

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 & resources from around the world. Wherever possible, we include resources that are available for free. For more information about this bulletin, [click here](#).

May 24, 2013

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I. NEWS & VIEWS

1. Nearly Half of Children in Foster Care Aboriginal: Statistics Canada

This article (Aboriginal Peoples Television Network, 2013, May 8) discusses results from the Statistics Canada report *Aboriginal Peoples in Canada: First Nations People, Métis and Inuit* as part of the National Household Survey. This article highlights the living situations of Aboriginal children across Canada. One finding shows that nearly half of all children in foster care in Canada in 2011 are Aboriginal. This is a very high rate considering that Aboriginal people represent just over 4% of Canada's population.

<http://aptn.ca/pages/news/2013/05/08/nearly-half-of-children-in-foster-care-aboriginal-statistics-canada/>

Statistics Canada: <http://www.statcan.gc.ca/daily-quotidien/130508/dq130508a-eng.htm?HPA>

FR: <http://www.statcan.gc.ca/daily-quotidien/130508/dq130508a-fra.htm?HPA>

2. The Touch Screen Generation

This article (The Atlantic, 2013, March 20) discusses the emerging use of digital technology by young children and the potential impact on their development. The author explores how children understand and process information via technology, as well as

how they experience it. Experts in the field share their knowledge about the educational value of digital technology for young children. The balance between building technologically savvy children and preserving interactions away from the screen is discussed.

<http://bit.ly/TouchScreenGen>

3. Maternity Services Disappearing in Rural Canada

This article (Healthy Debate, 2013, May 16) shows the plan to cease offering obstetric services at Banff's Mountain Springs Hospital as a recent example of a growing trend to close maternity wards in small Canadian towns. These closures are concerning for a number of reasons. For example, the distance to healthcare increases risks of adverse perinatal outcomes for mothers traveling to give birth. The cost to families is greater because they are further from home for delivery. The authors could not find significant research to support the closure of these facilities and argue that obstetrics care is an important and central service for a community.

<http://healthydebate.ca/2013/05/topic/wait-times-access-to-care/maternity-services-disappearing-in-rural-canada>

II. RECENT REPORTS AND RESEARCH

** indicates journal subscription required for full text access*

4. Handbook of Early Childhood Development Research and Its Impact on Global Policy

Handbook of Early Childhood Development Research and Its Impact on Global Policy.
Britto, P., Engle, P., & Super, C. (Eds). (2013). Oxford University Press, UK.

ABSTRACT:

In spring 2008, UNICEF and the Society for Research in Child Development (SRCD) created a partnership with the goal of bringing science to bear upon policy affecting early childhood development (ECD) in low and middle income countries. The partnership has resulted in a volume "Handbook of Early Childhood Development Research and Its Impact on Global Policy" published by Oxford University Press and edited by Britto, Engle and Super. This volume promotes evidence-based programs and policies for advancing the positive development of young children around the globe, with a specific focus on developing countries. This innovative volume is comprehensive in nature and emphasizes the importance of scientific findings in promoting child development while also examining how to address programmatic challenges of quality, sustainability, measurement, finance, and capacity. The evidence framework is presented from multiple disciplinary and analytical perspectives in chapters authored by scholars,

policymakers, and practitioners from around the world, several of whom are members of SRCD.

<http://www.srkd.org/advancing-field/srkd-initiatives/unicef-srkd-handbook-collaboration>
<http://books.google.ca/books?id=gO07alxY4ZYC&printsec=frontcover&dq=Handbook+of+early+childhood+development+research+and+its+impact+on+global+policy&hl=en&sa=X&ei=FxWdUZrYBIXLrQHrYDIDA&ved=0CDcQ6AEwAA#v=onepage&q=Handbook%20of%20early%20childhood%20development%20research%20and%20its%20impact%20on%20global%20policy&f=false>

5. Mental Health Task Force – Plos Collection on Maternal Health Year 2 – Maternal Health is Women’s Health

Mental Health Task Force. (2013). *Mental Health Task Force – Plos Collection on Maternal Health Year 2 – Maternal Health is Women’s Health*. Retrieved from <http://bit.ly/10m5JCC>

EXCERPT:

In 2012-13, the Maternal Health Task Force (MHTF) and the PLOS Medicine Editors continue their collaboration to create a freely available, open access collection of outstanding research and commentary on maternal health, the MHTF-PLOS Collection on Maternal Health, to further our collective goal to improve women's and children's health worldwide through greater access to more comprehensive maternal health information and knowledge.

Our continued commitment to highlighting and pressing for more evidence on maternal health reflects the persistence of this problem around the world: while the number of maternal deaths overall is declining, Millennium Development Goal 5 (to improve maternal health) is the goal most lagging behind due to a lack of progress in a critical number of countries.

We chose the theme for Year 2 of "Maternal Health is Women's Health" because it is crucial to consider maternal health in the context of women's health throughout their lifespans. While pregnancy is limited to women of reproductive age, maternal health is influenced by the health of women and girls before pregnancy, and it also influences women's health broadly during and after the reproductive years. Inability to access quality health care and family planning resources, low educational attainment, low socioeconomic status, restrictive gender roles, poor nutrition, and a host of other social and biological factors combine to put girls and women at risk for not being able to attain and sustain the health status they deserve throughout their lives.

<http://bit.ly/10m5JCC>

6. Addressing the Social Determinants of Health of Aboriginal Infants, Children and Families in British Columbia

(available in French)

National Collaborating Centre for Aboriginal Health. (2013). *Addressing the Social Determinants of Health of Aboriginal Infants, Children and Families in British Columbia*. Retrieved from <http://www.nccah-ccnsa.ca/34/publications.nccah?publication=89>

EXCERPT:

This fact sheet provides an overview of the unique social determinants of health that impact Aboriginal communities and children, including income and employment levels, education, housing and food security— as well as colonization, racism and political marginalization.

EN: <http://www.nccah-ccnsa.ca/en/publications.aspx?sortcode=2.8.10&publication=89>

FR: <http://www.nccah-ccnsa.ca/193/publications.nccah?publication=89>

* 7. Parental Alcohol Consumption and Risk of Childhood Acute Lymphoblastic Leukemia and Brain Tumors

Milne, E., Greenop, K.R., Scott, R.J., de Klerk, N.H., Bower, C., Ashton, L.J., Heath, J.A., & Armstrong, B.K. (2013) Parental alcohol consumption and risk of childhood acute lymphoblastic leukemia and brain tumors. *Cancer Causes Control*. 24(2):391-402. doi: 10.1007/s10552-012-0125-5.

ABSTRACT:

Purpose:

Childhood acute lymphoblastic leukemia (ALL) is the most common childhood malignancy and brain tumors (CBTs) are the leading cause of cancer death in children. In our Australian case-control studies of these cancers, we investigated whether parental alcohol consumption before or during pregnancy was associated with risk.

Methods:

Cases were identified through the ten Australian pediatric oncology centers, and controls were recruited through national random-digit dialing. Detailed information on alcohol consumption, including beverage type, amount, and timing, was collected from 690 case families (388 ALL and 302 CBT) and 1,396 control families. Data were analyzed using unconditional logistic regression.

Results:

We found no evidence that maternal alcohol use before or during pregnancy was associated with an increased risk of either cancer; rather, there was evidence of inverse associations, particularly with wine. For both cancers, we observed U-shaped associations with paternal alcohol consumption in the year before the pregnancy,

possibly driven by reduced risk at moderate levels of beer and wine intake and increased risk associated with high levels of beer intake. Moderate intake of spirits by fathers was associated with an increased risk of CBT but not ALL. These findings would be strengthened by corroboration in other studies. While the inverse associations with wine may be interesting mechanistically, the public health message remains that maternal alcohol use during pregnancy causes serious disorders in the offspring and should be avoided.

Conclusions:

Our findings suggest that men, as well as women, should limit their alcohol intake when planning a pregnancy.

<http://www.ncbi.nlm.nih.gov/pubmed/23247637>

III. CURRENT INITIATIVES

8. The Ontario Public Health Association's 2013-14 Membership Drive Is Now Underway!

Join today to gain exclusive access to valuable information developed by subject-matter experts, as well as a platform to exchange ideas and share opportunities with other members. Don't delay: an administration late fee will be applied to membership fees as of July 1st, 2013!

Right now, OPHA membership is only \$150 per year (\$85 for students and retirees and \$100 for members who belong to a Constituent Society), and it provides many valuable benefits:

- Interact with leading public health thinkers, policy makers and practitioners across Ontario through key events, webinars, and conferences.
- Become involved and influence at local, provincial and national levels through public health policy statements, position papers and advocacy positions.
- Be in the know - OPHA's daily media links, monthly newsletters, Twitter feed and Facebook page will keep you up-to-date on vital community & public health issues.
- Join one of the OPHA's subject matter expert work groups, which identify key and emerging issues, assist OPHA to advance advocacy priorities, undertake knowledge exchange and transfer, and assist in building capacity in Ontario (built environment, environmental health, chronic disease, reproductive health, food security, health equity, alcohol prevention)
- Attend our 2013 Fall Forum on The Role of Quality in Public Health, which includes certifications in six sigma, at a special member rate.

If you are ready, Please complete the 2013-14 Membership Form (found on the OPHA website at <http://www.opha.on.ca/About/membership.html>) and email it to barbp@opha.on.ca to join today! If you have any questions, contact Barbara Prud'homme at 416-367-3313 x256.

9. Endorse the Canadian Child and Youth Health and Housing Action Statement

(available in French)

The Canadian Child and Youth Health and Housing Network is seeking the support of service providers to endorse the Canadian and Youth Health and Housing Action Statement. The action statement calls to acknowledge the link between housing and child development, to recognize the role that health care professionals and institutions have in addressing this issue, to encourage more research examining this issue, and to support housing as a child and youth health care issue.

EN: <http://www.housingandchildhealth.ca/english/endorse-the-action-statement/>

FR: <http://www.housingandchildhealth.ca/fran%C3%A7ais/>

IV. UPCOMING EVENTS

10. Building Strong Families Conference

May 25, 2013: Markham, ON

New and expectant parents are invited to join Life with Baby (program offered by Healthy Start, Healthy Future) for a "Building Strong Families Conference". On Saturday May 25th, participants will be treated to a full 3 course lunch, mini massages, relaxation in our wellness room, and babysitting provided by Wee Watch. Infant in arms welcome to join at all times. Learn from our experts, including, award-winning parenting journalist John Hoffman, and parenting education, psychotherapist, and writer, Andrea Nair. The following workshops will be offered:

- CPR/Car-seat safety
- Infant Sleep
- Attachment & Bonding -Daddy Style (limited spaces remaining)
- Co-parenting
- Parenting dynamics and self-care
- Teaching your infant/child/toddler to communicate to reduce tantrums

www.lifewithababy.com

11. Talking Tough Topics

May 27, 2013: Windsor, ON and Online

Windsor's top parenting experts are coming together for the first time to speak at this unprecedented event for parents, teachers and caregivers of children of all ages. Speaker Win Harwood's discussion will include: speaking with your children about bullying, recent news such as school shootings, acts of terrorism, and news stories of rape and suicide. Speaker Heather Chauvin's discussion will include: information about your child's negative behaviour, how to get your kids to listen, and how to wake up as an energized parent every morning.

<http://ow.ly/l5MCB>

12. Alcohol Policy and Health Communication, Public Health Ontario

May 29, 2013: Thunder Bay, Ontario

June 19, 2013: Bradford, Ontario

This workshop will explore Canada's low-risk alcohol drinking guidelines (LRADG's), their relationship to public health accountability agreements, regional alcohol burden data, and current Ontario-based campaigns addressing LRADG messaging. The presenters will provide an overview of PHO's 12-step health communication model with practical examples of evaluated campaigns.

Presenters: Benjamin Rempel and Sophie Rosa

<http://www.eventbrite.com/event/6544026359#>

13. North Bay Regional Health Centre Breastfeeding Education Day

June 3, 2013: North Bay, ON

Join the North Bay Regional Health Centre for a Breastfeeding Education Day! This workshop is for hospital and community health professionals to explore evidence-informed practice that protects, promotes and supports breastfeeding. It is an opportunity to come together as a community in order to provide consistent information and seamless support to breastfeeding families.

<http://www.healthunit.biz/docs/Breastfeeding%20Education%20Update%20-%20Registration%20Doc%20-%20Apr%2030%20final.pdf>

14. 10th Annual Summer Institute on Early Childhood Development: Putting Families First in Early Childhood Education

June 12, 2013: Toronto, ON

The 10th Annual Summer Institute on Early Child Development shifts the lens away from a deficit model of parenting to one that recognizes the strengths that parents bring to the experiences of their young children. In a policy context that will guide integration of key parenting support programs under the Ministry of Education's Early Learning Division, this year's Summer Institute explores lessons that parents as experts can share to inform the design of an effective early learning and family support system.

http://www.oise.utoronto.ca/atkinson/Events/2013_Events/Summer_Institute_2013.html

15. 2013 Ontario Municipal Social Services Association Learning Symposium, Whole Child = Whole Community

June 16-19, 2013: Ottawa

The theme of the 2013 OMSSA Learning Symposium, Whole Child = Whole Community, advances the vision that an environment that supports the healthy development and well-being of children is also one that supports all community members. Through plenary sessions, workshops and interactive methods, this conference will highlight how addressing and integrating issues of poverty, housing, early learning and child care, and employment for the whole community is critical to providing an environment conducive to the healthy growth of children. With over twenty workshop sessions, three educational tours, networking breakfasts with provincial colleagues, engaging networking opportunities and the Mardi Gras themed awards banquet, this conference offers something for everyone.

<http://www.omssa.com/singlepage.asp?itemcode=2013-LS>

16. Understanding the Acting-Out Behavior of Your Adopted Children

June 18, 2013: Online

In an adoption world where disruption looms all too often, this session offers a positive approach for workers and families. Here is a way to make sense of (and deal with) some of the negative feelings that adopted children can make their parents feel.

Understanding this dynamic, as well as other key parent-child interactions which are unique to adopted children and their new families, can help turn a crisis in an adoptive family into an opportunity for true communication and strengthened commitment. This session will be delivered by Maris Blechner, the executive director of Family Focus Adoption Services and an adoptive and birth parent. She is a nationally known trainer and consultant on child welfare issues, with a particular interest in helping older children move into permanent committed adoptive families.

<https://www.nacac.org/secure/webinarregistration.html>

17. Save the Date: Ophea Healthy Schools Conference 2013

October 17-18, 2013: Toronto, ON

Get ready to learn, share, and be active at the Ophea Healthy Schools Conference 2013 on Thursday, October 17 and 18 at the Allstream Centre in Toronto.

Join this conference for an invaluable professional learning experience that will feature fun and interactive workshops, networking opportunities, and more for leaders who support the health and learning of children and youth in Ontario's schools and communities.

<https://www.ophea.net/>

V. RESOURCES

18. New Maternal and Infant Health Interventions to the Canadian Best Practices Portal

(available in French)

A new collection of maternal and infant health interventions are available through the Canadian Best Practices Portal. This collection includes many interventions, including those that support women living in difficult situations. Some of the issues addressed in these best practices include:

- Prenatal Health
- Prenatal and Postpartum Mental Health
- Breastfeeding Promotion
- Parent-Infant Relationships
- Infant Health and Development
- Infant Dental Health
- Infant Injury Prevention
- Infant Abuse and Neglect

EN: <http://66.240.150.14/topic/hp-pdls/7/page/1>

FR: <http://66.240.150.14/sujet/hp-pdls/7/page/1>

19. Hypersexualization of Young Girls: New Resources

The Canadian Women's Health Network has compiled a number of resources addressing the hypersexualization of young girls, including a webinar, an article titled: Sexy girls - Too much too soon, as well as a primer on the issue. These resources explore how hypersexualization is affecting young girls and why this is an important issue to address.

<http://www.cwhn.ca/en/resources/hypersexualization>

20. New Video Series to Promote Breastfeeding

The Baby-Friendly Council of Newfoundland and Labrador has created educational and promotional videos about breastfeeding. The videos are intended to help promote breastfeeding, offer support to women, and to help increase provincial initiation and duration rates.

www.babyfriendlynl.ca

Child Health and Wellness Resource Booklets by the National Collaborating Centre for Aboriginal Health and BC First Nations Health Authority

[Taken from http://www.nccah-ccnsa.ca/389/Childhood_Health_and_Wellness_Resource_Booklets.nccah]

How can we become the parents our children need us to be? Four new resource booklets can help First Nations and Métis parents answer this important question. The booklets were collaboratively developed by the National Collaborating Centre for Aboriginal Health (NCCAH) and BC First Nations Health Authority (FNHA) to share important parenting information, strategies, tips, and other resources that will help parents raise healthy, secure, confident, trusting, and resilient children. The series takes a practical and positive approach, communicating the message that “Even if you did not have the parenting that you wanted or needed, you can become the parent your child needs” (NCCAH, 2013).

21. Family Connections

(available in French)

Family Connections (NCCAH & FNHA, 2013) presents information for parents on bonding, forming secure attachments with children, and connections with extended family and community. The importance of strengthening these ties is grounded in traditional First Nations and Métis culture and values: “Traditionally, parents saw themselves as being entrusted with the spirit of the child. Children were sacred gifts and loved unconditionally. They were tended to immediately and were always comforted when they cried. As a result, children had strong roots to their family and community. They knew who they were and knew their place in society.” Material is included on some of the challenges parents may face, such as the need for healing, self-care, getting help, baby blues, and postpartum depression. As with the other booklets in this series, practical steps are described that parents can take with children at different developmental stages from pregnancy through age six.

EN: <http://www.nccah-ccnsa.ca/en/publications.aspx?sortcode=2.8.10&publication=91>

FR: <http://www.nccah-ccnsa.ca/193/publications.nccah?publication=91>

22. Fatherhood is Forever

(available in French)

This resource (NCCAH & FNHA, 2013) discusses why fathers are important, learning how to be a father, and some of the different approaches that can work in different situations. The booklet recognizes that many men grew up without an involved father and encourages: “The best thing about life is that it takes place in the moment. Every moment, you can choose a path of healing. Every step that you take in your own healing is a step towards becoming a better father.” Many ways are discussed that men can be confident and effective fathers, including providing a safe place for their children to grow, showing affection, honouring the children’s mother, and being a role model to build trust and respect. Many ideas are presented of how fathers can be involved at different stages of their child’s life, including caring for children, teaching, playing, and sharing family traditions.

EN: <http://www.nccah-ccnsa.ca/en/publications.aspx?sortcode=2.8.10&publication=92>

FR: <http://www.nccah-ccnsa.ca/193/publications.nccah?publication=92>

23. Parents as First Teachers

(available in French)

This booklet (NCCAH & FNHA, 2013) focuses on early childhood learning through experience and play. As Shawn A-in-Chut Atleo, National Chief, Assembly of First Nations, says, the goal of a bright future for children “starts with love and care in the home.” The booklet stresses the importance of exposing children to their First Nations or Métis language and culture, which will be the foundation of who they are. Positive discipline strategies are discussed, such as using praise, “time ins”, distractions, and natural consequences. To help them be the best teachers they can be, parents are encouraged to draw on a circle of support that includes friends, extended family, elders, ancestors, and community resources.

EN: <http://www.nccah-ccnsa.ca/en/publications.aspx?sortcode=2.8.10&publication=90>

FR: <http://www.nccah-ccnsa.ca/193/publications.nccah?publication=90>

24. Growing up Healthy

(available in French)

This resource booklet (NCCAH & FNHA, 2013) focuses on steps parents can take to keep infants and children well through nutrition, physical activity, and caring for the body. It presents information on traditional foods, ways to provide healthy food on a budget, and low and no cost ways to encourage active living. It also includes information on other topics related to health and well-being, such as sleep, regular check-ups, immunizations, and keeping children safe. The material incorporates a holistic view of health and wellness, and offers suggestions that connect body, mind, and spirit. For example, berry picking provides a free healthy activity and time together for adults and children; it builds confidence and coordination; and it teaches children where food comes from, respect for the land, and patience.

EN: <http://www.nccah-ccnsa.ca/en/publications.aspx?sortcode=2.8.10&publication=93>

FR: <http://www.nccah-ccnsa.ca/193/publications.nccah?publication=93>

VI. FEATURED BEST START RESOURCES

25. **New!** Prescription Drug Misuse in Pregnancy and Parenting

The purpose of this report is to provide service providers with information about strategies that can be used to prevent and address prescription drug misuse in First Nations women who are pregnant or parenting young children. Strategies include individual supports and community-wide approaches. Program examples highlight approaches that have been used in addressing prescription drug misuse.

http://www.beststart.org/resources/rep_health/E32A_prescription_drug.pdf

26. **New!** Beginning Journey: First Nations Pregnancy Resource

This prenatal book will help First Nations women to prepare for pregnancy, to have a healthy pregnancy, and to welcome a new life into their family. It shares cultural knowledge from Elders, community members, and First Nations caregivers. It also provides medical information. At the end of each chapter there is a page where women can make notes about their pregnancy.

http://www.beststart.org/resources/rep_health/E33A_Beginning_Journey.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). 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

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.healthnexussante.ca/>

Suivez-nous sur **Twitter** pour demeurer au fait de tout ce qui concerne la promotion de la santé. https://twitter.com/Nexus_Sante

Visionner nos ressources vidéo sur **YouTube** et **Vimeo** (<http://www.youtube.com/user/healthnexussante>, <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.nexussante.ca/prixdeleadership>