

# MNCHP Network Bulletin



best start  
meilleur départ

by/par health **nexus** santé

*The MNCHP Bulletin is a bi-weekly 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, [click here](#).*

**January 11 2013**

*The next bulletin will be released January 25, 2013.*

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## I. NEWS & VIEWS

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### 1. United Nations (UN) Declares Contraception a Human Right

This segment of the CBC radio show “The Current” focuses on the UN’s position on contraception. The UN’s Population Fund has stated that access to family planning and contraceptives is a Universal Human Right. Statistics highlighting tens-of-millions of unwanted pregnancies in the poorest countries, millions of abortions, and tens-of-thousands of women dying during childbirth prompted the UN Population Fund to take this position. While many people are celebrating the UN’s position, many conservative and religious critics say that these policies are misguided and may lead to the infringement of basic rights. This debate is explored in this episode.

<http://www.cbc.ca/thecurrent/episode/2012/12/12/un-declares-contraception-as-a-human-right/>

### 2. How Can a Five-Year-Old Be Stressed?

A growing amount of research suggests that children are experiencing greater levels of physiological stress than a generation ago. This article (Huffngtonpost, 2012) highlights how teaching children self-regulation helps them to reduce their stress levels. Self-regulation is children’s ability to deal with being over-stressed by identifying stressors, reducing physiological stress, gaining control of their emotions and remaining calm and alert. Dr. Stewart Shanker and his team at York University developed this self-regulation approach. This approach is particularly promising, as a lack of self-regulation has been found to be associated with drug abuse, obesity, attentional problems and risky behaviours. It is currently being implemented in numerous British Columbia school districts and will soon be implemented in Ontario and other parts of Canada.

[http://www.huffingtonpost.ca/stuart-shanker/stress-in-children-research\\_b\\_2252749.html](http://www.huffingtonpost.ca/stuart-shanker/stress-in-children-research_b_2252749.html)

### 3. The Cry of Moms Everywhere in 2012: I Need Help!

This article (Onstad, 2012) examines the state of motherhood in 2012. In 2012 maternal health and motherhood in the media was often concerned with issues surrounding work-life balance, the stay-at-home-mom versus working-mother divide, and the eroding social safety net. Katrina Onstad provides a thoughtful reflection of the news events of 2012 and their relation and impact on motherhood in the media.

<http://www.theglobeandmail.com/life/parenting/the-cry-of-moms-everywhere-in-2012-i-need-help/article6740460/>

#### 4. Pregnant? It's a Good Time to Start Exercising

Recently published research by Dr. Bradley Price demonstrates the benefits of exercising during pregnancy (Hutchinson, 2012). Benefits for research participants in the exercise group included: increased aerobic fitness, increased muscular strength, a decrease in the incidence of cesarean sections, and a faster return to normal activities after delivery than the control group. Dr. Price has stated that the minimum effective dose of exercise for women who were not exercising before pregnancy is four moderate intensity exercise sessions per week, for 45 to 60 minutes per session (in line with the recommendations of the American Congress of Obstetricians and Gynecologists). Moderate intensity is defined as 12 to 14 on a scale where 20 is the maximum. There is, however, a lack of meaningful data about the upper limits for safe exercise during pregnancy.

<http://www.theglobeandmail.com/life/health-and-fitness/fitness/pregnant-its-a-good-time-to-start-exercising/article6095358/>

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## II. RECENT REPORTS AND RESEARCH

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This section lists abstracts that are relevant to the preconception, prenatal and child health field. Links to full-text articles are provided when available.

*\* indicates journal subscription required for full text access*

#### 5. Key Findings from Year 2 of Full-Day Early Learning Kindergarten in Peel

Pelletier, J. (2012). Key findings from year 2 of full-day early learning kindergarten in Peel. Retrieved from [http://www.oise.utoronto.ca/atkinson/UserFiles/File/Publications/Peel\\_Year\\_2\\_FDELK\\_Report.pdf](http://www.oise.utoronto.ca/atkinson/UserFiles/File/Publications/Peel_Year_2_FDELK_Report.pdf)

Excerpt:

The research reported here represents key findings from an ongoing longitudinal study in collaboration with the Regional Municipality of Peel, the Peel District School Board and the Dufferin-Peel Catholic District School Board. For four years, the research has been examining the implementation and impact of school-based integrated early childhood services, specifically kindergarten, child care and parenting support in the Peel Best Start program (Region of Peel, 2011). The Best Start study builds on the previous work of the research team in the Toronto First Duty project (e.g., Corter, Janmohamed & Pelletier, 2012; Corter & Pelletier, 2010; Pelletier, 2012a). In 2010, the Peel research expanded to include full-day early learning/kindergarten (FDELK).

[http://www.oise.utoronto.ca/atkinson/UserFiles/File/Publications/Peel\\_Year\\_2\\_FDELK\\_Report.pdf](http://www.oise.utoronto.ca/atkinson/UserFiles/File/Publications/Peel_Year_2_FDELK_Report.pdf)

#### \* 6. Mother's Environmental Tobacco Smoke Exposure During Pregnancy and Externalizing Behavior Problems in Children

Liu, J., Leung, P. W. L., McCauley, L., Ai, Y., & Pinto-Martin, J. (2013). Mother's environmental tobacco smoke exposure during pregnancy and externalizing behavior problems in children. *NeuroToxicology*, 34, 167-174. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/23178460>

**Abstract:**

**Background**

While the impact of active maternal smoking during pregnancy on child health has been well investigated, the association between maternal passive smoking, or environmental tobacco smoke (ETS), or second-hand smoke, and behavioral development of offspring is less clear. This study examines the association between maternal ETS exposure during pregnancy and child behavior problems.

**Methods**

Cross-sectional data of 646 mother-child pairs from the Jintan China Cohort Study were used in the analyses. Mother's exposure to tobacco smoking at home, the workplace, and other places during pregnancy (for the determination of maternal ETS exposure) and children's behaviors (via Child Behavior Checklist) were assessed when the children were 5–6 years old. Logistic regression models were constructed to examine associations between maternal exposure to ETS during pregnancy and internalizing and externalizing behavior problems, adjusting for potential cofounders including child sex and parental characteristics.

**Results**

37% of mothers reported ETS during pregnancy. Children of mothers exposed to ETS during pregnancy had higher scores for externalizing and total behavior problems, with 25% of children whose mothers were exposed to ETS compared to 16% of children of unexposed mothers. After adjusting for potential confounders, ETS exposure was associated with a higher risk of externalizing behavior problems in offspring of exposed mothers (OR = 2.08, 95% confidence interval [CI] 1.27–3.43). Analysis after multiple imputations and sensitivity analysis further verified the association, but no dose-response relationship was found. ETS exposure, however, was not associated with internalizing or total behavior problems.

**Conclusion**

This study suggests that maternal ETS exposure during pregnancy may impact child behavioral development, particularly externalizing behaviors.

<http://www.ncbi.nlm.nih.gov/pubmed/23178460>

## **7. The Royal Society of Canada and the Canadian Academy of Health Sciences Expert Panel: Report on Early Childhood Development**

This report (The Royal Society of Canada and the Canadian Academy of Health Sciences, 2012) highlights the association between adverse childhood experiences and poor mental health and behaviour in adolescence and adulthood. It also presents models of how early adversity might put people at risk for such outcomes. Information on the developmental biology of parent-child interaction and an exploration of what is known and not known about interventions to improve childhood mental health and behaviours are provided.

<http://www.scribd.com/doc/113386557/Early-Childhood-Development-A-report-for-the-Royal-Society-of-Canada>

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## III. CURRENT INITIATIVES

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### 8. Toronto Program Focuses on Pregnant HIV-Positive Women

In 2011, approximately 230 HIV-positive women gave birth in Canada (Mackrael, 2013). First implemented seven years ago, the St. Michael's Hospital Positive Pregnancy Programme has been attracting international attention for its work on countering the negative attitudes towards HIV-positive pregnancy. The program combines basic maternal health care with social services, counseling, and companionship. It is currently being evaluated for adaptation in other locations.

<http://www.theglobeandmail.com/life/health-and-fitness/health/toronto-program-focuses-on-pregnant-hiv-positive-women/article6961501/>

### 9. Developing Policy to Advance Physical Literacy in Child Care Settings in Alberta

In 2011 a pan-Alberta Advisory Committee was formed to improve levels of physical activity among Alberta's children. The Committee worked together to create a physical literacy policy for Alberta's licensed child care settings. This article highlights the process used to develop the policy (WellSpring Advisory Committee, 2012).

<http://www.centre4activeliving.ca/publications/wellspring/2012/dec-literacy-childcare.pdf>

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## IV. UPCOMING EVENTS

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### 10. Call for Proposals: First Nations, Métis, and Inuit Health Research Symposium

Abstracts will be accepted until January 15<sup>th</sup> 2013 for the First Nations, Métis, and Inuit Health Research Symposium. The symposium will be held on February 28<sup>th</sup> and March 1<sup>st</sup> 2013 at the University of Manitoba and will serve as a forum to highlight the health research priorities and activities within Manitoba's Indigenous communities. The theme for the symposium is 'Engaging with First Nations, Métis and Inuit Populations in Health Research: Celebrating How We Make a Difference Together'.

Presentation options include: concurrent sessions, posters, e-posters, workshop sessions and panel/roundtable sessions.

[http://umanitoba.ca/faculties/medicine/units/community\\_health\\_sciences/departamental\\_units/cahr/training/8014.html](http://umanitoba.ca/faculties/medicine/units/community_health_sciences/departamental_units/cahr/training/8014.html)

### 11. Call for Proposals: Ontario Public Health Association and Nutrition Resource Centre Conference 2013 'Marketing Toward Children'

On February 25<sup>th</sup> 2013 in Toronto, Ontario the Ontario Public Health Association and the Nutrition Resource Centre is hosting the conference 'Marketing Towards Children.' Students and organizations are encouraged to submit a poster abstract related to the marketing of foods and beverages to children. Abstracts should be a maximum of 400 words and include: a title, background, objectives, methods, results and conclusions. Abstracts must be submitted to [nutrition@opha.on.ca](mailto:nutrition@opha.on.ca) by January 18<sup>th</sup> 2013. <http://www.eventbrite.ca/org/2095773435?s=10606688>

## **12. Call for Proposals: Post-CSSE Canadian Association for Research in Early Childhood Conference**

The Post-CSSE Canadian Association for Research in Early Childhood Conference will be held on June 6<sup>th</sup>, 2013 at the University of Victoria, British Columbia. Scholars and researchers are welcomed to submit proposals for a poster submission or to present a panel session on a provocative topic in early childhood education related to policy, research or practice. Panel sessions entail a 40-minute overview of the topic followed by a 50-minute discussion. Proposals should include a brief description of the provocative topic, rationale and/or significance of the topic, perspective or theoretical lenses that will be used, methodology and findings, and lastly implications and future directions. The deadline for submission is February 1<sup>st</sup>, 2013.

[http://www.csse-scee.ca/docs/news/news\\_2012\\_dec\\_careccall.pdf](http://www.csse-scee.ca/docs/news/news_2012_dec_careccall.pdf)

## **13. Conference: Brain Development and Learning: Making Sense of the Science 2013**

This conference, held on the 24<sup>th</sup>-28<sup>th</sup> of July 2013 in Vancouver, British Columbia is devoted to improving children's lives by highlighting innovative programs that have been shown to work, and introducing ground-breaking discoveries in neuroscience and child development. Attendees will learn about the toll that stress takes on the mind and body, techniques for stress management, and the neuroscience and psychology behind helping children to thrive academically, emotionally, and socially. Early bird discounts are available for those who register before February 15<sup>th</sup> 2013.

<http://braindevelopmentandlearning.com/BDL2013/>

## **14. Webinar: Policy Development at a Glance**

This webinar, provided by Public Health Ontario, will be held on January 15, 2013 between 10:30am and 12:00 pm. This webinar will provide an overview of the Health Promotion Capacity Building Service's eight steps to policy development. The eight steps to be discussed include:

1. Describing the problem,
2. Assessing readiness,
3. Developing goals, objectives and policy options,
4. Identifying decision-makers and influencers,
5. Building support,
6. Writing or revising the policy,
7. Implementing the policy, and
8. Evaluating the policy.

The 'why' and 'how' of each step will be examined. Quality sources of information and available tools will be identified.

<http://www.eventbrite.com/event/5131366054>

## **15. La Leche League Canada Health Professionals Seminars**

In several Canadian cities, lactation consultant, writer and educator Nancy Mohrbacher will present a



seminar entitled 'Using the Natural Laws to Find Breastfeeding Solutions'. Seminar topics will include: the Natural Laws of Breastfeeding, Concerns about Milk Production, Breastfeeding Behaviours, and Nipple Pain and Trauma.

<http://www.lllc.ca/health-professional-seminars>

## **16. CHNET-WORKS Fireside Chats (Teleconference/ Online Presentation)**

Through CHNET-WORKS, a variety of teleconferences and internet-based presentations will be held on various dates in the spring of 2013. Maternal child health related topics include: 'Inunnguiniq-The promise of Inuit knowledge for early childhood health and wellbeing' (to be held on January 16<sup>th</sup> 2013 at 1pm EST) and 'The Chronic Disease Prevention Alliance of Canada (CDPAC)/Public Health Agency of Canada (PHAC) Best Practices: Child and Youth Mental Health' (to be held on January 29<sup>th</sup> 2013 at 1pm EST).

[http://www.chnet-works.ca/index.php?option=com\\_rsevents&view=events&Itemid=6&lang=en](http://www.chnet-works.ca/index.php?option=com_rsevents&view=events&Itemid=6&lang=en)

## **17. Best Start Resource Centre Conference**

The Best Start Resource Centre Conference is an annual event for service providers and policy makers working in maternal and child health to meet, share, reflect, network and be inspired! The conference will take place on February 7<sup>th</sup> and 8<sup>th</sup> 2013 in Markham, Ontario. (The preconference will take place on February 6<sup>th</sup> 2013). The annual conference draws over 300 participants each year. In addition to offering excellent peer sharing opportunities, the conference allows service providers and policy makers working in the fields of preconception, maternal health and child development to increase their knowledge and learn innovative strategies and programs relevant to their work. The conference will focus on strategies and solutions - from policy to practice. More specifically, the conference will showcase examples of the best and promising practice across Ontario and across multiple settings related to family, maternal, newborn, and child and health.

<http://www.beststart.org/events/2013/bsannualconf13/program.htm>

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# **V. RESOURCES**

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## **18. FASDChildwelfare.ca: A New Child Welfare FASD Community of Practice**

A new website has been created to serve as an information source as well as an online community of practice for caregivers, service providers, researchers, and persons with FASD. On this site, people will have the opportunity to participate in online forums, blogs, and learning opportunities. This online community also offers a searchable database providing links to services, websites, organizations, conferences, and research. Organizations can currently submit their contact information to be included as part of the online resource database.

<http://fasdchildwelfare.ca>

## **19. First Academic Book on Canadian Father Involvement**

Within this book (Ball & Daly, 2012) 'Father Involvement in Canada, Diversity, Renewal', two-dozen Canadian fatherhood scholars examine the roles of Canadian fathers from different perspectives,

including different ethnicities, ages, marital status, gender partnering, and economic brackets. The book offers new concepts, theoretical frameworks, and research directions.

<http://www.fira.ca/news-release.php?id=133>

## 20. Bounce Back and Thrive

The Bounce Back and Thrive resiliency skills training program (The Child and Family Partnership, 2012) is designed to assist professionals in helping parents to foster six inner strengths in their children. These inner strengths include: being calm, understanding feelings, flexible thinking, keep trying, maintaining a positive outlook, and participating and helping out. For each inner-strength a tip sheet, poster, and Resilience Activity Module is available. Each Resilience Activity Module offers information and simple activities. Tip Sheets include ideas, suggestions, and words that parents can use to help their children. A video is also available that provides a 10 minute introduction to the topic of resilience in which parents talk about their experiences and model how they help their children overcome challenges and learn new skills.

<http://www.reachinginreachingout.com/resources-parentprofessionals.htm>

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# VI. FEATURED BEST START RESOURCES

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## 21. Building Resilience in Young Children / Bâtir la résilience chez les jeunes enfants

This booklet is for parents of children from birth to six years and anyone who cares for children – like grandparents, relatives, foster parents and other adults. Many of the ideas will also help families with older children. *Building Resilience in Young Children* is a resource to help you boost your child's ability to bounce back from life's challenges and thrive.

It is filled with:

- Up-to-date information
- Helpful tips
- Parent stories
- Links to other resources

[http://beststart.org/resources/hlthy\\_chld\\_dev/pdf/BSRC\\_Resilience\\_English\\_fnl.pdf](http://beststart.org/resources/hlthy_chld_dev/pdf/BSRC_Resilience_English_fnl.pdf)

Cette brochure est pour les parents de jeunes enfants, de la naissance à l'âge de six ans et tous ceux qui s'occupent d'un enfant, par exemple les grands-parents, la parenté, les parents de famille d'accueil et les autres adultes. *Bâtir la résilience chez les jeunes enfants* est un outil pour vous aider à améliorer la capacité de votre enfant à surmonter les défis de la vie et à s'épanouir. Elle contient :

- des informations courantes;
- des conseils utiles;
- des témoignages de parents;
- des liens vers d'autres ressources.

[http://www.meilleurdepart.org/resources/develop\\_enfants/pdf/BSRC\\_Resilience\\_French\\_fnl.pdf](http://www.meilleurdepart.org/resources/develop_enfants/pdf/BSRC_Resilience_French_fnl.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 ([mnchp@healthnexus.ca](mailto: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.

## Other Health Nexus communications:

**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, Click4HP 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>

**The Maternal Newborn and Child Health Promotion (MNCHP) Network** - A province-wide electronic forum for service providers working to promote preconception, prenatal and child health. <http://www.beststart.org/services/MNCHP.html>

**Health Promotion Today / Promotion de la santé aujourd'hui** - Our bilingual blog keeps you informed of news and topics related to health promotion. <http://www.blogs.healthnexusante.ca/>

Follow us on **Twitter** to stay up to date on all things related to health promotion. [https://twitter.com/Health\\_Nexus](https://twitter.com/Health_Nexus)

View our video resources on **YouTube** and **Vimeo** (<http://www.youtube.com/user/healthnexusante>, <https://vimeo.com/user9493317>)

We encourage you visit the website of our new **3M Health Leadership Award** to find out how you can support community health leadership and honour your own community leader by nominating them for this national award. <http://www.healthnexus.ca/leadershipaward>

**NEW ! The Best Start Aboriginal Sharing Circle (BSASC) Network** is a distribution list designed for service providers working with Aboriginal Peoples in areas of preconception, prenatal and child health. The network is a forum to share news, ideas, questions and best practices. <http://lists.beststart.org/listinfo.cgi/bsasc-beststart.org>

### En français:

Le bulletin *francophone* **Le Bloc-Notes** est un outil indispensable pour les intervenants professionnels qui aiment être à l'affût des nouveautés dans le domaine de la promotion de la santé. <http://www.leblocnotes.ca/>

Le **Bulletin de santé maternelle et infantile** est un bulletin électronique mensuel à l'intention des fournisseurs de services œuvrant dans le domaine de la promotion de la santé maternelle et infantile. <http://www.meilleurdepart.org/services/bulletins.html>

**Promotion de la santé aujourd'hui / Health Promotion Today** – Notre blogue bilingue sur lequel on partage des nouvelles et réflexions liées à la promotion de la santé. <http://www.blogs.healthnexusante.ca/>

Suivez-nous sur **Twitter** pour demeurer au fait de tout ce qui concerne la promotion de la santé. [https://twitter.com/Nexus\\_Sante](https://twitter.com/Nexus_Sante)

Visionner nos ressources vidéo sur **YouTube** et **Vimeo** (<http://www.youtube.com/user/healthnexusante>, <https://vimeo.com/user9493317>)

Nous vous encourageons à visiter le site Web de notre nouveau **Prix 3M de leadership en santé** pour découvrir de quelle façon vous pouvez appuyer le leadership en santé communautaire et honorer un chef de file de votre milieu en présentant sa candidature à ce prix national. <http://www.nexusante.ca/prixdeleadership>