

MNCHP Network Bulletin



*best start
meilleur départ*

by/par health **nexus** santé

September 9, 2011

The next bulletin will be released September 23, 2011.

In this week's issue:

I. NEWS & VIEWS

1. [Frontline public health nurses to provide input into Healthy Babies Healthy Children program prior to changes being implemented](#)
2. [Adoption and other supports for Ontario children and youth](#) (available in French)
3. [Latest product recalls](#) (available in French)
4. [The nag factor: How do children convince their parents to buy unhealthy food?](#)

II. RECENT REPORTS AND RESEARCH

5. [Hyperactivity: Synthesis of experts' texts](#) (available in French)
6. [Hidden violence: Protecting young children at home](#)
7. [Health behaviours and infant health outcomes in homeless pregnant women in the United States](#)
8. [Effects of prenatal smoking on infant neurodevelopment may be worse than feared](#)

III. CURRENT INITIATIVES

9. [Child care centres to start posting serious occurrences reports](#) (available in French)

IV. UPCOMING EVENTS

10. [Métis rendezvous](#) (Massey, ON)
11. [Infant massage instructor](#) (Sault Ste. Marie, ON)
12. [Optimizing infant nutrition – The role of human milk](#) (London, ON)
13. [The 6th annual Ivey symposium: Critical issues associated with the use of opioids in pregnancy and the newborn](#) (London, ON)
14. [One day that can change the way you work with fathers](#) (Toronto, ON)
15. [What's worth knowing: health and the environment symposium](#) (Toronto, ON)
16. [Evaluating community impact](#) (Kitchener, ON)

V. RESOURCES

17. [Order free resource: Video on Aboriginal fathers](#)
18. [Participation toolkit: Afterschool activity guide and tracker](#)
19. [Podcast by the Harvard Graduate School of Education: Protecting your child's brain](#)
20. [Protecting brains, not simply stimulating minds](#)

VI. FEATURED BEST START RESOURCES

21. [Life with a new baby: Dealing with Postpartum Mood Disorders](#) (available in French)
22. [Creating circles of support for pregnant women and new parents: A manual supporting women's mental health in pregnancy and postpartum](#)

----- I. NEWS & VIEWS -----

ONTARIO

1. FRONTLINE PUBLIC HEALTH NURSES TO PROVIDE INPUT INTO HEALTHY BABIES HEALTHY CHILDREN PROGRAM PRIOR TO CHANGES BEING IMPLEMENTED

The President of the Ontario Nurses' Association (ONA), Linda Haslam-Stroud, wrote a letter to Premier McGuinty expressing her concerns about cuts to services in the Healthy Babies Healthy Children (HBHC) Programs (ONA, 2011). Laurel Broten, Minister of Children and Youth Services, responded to this letter.

http://www.ona.org/news_details/healthy_babies_programs_20110825.html

2. ADOPTION AND OTHER SUPPORTS FOR ONTARIO CHILDREN AND YOUTH

(available in French)

The *Building Families and Supporting Youth To Be Successful Act, 2011* removes barriers so more children in care of Children's Aid Societies (CASs) can be adopted. Older youth whose care ended at ages 16 or 17 are now able to return to their CAS and receive financial and other supports until the age of 21. Eligible families who want to adopt or gain legal custody of a Crown ward can also receive subsidies.

English: <http://news.ontario.ca/mcys/en/2011/09/helping-more-kids-find-permanent-homes-1.html>

French: <http://news.ontario.ca/mcys/fr/2011/09/aider-un-plus-grand-nombre-denfants-a-trouver-un-foyer-permanent-1.html>

CANADA

3. LATEST PRODUCT RECALLS

(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).

- Twirlla Wooden Rattle: The toy's U-shaped parts can break, posing a choking hazard.
- Senior Hair Clipper (model #56121) and Alpha Hair Clipper (model #3404-3): The cable surrounding the electrical cord has the potential to crack and split when coiled or folded. This could create a small potential for a shock hazard.
- Scoot 'n Zoom child's riding toy: The riding toy can tip over allowing a child to fall forward while riding, posing a fall hazard.
- Bobblehead Snowman and Bobblehead Santa Decorations: An electrical component in the product can short circuit, posing a fire hazard to consumers.
- Anne McClean Brand aerosol cleaners and air fresheners: The products do not have the mandatory labelling as required under Canadian law.
- phil&teds "metoo" clip-on high chair: Missing or worn clamp pads can allow the chairs to detach from table surfaces, posing a fall hazard and injury hazard.

- Sheenmax Realspace PRO 3000 Series Desk Chairs: A consumer's finger can get caught in an opening in the chair's tilt mechanism, posing a pinch hazard to consumers.

English: <http://cpsr-rspc.hc-sc.gc.ca/PR-RP/results-resultats-eng.jsp?searchstring=&searchyear=&searchcategory=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/results-resultats-fra.jsp?searchstring=&searchcategory=&searchyear=&startIndex=1¤t=truehttp://www.hc-sc.gc.ca/cps-spc/advisories-avis/aw-am/index-fra.php>

- Consumers warned about certain consumer chemical products sold by Orange TKO Industries International Inc.: They do not carry the mandatory labelling and child-resistant closure as required by the *Consumer Chemicals and Containers Regulations, 2001*. These products contain a level of D-limonene that can be hazardous, especially to children, if aspiration occurs.

English: http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/2011/2011_113-eng.php

French: http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/2011/2011_113-fra.php

- Reminding parents of school lunch allergen safety

English: http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/2011/2011_118-eng.php

French: http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/2011/2011_118-fra.php

INTERNATIONAL

4. THE NAG FACTOR: HOW DO CHILDREN CONVINCED THEIR PARENTS TO BUY UNHEALTHY FOOD?

Is marketing contributing to the obesity epidemic and causing children to nag for low nutritional products? A team of researchers from the Johns Hopkins Bloomberg School of Public Health examined the “Nag Factor” to better understand the media’s impact on children’s health. The “Nag Factor” is the tendency for children, who are exposed to marketers’ messages, to unrelentingly request advertised items (Public Health News Centre, 2011, August 15). Researchers explored whether and how mothers of young children have experienced this phenomenon and strategies for coping. The findings indicate that mothers consistently cited 10 strategies for dealing with the nagging: giving in, yelling, ignoring, distracting, staying calm and consistent, avoiding the commercial environment, negotiating and setting rules, allowing alternative items, explaining the reasoning behind choices, and limiting commercial exposure (Public Health News Centre, 2011, August 15). The researchers also found that nagging increased with age. Study author Borzekowski explains that “to address childhood obesity, it may be necessary to limit the amount of food and beverage advertising shown on commercial television and other media, as this may lessen children’s nagging for unhealthy items” (Public Health News Centre, 2011, August 15).

http://www.jhsph.edu/publichealthnews/press_releases/2011/borzekowski_nag_factor.html?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+JHSPHNews+%28Public+Health+News+Headlines+from+Johns+Hopkins%29&utm_content=Google+Reader

----- II. RECENT REPORTS AND RESEARCH -----

ONTARIO

5. HYPERACTIVITY: SYNTHESIS OF EXPERTS’ TEXTS

(available in French)

The Encyclopedia on Early Childhood Development (2011, September 1) released a synthesis on hyperactivity edited by Dr. Russell Schachar from the University of Toronto. Several articles are included: Attention Deficit Hyperactivity Disorder (ADHD) and cognition; Children with ADHD: Epidemiology, comorbidity, and assessment; ADHD and genetics; and ADHD and neuroscience.

English: <http://www.child-encyclopedia.com/pages/PDF/hyperactivity.pdf>

French: <http://www.enfant-encyclopedie.com/fr-ca/hyperactivite-enfant/est-ce-important.html>

INTERNATIONAL

6. HIDDEN VIOLENCE: PROTECTING YOUNG CHILDREN AT HOME

A recent article by Shonkoff and Fox (2011) highlights that circumstances such as abuse, maltreatment, and the persistent threat of violence can disrupt the developing architecture of the brain. The authors emphasize the importance of policies and programs taking children's developmental needs into account, particularly for those living under stressful circumstances.

<http://bernardvanleer.org/Hidden-violence-Protecting-young-children-at-home>

7. HEALTH BEHAVIOURS AND INFANT HEALTH OUTCOMES IN HOMELESS PREGNANT WOMEN IN THE UNITED STATES

This study (Richards & Baksh, 2011) aimed to describe demographics; maternal health behaviours before, during, and after pregnancy; and infant health outcomes among homeless women in the United States. The research was based on Pregnancy Risk Assessment Monitoring System data from 31 participating states from 2000 to 2007 that were linked to birth certificate data. The findings indicate the homeless women were younger, unmarried, uninsured, less educated, less likely to initiate and sustain breastfeeding, and had less prenatal care and well-visits (Richards & Baksh, 2011). These women were also more likely to be black, Hispanic, smoke cigarettes, be underweight or have class III obesity, and not take preconception multivitamins. The researchers also found that infants had lower birth weights, a longer hospital stay, and were more likely to receive neonatal intensive care (Richards & Baksh, 2011).

Abstract: <http://pediatrics.aappublications.org/content/128/3/438>

8. EFFECTS OF PRENATAL SMOKING ON INFANT NEURODEVELOPMENT MAY BE WORSE THAN FEARED

A recent study found that babies born to mothers who smoke while pregnant face substantial delays in early neurological development and the effects may be stronger than researchers previously thought. Participants were recruited from health clinics in Argentina, Brazil, and Chile (ScienceDaily, 2011, August 22). A total of nearly 1,600 children were included making this one of the largest studies on smoking and neurodevelopment. Mothers were surveyed about their smoking habits and neurological screening (e.g., cognitive tests, assessments of communication and basic neurological function) were administered to children by trained physicians. The findings indicate that smoking may cause as much as a 40 percentage point increase in the probability of being at risk of developmental problems in babies between 3 and 24 months old. The effects were strongest among children from poor families (ScienceDaily, 2011, August 22).

News: <http://www.sciencedaily.com/releases/2011/08/110822111740.htm>

Abstract: <http://www.jstor.org/pss/10.1086/660885>

----- III. CURRENT INITIATIVES -----

9. CHILD CARE CENTRES TO START POSTING SERIOUS OCCURRENCES REPORTS

(available in French)

Beginning November 1, 2011, all licensed child care operators will be required to post information about serious occurrences in a visible area of the child care centre. This is a new requirement in addition to the

Government of Ontario's commitment to post child care inspection reports online (Government of Ontario, 2011, August 23).

English: <http://www.news.ontario.ca/edu/en/2011/08/greater-access-to-child-care-centre-information-for-parents.html>

French: <http://www.news.ontario.ca/edu/fr/2011/08/un-plus-grand-acces-pour-les-parents-aux-renseignements-sur-les-garderies.html>

News: <http://www.parentcentral.ca/parent/education/childcare/daycare/article/1044518--child-care-centres-to-start-posting-serious-occurrence-reports>

Serious occurrence policy:

<http://www.google.ca/url?sa=t&source=web&cd=4&ved=0CEAQFjAD&url=http%3A%2F%2Fwww.cdrcp.com%2Fsetting-the-stage-downloads%2Fgeneral-events%2Fmcys-new-serious-occurrence-policy%2Fdownload&rct=j&q=child%20care%20post%20serious%20occurrence&ei=8XhnTqbKGLiSgQey9tC9DA&usq=AFQjCNGRMVAmo4ZazSzfMriJBjFI9PgQ&sig2=WPo8DMrnfBRSmkdIivLk8g&cad=rja>

----- 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 see <http://www.beststart.org/events/otherevents.php>

ONTARIO

10. MÉTIS RENDEZVOUS

September 17, 2011: Massey, ON

Hosted by: Métis Nation of Ontario

Call 705-254-1768 or 705-671-9855 ext. 228 for more information.

11. INFANT MASSAGE INSTRUCTOR

September 27-30, 2011: Sault Ste. Marie, ON

Hosted by the International Association of Infant Massage and sponsored by Child Care Algoma/Best Start Hub

For more information, contact 705-942-6008 or oeycssm@childcarealgoma.ca

12. OPTIMIZING INFANT NUTRITION – THE ROLE OF HUMAN MILK

October 3, 2011: London, ON

Symposium sponsored by: The Academic Medical Organization of Southwestern Ontario (AMOSO)

<http://childhealth.akaraisin.com/symposium>

13. THE 6TH ANNUAL IVEY SYMPOSIUM: CRITICAL ISSUES ASSOCIATED WITH THE USE OF OPIOIDS IN PREGNANCY AND THE NEWBORN

October 17, 2011: London, ON

Hosted by: The Ivey Chair in Molecular Toxicology, Schulich School of Medicine and Dentistry, University of Western Ontario

For more information, contact Lauren Hanly at 519-661-3128 or iveytox@uwo.ca

14. ONE DAY THAT CAN CHANGE THE WAY YOU WORK WITH FATHERS

October 20, 2011: Toronto, ON

Hosted by: The Canadian Father Involvement Initiative

http://www.cfii.ca/strategies_working_fathers

15. WHAT'S WORTH KNOWING: HEALTH AND THE ENVIRONMENT SYMPOSIUM

November 16, 2011: Toronto, ON

Hosted by: Learning for a Sustainable Future

<http://lsf-lst.ca/symposium2011>

16. EVALUATING COMMUNITY IMPACT

November 29-December 1, 2011: Kitchener, ON

Hosted by: Tamarack

http://tamarackcommunity.ca/ECI_index.html

----- V. RESOURCES -----

17. ORDER FREE RESOURCE: VIDEO ON ABORIGINAL FATHERS

The National Collaborating Centre for Aboriginal Health (NCCAH) produced a new DVD called, "With Dad, Strengthening the circles of care". The film is a documentary about a national conference and showcase on Aboriginal father involvement, which was hosted by NCCAH in Ottawa in February 2011. The video features the voices of First Nations, Inuit, and Métis Elders, fathers, program leaders and researchers. A limited number of DVDs are available free of charge. For more information please contact Selina Ross selinar@unbc.ca

18. PARTICIPACTION TOOLKIT: AFTERSCHOOL ACTIVITY GUIDE AND TRACKER

The ParticipACTION Tool Kit contains free communications materials that organizations can use to promote physical activity and sport participation. Many of the materials are available to all. If you are a ParticipACTION Partner Network (PPN) member, you can also access customizable materials. The current tool of the month is the Afterschool Activity Guide and Tracker.

<http://toolkit.participaction.com/browse/en/>

19. PODCAST BY THE HARVARD GRADUATE SCHOOL OF EDUCATION: PROTECTING YOUR CHILD'S BRAIN

The Director of the Center on the Developing Child at Harvard University, Jack P. Shonkoff, describes the science behind early childhood development. He discusses how stable and nurturing relationships with adults promote successful learning and healthy brain development in young children. He also highlights the need for researchers and policymakers to work collaboratively to develop fresh ideas for supporting young children. He notes that the sector of early childhood policy "has to not just reduce barriers to learning, but also build the foundations of physical and mental health" (Shonkoff, 2011).

<http://www.gse.harvard.edu/news-impact/2011/08/harvard-edcast-protecting-your-childs-brain/>

20. PROTECTING BRAINS, NOT SIMPLY STIMULATING MINDS

The Director of the Center on the Developing Child at Harvard University, Jack P. Shonkoff argues for scientists, service providers, and policy makers to work together to design and test creative new interventions that mitigate the harmful effects of significant adversity in early childhood. According to Shonkoff (2011): "New strategies will be needed to strengthen the capacities of parents and providers of early care and education (beyond the provision of additional information and supports) to help young children cope with stress".

Abstract: <http://www.sciencemag.org/content/333/6045/982.abstract>

----- VI. FEATURED BEST START RESOURCES -----

The Best Start Resource Centre has several resources available on the topic of [Postpartum Mood Disorders](#). Two of our newest resources on the topic are featured below.

21. LIFE WITH A NEW BABY: DEALING WITH POSTPARTUM MOOD DISORDERS

(available in French)

This bilingual video (Best Start Resource Centre, 2011) introduces the topic of postpartum mood disorders. Interviews with real mothers and their families make this an appealing resource for pregnant women and new mothers. The 17 minute English version can be used in prenatal or parenting classes, hospitals or home visits. A facilitator's guide with a handout for clients is included.

English: <http://www.beststart.org/resources/ppmd/index.html>

French: <http://www.meilleurdepart.org/resources/ppmd/index.html>

22. CREATING CIRCLES OF SUPPORT FOR PREGNANT WOMEN AND NEW PARENTS: A MANUAL SUPPORTING WOMEN'S MENTAL HEALTH IN PREGNANCY AND POSTPARTUM

(available in French)

Screening, assessment, and treatment of women with mood and anxiety issues during the perinatal period have gained momentum in Ontario over the last few years. Support has been recognized as an integral part of prevention and recovery. Many agencies aim to provide support to pregnant women, new mothers, and their families. This manual (Best Start Resource Centre, 2009) is intended for health and social service providers working with pregnant women, new mothers and their families. It looks at defining support and the circle of support women need during the perinatal period. It provides evidence and ideas from the literature and practice on how to help women create their own circle of support. A helpful [template](#), to assist service providers and their clients identify their circle of support, can be downloaded as well.

http://www.beststart.org/resources/ppmd/pdf/circles_of_support_manual_fnl.pdf

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. 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
- [Le Bloc-Notes](http://leblocnotes.ca/) – The biweekly French language bulletin provides information on health promotion. <http://leblocnotes.ca/>