

# MNCHP Network Bulletin



*best start  
meilleur départ*

by/par health **nexus** santé

*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, [click here](#).*

**June 6, 2014**

*The next bulletin will be released July 11, 2014.*

**In this week's issue:**

## **I. NEWS & VIEWS**

1. [Maternal, Child Health Initiative renewed with \\$3.5B pledge](#)
2. [Why a child's first 1000 days are critical](#)
3. [Kids need outdoor play, not just sports, say experts](#)

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

4. [Father's brain is sensitive to childhood experiences](#)
5. [Achieving excellence: A renewed vision for education in Ontario](#) (available in French)
6. [Building social capital as a pathway to success: Community development practices of an early childhood intervention program in Canada](#)
7. [The state of breastfeeding in 33 countries](#)
8. [Report card for physical activity in children and youth](#) (available in French)

## **III. CURRENT INITIATIVES**

9. [Sun awareness week](#)
10. [Radon awareness](#)

## **IV. UPCOMING EVENTS**

11. [Trauma Informed Approaches to FASD Prevention](#)
12. [The Science of Early Child Development Initiative](#)
13. [Atlantic Summer Institute on Healthy and Safe Communities](#)

## **V. RESOURCES**

14. [Breastfeeding Your Baby Booklet](#)
15. [Physical Literacy](#)

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

16. [Bilingual Ontario Online Breastfeeding Services – Database](#) (available in French)
17. [Giving birth in a new land – Handouts](#) (available in French)

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## I. NEWS & VIEWS

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### 1. Maternal, Child Health Initiative renewed with \$3.5B pledge

This article (Do, 2014, May 29) reports on the recent announcement made by Stephen Harper on behalf of the Canadian government to commit \$3.5B in support of maternal and child health. The pledge builds on the funds dedicated by Canada to the Muskoka Initiative in 2010 and will maintain the initiative's focus on newborn health and immunization.

<http://www.cbc.ca/news/politics/maternal-child-health-initiative-renewed-with-3-5b-pledge-1.2658169>

### 2. Why a child's first 1000 days are critical

This report (Lunau, 2014, May 30) offers a brief survey of the key topics addressed at the recent Maternal, Newborn and Child Health Summit in Toronto. Doctors at the summit emphasized the importance of effective care during the first 1000 days of a child's life and highlighted the impact that decisions made during this period could have on a child's future health. Other panels focused on nutrition and discussed solutions to reach the millions of children affected by "hidden hunger." It is crucial that children not only get enough food to survive, but that they also receive required vitamins and minerals.

<http://www.macleans.ca/authors/kate-lunau/why-a-childs-first-1000-days-are-critical/>

### 3. Kids need outdoor play, not just sports, say experts

Drawing from statements made by health and physical activity experts at the recent Global Summit on the Physical Activity of Children in Toronto, this article (La Rose, 2014, June 3) emphasizes the importance of unstructured outdoor play, not only for the benefit it can have on a child's fitness, but also for its importance to a child's emotional and imaginative health. Mark Tremblay, the chief scientific officer of Active Health Kids Canada, and William Pickett, the head of the department of community health and epidemiology at Queen's University were interviewed, and both emphasized the importance of expanding traditional ideas of physical activity. Emphasizing non-traditional forms of play may also make it easier for parents to encourage their children to remain active.

<http://www.ctvnews.ca/health/health-headlines/kids-need-outdoor-play-not-just-sports-say-experts-1.1850297>

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## II. RECENT REPORTS AND RESEARCH

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

#### 4. Father's brain is sensitive to childcare experiences

Abraham, E., Hendler, T., Shapira-Lichter, I., Kanat-Maymon, Y., Zagoory-Sharon, O., & Feldman, R. (2014). Father's brain is sensitive to childcare experiences. *PNAS*. doi/10.1073/pnas.1402569111

##### ABSTRACT:

Although contemporary socio-cultural changes dramatically increased fathers' involvement in childrearing, little is known about the brain basis of human fatherhood, its comparability with the maternal brain, and its sensitivity to caregiving experiences. We measured parental brain response to infant stimuli using functional MRI, oxytocin, and parenting behavior in three groups of parents (n = 89) raising their firstborn infant: heterosexual primary caregiving mothers (PC-Mothers), heterosexual secondary-caregiving fathers (SC-Fathers), and primary-caregiving homosexual fathers (PC-Fathers) rearing infants without maternal involvement. Results revealed that parenting implemented a global "parental caregiving" neural network, mainly consistent across parents, which integrated functioning of two systems: the emotional processing network including subcortical and paralimbic structures associated with vigilance, salience, reward, and motivation, and mentalizing network involving frontopolar-medial-prefrontal and temporo-parietal circuits implicated in social understanding and cognitive empathy. These networks work in concert to imbue infant care with emotional salience, attune with the infant state, and plan adequate parenting. PC-Mothers showed greater activation in emotion processing structures, correlated with oxytocin and parent-infant synchrony, whereas SC-Fathers displayed greater activation in cortical circuits, associated with oxytocin and parenting. PC-Fathers exhibited high amygdala activation similar to PC-Mothers, alongside high activation of superior temporal sulcus (STS) comparable to SC-Fathers, and functional connectivity between amygdala and STS. Among all fathers, time spent in direct childcare was linked with the degree of amygdala-STs connectivity. Findings underscore the common neural basis of maternal and paternal care, chart brain-hormone-behavior pathways that support parenthood, and specify mechanisms of brain malleability with caregiving experiences in human fathers.

<http://www.pnas.org/content/early/2014/05/22/1402569111.full.pdf+html?sid=936069cc-92a1-458b-a331-8d4bb77170cd>

#### 5. Achieving excellence: A renewed vision for education in Ontario

(available in French)

Ontario Ministry of Education. (2014). *Achieving excellence: A renewed vision for education in Ontario*. Retrieved from <http://www.edu.gov.on.ca/eng/about/excellent.html>

**Please Note:** This document was released prior to the announcement of the upcoming election; the goals outlined in the document may be subject to change.

**EXCERPT:**

Vibrant communities and a prosperous society are built on the foundation of a strong education system. Today, Ontario's publicly funded education system – acknowledged as one of the best in the world – partners with parents, guardians and communities to develop graduates who are personally successful, economically productive and actively engaged citizens. We now have more high school graduates than ever before, and more students are meeting the high provincial academic standards than were a decade ago. Our graduates are also entering a world that is more competitive, globally connected and technologically engaged than in any other period in history. With a track record of success that we can build on, and with the opportunities available in a more interconnected world, the time has come for us to aim even higher.

That is why in fall 2013, individuals and organizations across the province came together to consider and discuss the skills and knowledge Ontario learners will need in the future. The government received input from representatives within the education system, including parents and students, teachers, support staff and school and system leaders, as well as input from individuals and groups outside the education sector, including businesses and non-profit organizations. *Achieving Excellence* is the result of their feedback.

By focusing on the four key goals outlined in *Achieving Excellence*, we will maintain and enhance Ontario's reputation as a world leader in education.

Together, we will inspire our children and youth to become capable adults and fully engaged citizens, ready and able to contribute to their families and communities. Our children, youth and adults will develop the skills and the knowledge that will lead them to become personally successful, economically productive and actively engaged citizens. They will become the motivated innovators, community builders, creative talent, skilled workers, entrepreneurs and leaders of tomorrow.

*Achieving Excellence* is based on the advice of thousands of Ontarians, and is the important next step in building the vibrant, prosperous province of tomorrow.

EN: <http://www.edu.gov.on.ca/fre/about/renewedVisionFr.pdf>

FR: <http://www.edu.gov.on.ca/fre/about/renewedVisionFr.pdf>

## **6. \*Building social capital as a pathway to success: Community development practices of an early childhood intervention program in Canada**

Shan, H., Muhajarine, N., Loptson, K., & Jeffrey, B. (2014). Building social capital as a pathway to success: Community development practices of an early childhood intervention program in Canada. *Health Promotion International, 29*(2), 244-2455. doi: 10.1093/heapro/das063

**ABSTRACT:**

In the last three decades, various concepts and strategies have been developed to address social determinants of health. This paper brings together the different focuses of health promotion, and demonstrates that effective health intervention programs need to be conducted at multiple levels and fronts. Specifically, based on the evaluation of

*KidsFirst*, an early childhood intervention program in Saskatchewan, Canada, this paper presents the program practices effective in enhancing the social capital and social cohesion at the community and institutional levels. The findings fall into three interconnected areas: strengthening community fabric; building institutional social capital and bonding, linking and bridging. *KidsFirst* has brought the community together through conducting broad and targeted community consultations, and developing partnerships and collaborative relationships in an open and transparent manner. It has also developed institutional social capital through hiring locally and encouraging staff to deepen connections with the communities. Additionally, it has endeavoured to create conditions that enable vulnerable families to enhance connectedness among themselves, link them to services and integrate them to the larger community. The program's success, however, depends not only on the program's local practices, but also on the government's central policy framework and commitment. In particular, the program's focus on children's healthy development easily resonated with local communities. Its endorsement of local and intersectoral leadership has facilitated mobilizing community resources and knowledge. Further, its commitment to local ownership of the program and structural flexibility has also determined the extent to which the program could fit into the histories of local communities.

<http://heapro.oxfordjournals.org/content/29/2/244.abstract>

## 7. The state of breastfeeding in 33 countries

World Breastfeeding Trends Initiative (WBTI). (2010). *The state of breastfeeding in 33 countries*. Delhi, India: BPNI/IBFAN-Asia. Retrieved from <http://www.worldbreastfeedingtrends.org/report/The-state-of-breastfeeding-in-33-countries-2010.pdf>

### EXCERPT:

The “State of Breastfeeding in 33 Countries”, is a report of the assessment done in the countries, as part of the World Breastfeeding Trends Initiative (WBTi) of their infant and young child feeding policies and programmes aimed at enabling women to successfully breastfeed their babies as well as manage to provide good complementary feeding with continued breastfeeding after the age of six months. The report has been generated through an IBFAN led country process involving governments and civil society organizations.

WBTi is an assessment and analysis of the 10 areas of action of the Global Strategy for Infant and Young Child Feeding conducted nationally within a participatory framework by several stakeholders including governments, professional organizations and civil society. The process allows countries to identify gaps and build consensus on actions to bridge them. The assessment also documents five optimal infant and young child-feeding (IYCF) practices as recommended by WHO. The initiative, launched jointly by IBFAN and WABA in 2009, has been introduced in 73 countries and is the driving strategy for the global Breastfeeding Initiative for Child Survival (Gbics), a worldwide civil society-led initiative aiming to accelerate progress in attaining the health-related Millennium Development Goals (MDGs), especially Goal 4, reduction of child mortality, by scaling up early, exclusive and continued breastfeeding.

Currently, the assessment has been finalized in 33 countries, and this report is based on the detailed national reports of these countries, which can be downloaded at <http://www.worldbreastfeedingtrends.org/>.  
<http://www.worldbreastfeedingtrends.org/report/The-state-of-breastfeeding-in-33-countries-2010.pdf>

## **8. Report card on physical activity for children and youth**

(available in French)

Active Healthy Kids Canada. (2014). Is Canada in the running?: How Canada stacks up against 14 other countries on physical activity for children and youth. Retrieved from <http://www.activehealthykids.ca/ReportCard/2014ReportCard.aspx>

EXCERPT:

Since 1994, Active Healthy Kids Canada (AHKC) has worked to inspire the country to engage all children and youth in physical activity. The primary vehicle to achieve this is the AHKC Report Card on Physical Activity for Children and Youth (Report Card). The Report Card consolidates current research into a format that can be easily accessed by media, governments, non-governmental organizations, practitioners and researchers, and provides the most comprehensive assessment of the physical activity of children and youth in Canada.

The first Report Card was released in 2005 to sound the alarm about the childhood physical inactivity crisis in our country. As we release this 10th Anniversary Report Card, the seriousness of the issue of childhood physical inactivity is broadly recognized in Canada. Physical activity levels have not changed significantly since 2005; however, the Report Card has served to *power the movement to get kids moving* by providing solid evidence and a uniquely Canadian perspective to help stakeholders advocate for and devise solutions that get Canada's kids moving more often. The annual release of the Report Card has consistently achieved in excess of 100 million media impressions, and reaches more than 80,000 key influencers of physical activity for children and youth in 89 countries. Over 10 years, this amounts to over 1 billion media impressions and more than 300,000 copies distributed (in electronic and hardcopy formats)

EN: <http://www.activehealthykids.ca/ReportCard/2014ReportCard.aspx>

FR: <http://www.activehealthykids.ca/ReportCard/2014ReportCard.aspx>

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## **III. CURRENT INITIATIVES**

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### **9. Sun Awareness Week**

(available in French)

From June 2 to June 8, the Canadian Dermatology Association (CDA) offered free sun screenings across Canada to inform people of the dangers associated with sun

exposure, particularly its link to skin cancer. As a key component of the week, the CDA developed activities and resources specifically designed to promote sun awareness to children. These included dermatologist visits to elementary schools, a sun safety video and educational handouts and worksheets. All resources are available on the CDA website.

EN: <http://www.dermatology.ca/programs-resources/programs/sap/>

FR: <http://www.dermatology.ca/fr/programmes-et-ressources/programmes/pnps/>

## 10. Radon Awareness

A 2012 Health Canada report indicated high levels of radon in Canadian homes. Radon is a colourless, odourless, radioactive gas that can seep into houses through foundational cracks. It is also a leading cause of lung cancer among Canadians. Recently, there has been a surge in the development of materials promoting radon awareness:

- **Radon in Canada Interactive Map:** Drawing on the data gathered from the 2012 Health Canada report mentioned above, CBC News recently plotted on a map the results of 14 000 radon tests conducted in Canadian homes. Consulting the map, Canadians can assess the radon levels in their surrounding area.  
<http://www.cbc.ca/news2/interactives/radon-in-canada/>
- **Home Safety for your Kids' Sake Check it Today Campaign** (available in French): This initiative developed by the Canadian Partnership for Children's Health & Environment promotes the importance of radon awareness for families and encourages parents to purchase radon test kits.  
EN: <http://www.healthysenvironmentforkids.ca/campaign/home-safety>  
FR : <http://www.healthysenvironmentforkids.ca/campagne/une-maison-s%C3%A9curitaire-pour-le-bien-de-vos-enfants>
- **Radon in Your Home:** The Lung Association of Ontario has developed a short video and quiz to inform families of the dangers of radon in the home.  
<http://www.on.lung.ca/radon>

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## IV. UPCOMING EVENTS

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### 11. Trauma Informed Approaches to FASD Prevention

June 12, 2014: Webinar

This is the third webinar in the Virtual Learning Series "Extending the Learning about Girls, Women, Alcohol and Pregnancy." The session will explore the effect of prior instances of violence and trauma on a woman's decision to drink alcohol while pregnant. Nancy Poole of the BC Centre of Excellence for Women's Health, and Change Talk Associates, Cristine Urquhart and Frances Jasiura will draw on the Trauma-Informed Practice (TIP) Guide to discuss strategies for working with and supporting women who may be at risk of drinking during pregnancy.

<http://fasdprevention.wordpress.com/2014/05/29/free-webinar-trauma-informed-approaches-to-fasd-prevention-june-12-2014/>

## **12. The Science of Early Child Development Initiative**

June 13, 2014: Toronto, ON

This full-day seminar provides hands-on instruction in the use of The Science of Early Child Development resource. Designed to help early childhood educators, students and professionals better understand the impact of a child's early years, this e-learning tool serves as a "living textbook," allowing users to engage with videos, games and content on the topic of early childhood education. Facilitators Deb Campbell and Mia Elfenbaum from The Science of Early Child Development, and Palmina Ioannone, from George Brown's School of Early Childhood will walk participants through the resource's various aspects in a computer lab, allowing attendees to explore the resource from their own computer.

[http://www.oise.utoronto.ca/atkinson/Events/2014\\_Events/The\\_Science\\_of\\_Early\\_Child\\_Development\\_Initiative.html](http://www.oise.utoronto.ca/atkinson/Events/2014_Events/The_Science_of_Early_Child_Development_Initiative.html)

## **13. Atlantic Summer Institute on Healthy and Safe Communities**

August 19 to 22, 2014: Charlottetown, PEI

Registration is now open for the Atlantic Summer Institute's three-day seminar, which will be held in Charlottetown, PEI. The deadline for Early Bird Registration is June 16, 2014. This year's theme is "Renewing Democracy through Social Justice: Adding New Voices." The Institute aims to serve as a forum for traditionally under-represented groups, including young people, women, and Aboriginal peoples. The Atlantic Summer Institute is curriculum-based and focused on the idea of progressive learning, meaning that seminar attendees can build on their learning from one year to the next. The 2014 seminar offers two curriculum pathways, allowing attendees to choose sessions focused on either "Gender, Diversity and Community Leadership," or "Building and Using Evidence for Social Justice."

<http://www.asi-iea.ca/en/asi-2014/>

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# **V. RESOURCES**

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## **14. Breastfeeding Your Baby Booklet**

A revised version of Toronto Public Health's *Breastfeeding Your Baby* booklet is now available. Changes to the booklet have been made to correspond with the changes to the 2013 Breastfeeding Protocols for Health Care Providers. The booklet is designed for use by practitioners working with breastfeeding families. For information about accessing this resource, please contact Susan Gallagher at 416-338-7626 or [sgallag@toronto.ca](mailto:sgallag@toronto.ca).



## 15. Physical Literacy

*Active for Life* offers a series of resources for parents that highlight the importance of developing a child's physical literacy in the same way a parent might develop a child's ability to read.

Key sources include:

- **Physical literacy checklists:** These checklists identify key tasks children should be able to complete at ages 0-2, 2-4, 4-6, and 6-9; the lists also offer tips to help children develop the ability to complete these tasks.  
<http://activeforlife.com/?p=6827&preview=true>
- **6 ways babies develop physical literacy in year one:** This article identifies key indicators to assist parents in tracking the development of their newborn's physical literacy skills.  
<http://activeforlife.com/6-ways-babies-develop-physical-literacy/>
- **10 ways raising a physically literate child is like raising a reader:** This list demonstrates how parents can use strategies similar to those they employ when encouraging their child to read to also develop their child's physical literacy.  
<http://activeforlife.com/raising-physically-literate-child-like-raising-reader/>
- **9 ways to tell if your child is physically literate:** Providing a definition of physical literacy for parents new to the topic, this article also offers a list of simple tasks a parent can use to test their child's physical skills.  
<http://activeforlife.com/9-ways-physically-literate/>

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## VI. FEATURED BEST START RESOURCES

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### 16. Bilingual Ontario Online Breastfeeding Services – Database (available in French)

This database, designed for breastfeeding mothers and those who work with them, provides a listing of key breastfeeding services, such as peer support groups, lactation consultants and other healthcare providers. Searchable by geographic region, the database helps connect mothers with breastfeeding services close to home. It also includes a link to Telehealth Ontario, allowing mothers to access a nurse with breastfeeding expertise 24 hours a day.

EN: <http://ontariobreastfeeds.ca/>

FR: <http://allaiterenontario.ca/>

For more information:

[http://beststart.org/projects/breastfeeding\\_project/PR\\_BF\\_Database.pdf](http://beststart.org/projects/breastfeeding_project/PR_BF_Database.pdf)

## 17. Giving Birth in a New Land – Handouts

(available in French)

This collection of four handouts (Best Start Resource Centre, 2014) was created for pregnant women new to Canada. The handouts can serve as a useful tool when introducing these women to Ontario's prenatal and postnatal practices. They also provide a comprehensive listing of resources to help these women throughout their pregnancy. In addition to English and French, the handouts are available in 8 other languages including Arabic, Chinese, Filipino, Hindi, Punjabi, Spanish, Tamil and Urdu.

EN: [http://www.beststart.org/resources/rep\\_health/Revisions\\_2014/](http://www.beststart.org/resources/rep_health/Revisions_2014/English/Giving%20Birth_English_Complete_2014.pdf)

[English/Giving%20Birth\\_English\\_Complete\\_2014.pdf](http://www.beststart.org/resources/rep_health/Revisions_2014/English/Giving%20Birth_English_Complete_2014.pdf)

FR : [http://beststart.org/resources/rep\\_health/Revisions\\_2014/French/](http://beststart.org/resources/rep_health/Revisions_2014/French/Giving%20Birth_French_Complete_2014.pdf)

[Giving%20Birth\\_French\\_Complete\\_2014.pdf](http://beststart.org/resources/rep_health/Revisions_2014/French/Giving%20Birth_French_Complete_2014.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.*

## Stay connected!

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.

[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.

[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.

[Health Promotion Today](#) - Our blog keeps you informed of news and topics related to health promotion.

Follow us on [Twitter](#) to stay up to date on all things related to health promotion.

View our video resources on [YouTube](#) and [Vimeo](#)

[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.

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.

En français:

## Restez branché!

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.

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.

[Promotion de la santé aujourd'hui](#) – Notre blogue sur lequel on partage des nouvelles et réflexions liées à la promotion de la santé.

Suivez-nous sur [Twitter](#) pour demeurer au fait de tout ce qui concerne la promotion de la santé.

Visionner nos ressources vidéo sur [YouTube](#) et [Vimeo](#)

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.