

# 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](#). To manage your subscription, unsubscribe from the list-serv and access the list archives, [click here](#).*

**September 12, 2014**

*The next bulletin will be released October 10, 2014.*

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## **I. NEWS & VIEWS**

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### **1. Full-day kindergarten available across Ontario**

(available in French)

The Ontario government reported on the completed implementation of a full-day kindergarten (FDK) program province-wide (Ministry of Education, Sept. 2, 2014). The program is currently available to 265,000 students from 3600 schools. Having invested \$1.5 billion in the program, the Ministry of Education hopes FDK will improve student success and better prepare students in kindergarten to enter Grade 1. The Ministry also cites the cost-saving and job-creating benefits of the program, highlighting family savings of over \$5000 in childcare costs, and the creation of over 3800 teaching positions.

EN: <http://news.ontario.ca/edu/en/2014/09/full-day-kindergarten-available-across-ontario.html>

FR: <http://news.ontario.ca/edu/fr/2014/09/la-maternelle-et-le-jardin-denfants-a-temps-plein-dans-tout-lontario.html>

#### **Related stories:**

- **Crowded, chaotic classrooms hurt Ontario full-day kindergarten push:** This article (Alphonso, Sept. 2, 2014) draws attention to the large kindergarten classroom sizes created under the FDK program and emphasizes their detrimental impact on student learning.  
<http://www.theglobeandmail.com/news/national/parents-describe-ontario-kindergartens-as-chaotic/article20295459/>
- **Full-day kindergarten impacts Grades 1, 2:** Focusing on the educational benefits of full-day kindergarten, this article (Rushowy, Sept. 2, 2014) underlines the need to revise the curriculum in grades 1 and 2 to accommodate the more confident learners emerging from the FDK program.  
[http://www.thestar.com/yourtoronto/education/2014/09/02/fullday\\_kindergarten\\_impacts\\_grades\\_1\\_2.html](http://www.thestar.com/yourtoronto/education/2014/09/02/fullday_kindergarten_impacts_grades_1_2.html)

- **VIDEO: Daycares struggle as full-day kindergarten rolls out:** This video report (Burke, Sept. 3, 2014) highlights the negative impact of the full-day kindergarten program on daycare enrollment.  
<http://www.cbc.ca/news/canada/ottawa/daycares-struggle-as-full-day-kindergarten-rolls-out-1.2753972>

## 2. Realizing the potential of all Ontarians: New poverty reduction strategy aims to end homelessness

(available in French)

This news bulletin (“Poverty Reduction Strategy”, Sept. 3, 2014), issued by the Ontario government, announces the release of the province’s new Poverty Reduction Strategy: *Realizing Our Potential*. The strategy emphasizes the government’s continuing commitment to reducing child poverty by 25 per cent, a goal that was stated in the 2008 Poverty Reduction Strategy, *Breaking the Cycle*. The new strategy also sets goals for increasing the Ontario Child Benefit, available to low-income families, to remain consistent with the rate of inflation, and making available to children and youth from low income families health benefits including prescription drugs, vision care and mental health services that are not covered by the provincial health plan.

EN: <http://news.ontario.ca/prs/en/2014/09/realizing-our-potential-ontarios-poverty-reduction-strategy-2014-2019.html>

FR: <http://news.ontario.ca/prs/fr/2014/09/realiser-notre-potential-strategie-ontarienne-de-reduction-de-la-pauvrete-2014-2019.html>

### Read the report:

EN: <http://www.ontario.ca/home-and-community/realizing-our-potential-poverty-reduction-strategy-2014-2019-0>

FR : <http://www.ontario.ca/fr/domicile-et-communaute/realiser-notre-potential-strategie-ontarienne-de-reduction-de-la-pauvrete-2014-2019>

### Related stories:

- **Ontario misses target on child poverty reduction, blames Ottawa:** While reporting that the 2008 Poverty Reduction Strategy had helped remove 47,000 children and families from poverty, this article (Canadian Press, Sept. 3, 2014) also emphasizes the government’s failure to meet their 5-year deadline of reducing child poverty by 25%.  
<http://www.cbc.ca/news/canada/toronto/ontario-misses-target-on-child-poverty-reduction-blames-ottawa-1.2754692>
- **Child poverty rates in Canada, Ontario remain high:** This article (Monsebraaten, Sept. 3, 2014) illuminates the minimal progress made to reduce child poverty in Ontario, citing that almost 1 million children still live in low-income households.  
[http://www.thestar.com/news/gta/2013/11/25/child\\_poverty\\_rates\\_in\\_canada\\_ontario\\_remain\\_high.html](http://www.thestar.com/news/gta/2013/11/25/child_poverty_rates_in_canada_ontario_remain_high.html)

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## II. RECENT REPORTS AND RESEARCH

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\* indicates journal subscription required for full text access

### 3. Ancestral exposure to stress epigenetically programs preterm birth risk and adverse maternal and newborn outcomes

Youli, Y., Robinson, A.M., Zucchi, F.C.R., Robbins, J.C., Babenko, O., Kovalchuk, O. . . . Metz, G.A.S. (2014). Ancestral exposure to stress epigenetically programs preterm birth risk and adverse maternal and newborn outcomes. *BMC Medicine*, 12(121).  
doi:10.1186/s12916-014-0121-6

ABSTRACT:

#### Background

Chronic stress is considered to be one of many causes of human preterm birth (PTB), but no direct evidence has yet been provided. Here we show in rats that stress across generations has downstream effects on endocrine, metabolic and behavioural manifestations of PTB possibly via microRNA (miRNA) regulation.

#### Methods

Pregnant dams of the parental generation were exposed to stress from gestational days 12 to 18. Their pregnant daughters (F1) and grand-daughters (F2) either were stressed or remained as non-stressed controls. Gestational length, maternal gestational weight gain, blood glucose and plasma corticosterone levels, litter size and offspring weight gain from postnatal days 1 to 30 were recorded in each generation, including F3. Maternal behaviours were analysed for the first hour after completed parturition, and offspring sensorimotor development was recorded on postnatal day (P) 7. F0 through F2 maternal brain frontal cortex, uterus and placenta miRNA and gene expression patterns were used to identify stress-induced epigenetic regulatory pathways of maternal behaviour and pregnancy maintenance.

#### Results

Progressively up to the F2 generation, stress gradually reduced gestational length, maternal weight gain and behavioural activity, and increased blood glucose levels. Reduced offspring growth and delayed behavioural development in the stress cohort was recognizable as early as P7, with the greatest effect in the F3 offspring of transgenerationally stressed mothers. Furthermore, stress altered miRNA expression patterns in the brain and uterus of F2 mothers, including the miR-200 family, which regulates pathways related to brain plasticity and parturition, respectively. Main miR-200 family target genes in the uterus, *Stat5b*, *Zeb1* and *Zeb2*, were downregulated by multigenerational stress in the F1 generation. *Zeb2* was also reduced in the stressed F2 generation, suggesting a causal mechanism for disturbed pregnancy maintenance. Additionally, stress increased placental miR-181a, a marker of human PTB.

#### Conclusions

The findings indicate that a family history of stress may program central and peripheral pathways regulating gestational length and maternal and newborn health outcomes in the maternal lineage. This new paradigm may model the origin of many human PTB causes.

<http://www.biomedcentral.com/1741-7015/12/121>

#### 4. Peer effects in early childhood education: Testing the assumptions of special-education inclusion\*

Justice, L.M., Logan, J.A.R., Lin, T-J., Kaderavek, J.N. (2014). Peer effects in early childhood education: Testing the assumptions of special-education inclusion. *Psychological Science*. doi: 10.1177/0956797614538978

##### ABSTRACT:

There has been a push in recent years for students with disabilities to be educated alongside their typically developing peers, a practice called inclusion. In this study, we sought to determine whether peer effects operate within early-childhood special-education (ECSE) classrooms in which preschoolers with disabilities are educated alongside typical peers. Peer effects specific to language growth were assessed for 670 preschoolers (mean age = 52 months) in 83 ECSE classrooms; 55% of the children had disabilities. We found that the average language skills of classmates, as assessed in the fall of the year, significantly predicted children's language skills in the spring (after controlling for their relative skill level in the fall); in addition, there was a significant interactive effect of disability status (i.e., the presence or absence of a disability) and peers' language skills. Peer effects were the least consequential for children without disabilities whose classmates had relatively strong language skills, and the most consequential for children with disabilities whose classmates had relatively poor language skills.

<http://pss.sagepub.com/content/25/9/1722>

#### 5. Associations between parenting, media use, cumulative risk, and children's executive functioning\*

Linebarger, D.C., Rachel, B., Lapierre, M.A., Piotrowski, J.T. (2014). Associations between parenting, media use, cumulative risk, and children's executive functioning. *Journal of Developmental & Behavioral Pediatrics*, 35(6): 367-377. doi: 10.1097/DBP.0000000000000069

##### ABSTRACT:

##### **Objective:**

This study was designed to examine how parenting style, media exposure, and cumulative risk were associated with executive functioning (EF) during early childhood.

##### **Methods:**

A nationally representative group of US parents/caregivers (N = 1156) with 1 child between 2 and 8 years participated in a telephone survey. Parents were asked to report on their child's exposure to television, music, and book reading through a 24-hour time diary. Parents also reported a host of demographic and parenting variables as well as questions on their child's EF.

**Results:**

Separate multiple regressions for preschool (2–5 years) and school-aged (6–8 years) children grouped by cumulative risk were conducted. Parenting style moderated the risks of exposure to background television on EF for high-risk preschool-age children. Educational TV exposure served as a buffer for high-risk school-aged children. Cumulative risk, age, and parenting quality interacted with a number of the exposure effects.

**Conclusions:**

The study showed a complex pattern of associations between cumulative risk, parenting, and media exposure with EF during early childhood. Consistent with the American Academy of Pediatrics, these findings support the recommendation that background television should be turned off when a child is in the room and suggest that exposure to high-quality content across multiple media platforms may be beneficial.

[http://journals.lww.com/jrnldbp/Abstract/2014/07000/Associations\\_Between\\_Parenting\\_Media\\_Use,.3.aspx](http://journals.lww.com/jrnldbp/Abstract/2014/07000/Associations_Between_Parenting_Media_Use,.3.aspx)

**6. Hidden in plain sight: A statistical analysis of violence against children**

UNICEF. (2014, September). *Hidden in plain sight: A statistical analysis of violence against children*. Retrieved from [http://www.unicef.org/publications/index\\_74865.html](http://www.unicef.org/publications/index_74865.html)

**SUMMARY:**

Interpersonal violence – in all its forms – has a grave effect on children: Violence undermines children’s future potential; damages their physical, psychological and emotional well-being; and in many cases, ends their lives. The report sheds light on the prevalence of different forms of violence against children, with global figures and data from 190 countries. Where relevant, data are disaggregated by age and sex, to provide insights into risk and protective factors.

[http://www.unicef.org/publications/index\\_74865.html](http://www.unicef.org/publications/index_74865.html)

PDF:[http://www.unicef.org/publications/files/Hidden\\_in\\_plain\\_sight\\_statistical\\_analysis\\_EN\\_3\\_Sept\\_2014.pdf](http://www.unicef.org/publications/files/Hidden_in_plain_sight_statistical_analysis_EN_3_Sept_2014.pdf)

**7. Pre- and postnatal exposure to parental smoking and allergic disease through adolescence**

Thacher, J.D., Gruzieva, O., Pershagen, G., Neuman, A., Wickman, M., Kull, I. ... Bergstrom, A. (2014). Pre- and postnatal exposure to parental smoking and allergic disease through adolescence. *Pediatrics*, 134: 428-435. DOI: 10.1542/peds.2014-0427

**OBJECTIVES:** To examine the role of prenatal and postnatal secondhand tobacco smoke (SHS) exposure on asthma, rhinitis, and eczema development up to 16 years of age.

**METHODS:** A birth cohort of 4089 children was followed for 16 years. Information on parental smoking habits, lifestyle factors, and symptoms of allergic disease was gathered using repeated parental questionnaires. Generalized estimating equations assessed the overall and age-specific associations between SHS exposure and allergic disease at ages 1 to 16 years.

**RESULTS:** Exposure to SHS in utero was associated with an overall elevated risk of developing asthma up to 16 years (odds ratio [OR] = 1.45; 95% confidence interval [CI], 1.15–1.83) but not for rhinitis or eczema. After additional adjustment for parental smoking throughout childhood, excess overall risks for asthma remained statistically significant. Moreover, a dose-dependent pattern with SHS was observed. Exposure to SHS during infancy was associated with an overall elevated risk of asthma (OR = 1.23; 95% CI, 1.01–1.51), rhinitis (OR = 1.18; 95% CI, 1.01–1.39), and eczema (OR = 1.26; 95% CI, 1.09–1.45) up to 16 years. When age-specific associations were examined, the elevated risks related to SHS exposure in utero or during infancy were mostly confined to early childhood for asthma and rhinitis, whereas the excess risk of eczema appeared greatest at later ages.

**CONCLUSIONS:** Our findings indicate that early SHS exposure, in utero or during infancy, influence the development of allergic disease up to adolescence. Excess risks for asthma and rhinitis were seen primarily in early childhood, whereas those for eczema occurred at later ages.

<http://pediatrics.aappublications.org/content/134/3/428.full.pdf+html>

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## III. CURRENT INITIATIVES

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### 8. National Family Week: Families and Finances – It just adds up!

(available in French)

A week designated to celebrate the importance of families, National Family Week (NFW) has been held the first week of October every year since 1985. Coordinated this year by the Canadian Association of Family Resource Programs, National Family Week will take place October 6 to 12, 2014. Activities during the week will revolve around the theme of financial literacy, providing information to help families set financial goals and balance expenses. Visit the National Family Week website for resources to use during the week, including promotional materials, an NFW event planning guide containing tips and checklists for organizing Family Week celebrations, as well as fact sheets and activities to help families and children plan their budgets. Promote Family Week activities and find out how to get involved on the site's event page.

EN: <http://www.frp.ca/index.cfm?fuseaction=Page.ViewPage&PageID=596>

FR: <http://www.frp.ca/index.cfm?fuseaction=page.viewpage&pageid=716&parentID=538>

### 9. International FASD Awareness Day

International FASD Awareness Day is held every year on the ninth day of the ninth month. Held this week on Tuesday September 9, 2014, FASD Awareness Day sparked a wide-range of initiatives to help support those living with and caring for those with Fetal Alcohol Spectrum Disorders, and to promote prevention of FASD.

- **LCBO joins campaign against Fetal Alcohol Syndrome:** FASWorld launched a campaign in conjunction with LCBO promoting awareness of Fetal Alcohol

Spectrum Disorders at LCBO stores across Ontario and producing a video to educate LCBO staff about the causes and symptoms of FASD.

<http://www.cbc.ca/news/canada/toronto/lcbo-joins-campaign-against-fetal-alcohol-syndrome-1.2746190>

- **Living with FASD 2014 Summit:** This summit, organized annually, provides a series of free webinars to help parents and professionals connect with other individuals who have worked with or raised a child with FASD. This year's webinars, which focus on the transition from childhood to adulthood for those with FASD, are taking place September 9-20.  
<http://livingwithfasd.com/#sthash.hhstKZO8.dpbs>
- **CAMH Stories – FASD Series:** A series of blog posts published by CAMH that relates the diverse stories of women who have been impacted by FASD.
  - **Guilt, shame and redemption: Coping with Fetal Alcohol Spectrum Disorder:** The story of an FASD program coordinator who, 25 years after giving birth, is still dealing with the pain of having exposed her unborn son to alcohol during her pregnancy.  
[http://www.camh.ca/en/hospital/about\\_camh/newsroom/CAMH\\_in\\_the\\_headlines/stories/Pages/Guilt-shame-and-redemption-coping-with-Fetal-Alcohol-Spectrum-Disorder.aspx](http://www.camh.ca/en/hospital/about_camh/newsroom/CAMH_in_the_headlines/stories/Pages/Guilt-shame-and-redemption-coping-with-Fetal-Alcohol-Spectrum-Disorder.aspx)
  - **Generational legacy: The devastation of Fetal Alcohol Spectrum Disorder:** The story of a 57 year old woman diagnosed with FASD and the impact of the disorder on subsequent generations of her family.  
[http://www.camh.ca/en/hospital/about\\_camh/newsroom/CAMH\\_in\\_the\\_headlines/stories/Pages/Generational-legacy-the-devastation-of-Fetal-Alcohol-Spectrum-Disorder.aspx](http://www.camh.ca/en/hospital/about_camh/newsroom/CAMH_in_the_headlines/stories/Pages/Generational-legacy-the-devastation-of-Fetal-Alcohol-Spectrum-Disorder.aspx)

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## IV. UPCOMING EVENTS

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### 10. Nobody's Perfect Facilitator Training

September 22-25, 2014: Burnaby, B.C.

December 1-4, 2014: Burnaby, B.C.

February 23-26, 2015: Burnaby, B.C.

Offered by the BC Council for Families, the Nobody's Perfect Facilitator Training workshop aims to help practitioners with little experience offering workshops for families to learn the foundational principles of the Nobody's Perfect parenting program and to develop strategies for providing adult education. Nobody's Perfect is a Canadian program that was developed to provide a safe and supportive space for parents to share their experiences and concerns regarding parenting, not only with a trained facilitator, but also with other parents experiencing similar concerns. The workshop will be offered three times, in September, December and February.

**September 2014:** <http://www.bccf.ca/professionals/events/info?id=109&reset=1>

**December 2014:** <http://www.bccf.ca/professionals/events/info?id=113&reset=1>

**February 2015:** <http://www.bccf.ca/professionals/events/info?id=115&reset=1>

### **11. ChildCare 2020 National Conference**

November 13-15, 2014: Winnipeg, MB

Organized by the Child Care Advocacy Association of Canada, the Canadian Child Care Federation and the Childcare Resource and Research Unit, the ChildCare 2020 conference is described on its website as “the first national child care policy conference in a decade.” Through engaging panel sessions and workshops, the conference aims to encourage participants to develop a new understanding of childcare that meets the needs of contemporary families, strategize about ways to encourage government support for progressive childcare, and encourage those new to childcare advocacy to speak out about its importance.

<http://childcare2020.ca/>

### **12. Using the PICCOLO Tool to Work More Effectively with Parents of Young Children**

November 17, 2014: Toronto

This one-day workshop, available via webcast or the Ontario Telemedicine Network, serves to introduce practitioners to *The Parenting Interactions with Children: Checklist of Observations Linked to Outcomes* (PICCOLO). PICCOLO is a checklist of 29 important behaviours exhibited by parents that can help support child development. These behaviours are connected to four key areas: affection, responsiveness, encouragement and teaching. By teaching practitioners how to observe these key behaviours in parents, this workshop aims to help practitioners more easily validate effective parenting strategies, and truly customize the advice they provide to their clients.

<http://www.cvent.com/events/using-the-piccolo-tool-to-work-more-effectively-with-parents-of-young-children/event-summary-b1bd45ffd2644eaf952f599404698660.aspx>

### **13. Birth and Beyond Conference**

October 1-4, 2014: London, ON

The goal of the Birth and Beyond Conference is to bring together in collaboration the many players involved in prenatal care, postnatal care, birth and breastfeeding, including lactation consultants, doulas, nurses, obstetricians and midwives. While these professionals may not always have the opportunity to work together, they all work for a common goal: to support the health and care of pregnant women. Ensuring consistency of messages across these professions will help to strengthen the value of the care these professionals provide. The conference encourages participants to work together through a series of breakout sessions on topics including safe sleep, breastfeeding assessment and providing care to LGBT clients. In addition to the main conference held in London, Ontario, Birth and Beyond will host an “On the Road” Education Series, which will bring key speakers from the conference to professionals where they work, and allow practitioners unable to attend the conference the opportunity to participate.

<http://www.birthandbeyondconference.ca/>

### **14. Nutrition for Healthy Term Infants**

EN: October 2, 2014: Webinar

FR: September 26, 2014: Webinar

Offered by Health Canada, the Nutrition for Healthy Term Infants webcast is designed to ensure health professionals are up to speed with respect to the revisions made to “Nutrition for Healthy Term Infants,” a joint statement issued by Health Canada, the Canadian Paediatric Society, Dietitians of Canada and the Breastfeeding Committee for Canada. Participants are encouraged to ask questions in the hope that they will become more at ease implementing these recommendations into their practice.

EN:<http://event.on24.com/r.htm?e=834686&s=1&k=58771CB96925A86F38EF151DDA227820>

FR:<http://event.on24.com/r.htm?e=835344&s=1&k=5D47BD640EC33AB0043840613106C396>

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## V. RESOURCES

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### 15. The MoTHERS Program

This new website, developed by Canadian obstetricians Dr. Graeme Smith and Dr. Susan Chamberlain, contains up-to-date, evidence-based information for mothers-to-be, pregnant women, and new moms. The website aims to serve as a reliable source of easily-accessible information about pregnancy to which health professionals can feel comfortable referring clients. The website also offers a notification service: a user can submit her email address and due date to receive reminders customized to the stage of her pregnancy.

<http://www.themothersprogram.ca/>

### 16. Pregnets Blog

Pregnets, a website devoted to providing information related to smoking and pregnancy, recently created a blog to showcase the experiences of women connected to this topic. Bloggers were recruited from across Ontario to write about their attempts to quit smoking while preparing for pregnancy, while pregnant, or after having given birth. Since its launch on September 9<sup>th</sup>, the blog has issued two new posts introducing its readers to its bloggers – both bloggers are mothers who have recently quit smoking. Users can talk about their own experiences in the Community Discussion forum and keep up-to-date with blog posts by submitting an email address. The Pregnets website is maintained by the Centre for Addiction and Mental Health.

<http://pregnetsblog.com/>

### 17. Eyes on ADHD: Helping your child to pay attention

(available in French)

The Centre of Excellence for Early Childhood Development and the Strategic Knowledge Cluster on Early Child Development released a new resource for parents who have

children with ADHD. The four page information sheet offers key facts about the disorder, tips for observing behaviours related to ADHD, and strategies for treating these behaviours.

EN: <http://www.child-encyclopedia.com/pages/PDF/eyes-on-ADHD.pdf>

FR: <http://www.child-encyclopedia.com/pages/PDF/coup-d-oeil-sur-TDAH.pdf>

### **18. Eat Well and Be Active Educational Toolkit**

Designed by Health Canada and the Public Health Agency of Canada, the Eat Well and Be Active Educational Toolkit contains resources to help educators effectively share information about nutrition and exercise with both parents and children. The toolkit contains a poster with images depicting healthy eating and physical activity, lesson plans to help educators inspire students to adopt healthy practices, and PowerPoint presentations to effectively convey the importance of healthy eating and physical activity to parents and children.

EN: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/toolkit-trousse/index-eng.php>

FR: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/toolkit-trousse/index-fra.php>

### **19. Working with Children and Youth with Complex Mental Health Needs: An Integrated Training Project**

This recently launched website was designed to support service providers who work with children and youth with complex mental health needs, including those with multiple diagnoses, anxiety, depression and adjustment disorders. Funded by the Ministry of Children and Youth Services (MCYS) and developed by the Canadian Mental Health Association, the website is consistent with the Ministry's *Moving on Mental Health* plan which stipulates a need for stronger mental health services. To help service providers, the site will offer free trainings, including a series of 9 webinars, an online course where practitioners can learn at their own pace, and four in-person workshops that will address trauma and mental health. The site also provides an extensive directory of existing external trainings related to complex mental health needs and children.

<http://complexneeds.ca/>

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

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### **20. When Children Speak More than One Language**

(available in French)

A new resource designed for parents of children who will learn two or more languages, this guide provides evidence-based information that highlights how language is the best tool to help a child do well later in school and in life. It is available to order in print and in

EN:[http://www.beststart.org/resources/hlthy\\_chld\\_dev/BSRC\\_When\\_Families\\_Speak\\_fnl.pdf](http://www.beststart.org/resources/hlthy_chld_dev/BSRC_When_Families_Speak_fnl.pdf)

FR:[http://www.meilleurdepart.org/resources/develop\\_enfants/pdf/BSRC\\_When\\_Families\\_Speak\\_FR\\_fnl.pdf](http://www.meilleurdepart.org/resources/develop_enfants/pdf/BSRC_When_Families_Speak_FR_fnl.pdf)

## 21. Child Discipline: Ontario Parents' Knowledge, Beliefs and Behaviours

This report shares the results of a survey of parents' knowledge, beliefs and behaviours about child discipline in Ontario. It reviews the results and makes recommendations for initiatives aiming to reduce the prevalence of corporal and emotional punishment of children.

[http://beststart.org/resources/hlthy\\_chld\\_dev/BSRC\\_Child\\_Discipline\\_Report.pdf](http://beststart.org/resources/hlthy_chld_dev/BSRC_Child_Discipline_Report.pdf)

## 22. Populations with Low Rates of Breastfeeding in Ontario: Writing a Proposal for a Breastfeeding Community Project Grant

September 15, 2014: Webinar

In October 2014 the Best Start Resource Centre will accept proposals to award grants to not-for profit organizations for community breastfeeding projects. The goal of the grants is to help organizations reach and support populations with lower rates of breastfeeding in Ontario. This webinar will explain the application package and process, provide information on how to develop a logic model to write an effective proposal, answer questions, and highlight resources to support the writing of proposals. Time will be given for questions and discussion.

Register for the webinar here:

[http://www.beststart.org/events/2014/webinar\\_BFI\\_CP/BFI\\_Sept15.html](http://www.beststart.org/events/2014/webinar_BFI_CP/BFI_Sept15.html)

Learn more about the project:

[http://www.beststart.org/projects/breastfeeding\\_community\\_project.html](http://www.beststart.org/projects/breastfeeding_community_project.html)

## 23. Be Safe: Have an Alcohol-Free Pregnancy

(available in French)

These handouts provide information and tips for expectant parents about alcohol use in pregnancy. They were developed with the support of the LCBO and are available in English, French, Arabic, Cree, Ojibway, Hindi, Punjabi, Tamil, Urdu, Simplified Chinese, Spanish, and Tagalog.

EN: [http://beststart.org/resources/alc\\_reduction/alcohol\\_pregnancy\\_EN.pdf](http://beststart.org/resources/alc_reduction/alcohol_pregnancy_EN.pdf)

FR : [http://beststart.org/resources/alc\\_reduction/alcohol\\_pregnancy\\_FRE.pdf](http://beststart.org/resources/alc_reduction/alcohol_pregnancy_FRE.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.*

**Information on the MNCHP Network:** Email [mnchp@healthnexus.ca](mailto:mnchp@healthnexus.ca) or visit

<http://www.beststart.org/services/information.html>

**To manage your subscription, unsubscribe from the list-serv and access the MNCHP archives:**

<http://lists.beststart.org/listinfo.cgi/mnchp-beststart.org>

To submit items for MNCHP Bulletins: Email [mnchp@healthnexus.ca](mailto:mnchp@healthnexus.ca)

## Contact Us

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## 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.