# MNCHP Network Bulletin

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 field. 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. For more information about this bulletin, <u>click here</u>.

best start meilleur départ

by/par health nexus santé

### November 8, 2013

#### The next bulletin will be released December 6, 2013.

#### In this week's issue:

#### I. NEWS & VIEWS

- 1. Protecting Youth From Cancer as Tanning Bill Passes Final Vote (available in French)
- 2. <u>Celebrating the New Ontario Children's Outdoor Charter</u> (available in French)
- 3. The Globe and Mail's Series on Child Care in Canada

#### II. RECENT REPORTS AND RESEARCH

- 4. Canadian Daycare Desires
- 5. Parental Involvement and Child Dietary Intake: Evidence and Implications for Public Health
- 6. <u>Maternal Depression During Pregnancy and the Postnatal Period: Risks and</u> <u>Possible Mechanisms for Offspring Depression at Age 18 Years\*</u>
- 7. <u>Maternal Serum Biphenol-A (BPA) Level is Positively Associated with Miscarriage</u> <u>Risk</u>
- 8. <u>A Meta-Perspective on the Evaluation of Full-Day Kindergarten during the First Two</u> <u>Years of Implementation</u>

#### III. CURENT INITIATIVES

- 9. National Child Day: November 20 (available in French)
- 10. National Addictions Awareness Week: November 18-24
- 11. National Home Fire Safety Week: Nov 24-30
- 12. International Day for the Elimination of Violence Against Women: November 25

#### IV. UPCOMING EVENTS

- 13. <u>Relation Between Place of Residence and Postpartum Depression</u>
- 14. Increasing the Well-Being of Individuals with Fetal Alcohol Spectrum Disorder
- 15. <u>The Canadian Association of Perinatal and Women's Health Nurses 3rd Annual</u> <u>Conference: Evolving through the Mist of Change</u>
- 16. 4th Anishinabek G7 FASD Conference

- 17. Building Public Support in Local Healthy Eating and Nutrition Policies
- 18. Registration open! Best Start Resource Centre: 2014 Annual Conference

#### **V. RESOURCES**

19. Nutri-eStep

- 20. Ontario Hospital Association Newsletter
- 21. How the Environment Affects Fertility, Pregnancy, and Childhood Development
- 22. Labour and Birth Information from BC hospitals Now Available to Public

#### **VI. FEATURED BEST START RESOURCES**

- 23. Playing it Safe: Service Provider Strategies to Reduce Environmental Risks to Preconception, Prenatal and Child Health (available in French)
- 24. Through the Eyes of a Child First Nation Children's Environmental Health

### I. NEWS & VIEWS

### 1. Protecting Youth From Cancer as Tanning Bill Passes Final Vote

(available in French)

The Government of Ontario (2013, Octboer 9) has passed a Skin Cancer Protection Act, which bans children under the age of 18 from using tanning beds and prohibits tanning bed providers from marketing to youth under the age of 25. These initiatives hope to prevent new cases of melanoma, as the risk of skin cancer is great when tanning beds are used before the age of 35.

EN: http://news.ontario.ca/mohltc/en/2013/10/protecting-youth-from-cancer-as-tanningbill-passes-final-

vote.html?utm source=ondemand&utm medium=email&utm campaign=p FR: http://news.ontario.ca/mohltc/fr/2013/10/lontario-protege-les-jeunes-contre-lecancer-alors-que-le-projet-de-loi-concernant-le-bronzage-passe.html

#### 2. Celebrating the New Ontario Children's Outdoor Charter

(available in French)

The Government of Ontario (2013, October 17), along with a range of partners, have created the Ontario Children's Outdoor Charter to promote and support children in being active, exploring and enjoying the outdoors. The Charter suggests 12 outdoor activities that children and their families can do together, including:

- Follow a trail
- Explore a park •
- Harvest something to eat
- Swim in a lake
- Paddle a canoe
- Play in the snow •
- Build an outdoor fort

- Visit a farm
- Camp under the stars
- Go fishing
- Observe plants and wildlife
- Create an outdoor adventure

EN: <u>http://news.ontario.ca/mnr/en/2013/10/celebrating-the-new-ontario-childrens-outdoor-charter.html?utm\_source=ondemand&utm\_medium=email&utm\_campaign=p FR: <u>http://news.ontario.ca/mnr/fr/2013/10/nouvelle-charte-du-plein-air-pour-les-enfants-de-lontario.html</u></u>

#### 3. The Globe and Mail's Series on Child Care in Canada

The Globe and Mail (2013) is currently writing a series examining child care in Canada. The series explores the prohibitive cost of daycare, how families are or are not managing, the choices parents have to make around choosing to work, stay at home, or other options, and how the childcare costs and options vary province to province, and city to city.

http://www.theglobeandmail.com/life/parenting/

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

\* indicates journal subscription required for full text access

#### 4. Canadian Daycare Desires

Institute of Marriage and Family Canada. (2013). Canadian daycare desires (Part I, II, & III). *Institute of Marriage and Family Canada*. Retrieved from http://www.imfcanada.org/sites/default/files/monthly\_release/DaycareDesiresMay2013.pdf

#### EXCERPT:

Canadian parents matter. They are the most important input into their children's lives. They are the ones doing the hard work of raising children. Unfortunately, those designing public policy don't often turn to parents to ask what they prefer when it comes to childcare choices. When Canadians are asked what the best childcare arrangements are for children under six, the majority at 76% believe it is good when a parent is home. This is their distinct preference when contrasted with a competent caregiver. This holds true across age, income, gender, working arrangements and, to a lesser extent, across regional lines. On funding, Canadians prefer, not surprisingly, to see funding go directly to them, rather than into school bureaucracies or institutional daycare. A total of 61% of Canadians believe that when it comes to government funding of childcare, funding should go directly to parents.

http://www.imfcanada.org/sites/default/files/monthly\_release/DaycareDesiresMay2013.p

## 5. Parental Involvement and Child Dietary Intake: Evidence and Implications for Public Health

Greco, L., Gowrinathan, Y., & Dobbins, M. (2013). Parental involvement and child dietary intake: Evidence and implications for public health. Hamilton, ON: McMaster University. Retrieved from <u>http://www.healthevidence.org/documents/byid/</u> 20889/Hingle2010 EvidenceSummary EN.pdf

#### EXCERPT:

The overall findings suggest that if interventions to improve child dietary intake include parental involvement, parents should be directly (rather than indirectly) engaged, and this aspect of intervention delivery should be evaluated. <u>http://www.healthevidence.org/documents/byid/20889/Hingle2010\_EvidenceSummary\_E</u> N.pdf

## 6. Maternal Depression During Pregnancy and the Postnatal Period: Risks and Possible Mechanisms for Offspring Depression at Age 18 Years\*

Pearson, R. M., Evans, J., Kounali, D., Lewis, G., Heron, J., Ramchandani, P. G., O'Conner, T. G., & Stein, A. (2013). Maternal depression during pregnancy and the postnatal period: Risks and possible mechanisms for offspring depression at age 18 Years. *JAMA Psychiatry*. doi:10.1001/jamapsychiatry .2013.2163

#### ABSTRACT:

**Importance:** Some small studies suggest that maternal postnatal depression is a risk factor for offspring adolescent depression. However, to our knowledge, no large cohort studies have addressed this issue. Furthermore, only 1 small study has examined the association between antenatal depression and later offspring depression. Understanding these associations is important to inform prevention.

**Objective:** To investigate the hypothesis that there are independent associations between antenatal and postnatal depression with offspring depression and that the risk pathways are different, such that the risk is moderated by disadvantage (low maternal education) with postnatal depression but not with antenatal depression.

**Design, Setting, and Participants:** Prospective investigation of associations between symptoms of antenatal and postnatal parental depression with offspring depression at age 18 years in a UK community-based birth cohort (Avon Longitudinal Study of Parents and Children) with data from more than 4500 parents and their adolescent offspring.

**Main Outcomes and Measures:** Diagnosis of offspring aged 18 years with major depression using the International Classification of Diseases, 10th Revision.

**Results:** Antenatal depression was an independent risk factor. Offspring were 1.28 times (95% CI, 1.08-1.51; P = .003) more likely to have depression at age 18 years for each standard deviation increase in maternal depression score antenatally, independent

of later maternal depression. Postnatal depression was also a risk factor for mothers with low education, with offspring 1.26 times (95% CI, 1.06-1.50; P = .01) more likely to have depression for each standard deviation increase in postnatal depression score. However, for more educated mothers, there was little association (odds ratio, 1.09; 95% CI, 0.88-1.36; P = .42). Analyses found that maternal education moderated the effects of postnatal but not antenatal depression. Paternal depression antenatally was not associated with offspring depression, while postnatally, paternal depression showed a similar pattern to maternal depression.

**Conclusions and Relevance:** The findings suggest that treating maternal depression antenatally could prevent offspring depression during adulthood and that prioritizing less advantaged mothers postnatally may be most effective. http://archpsyc.jamanetwork.com/article.aspx?articleid=1748838

## 7. Maternal Serum Biphenol-A (BPA) Level is Positively Associated with Miscarriage Risk

Lathi, R. B., Liebert, C. A., Brookfield, K., Fujimoto, V. Y., Vomsaal, F. S., & Baker, V. L. (2013). Maternal serum Biphenol-A (BPA) level is positively associated with miscarriage risk. *Fertility and Sterility*. 100(3), S19. doi:10.1016/j.fertnstert.2013.07.183

#### ABSTRACT:

**Objective:** BPA is an environmental endocrine disrupting chemical used in the synthesis of hard plastics and other products. Although human exposure is common, little is known about the impact of BPA levels on pregnancy outcomes. In this study, we investigate the relationship between maternal serum BPA levels and miscarriage.

#### Design: Cohort.

**Materials and Methods:** A total of 114 women presenting for early pregnancy testing who consented to observational research were included. Serum was obtained and stored at 4-5 weeks gestation. Samples from women with live births or first trimester miscarriages with known karyotypes were later analyzed for conjugated BPA. Logistic regression was used to calculate relative risks for miscarriage and 95% confidence intervals for each quartile of BPA level in the study population.

**Results**: The median conjugated BPA serum concentration was higher among women with miscarriage then those with live births (0.1005 vs. 0.0753 ng/ml, p=0.014). In a pooled analysis, subjects with the highest quartile of serum conjugated BPA had an RR for miscarriage of 1.83 (95% CI 1.14-2.96).

**Conclusion:** Women with the highest conjugated BPA levels were at significantly increased risk of miscarriage compared to women with the lowest levels. We found an increase risk in both euploid and aneuploidy miscarriage suggesting a multifactorial effect of BPA on early pregnancy. Further research on the reproductive effects of environmental endocrine disrupting chemicals is urgently needed. http://www.fertstert.org/article/S0015-0282%2813%2900962-X/fulltext

## 8. A Meta-Perspective on the Evaluation of Full-Day Kindergarten during the First Two Years of Implementation

The Social Programs Evaluation Group – Queen's University, The Offord Centre for Child Studies - McMaster University, & The Ministry of Education -Government of Ontario. (2013). A meta-perspective on the evaluation of full-day kindergarten during the first two years of implementation. *The Government of Ontario*. Retrieved from: http://www.edu.gov.on.ca/kindergarten/FDKReport2013.pdf

#### EXCERPT:

In 2009, Dr. Charles Pascal released his report as the Special Advisor to the Premier on Early Learning, With Our Best Future in Mind: Implementing Early Learning in Ontario. The report makes recommendations to move Ontario closer to an integrated, seamless early years system. Based on the advice presented in the report, the government introduced full-day kindergarten for Ontario's four- and five-year olds beginning in September 2010. A primary goal for the introduction of full-day kindergarten was to impact 2009 developmental assessments that indicated that "27 per cent of children in Ontario (and a similar percentage across Canada) are vulnerable when they enter grade 1 – they have learning, health, and behaviour problems that are likely to interfere with their academic achievement and ability to get along with others". http://www.edu.gov.on.ca/kindergarten/FDKReport2013.pdf

### **III. CURRENT INITIATIVES**

**9. National Child Day** (available in French) November 20, 2013

National Child Day is celebrated on November 20th each year. The date marks the occasion when Canada adopted the United Nations Convention on the Rights of the Child (UNCRC). This link will take you to another Web site (external site), spelling out the basic human rights for children and youth.

EN: <u>http://www.phac-aspc.gc.ca/ncd-jne/index-eng.php</u> FR: http://www.phac-aspc.gc.ca/ncd-jne/index-fra.php

#### **10. National Addictions Awareness Week**

November 18-24, 2013

National Addictions Awareness Week is an opportunity to learn more about substance abuse and addiction, to talk about the complex problem of substance abuse and to bring forward solutions for change from all those touched by it. Please, join the dialogue to help create a healthier society, free of the harms of substance abuse. This year's focus is on youth drug prevention.

http://www.ccsa.ca/eng/newsandevents/information\_share/naawdaw/pages/default.aspx

#### **11. National Home Fire Safety Week**

November 24-30, 2013

This National Home Fire Safety Week, the Canada Safety Council is focusing on safe practices and reminding fireplace and woodstove users to think about safety before starting any fires.

http://canadasafetycouncil.org/campaigns/national-home-fire-safety-week

#### 12. International Day for the Elimination of Violence Against Women

(available in French) November 25, 2013

By resolution 54/134 of 17 December 1999, the United Nations General Assembly designated 25 November as the International Day for the Elimination of Violence against Women, and invited governments, international organizations and NGOs to organize activities designed to raise public awareness of the problem on that day. EN: <u>http://www.un.org/en/events/endviolenceday/</u> FR: <u>http://www.un.org/fr/events/endviolenceday/</u>

### **IV. UPCOMING EVENTS**

#### 13. Relation Between Place of Residence and Postpartum Depression

November 13, 2013: Online

This webinar discusses a study on the risk of postpartum depression by geographic region of Canada, which appeared in a recent issue of the Canadian Medical Association Journal.

http://eenet.ca/wp-content/uploads/2013/10/Webinar-Flyer-Nov-13-Risk-of-Depression.pdf?utm\_source=EENet+distribution+list&utm\_campaign=8c20ee3d83-EENet Update Jan 2013 1 29 2013&utm\_medium=email&utm\_term=0\_ebcdf36e71-8c20ee3d83-

## 14. Increasing the Well-Being of Individuals with Fetal Alcohol Spectrum Disorder

November 19, 2013: Ottawa, ON

In this workshop, participants will:

 learn how to identify individuals potentially impacted by FASD but who have not yet been diagnosed.

- become familiar with the typical developmental profile of an individual impacted by FASD.
- learn how to advocate and support individuals with FASD who may be involved with the justice system.

In addition, the results of current research will be highlighted, revealing eight practices that have been identified as critical to the effective support of people impacted by FASD. Case studies will be used to demonstrate the application of these practices which improve the mental health and well-being of individuals being served, making the environment FASD friendly.

http://www.fasdwaterlooregion.ca/sites/default/files/file/19-11-12%20FASD%20EN %201.pdf

#### **15. The Canadian Association of Perinatal and Women's Health Nurses 3<sup>rd</sup> Annual Conference: Evolving through the Mist of Change** November 21-23, 2013: Niagara Falls, ON

This year's conference, entitled "Evolving through the Mist of Change", will feature some recognized and dynamic keynote speakers as well as over 85 oral and poster presentations from colleagues across Canada on a variety of topics pertaining to perinatal and women's health. For more information or to register for the conference, please see the conference's Preliminary Program on our website www.capwhn.ca

#### 16. 4th Anishinabek G7 FASD Conference

December 3-5, 2013: Sudbury, ON

On behalf of the Anishinabek G7 FASD Conference Committee, please consider this your formal invitation to attend the 4th Anishinabek G7 FASD Conference, to be held December 3-5th at the Radisson Hotel & Conference Centre, in Sudbury. This year's exciting line up of facilitators include:

- Jodee Kulp, author of *Our FAScinating Journey: Keys to Brain Potential Along the Path of Prenatal Brain Injury; The Best I Can Be, Living with Fetal Alcohol,* by Liz and Jodee Kulp; *Families at Risk*; and *Journey to Life*
- The lovely and talented Emily Travis ~ Miss Southern Illinois 2012, a shining example of what young Native people living with FASD can accomplish, will share her presentation: Through Weakness Shines Hope.
- Myles Himmelrich, an Internationally recognized Mentor & Motivational Speaker, will also share his story with us.
- Dr. Brenda Stade, Clinical Specialist in FASD will conduct: FASD: A Diagnosis of Hope
- Author, Educator & Founder of the organization: Healthy Brains for Children: Jody Allen Crowe will conduct a session titled: Who, What & How to Empower Kids, *The thoughts of an educator on FASD in our schools and community.*
- Lawyer Jonathan Rudin (co-chair of the Provincial FASD Justice Committee & Program Director for Aboriginal Legal Services of Toronto) has once again accepted our invitation to come join us. He will be facilitating: Working With FASD Affected Clients in the Legal System.

http://www.fasdontario.ca/cms/4th-anishinabek-g7-fasd-conference

**17. Building Public Support in Local Healthy Eating and Nutrition Policies** December 4, 2013: Toronto, ON This competency-based workshop will explore how to build public support for local policy efforts, with case studies that will target specific healthy eating and nutrition policies! It will be facilitated by Dave Meslin, a well known community activist and artist. This TED Talks speaker has explored barriers to engagement in local politics. His 'City Idol' project, designed to engage alienated citizens in politics, has been featured on the Documentary Channel.

Learn how to:

- Effectively communicate with, and engage, the public
- Build and leverage public support
- Identify strategies for unifying a polarized public
- Understand the role of social media

This workshop is for:

Community, family, and public health professionals, primary health care providers, policy makers, researchers, educators, nutrition professionals, and students are welcome! <u>http://opha.on.ca/Events/Building-Public-Support-in-Local-Healthy-Eating-an.aspx</u>

## 18. REGISTRATION OPEN: 2014 Best Start Resource Centre Annual Conference

February 26-28, 2014: Toronto, ON

The Best Start Resource Centre team is pleased to announce that registration is open for our 2014 annual conference. The conference addresses issues of interest to service providers working in the areas of preconception health, prenatal health and early child development. Here are our exciting session topics for 2014:

- The Origins and Development of Early Mental Health: Why Recognizing and Responding to Early Mental Health Needs to be the New Normal (<u>Dr. Chaya</u> <u>Kulkarni</u>)
- Cultural Safety, Dr. Margo Greenwood
- Being The Resilient Woman ... Taking Care of YOURSELF at Work and at Home (<u>Dr. Patricia O'Gorman</u>)
- Management of Perinatal Prescription Opioid Use (<u>Dr. Alice Ordean</u>)
- Early Childhood Visual Development (Dr. Catherine Chiarelli)
- Overcoming Challenges on the Baby-Friendly Initiative (BFI) Journey (<u>Susan</u> <u>Anderson, Joan Bueckert</u> and <u>Catharine Lowes</u>)
- Consumer Products: Safety Issues and Information for Service Providers (<u>Sonia</u> <u>Douglas</u> and <u>Joanne Brathwaite</u>)
- This (Maybe) Changes Everything: Men and the Adjustment to Fatherhood (<u>Brian</u> <u>Russell</u>)
- Embracing our Métis Families (<u>Shelley Gonneville</u>, <u>Lynne Picotte</u> and <u>October</u> <u>Fostey</u>)
- Optimizing Maternal-Fetal Outcomes The Value of Appropriate Weight Gain For All Women and Their Children (*Dr. Zachary M. Ferraro*)
- Seeing the Unseen An Introduction to Health Equity Impact Assessment (<u>Andrea</u> <u>Bodkin</u>)
- Radon in Indoor Environments: What You Can Do to Protect Children from an Important Lung Cancer Risk (<u>Erica Phipps</u>)
- Working with Families to Promote Safe Sleep for Infants 0 12 Months of Age: A New RNAO Best Practice Guideline, <u>Vicki Bassett</u>, <u>Christina Bradley</u>, and <u>Monique</u> <u>Lloyd</u>
- The Sacred Child Program (*Elaine Kicknosway*)

- Engaging and Supporting Families (<u>Janice MacAulay</u>)
- Perinatal Mood Disorders: Translating Best Evidence into Practice: Current Research and the Northeastern Ontario Strategy (<u>Dr. Cindy-Lee Dennis</u>, <u>Michelle Deveau-</u> <u>Brock</u> and <u>Linda Rankin</u>)
- Integrating Social Media in Your Work Update on Tools, Current Public Health Examples, and the Next Steps (<u>Robyn Kalda</u> and <u>Melissa Potvin</u>)
- How Community, Family and the Environment Shape Children and What We Can Do About It through A Social Pediatrics Approach (<u>Dr. Lee Ford-Jones</u>)

Click here to register: http://www.beststart.org/events/2014/bsannualconf14/index.htm

### **V. RESOURCES**

#### 19. Nutri-eStep

Dietitians of Canada, and the staff of EatRight Ontario, have worked with the University of Guelph to bring the NutriSTEP® nutrition screening questionnaires for preschoolers (3-5 years) and toddlers (18-35 months) online. The valid and reliable nutrition screening tools have been used by service providers across Canada for several years, and have been beneficial in helping service agencies identify needs in their community and provide education and counseling to parents. NutriSTEP® has been used in acute care, primary care, and public health settings. Launching the Nutri-eSTEP online tool means that more parents across Canada can benefit from the screening tool. In less than 10 minutes, parents or a caregiver can complete the online questionnaire, receive immediate feedback on "What is Going Well" and "What to Work On", and be linked to healthy eating resources and community services.

A flyer to promote Nutri-eSTEP to parents and other caregivers is available at: EN: <u>http://www.dietitians.ca/Downloadable-Content/Public/Nutri-eSTEP-flyer\_Eng\_web.aspx</u> FR: <u>http://www.dietitians.ca/Downloadable-Content/Public/Nutri-eSTEP-</u>

flyer FR web.aspx

#### 20. Ontario Hospital Association Newsletter

The most recent Ontario Hospital Association Newsletter is a special issues dedicated to advancing maternal and newborn care delivery in Ontario. It includes articles, interviews, and updates from practitioners, hospitals, and policymakers that touch on many of the emerging trends and themes promoting safe and high quality delivery of maternal and newborn care in Ontario.

http://news.oha.com/display.php?M=233039&C=830ab725e43235786fd3950105fbc48b &S=860&L=6&N=294

### 21. How the Environment Affects Fertility, Pregnancy, and Childhood Development

The National Institute of Environmental Health Sciences (NIEHS), part of the National Institutes of Health, has produced a video that provides women with helpful tips on how to have a healthy pregnancy and how NIEHS research played a role in those discoveries.

http://www.youtube.com/watch?v=J6XqDRdGScY&feature=c4overview&list=UUxq2OdLAFrKISDCI0Yjgwsq

#### 22. Labour and Birth Information from BC hospitals Now Available to Public

Labour and birth information for each hospital in British Columbia is now available on a searchable website for expectant mothers, their families, the general public, and healthcare providers. The information is being provided by Perinatal Services BC (PSBC), an agency of the Provincial Health Services Authority, to help maternity care providers continue to improve care and support the best outcomes for mothers and babies. The information can also help women have informed conversations with their doctors, midwives, or nurse practitioners about their labour and delivery options. The five indicators are:

- 1. vaginal delivery for first-time mothers;
- 2. repeat cesarean section before 39 weeks (early term);
- 3. post-date induction before 41 weeks;
- 4. exclusive use of intermittent auscultation (listening to fetal heart beats at specified intervals) during labour; and
- 5. babies who were breastfed from birth to discharge.

Explanation of Indicators and Understanding the Data:

http://www.phsa.ca/NR/rdonlyres/BF5C8434-3A32-4CB2-AADB-

988E4C3A2C91/0/PSBCFacilityLevelIndicatorsExplanations\_Aug2013.pdf Accessing the Data:

http://www.perinatalservicesbc.ca/DataAndSurveillance/Surveillance/FacilityLevelIndicators/AccessingTheData/default.htm

For more information, visit www.perinatalservicesbc.ca.

### **VI. FEATURED BEST START RESOURCES**

## 23. Playing it Safe : Service Provider Strategies to Reduce Environmental Risks to Preconception, Prenatal and Child Health (available in French)

This manual will guide service providers to promising strategies to address environmental risks to preconception, prenatal and child health. Best Start Resource Centre wrote this guide in collaboration with the Canadian Partnership for Children's Health and Environment (CPCHE).

EN: <u>http://www.beststart.org/resources/env\_action/pdf/envirostrategies\_rev.pdf</u> FR: <u>http://www.meilleurdepart.org/resources/environ/pdf/BSM\_rev\_2013.pdf</u>

## 24. Through the Eyes of a Child – First Nation Children's Environmental Health

This resource was developed by the Union of Ontario Indians, Anishinabek Health Secretariat with support from the Best Start Resource Centre, 2009. This manual looks at some of the environmental issues that are affecting First Nation children on and off reserve. The information provided is intended to support service providers in addressing the environmental health concerns of their clients in a manner that is culturally sensitive and strength based. The manual includes background information, the impact on First Nation children, information about First Nation initiatives, recommended strategies, and parent handouts.

http://www.anishinabek.ca/download/Through%20the%20Eyes%20of%20a%20Child%2 0-%20FN%20Enviro%20Health.pdf

#### About This Bulletin

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 (<u>mnchp@healthnexus.ca</u>). Please note that the Best Start Resource Centre does not endorse or recommend any events, resources, or publications mentioned in this bulletin.

#### **Other Health Nexus Communications:**

#### **Electronic Bulletins**

<u>OHPE</u>: Your weekly update on the latest health promotion news, events, jobs and resources, featuring original articles—and much more. Produced in collaboration with Public Health Ontario.

<u>Le Bulletin de santé maternelle et infantile</u>: A bulletin featuring information about maternal, newborn and child health promotion, in French.

<u>Le Bloc-Notes</u>: A monthly French language bulletin focused on health promotion issues, events, jobs and resources for French-language minority communities across Canada.

#### **Online Networks (listservs)**

The Maternal Newborn and Child Health Promotion (MNCHP) Network: An electronic network for service providers working to promote preconception, prenatal and child health.

<u>Réseau de Santé Maternelle et Infantile (RSMI)</u>: An electronic network to share information about preconception, prenatal and child health, in French.

<u>The Best Start Aboriginal Sharing Circle (BSASC) Network</u>: An electronic network designed for service providers working with Aboriginal Peoples in areas of preconception, prenatal and child health.

<u>The Healthy Babies Healthy Children (HBHC) Network</u>: An electronic network for HBHC program staff.

<u>Click4HP</u>: An international, moderated, dialogue on health promotion, open to anyone who wants to ask questions, share ideas, announce new resources and events. Join the conversation!

#### Blogs

<u>Health Promotion Today / Promotion de la santé aujourd'hui</u>: Find out what's making news in health promotion. Our bilingual blog keeps you informed.

<u>HC Link Blog</u>: This blog provides you with useful information on health promotion topics, news, and resources, as well as information on HC Link's events, activities, and resources.

#### Social Media



Follow us on Twitter <u>@Health\_Nexus</u> ou en français <u>@Nexus\_Sante</u>



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