediatrics 2011;128 1100-1108

<http://pediatrics.aappublications.org/cgi/content/abstract/128/6/1100>

## 11. Parent Education by Maternity Nurses and Prevention of Abusive Head Trauma

A consortium of the 19 community hospitals and 1 tertiary care children's hospital that provide maternity care in the New York State Hudson Valley region implemented a program to teach parents about the dangers of shaking infants and how to cope safely with an infant's crying. This study evaluated the effectiveness of the program in reducing the frequency of shaking injuries. Parent education delivered in the hospital by maternity nurses reduces newborns' risks of sustaining an abusive head injury resulting from shaking during the first year of life.

<http://pediatrics.aappublications.org/content/128/5/e1164>

## 12. A critical review of the impact of continuing breastfeeding education provided to nurses and midwives

This review of 15 studies from nine different countries analyzed the practice of continuing education on breastfeeding for health professionals, with a specific focus on nurses and midwives. The authors conclude that continuing breastfeeding education for nurses and midwives improves their knowledge, skills, practices, and attitudes, and it increases maternal perception of support. Breastfeeding education

for health professionals also plays an important role in improving breastfeeding outcomes, thus helping to reduce the health and financial burden on society associated with not breastfeeding.  
Kathryn Nicole Ward and Jennifer P. Byrne.

<http://jhl.sagepub.com/content/27/4/381.abstract>

### **13. Engaging Marginalized Communities: Honouring Voices and Empowering Change**

This article provides recommended strategies and activities to build relationships and trust with members of marginalized groups. Building strong relationships is crucial for creating an atmosphere where meaningful involvement and participation in community-based planning initiatives can occur. This resource identifies key documents, websites and projects that highlight successful strategies for engaging members of marginalized communities in respectful, meaningful ways.

[http://hclinkontario.ca/images/Uploaded\\_files/2011/EngagingMarginalizedCommunitiesEnglish.pdf](http://hclinkontario.ca/images/Uploaded_files/2011/EngagingMarginalizedCommunitiesEnglish.pdf)

Appel à l'engagement des communautés marginalisées : Respecter les voix et favoriser le changement

[http://hclinkontario.ca/images/Uploaded\\_files/2011/InDepthMarginalizedCommunitiesFrench.pdf](http://hclinkontario.ca/images/Uploaded_files/2011/InDepthMarginalizedCommunitiesFrench.pdf)

### **14. Canadian Maternal Network and Child Health**

The goal of this Network is to foster synergy and collaborative relationships between organizations working on MNCH, through the sharing of information, as well as providing advice to the Canadian International Development Agency (CIDA).

<http://can-mnch.ca/>

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## **III. CURRENT INITIATIVES**

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### **15. New Calculation: Math in Preschool**

Scores of preschool and kindergarten teachers across the city are embedding math concepts into daily classroom activities, in a promising new program that gives students a foundation for more complex math and logical-thinking skills in later grades. The Early Mathematics Education Project at Erikson Institute, a nonprofit graduate school in child development, has already trained about 300 Chicago preschool and kindergarten teachers at 150 schools, funded by grants from local foundations and Chicago Public Schools.

[http://online.wsj.com/article/SB10001424052970203764804577056551856059254.html?mod=googlenews\\_wsj](http://online.wsj.com/article/SB10001424052970203764804577056551856059254.html?mod=googlenews_wsj)

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## IV. UPCOMING EVENTS

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### 16. Early Bird Conference Rate Reminder: Best Start 2012 Annual Conference

**Register by January 20/12 and save \$50**

*Best Start 2012 Annual Conference~Toronto ON, February 28-March 1*

*Conférence annuelle de Meilleur départ 2012, 28 février au 1er mars, 2012*

The 2012 Best Start Resource Centre Annual Conference addresses preconception through to child health and includes sessions relevant to your work and areas of interest.

#### Some Conference Program Highlights

- Ontario's Prenatal Education Modules
- Parent Engagement in the Age of Social Media
- Pregnancy and Physical Activity Guidelines: What's New?
- A Sacred Journey: First Nations Teachings on Preconception, Pregnancy, Birth, and Parenting

Join us and acquire the latest information, learn about implementing innovative programs and strategies and connect with new colleagues

Follow this link to see the full program and registration details:

<http://www.beststart.org/events/detail/bsannualconf12/index.htm>

### 17. Cross Canada Attachment Conference, Winnipeg, MB~ September 27-28, 2012

The year 2012 will be the Attachment Network of Manitoba's 10th anniversary and we would like to bring people together from across Canada, to the heart of Canada — Winnipeg, Manitoba, to demonstrate the innovative programming among communities to share expertise with one another. There are many wonderful initiatives and research projects happening and the aim of this conference is to highlight several of these to a Canada wide audience.

**Invitation to Submit A Proposal: submissions no later than May 1, 2012.**

**For more information:**[www.attachmentnetwork.ca](http://www.attachmentnetwork.ca)

### 18. Webinar: Evaluation at a Glance Dec. 13, 2011 from 10:30 am to 12:00 pm

This Public Health Ontario (PHO) webinar provides an overview of THCU 10 steps in developing and implementing an evaluation. This includes planning an evaluation, developing good evaluation questions and indicators, understanding and choosing the best methods for your evaluation, and how to make best use of evaluation results.

To register, please click on the following link: <http://evaluationataglance.eventbrite.com/>

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## V. RESOURCES

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### 19. Toys That Teach: Making Age Appropriate Choices

Searching for toys and materials in the various early childhood supply catalogs, local toy stores, and specialty stores is both a fun and daunting task. Some toys and materials are a better choice for young children than others, and you can make appropriate choices by doing your homework. The best toys actively engage children in many areas of development and can be used in a variety of ways, depending on the child's interests, ability, and imagination.

Young children are naturally curious and providing them with high-quality (which may not mean expensive) materials is important to the learning process. Toys that encourage children's imagination help them know that the world is a diverse and wonderful place. While children may clamber for the "toy of the moment," don't let the hype sway your decision.

[http://www.earlychildhoodnews.com/earlychildhood/article\\_view.aspx?ArticleID=678](http://www.earlychildhoodnews.com/earlychildhood/article_view.aspx?ArticleID=678)

### 20. The Foundations of Lifelong Health Are Built in Early Childhood

A vital and productive society with a prosperous and sustainable future is built on a foundation of healthy child development. Health in the earliest years—beginning with the future mother's well-being before she becomes pregnant—lays the groundwork for a lifetime of vitality. When developing biological systems are strengthened by positive early experiences, children are more likely to thrive and grow up to be healthy adults. Sound health also provides a foundation for the construction of sturdy brain architecture and the achievement of a broad range of skills and learning capacities. This publication was co-authored by the National Scientific Council on the Developing Child and the National Forum on Early Childhood Policy and Programs.

To download a pdf copy:

[http://developingchild.harvard.edu/index.php/resources/reports\\_and\\_working\\_papers/foundations-of-lifelong-health/](http://developingchild.harvard.edu/index.php/resources/reports_and_working_papers/foundations-of-lifelong-health/)

### 21. New Videos: "Three Core Concepts in Early Development"

"Three Core Concepts in Early Development" is a new three-part video series from the Center on the Developing Child and the National Scientific Council on the Developing Child. The series depicts how advances in neuroscience, molecular biology, and genomics now give us a much better understanding of how early experiences are built into our bodies and brains, for better or for worse. The link for each two-minute video includes related resources to explore these core concepts in greater depth.

- Experiences Build Brain Architecture
- Serve & Return Interaction Shapes Brain Circuitry
- Toxic Stress Derails Healthy Development

[http://developingchild.harvard.edu/resources/multimedia/videos/three\\_core\\_concepts/](http://developingchild.harvard.edu/resources/multimedia/videos/three_core_concepts/)

## 22. How to Engage Families in Services

Best Start Resource Centre is pleased to release a new online resource called How to Engage Families in Services. This is one in a series of Best Start Resource Centre "How To" resources that focus on skill development to help service providers address specific strategies for preconception, prenatal and child health.

This resource shares information about how service providers can engage families in services including ideas, tips, examples and programming ideas. It provides key information about parent engagement, determining the needs of parents, responding to parent needs, promoting services to parents and retaining parents in services.

You can find this resource at: <http://beststart.org/resources/howto/index.html>

## 23. Invest in Kids' Legacy: Welcome to Parenting Program and [www. parents2parents.ca](http://www.parents2parents.ca)

### ***Welcome to Parenting***

Before Invest in Kids closed last October, many of the organization's assets were migrated to other charities. One of those key assets, The Parenting Partnership, was a revolutionary Prenatal and Parenting Course created by Invest in Kids' experts, rigorously tested and evaluated through a series of pretests with expectant parents and parent educators. The Program was designed to reflect exactly what expectant and new parents need and want to know as they experience pregnancy and parenthood (prenatal to 12 months) and to provide that information via videos on the internet.

<http://www.welcometoparenting.com/Pages/About-The-Program.aspx>

### ***www.parents2parents.ca***

[www.parents2parents.ca](http://www.parents2parents.ca) is a web community built especially for expectant parents, new parents and parents with young children. It includes critical information about child development and parenting strategies through the first five years. It also connects parents electronically via discussion groups and 'ask the expert' sections as well as offering online resources.

[www.parents2parents.ca](http://www.parents2parents.ca)

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## VI. FEATURED BEST START RESOURCES

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### 23. Other Best Start “How To “ Resources

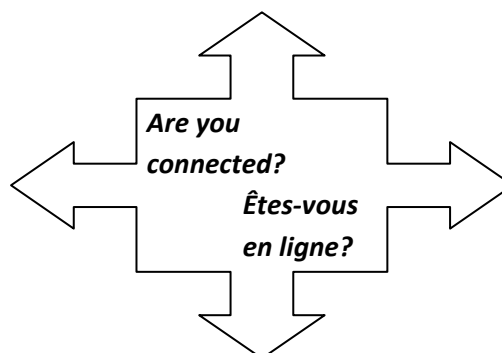
You may also want to check out our other "How To" resources on maternal child health topics, including:

How to Reach Rural Populations  
Health Fairs and Maternal Newborn and Child Health  
How to Reach Francophones  
Checklist for the Development of Resources  
Populations at Higher Risk  
Self Help Peer/Support Strategies

You can find these resources at: <http://beststart.org/resources/howto/index.html>

#### About This Bulletin

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

In English:

- [OHPE](http://www.ohpe.ca/) - 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](https://listserv.yorku.ca/archives/click4hp.html) - 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](http://www.blogs.healthnexusante.ca/) - Health Nexus Today is our Blog on health promotion. 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](http://www.meilleurdepart.org/index_fr.html) – The free distribution list offers information in French on maternal, newborn, and child health promotion topics. [http://www.meilleurdepart.org/index\\_fr.html](http://www.meilleurdepart.org/index_fr.html)
- [Le Bloc-Notes](http://leblocnotes.ca/) – The biweekly French language bulletin provides information on health promotion. <http://leblocnotes.ca/>