

# MNCHP Network Bulletin



best start  
meilleur départ

by/par health **nexus** santé

*The MNCHP Bulletin highlights current trends, new resources and initiatives, upcoming events and more in preconception health, prenatal health and early child development. 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. Read more information about this [bulletin](#).*

## August 23, 2013

*The next bulletin will be released September 13, 2013.*

### In this week's issue:

#### [I. NEWS & VIEWS](#)

1. [Government Eyes Double Standard in Daycare Reports](#)
2. [Newborn Screening for Severe Combined Immune Deficiency \(SCID\)](#)

#### [II. RECENT REPORTS AND RESEARCH](#)

3. [Tired, Moody and Pregnant? Exercise May Be the Answer](#)
4. [Television-Related Injuries to Children in the United States, 1990–2011](#)
5. [Charting Progress for Babies in Child Care – Policy Framework](#)
6. [Time For Bed: Associations with Cognitive Performance in 7-year-old Children: A Longitudinal Population-Based Study](#)
7. [Nonfatal Choking on Food Among Children 14 Years or Younger in the United States, 2001–2009](#)

#### [III. CURENT INITIATIVES](#)

8. [Call for Abstracts - The 6th National Biennial Conference on Adolescence and Adults with Fetal Alcohol Spectrum Disorder: Changing the Conversation](#)
9. [Call for Abstracts - Healthy Mothers and Healthy Babies: New Research and Best Practice Conference](#)
10. [Did you know 9 out of 10 car seats in Hamilton are not used correctly?](#)

#### [IV. UPCOMING EVENTS](#)

11. [Finders Keepers: Hiring and Retaining Bilingual Staff](#)
12. [Supporting Parents: A Train-the-Trainer Workshop](#)
13. [Applied Motivational Interviewing for Health Practitioners, Level 1](#)
14. [5th Annual Addiction Symposium: The Many Faces of Addiction](#)
15. [Embracing the Early Years, Capture the Moment Conference](#)
16. [Introduction to the ASQ-3 & ASQ:SE Ages and Stages Questionnaires](#)
17. [Upcoming Make the Connection \(MTC\) Workshops](#)
18. [Best Start Resource Centre: 2014 Annual Conference](#)

#### V. RESOURCES

19. [Manitobaparentzone.ca – Online Resource for Parents \(available in French\)](#)
20. [Helping Children Cope with Separation and Divorce \(available in French\)](#)
21. [Caring for Kids - Pregnancy and Baby Resources \(available in French\)](#)
22. [Videos on Supporting Behaviour Change \(available in French\)](#)
23. [Comfort, Play & Teach Parent Resources](#)

#### VI. FEATURED BEST START RESOURCES

24. [Growing Up in a New Land - A Guide for Newcomer Parents \(available in French\)](#)
25. [Growing up in a New Land – Strategies for Working with Newcomer Families](#)
26. [How to be a Family Friendly Workplace](#)

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## I. NEWS & VIEWS

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### 1. Government Eyes Double Standard in Daycare Reports

This article (Toronto Star, July 31, 2013) discusses the provincial government's daycare policy in the wake of the death of a toddler in an unlicensed daycare north of Toronto. Currently, reports regarding inspections and complaints are made public for licensed child-care centres, but are not easily accessible for unlicensed daycares. The article highlights that approximately 80% of children in Ontario are cared for by unlicensed daycares. A government spokesperson said that the Day Nurseries Act is under review and information regarding serious occurrences reports for licensed daycares will soon be available online at the Licensed Child Care Website, but it is not clear whether the same will happen for unlicensed daycares. At this time, parents with children in unlicensed daycares can call their local Child Care Quality Assurance and Licensing Office to seek information.

Article: [http://www.thestar.com/news/queenspark/2013/07/31/government\\_eyes\\_double\\_standard\\_in\\_daycare\\_reports.html](http://www.thestar.com/news/queenspark/2013/07/31/government_eyes_double_standard_in_daycare_reports.html)

Licensed Child Care Website: <http://www.iaccess.gov.on.ca/LCCWWeb/childcare/search.xhtml>

Child Care Quality Assurance and Licensing Offices: <http://www.edu.gov.on.ca/childcare/offices.html>

### 2. Newborn Screening for Severe Combined Immune Deficiency (SCID)

Newborn Screening Ontario has announced that as of August 12, 2013, Ontario babies will be screened for Severe Combined Immune Deficiency (SCID) along with 28 other conditions (see [http://www.newbornscreening.on.ca/bins/content\\_page.asp?cid=6-18&lang=1](http://www.newbornscreening.on.ca/bins/content_page.asp?cid=6-18&lang=1) for complete list). SCID is a disease that affects the proper function of the immune system and makes it difficult to fight infection. SCID was added to the newborn

screening so that babies with SCID can be treated early and serious, life-threatening infections can be prevented.

[http://www.newbornscreening.on.ca/bins/content\\_page.asp?cid=196-409&lang=1](http://www.newbornscreening.on.ca/bins/content_page.asp?cid=196-409&lang=1)

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## II. RECENT REPORTS AND RESEARCH

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\* indicates journal subscription required for full text access

### [3. Tired, Moody and Pregnant? Exercise May Be the Answer](#)

Gaston, A., & Prapavessis, H. (2013). Tired, moody and pregnant? Exercise may be the answer. *Psychology and Health*. doi: 10.1080/08870446.2013.809084.

ABSTRACT:

Negative psychological states such as depression, fatigue and anxiety are experienced by many women during pregnancy. This study examined whether engaging in an exercise programme during pregnancy is associated with improvements in psychological well-being among previously inactive women (n = 56, M age = 30.34, SD = 4.57; M weeks pregnant = 22.58, SD = 5.32). Participants completed the Profile of Mood States–Short Form and State Trait Anxiety Scale–Trait version at baseline and after four weeks of exercise. Exercise was assessed using accelerometers and these data were used to determine bouts of 30-min of moderate-to-vigorous exercise. Factorial repeated measures ANOVAs demonstrated that participants who met Canadian guidelines for exercise during pregnancy at week four (n = 17) experienced significant decreases in depression (p = .004,  $\eta^2 = .13$ ), anger (p = .03,  $\eta^2 = .08$ ), tension (p = .03,  $\eta^2 = .08$ ), fatigue (p = .01,  $\eta^2 = .10$ ), trait anxiety (p = .01,  $\eta^2 = .12$ ) and increases in vigour (p = .001,  $\eta^2 = .19$ ) compared to those who were not meeting guidelines (n = 39). From a psychological health perspective, these findings highlight the importance of continuing to promote exercise during pregnancy.

<http://www.tandfonline.com/doi/full/10.1080/08870446.2013.809084#.Uq455qwyiKl>

### [4. Television-Related Injuries to Children in the United States, 1990–2011](#)

De Roo, A. C., Chounthirath, T., & Smith, G. A. (2013). Television-related injuries to children in the United States, 1990-2011. *Journal of the American Academy of Pediatrics*. doi: 10.1542/peds.2013-1086.

ABSTRACT:

**Objective:** To investigate the epidemiology of television (TV)-related injuries to children in the United States.

**Methods:** Using data from the National Electronic Injury Surveillance System, children aged <18 years treated in United States hospital emergency departments for an injury associated with a TV from 1990 through 2011 were investigated.

**Results:** An estimated 380 885 patients aged <18 years were treated in emergency departments for a TV-related injury during the 22-year study period, which equals an annual average of 17 313 children. The median age of patients was 3 years; children <5 years represented 64.3% of patients, and boys comprised 60.8%. The average annual injury rate was 2.43 (95% confidence interval [CI]: 2.07–2.80) injuries per 10 000 children aged <18 years, with a range of 2.15 (95% CI: 1.64–2.66) to 2.90 (95% CI: 2.31–3.49). Although the overall injury rate was steady, the number and rate of injuries associated with falling TVs increased significantly by 125.5% and 95.3%, respectively, during the study period. In addition, there was a significant 344.1% increase in the number of injuries associated with a TV falling from a dresser/bureau/chest of drawers/armoire during 1995–2011.

**Conclusions:** The rate of pediatric injuries caused by falling TVs is increasing, which underscores the need for increased prevention efforts. Prevention strategies include public education, provision of TV anchoring devices at the point of sale of TVs, TV anchoring device distribution programs, strengthening of standards for TV stability, and redesign of TVs to improve stability.

<http://pediatrics.aappublications.org/content/early/2013/07/17/peds.2013-1086.full.pdf+html>

## **5. Charting Progress for Babies in Child Care – Policy Framework**

CLASP. (2013). *Charting progress for babies in child care - policy framework*. CLASP. Retrieved from <http://www.clasp.org/babiesinchildcare/>

EXCERPT:

The foundation of CLASP's *Charting Progress for Babies in Child Care Project* is a Policy Framework comprised of four key principles describing what babies and toddlers in child care need and 15 recommendations for states to move forward. CLASP developed this Policy Framework with ZERO TO THREE in the first year of the project, based on interviews with over one hundred leaders around the country.

<http://www.clasp.org/babiesinchildcare/>

## **\* 6. Time for Bed: Associations with Cognitive Performance in 7-Year-Old Children: A Longitudinal Population-Based Study**

Kelly, Y, Kelly, J., & Sacker, A. (2013). Time for bed: associations with cognitive performance in 7-year-old children: a longitudinal population-based study. *Journal of Epidemiology and Community Health*. doi:10.1136/jech-2012-202024.

## ABSTRACT:

**Background:** Little is known about the links between the time that young children go to bed and their cognitive development. In this paper we seek to examine whether bedtimes in early childhood are related to cognitive test scores in 7-year-olds.

**Methods:** We examined data on bedtimes and cognitive test (z-scores) for reading, maths and spatial abilities for 11 178 7-year-old children from the UK Millennium Cohort Study.

**Results:** At age 7, not having a regular bedtime was related to lower cognitive test scores in girls: reading ( $\beta$ : -0.22), maths ( $\beta$ : -0.26) and spatial ( $\beta$ : -0.15), but not for boys. Non-regular bedtimes at age 3 were independently associated, in girls and boys, with lower reading ( $\beta$ : -0.10, -0.20), maths ( $\beta$ : -0.16, -0.11) and spatial ( $\beta$ : -0.13, -0.16) scores. Cumulative relationships were apparent. Girls who never had regular bedtimes at ages 3, 5 and 7 had significantly lower reading ( $\beta$ : -0.36), maths ( $\beta$ : -0.51) and spatial ( $\beta$ : -0.40) scores, while for boys this was the case for those having non-regular bedtimes at any two ages (3, 5 or 7 years): reading ( $\beta$ : -0.28), maths ( $\beta$ : -0.22) and spatial ( $\beta$ : -0.26) scores. In boys having non-regular bedtimes at all three ages (3, 5 and 7 years) were non-significantly related to lower reading, maths and spatial scores.

**Conclusions:** The consistent nature of bedtimes during early childhood is related to cognitive performance. Given the importance of early child development, there may be knock on effects for health throughout life.

<http://jech.bmj.com/content/early/2013/06/25/jech-2012-202024>

### \* 7. Nonfatal Choking on Food among Children 14 Years or Younger in the United States, 2001–2009

Chapin, M. M., Rochette, L. M., Annet, J. L., Haileyesus, T., Conner, K., & Smith, G. (2013). Nonfatal choking on food among children 14 years or younger in the United States, 2001–2009. *Journal of the American Academy of Pediatrics*, 132(2), 275 -281. doi: 10.1542/peds.2013-0260

## ABSTRACT:

**Objective:** The objective of this study was to investigate the epidemiology of nonfatal choking on food among US children.

**Methods:** Using a nationally representative sample, nonfatal pediatric choking-related emergency department (ED) visits involving food for 2001 through 2009 were analyzed by using data from the National Electronic Injury Surveillance System–All Injury Program. Narratives abstracted from the medical record were reviewed to identify choking cases and the types of food involved.

**Results:** An estimated 111 914 (95% confidence interval: 83 975–139 854) children ages 0 to 14 years were treated in US hospital EDs from 2001 through 2009 for nonfatal

food-related choking, yielding an average of 12 435 children annually and a rate of 20.4 (95% confidence interval: 15.4–25.3) visits per 100 000 population. The mean age of children treated for nonfatal food-related choking was 4.5 years. Children aged ≤1 year accounted for 37.8% of cases, and male children accounted for more than one-half (55.4%) of cases. Of all food types, hard candy was most frequently (15.5% [16 168 cases]) associated with choking, followed by other candy (12.8% [13 324]), meat (12.2% [12 671]), and bone (12.0% [12 496]). Most patients (87.3% [97 509]) were treated and released, but 10.0% (11 218) were hospitalized, and 2.6% (2911) left against medical advice.

**Conclusions:** This is the first nationally representative study to focus solely on nonfatal pediatric food-related choking treated in US EDs over a multiyear period. Improved surveillance, food labeling and redesign, and public education are strategies that can help reduce pediatric choking on food.

<http://pediatrics.aappublications.org/content/132/2/275.abstract>

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## III. CURRENT INITIATIVES

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### [8. Call for Abstracts - The 6th National Biennial Conference on Adolescence and Adults with Fetal Alcohol Spectrum Disorder: Changing the Conversation](#)

April 9-12, 2014: Vancouver, BC

The conference will bring together a diverse group of professionals, families and individuals with FASD to discuss research, evidence, model practice and ideas to expand how we sustain and enhance the lives of individuals with FASD. Participants will consider and debate how we continue to build on strengths and modify existing programs, services and systems to address barriers to ethical practice in healthcare, housing, social services, mental health, criminal and civil justice, employment and education. Participants will explore ideas for the creation and provision of integrated and collaborative approaches across systems with an emphasis on inclusion, creating a good life, social justice and practicality.

Abstract submissions are now being accepted. The abstract must be submitted via the online submission form at <http://interprofessional.ubc.ca>. Formats for abstract submission include 3-hour/90-minute sessions, oral papers, and posters. Please view the call for abstract for abstract guidelines and topic areas. The abstract submission deadline is September 13, 2013 Please visit conference webpage to view advance notice, call for abstracts, keynote speaker(s), and to submit an abstract:

<http://interprofessional.ubc.ca/AdultsWithFASD2014/default.asp>

### **9. Call for Abstracts - Healthy Mothers and Healthy Babies: New Research and Best Practice Conference**

February 21-22, 2014: Vancouver, BC

This inaugural conference hosted by Perinatal Services BC, an agency of the Provincial Health Services Authority, will be an opportunity for health care professionals who are interested in the care of pregnant women and their newborns to be updated on new research and best practices across the continuum of perinatal and newborn care. This conference will engage health care professionals from a wide range of disciplines in knowledge transfer and interprofessional collaboration in order to provide the best care possible and ensure healthy mothers and babies. The format will include plenaries, breakout sessions, and poster sessions.

Abstract submissions are now being accepted for concurrent sessions. The abstract must be submitted by online electronic submission at <http://interprofessional.ubc.ca> or by email to [katia.ipce@ubc.ca](mailto:katia.ipce@ubc.ca). The last day for abstract submission is September 30, 2013. Abstract submission guidelines can be found at

[http://www.dentistry.ubc.ca/interprofessional/submissionForm.asp?conference\\_id=31](http://www.dentistry.ubc.ca/interprofessional/submissionForm.asp?conference_id=31)

### **10. Did you know 9 out of 10 car seats in Hamilton are not used correctly?**

The City of Hamilton Public Health Services would like to bring your attention to our health promotion campaign regarding the safe use of car seats. In Hamilton, data indicates that 9 out of 10 car seats are not used correctly yet 77% of parents and caregivers surveyed feel that they use their car seat correctly. Car seat misuse can lead to severe injuries, long-term disabilities, and even death. A series of promotional materials have been created to bring awareness to this issue. Families can learn how to safely secure their child by visiting the website at [www.hamilton.ca/childsafety](http://www.hamilton.ca/childsafety). Here you can find our car seat clinic schedule and our new safety on the road guides. Help spread the message about the importance of car seat safety. Remember, children are precious cargo. Keep them safe while travelling.

For questions and to request promotional materials please contact Elizabeth Hofmann at 905-546-2424 (ext. 3617) or [Elizabeth.Hofmann@hamilton.ca](mailto:Elizabeth.Hofmann@hamilton.ca).

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## **IV. UPCOMING EVENTS**

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### **11. Finders Keepers: Hiring and Retaining Bilingual Staff**

September 19, 2013: Online

Having bilingual staff in your organization is critical to being able to deliver French Language services. But it's not always easy to find, hire and keep bilingual staff. In this webinar, we'll cover several basic principles in recruiting and retaining bilingual staff,

including how to avoid common pitfalls. This webinar is the third of the FLS Capacity Building series offered in English and in French. The English series also includes:

1. How to Engage Francophones-When You Don't Speak French! (PowerPoint Presentation)

2. How to Develop a Bilingual Organizational Culture (Webinar Recording)

For more information on this webinar, the presenters, and to register:

<http://finders-keepers.eventbrite.ca/>

## **12. Supporting Parents: A Train-the-Trainer Workshop**

September 27, 2013: Kitchener Waterloo, ON and October 2, 2013, Markham, ON

The Best Start Resource Centre will be holding two regional workshops for service providers. This workshop is designed to prepare service providers to successfully deliver staff learning events using the Supporting Parents, When Parents Experience Mental Health Challenges modules in a reflective learning style. Hands-on activities will be used to support potential facilitators and become familiar with aspects of reflective practice, behaviour change and motivational interviewing. To view the modules visit:

[http://beststart.org/resources/ppmd/supporting\\_parents\\_modules.html](http://beststart.org/resources/ppmd/supporting_parents_modules.html). This workshop is intended for service providers in maternal/child health who are responsible to support staff and their professional development.

Participants will:

- Explore the competencies needed to deliver the modules as successful staff training events.
- Understand the background for the development of the modules.
- Know how to prepare for the delivery of the modules.
- Learn or reinforce skills and strategies to engage their learners.
- Discuss how to use reflective questions and other information from the workshop handouts.

### **Speakers:**

Dr. Leslie Born MSc, PhD has a Master's in Mental Health Counseling (Niagara University) and PhD in Medical Science (University of Toronto). Dr. Born is Assistant Professor (part time) in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. Dr. Born has an extensive background in women's mental health, including pregnancy and postpartum. She has written and delivered seminars on maternal mental health, interpersonal psychotherapy, motivational interviewing, and patient supported self-management. Dr. Born contributed to Creating Circles of Support for Expectant and New Mothers and Supporting Parents with Mental Health Challenges, practical handbooks and workshops by the Best Start Resource Centre, Health Nexus. Hiltrud Dawson, Best Start Resource Centre works with the Best Start Resource Centre, funded to support Ontario service providers who address preconception, prenatal, maternal and child health. She has worked extensively on breastfeeding, perinatal mood and anxiety disorders and infant health. In her present capacity, Hiltrud assists communities across the province by providing workshops, consultations and developing new provincial resources.

Note: The \$70 registration fee includes a binder with a copy of the modules' slides, notes and handouts.

For inquiries about registration contact: Roshni Juttun: [r.juttun@healthnexus.ca](mailto:r.juttun@healthnexus.ca) 1-800-397-9567 or 416-408-2249 ext. 2336

For content inquiries contact: Hiltrud Dawson: [h.dawson@healthnexus.ca](mailto:h.dawson@healthnexus.ca) 1-800-397-9567 or 416-408-2249 ext. 2250

For registration information go to: [http://beststart.org/index\\_eng.html](http://beststart.org/index_eng.html)

### **13. Applied Motivational Interviewing for Health Practitioners, Level 1**

October 3-4, 2013: Toronto, ON

This interactive 2-day intensive workshop is designed to provide health professionals with evidence-based client-centered motivational interviewing tools and skills in order to facilitate more powerful client interactions and client progress.

For more information on the content and focus of this workshop, visit [http://www.monarchsystem.com/?page\\_id=44](http://www.monarchsystem.com/?page_id=44)

#### **Who Should Attend?**

Dietitians, SLPs, audiologists, nurses, nurse practitioners, diabetes counsellors, occupational therapists, physical therapists, chiropractors, dental professionals, health promoters, pharmacists, physicians, social workers, case workers, and other health practitioners who work one-on-one with individuals toward behaviour change goals. To register, click here:

<http://monarchlevel1october2013.eventbrite.com>

### **14. 5th Annual Addiction Symposium: The Many Faces of Addiction**

October 3-4, 2013: Toronto, ON

Don't miss one of Canada's leading addiction education events. The Symposium brings together thought leaders from across North America to share research and best practices around the treatment of addiction and mental health. The Symposium is a dynamic forum for examining addiction and behavioural disorders, exploring treatment, workplace management, and recovery best practices. Whether you are a healthcare or corporate professional, or an individual whose life has been touched by addiction, this symposium will provide education, training and information about new tools and emerging practices to help people heal from addiction.

<http://www.bellwood.ca/addiction-symposium/>

### **15. Embracing the Early Years, Capture the Moment Conference**

November 20, 2013: Burlington, ON

Embracing the Early Years capture the moment conference is a large scale collaborative event hosted by several organizations. This conference is to support professionals working with children 0 to 3 years of age. We anticipate 400 professionals will join us for our workshops, institutes, networks, and mentorship.

For more information and registration please click here:

<http://www.ascy.ca/sites/default/files/files/ConferenceBrochure.pdf>

## **16. Introduction to the ASQ-3 & ASQ:SE Ages and Stages Questionnaires**

November 25, 2013: Toronto, ON or Online

The Ages & Stages Questionnaires - Third Edition (ASQ-3) and Ages & Stages Questionnaires: Social Emotional (ASQ:SE) are screening tools that facilitate identification of children at risk for developmental or social-emotional delay. This series of parent completed questionnaires is administered at regular intervals to monitor a child's development during the first 5 years. The correct use of the screening tool and interpretation of results, can lead to developmentally responsive programming for young children and accurate identification of those in need of further assessment.

This workshop will provide an overview and introduction to the ASQ-3 and the ASQ: SE tools.

[http://www.imhpromotion.ca/Portals/0/IMHP%20PDFs/Workshop\\_ASQ%20Introduction\\_2013.pdf](http://www.imhpromotion.ca/Portals/0/IMHP%20PDFs/Workshop_ASQ%20Introduction_2013.pdf)

## **17. Upcoming Make the Connection (MTC) Workshops**

November 25-26, 2013 and November 27, 2013: Toronto, ON

MTC provides parents/caregivers of infants and toddlers with information and strategies to promote secure attachment, language and learning.

MTC 0-1 (Babies) Toronto, November 25-26, 2013

Eligibility: For any professional working with parents and infants, birth to one.

Pre-requisite: None

Click here to register for this workshop:

<http://www.psychologyfoundation.org/index.php/about-us/events/maketheconnection/>

MTC 1-2 (Toddlers) Toronto, November 27, 2013

Eligibility: For any professional working with parents and toddlers one to two.

Pre-requisite: MTC 0-1 training workshop

Click here to register for this workshop:

<http://www.psychologyfoundation.org/index.php/about-us/events/maketheconnection/>

## **18. Best Start Resource Centre: 2014 Annual Conference**

February 26-28, 2014: Toronto, ON

The Best Start Resource Centre team is pleased to announce 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.

Acquire the latest information, learn innovative strategies and programs, and meet new colleagues. Details about the program and registration will be posted on the Best Start website in the coming months.

EN: [http://www.beststart.org/index\\_eng.html](http://www.beststart.org/index_eng.html)

FR: [http://www.meilleurdepart.org/index\\_fr.html](http://www.meilleurdepart.org/index_fr.html)

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## V. RESOURCES

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### **[19. Manitobaparentzone.ca – Online Resource for Parents](#)** (available in French)

ManitobaParentZone.ca is a website designed to provide parents with trusted resources and information to help them with parenting. It provides parents with parenting and child development information that reflects current best practices in health and child and adolescent development – and includes important links to Manitoba-based public education and public health campaigns. ManitobaParentZone.ca also includes an interactive "Ask an Expert" feature where parents can ask specific questions, and experts provide answers. Select Ask an Expert questions and answers will be posted on the site, searchable and easily accessible, for all site visitors in need of parenting and child development information."

EN: [www.manitobaparentzone.ca](http://www.manitobaparentzone.ca)

FR: <http://www.manitobaparentzone.ca/index2.fr.html>

### **[20. Helping Children Cope with Separation and Divorce](#)** (available in French)

Caring for Kids has created an information sheet with advice related to helping children cope with separation and divorce. This resource includes information regarding the following topics:

- What parents should tell their children about separation and divorce
- What parents can do to make the transition easier
- When it is important to call the doctor (if child is having difficulty adjusting)
- What to do if there are more serious problems (i.e. abuse)
- Suggested reading for children

EN: [http://www.caringforkids.cps.ca/handouts/separation\\_and\\_divorce](http://www.caringforkids.cps.ca/handouts/separation_and_divorce)

FR: [http://www.soinsdenosenfants.cps.ca/handouts/separation\\_and\\_divorce](http://www.soinsdenosenfants.cps.ca/handouts/separation_and_divorce)

### **[21. Caring for Kids - Pregnancy and Baby Resources](#)** (available in French)

Caring for Kids has a range of resources related to pregnancy and babies. The topics include:

- Pregnancy and Birth
- Preparing for Baby
- Nutrition
- Your Baby's Health
- Growth and Development
- Immunization
- Injury Prevention

EN: <http://www.caringforkids.cps.ca/handouts/pregnancybabies-index>

FR: <http://www.soinsdenosenfants.cps.ca/handouts/pregnancybabies-index>

## **22. Videos on Supporting Behaviour** (available in French)

The Public Health Agency of Canada has created a set of six videos that offer practical suggestions for primary care providers regarding how to support behaviour with patients in their practice. The set of videos include an overview of motivational interviewing, along with five scenarios that cover the following topics:

- Alcohol
- Unhealthy Eating
- Physical Inactivity
- Smoking
- Motivating Patients to Adopt a Healthier Lifestyle

EN: <http://www.phac-aspc.gc.ca/cd-mc/videos/index-eng.php>

FR: <http://www.phac-aspc.gc.ca/cd-mc/videos/index-fra.php>

## **23. Comfort, Play & Teach Parent Resources**

Infant Mental Health Promotion has partnered with the Phoenix Centre for Children and Families to host a number of Comfort, Play, and Teach Parent Resources. Each Monday afternoon, IMHP will post new topics and resources for information relevant to caregivers of infants, toddlers and preschoolers including the following topics:

- Ages and Stages - Developmental Milestones
- Typical and emerging skills, broken down by age range and developmental domain (i.e., Social, Emotional, Language, Intellectual, Fine, and Gross Motor) with suggestions for parents to comfort, play and teach their way to healthy development.
- Activities for Parents and Caregivers
- Great ideas to promote development through a range of theme based experiences. These activities highlight areas of learning and play under categories of: Creative art, Excursions, Language and Literacy, Cooking, Science and Nature, Music and Movement, Dramatic Play, and Physical Movement.

In addition, IMHP has developed a series of information sheets for parents with everyday strategies for dealing with common topics and issues that arise during the early years.

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

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

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**24. Growing Up in a New Land - A Guide for Newcomer Parents** (available in French)

The Best Start Resource Centre is pleased to announce the publication of a new booklet for parents of children 0-6 titled Growing Up in a New Land - A Guide for Newcomer Parents. This booklet contains information on:

- Supports for parents
- Parenting in Canada
- Helping your child learn
- Helping your child talk
- Keeping your child healthy and safe
- Taking care of yourself as parents
- Additional services for newcomers

The booklet is available for download in PDF format and paper copies can be order at \$1.25 each. Bulk discounts are available. [www.beststart.org/resources/hlthy\\_chld\\_dev](http://www.beststart.org/resources/hlthy_chld_dev)

The Best Start Resource Centre wishes to thank all the members of the Advisory Committee and reviewers who have provided valuable suggestions towards the content of this resource.

The literacy level of this booklet has been assessed with Flesh-Kincaid at a reading level of about 6. This resource is available in English and French. We are very aware that it would be ideal if this resource was available in additional languages but our current funding does not allow for that. If your organization is interested in providing translation/adaptation in another language, please contact [l.choquette@healthnexus.ca](mailto:l.choquette@healthnexus.ca).  
EN:

[http://www.beststart.org/resources/hlthy\\_chld\\_dev/Growing\\_up\\_Parents\\_EN\\_online\\_Final.pdf](http://www.beststart.org/resources/hlthy_chld_dev/Growing_up_Parents_EN_online_Final.pdf)

FR: [http://www.meilleurdepart.org/resources/develop\\_enfants/pdf/Growing\\_up\\_PARENTS\\_FR\\_online\\_Final.pdf](http://www.meilleurdepart.org/resources/develop_enfants/pdf/Growing_up_PARENTS_FR_online_Final.pdf)

## **25. Growing up in a New Land – Strategies for Working with Newcomer Families**

This manual contains many strategies to assist service providers who work with newcomer families with children 0-6. Background information is also provided, as well as list of resources, programs and activities. Available only in PDF.

[http://www.beststart.org/resources/hlthy\\_chld\\_dev/growin\\_up/growing\\_up\\_new\\_land\\_June2013.pdf](http://www.beststart.org/resources/hlthy_chld_dev/growin_up/growing_up_new_land_June2013.pdf)

## **26. How to be a Family Friendly Workplace**

This booklet for workplaces is about becoming more family friendly. It includes information about pregnancy, breastfeeding, and transition to parenting as well as examples of family friendly strategies.

[http://beststart.org/resources/wrkplc\\_health/index.html](http://beststart.org/resources/wrkplc_health/index.html)

## About This Bulletin

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## Other Health Nexus Communications:

### Electronic Bulletins

**OHPE:** 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.

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

**Le Bloc-Notes:** 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.

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

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

**The Healthy Babies Healthy Children (HBHC) Network:** An electronic network for HBHC program staff.

**Click4HP:** 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

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

**HC Link Blog:** 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.

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