

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](#).

January 10, 2014

The next bulletin will be released February 7, 2014.

This week's bulletin provides a selection of information on Aboriginal health. It is based on a preliminary scan and is not exhaustive.

We invite you to share other relevant information about this topic.

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I. NEWS & VIEWS

1. First Nations Children Poverty Rate Around 50 Per Cent

This article published in the Canadian edition of the Huffington Post (2013) highlights the results of a study conducted by the Canadian Centre for Policy Alternatives. Half of Canada's First Nations children are living in poverty - a rate that is triple the national average. Among Métis, Inuit and non-status Indian children the poverty rate is 27 percent. Poverty is defined as an after tax household income of less than \$38,000 for a family of four. The published report also estimates that Indigenous children fall behind the rest of Canada's children on almost every measure of well-being, including: family income, educational attainment, water quality, infant mortality, suicide, crowding, homelessness and health. It is estimated that it would cost \$7.5 billion a year to bring all children in the country up to the poverty line.

http://www.huffingtonpost.ca/2013/06/18/first-nations-children-50-percent-poverty_n_3462808.html

2. Deaths of Alberta Aboriginal Children in Care No 'Fluke of Statistics'

This article published in the Edmonton Journal (2013) reveals the results of an Edmonton Journal-Calgary Herald joint investigation into the deaths of children in the Alberta foster care system. Although they make up only 9% of Alberta's child population, 78% of children who have died in Alberta's foster care system since 1999 have been Aboriginal. It was also found that Aboriginal children are more likely to die when placed in foster care on a reserve. These disproportionate rates among Aboriginal children are due to: poverty, substance abuse, substandard housing, a lack of supports and services in Aboriginal communities and the legacy of residential schools.

<http://www.edmontonjournal.com/life/Deaths+Alberta+aboriginal+children+care+fluke+statistics/9212384/story.html>

3. Language, Culture Key to Improving the Health of Aboriginal Children, Symposium Hears

An article in the Hamilton Spectator (2013) reports on the March 2013 Indigenous Children's Health Symposium that was run by McMaster University's medical students in hopes of examining the poor quality of health of Aboriginal children. In this article, anthropologist Dr. Dawn Martin-Hill states that improving the health of Aboriginal children requires empowerment through the teaching of traditional culture and languages.

<http://www.thespec.com/news-story/2525704-language-culture-key-to-improving-the-health-of-aboriginal-children-/>

4. First Nations Education Act Confounds Educators

There has been criticism and public protest over the proposed First Nations Education Act. In an open letter to the Minister of Aboriginal Affairs and Northern Development Canada (2013, November 25), the Assembly of First Nations noted that: “The current Federal Proposal for a Bill for First Nation Education is not acceptable to First Nations. We must work together on a mutual plan that fully respects and reflects partnership, that is consistent with Treaty relationships, and the United Nations Declaration on the Rights of Indigenous Peoples and re-affirmed in countless studies and recommendations”. It also outlines the elements needed for success.

<http://www.cbc.ca/news/canada/sudbury/first-nations-education-act-confounds-educators-1.2466278>

Assembly of First Nations Responses:

<http://www.afn.ca/index.php/en/news-media/latest-news/assembly-of-first-nations-national-chief-responds-to-the-release-of-fe>

<http://www.afn.ca/index.php/en/news-media/latest-news/assembly-of-first-nations-special-chiefs-assembly-concludes-reaffirmed>

<http://www.afn.ca/index.php/en/national-chief/highlights-from-the-national-chief/open-letter-to-minister-of-aboriginal-affairs-and-northern-development>

<http://www.afn.ca/index.php/en/news-media/latest-news/assembly-of-first-nations-national-chief-receives-responds-to-open-let>

Chiefs of Ontario Responses:

Chiefs of Ontario Refuse to Abide by New Education act and Demand Federal Government to Abandon the Process: <http://www.chiefs-of-ontario.org/node/671>

Chiefs of Ontario Announce Action in Its Opposition to the First Nations Education Act: <http://www.chiefs-of-ontario.org/node/670>

Chiefs of Ontario Call First Nation Education Proposal a Major Step Backward in Building a Positive Relationship with First Nations: <http://www.chiefs-of-ontario.org/node/643>

Education Act repeats mistakes, threatens futures: Madahbee:

<http://anishinabeknews.ca/2013/10/25/education-act-repeats-mistakes-threatens-futures-madahbee/>

First Nations Education Act: <http://actionplan.gc.ca/en/initiative/first-nation-education-act>

FR: <http://actionplan.gc.ca/fr/initiative/loi-leducation-des-premieres-nations>

5. The Chiefs of Ontario Support Landmark Canadian 60s Scoop Lawsuit Against the Federal Government Calling it Genocide

Chief Marcia Brown Martel of Beaverhouse First Nation, a survivor of the 60s Scoop, is leading the class action lawsuit. The lawsuit claims a devastating loss of cultural identity that was suffered by Ontario victims of the “60s Scoop”. It refers to a period of time between the 1960s and the 1980s when thousands Aboriginal children were

apprehended by the province through the Children's Aid Societies. The children were forcibly removed from their families and communities and were subsequently placed in non-Indigenous homes throughout Canada and internationally. (Chiefs of Ontario, 2013, December 3; The Canadian Press, 2013, December 4).

<http://www.chiefs-of-ontario.org/node/677>

<http://www.cbc.ca/news/canada/thunder-bay/60s-scoop-class-action-not-a-matter-for-courts-say-lawyers-1.2450290>

For more information on the class action lawsuit, go to: <http://sixtiesscoopclaim.com/>.

II. RECENT REPORTS AND RESEARCH

* indicates journal subscription required for full text access

6. Nutritional Concerns of Aboriginal Infants and Children in Remote and Northern Canadian Communities: Problems and Therapies*

Willows, N. & Batal, M. (2013). Nutritional concerns of Aboriginal infants and children in remote and northern Canadian communities: Problems and therapies. *Nutrition and Health*, 39-49.

ABSTRACT:

In Canada, "Aboriginal peoples" is the term used to describe the descendants of the original inhabitants of North America. The Canadian Constitution recognizes three groups of Aboriginal people—Indians (i.e., First Nations), Métis and Inuit each with unique heritages, languages, cultural practices, and spiritual beliefs. In the 2006 Canadian Census, the number of people who identified themselves as Aboriginal surpassed the one-million mark. The Aboriginal population is growing nearly six times faster than the non-Aboriginal population. This great rate of population growth will continue given high birth rates, a low median population age, and a large proportion of the population that is comprised of children.

http://link.springer.com/chapter/10.1007/978-1-62703-224-7_3

7. Parenting in Canadian Aboriginal Cultures*

Benzies, K. (2014). Parenting across cultures. *Science Across Cultures: The History of Non-Western Science*, 7, 379-392.

ABSTRACT:

Aboriginal children and parents in Canada experience conditions unique to their cultural group. There are large inequalities in social determinants of health for Aboriginal peoples. Aboriginal children are more likely than non-Aboriginals to be born to an

adolescent mother, to be raised in foster care and almost half live below the poverty line. The impact of colonialism on Aboriginal parenting must also be taken into account. The colonialist practice of forced re-education in the early twentieth century interrupted and obscured knowledge of traditional parenting practices. General principles to support parenting in Canadian Aboriginal cultures include respect for the diversity of Aboriginal culture and its traditions and values. Two-generation programs that provide early learning and care, and nutritious meals for children concurrent with parenting and life skills training for adults have shown promise, as they support the economic and social needs of Aboriginal parents.

http://link.springer.com/chapter/10.1007/978-94-007-7503-9_28#page-1

8. Exclusive Breastfeeding among Canadian Inuit: Results from the Nunavut Inuit Child Health Survey*

Mclsaac, K. E., Lou, W., Sellen, D., & Young T. K. (2013). Exclusive breastfeeding among Canadian Inuit: Results from the Nunavut Inuit Child Health Survey. *Journal of Human Lactation*. Retrieved from

<http://www.ncbi.nlm.nih.gov/pubmed/24352650>

ABSTRACT:

Background: Very little population-based research has been conducted around the exclusive breastfeeding practices of Inuit Canadians.

Objectives: This research aims to assess the distribution of exclusive breastfeeding among Inuit Canadians and to identify factors associated with exclusive breastfeeding as recommended. **Methods:** We use data from 188 infant-mother dyads who completed the Nunavut Inuit Child Health Survey, a cross-sectional, population-based survey of Inuit children aged 3 to 5 years. A series of multinomial logistic regression models were run to identify factors associated with 4 exclusive breastfeeding durations (≤ 1 month, > 1 - < 5.5 months, 5.5 - 6.5 months, and > 6.5 months).

Results: Of infants, 23% were exclusively breastfed as recommended (i.e., between 5.5 and 6.5 months; 95% CI, 16.2-29.3). Many infants (61%) were exclusively breastfed for less than 5.5 months and 16% (95% CI, 10.9-22.0) were exclusively breastfed for more than 6.5 months. Families receiving income support were less likely to discontinue exclusive breastfeeding before 5.5 months (pOR_{1- < 5.5 months} = 0.34; 95% CI, 0.13, 0.85) relative to those not receiving income support, in adjusted models. No other measured factors were significantly related to exclusive breastfeeding duration.

Conclusions: The majority of Inuit Canadian infants receive suboptimal exclusive breastfeeding. National, provincial, and community-specific interventions to protect, promote, and support exclusive breastfeeding should emphasize not only the benefits of exclusively breastfeeding to 6 months but also the importance of timely introduction of complementary foods into the infant's diet.

<http://www.ncbi.nlm.nih.gov/pubmed/24352650>

9. Breastfeeding among Inuit in Canada

Asuri, S. A., Ryan, A. C., & Arbour, L. (2011). *Early Inuit Child Health in Canada*. Retrieved from <https://www.itk.ca/publication/early-inuit-child-health-canada-report-2-breastfeeding-among-inuit-canada>

[EXCERPT taken from <https://www.itk.ca/publication/early-inuit-child-health-canada-report-2-breastfeeding-among-inuit-canada>]

Reports have been emerging that suggest Inuit have rates of breastfeeding that are lower than other Aboriginal populations in Canada, and lower than the national average. This is in contrast to historical reports of early child feeding for Inuit in the Canadian Arctic where it is said that breastfeeding was the traditional way of feeding an infant and continued for a long time relative to the general Canadian population. A child would usually be weaned when the mother became pregnant with her next child. On average this was 3 years but it was not uncommon to have children as old as five years still being breastfed. The Inuit Children's Health report (based on the Aboriginal Peoples Survey of 2001) and the Indigenous Children's Health Report: Health Assessment in Action (based on the Aboriginal Children's Survey of 2006) both reported breastfeeding initiation for all Inuit children at 66% compared to 80% for the rest of Canada.

Since breastfeeding has the potential of preventing infant mortality, reducing chronic diseases, improving immunity, and strengthening maternal-infant bond, exploration of the factors influencing the breastfeeding practices of Inuit mothers might help inform efforts to increase the rate. This report used questions from the 2006 Aboriginal Children's Survey (ACS) to analyze the breastfeeding practices and the factors that may be influencing breastfeeding among Inuit mothers.

<https://www.itk.ca/publication/early-inuit-child-health-canada-report-2-breastfeeding-among-inuit-canada>

10. Other Reports and Research:

- [Exploring Models for Quality Maternity Care in First Nations and Inuit Communities: A Preliminary Needs Assessment: Final Report on Findings](#)
- [Finding Our Way: Sexual and Reproductive Health Sourcebook for Aboriginal Communities](#)
- [The Indian Act & Aboriginal Women's Empowerment: What Front Line Workers Need to Know](#)
- [Aboriginal Early Childhood Development Assessment](#)
- [...with Dad: Strengthening the Circle of Care](#)
- [Health, Education, Language, Dialect and Culture in First Nations, Inuit, and Métis Communities in Canada: An Overview](#)
- [Understanding the health of Indigenous peoples in Canada: Key methodological and conceptual challenges](#)
- [Aboriginal Healing Foundation - Research Series](#)

III. CURRENT INITIATIVES

11. The Healthy Weights Connection

The Healthy Weights Connection is a systems intervention approach to reducing the risk of obesity and overweight among Métis and First Nations children. The Healthy Weights Connection strives to improve existing community resources and access new resources to achieve and maintain healthy weights among Aboriginal children and youth.

<http://www.healthyweightsconnection.ca>

IV. UPCOMING EVENTS

12. Indigenous Youth Engagement Forum - Six Nations

January 17-19, 2014: Six Nations at the Grand River

This forum is for First Nations youth who are interested to shape policy that will create meaningful engagement opportunities at all levels of planning and decisions making. The forum is open to First Nations youth 13-29. Youth under 18 years of age must be chaperoned by a responsible adult. All First Nations are welcome.

<http://www.chiefs-of-ontario.org/node/645>

13. Have a Heart for First Nations Children

February 14, 2014: Ottawa

Have a Heart Day, a child-led gathering of Aboriginal and non-Aboriginal children and youth standing together will take place on Parliament Hill in Ottawa. Children will stand together to ensure that all Canadian children will receive equitable, culturally based services that both helps them succeed and feel proud of who they are. Have a Heart Day supports First Nations children growing up safely at home, getting a good education, being healthy and being proud of their cultures.

<http://www.fncaringociety.com/have-heart-day-parliament-hill>

14. 2014 Children's Oral Health Initiative & Maternal Child Health Networking Session

February 25-26, 2014: Prince Edward Island

First Nations and Inuit Health, Health Canada provides funding and support to Child & Youth programs for First Nation and Inuit communities in the Atlantic Region. The Children's Oral Health Initiative and Maternal Child Health are implementing a joint

networking session on Prince Edward Island. The initiative is intended to bring together participants from these programs representing First Nations and Inuit communities in Atlantic Canada. The networking session will focus on sharing information and resources, as well as promising practices, and will also provide an opportunity for participants to network and build new knowledge and skills.

<http://conference.mcpei.ca/register.html?eventid=10014>

15. 2014 Aboriginal Head Start on Reserve Training Session

February 25-26, 2014: Prince Edward Island

The purpose of this training session is to bring together and support staff of Aboriginal Head Start on Reserve (AHSOR) programs to build on their knowledge and skills; and bring best practices and practical resources back to their communities across Atlantic Canada. This interactive 2-day session will help teachers at all levels implement The Creative Curriculum System for Preschool in their classrooms. Teachers will become familiar with the 38 objectives for development and learning that inform every aspect of their teaching; learn how to implement a meaningful study; and understand how to integrate content into daily events through internal teaching experiences.

<http://conference.mcpei.ca/register.html?eventid=10016>

16. 'Our Health, Our Future' Annual Health Forum 2014

February 25-27, 2014: Toronto, ON

The draft agenda is available on the conference website.

<http://www.chiefs-of-ontario.org/node/635>

17. The Second Annual Indigenous Children's Health Symposium

March 8, 2014: Hamilton, ON

The Second Annual Indigenous Children's Health Symposium will take place at McMaster's Innovation Park. This symposium aims to connect students and community members to Canadian leaders in issues of Indigenous child health in Canada.

<http://ichsmcmaster.com/>

V. RESOURCES

18. Pathways to Improving Well-being for Indigenous Peoples

This report (NCCAH, 2013) provides a broad overview of socio-economic determinants of Indigenous health, including income, education, unemployment or working conditions, housing, community and social support, health care access, early childhood influences and education, healthy living, substance use (including alcohol, tobacco, and drugs),

nutrition, and social exclusion. It also presents information on current interventions and their effectiveness. There is a section devoted to breastfeeding (see p. 25).

http://www.nccah-ccnsa.ca/Publications/Lists/Publications/Attachments/102/pathways_EN_web.pdf

19. Canadian Child Welfare Research Portal - Aboriginal Child Welfare

This section of the Canadian Child Welfare Portal contains information on the persistent overrepresentation of Aboriginal children in the child welfare system, the growing number of First Nations and Métis child and family service agencies, and programs/policies which are designed to address the complex needs of Aboriginal families and children involved with the child welfare system.

<http://cwrp.ca/aboriginal-child-welfare>

20. First Nations Child & Family Caring Society of Canada

The Caring Society stands with First Nations children, youth, and families for equal opportunities to succeed.

<http://www.fncaresociety.com/>

21. First Nations Health Council

The First Nations Health Council provides linkages to a number of resources on various maternal and child health related topics. Resources include toolkits such as the Safe Infant Sleep Toolkit, various childhood health and wellness resource booklets such as Fatherhood is Forever and Growing Up Healthy, pamphlets, and educational videos.

http://www.fnhc.ca/index.php/health_actions/maternal_and_child/#resources

22. Aboriginal Midwifery Toolkit

The National Aboriginal Council of Midwives (2013) has developed a toolkit to provide knowledge and tools to First Nations, Inuit and Métis communities. The toolkit also provides the opportunity to explore the historical role of midwives and the impact that they can have on maternal and child health. The toolkit includes jurisdiction specific sections and covers topics such as legislation, governance and funding, service delivery and community specific health needs.

<http://www.aboriginalmidwives.ca/toolkit>

23. Webinar: Implementation of Jordan's Principle: Addressing Disparities in Services for First Nations Children

Jordan's Principle is a child-first principle intended to ensure that First Nations children living on-reserve do not experience delays or a disruption of services as a result of jurisdictional disputes between governments or government departments over payment for services. A recording of a previously held webinar provides an overview and update on the implementation of Jordan's Principle in Canada. The operational definition of the Jordan's Principle adopted by the Federal government, the Canadian Pediatric Society's

report card on the Jordan's Principle implementation, and the implications of a recent court ruling (the Pictou Landing Band Council & Maurina Beadle v. Canada) are discussed.

http://www.youtube.com/watch?v=knzFy4c5Y_4

24. SOGC Clinical Practice Guideline: Health Professionals Working With First Nations, Inuit, and Métis Consensus Guideline

Society of Obstetricians and Gynaecologists of Canada. (2013). Health professionals working with First Nations, Inuit, and Métis Consensus Guideline. *Journal of Obstetrics and Gynaecology Canada*, 35(6), 550–553.

ABSTRACT:

Objective: Our aim is to provide health care professionals in Canada with the knowledge and tools to provide culturally safe care to First Nations, Inuit, and Métis women and through them, to their families, in order to improve the health of First Nations, Inuit, and Métis.

Evidence: Published literature was retrieved through searches of PubMed, CINAHL, Sociological Abstracts, and The Cochrane Library in 2011 using appropriate controlled vocabulary (e.g., cultural competency, health services, indigenous, transcultural nursing) and key words (e.g., indigenous health services, transcultural health care, cultural safety). Targeted searches on subtopics (e.g., ceremonial rites and sexual coming of age) were also performed. The PubMed search was restricted to the years 2005 and later because of the large number of records retrieved on this topic. Searches were updated on a regular basis and incorporated in the guideline to May 2012. Grey (unpublished) literature was identified through searching the websites of selected related agencies (e.g., Campbell Collaboration, Social Care Online, Institute for Healthcare Improvement).

Values: The quality of evidence in this document was rated using the criteria described in the Report of the Canadian Task force on Preventive Health Care (Table).

Sponsors: This consensus guideline was supported by the First Nations and Inuit Health Branch, Health Canada.

http://jogc.org/abstracts/201306_SOGCClinicalPracticeGuidelines_1.pdf

25. Other Resources and Websites

- [Sexual and Reproductive Health, Rights, and Realities and Access to Services for First Nations, Inuit, and Metis in Canada](#)
- [Cherokee Youth Council Teen Pregnancy Film](#)
- [Aboriginal Women's Health](#)
- [National Aboriginal Council of Midwives](#)
- [Aboriginal Child Friendly Communities Toolkit: Inclusion of the Early Years](#)
- [Kizhaay Anishnaabe Niin \(I am a Kind Man\)](#)
- [Ontario government programs for Aboriginal children and youth](#)

- Ojicree: [Can Pregnancy Affect my Oral Health?](#)
- [Interventions](#) - Canadian Best Practices Portal
- [Ontario Federation of Indian Friendship Centres](#)
- [National Collaborating Centre for Aboriginal Health](#)
- [Health Canada - First Nations & Inuit Health](#)
- [Aboriginal Peoples Television Network \(APTN\)](#)
- [The Healthy Aboriginal Network](#)
- [Aboriginal Human Resource Council](#)
- [Aboriginal Nurses Association of Canada](#)
- [Indigenous Physicians Association of Canada](#)
- *Civilized to Death*, an APTN Investigates series on social determinants of health and Aboriginal populations
 - [Civilized to Death, Part 1](#)
 - [Civilized to Death, Part 2](#)
- [Four Directions Teachings](#)
- [Wellesley Institute: Social Inclusion Audit and Toolkit](#)
- [Come Meet the Challenge! Physical Activities and Nutrition Initiatives in Aboriginal Communities: Resource Guide](#)
- [Health Nexus Santé: Count Me In!](#)
- [Inclusion Network: Inclusion Resources](#)

VI. FEATURED BEST START RESOURCES

Best Start: Ontario's Maternal, Newborn & Early Child Development Resource Centre

supports service providers working on preconception health, prenatal health and early child development. We provide consultations, respond to inquiries, deliver training and professional development (e.g., webinars, workshops, conferences, online courses), supply you with evidence-based resources and keep you connected (e.g., e-bulletins, electronic networks).

www.beststart.org

Meilleur départ : Centre de ressources sur la maternité, les nouveau-nés et le développement des jeunes enfants de l'Ontario

visé à faciliter le travail des intervenants dans les domaines de la santé avant et pendant la grossesse et du développement de la petite enfance. Nous offrons des consultations, formation et perfectionnement professionnel (ex. webinaires, ateliers, conférences, apprentissage en ligne), nous répondons aux demandes, nous offrons des ressources fondées sur des données probantes et nous vous tenons au courant (ex. bulletins, réseaux).

www.meilleurdepart.org

26. Breastfeeding for the Health and Future of Our Nation

This booklet was created to support Aboriginal women with the art of breastfeeding. The Medicine Wheel is used to symbolize the balance needed to support breastfeeding women.

http://www.beststart.org/resources/breastfeeding/BFHFN_sept26.pdf

27. 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 (BSRC with support from FNIH, 2013). 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

28. 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 (BSRC with support from FNIH, 2013). 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

29. Why am I Poor: First Nations Child Poverty in Ontario

This report (2012) provides a hard look at the lived experiences and outcomes of First Nations children in Ontario who are poor, the factors that drive First Nations child poverty and the ways that service providers can make a difference.

http://www.beststart.org/resources/anti_poverty/pdf/WhyAmIPoor.pdf

30. The Sacred Journey from Preconception to Parenting for First Nations Families in Ontario

This resource (2012) was developed to help service providers who work with First Nations families understand some of the traditional teachings, barriers to practice and challenges facing First Nations people. The information can be used to ensure that evidenced-based practice is sensitive to cultural needs and practices.

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

31. Be Safe: Have an Alcohol-free Pregnancy - Printer-ready handouts

The handouts provide information and tips for expectant parents about alcohol use in pregnancy (BSRC with the support of LCBO, 2012). Download printer-ready handouts as PDF files in [Cree](#) and [Ojibway](#).

32. Mixing Alcohol and Breastfeeding - Printer-ready handouts

The handout is a resource for mothers and their partners to help them make an informed choice when it comes to drinking alcohol while breastfeeding (BSRC with the support of the LCBO, 2013). Download printer-ready handouts as PDF files in [Cree](#) and [Ojibway](#).

33. Brochure: Aboriginal Pregnancy and Alcohol

This brochure is for Aboriginal women on the topic of alcohol and pregnancy. It includes the effects of drinking, traditional teachings about pregnancy and where to get help in Ontario (BSRC with the support of the LCBO, 2013).

http://www.beststart.org/resources/alc_reduction/FASD_Brochure_A20A.pdf

34. Pimotisiwin: A Good Path for Pregnant and Parenting Aboriginal Teens

This resource (2013) will help service providers in supporting Aboriginal teens who are pregnant and parenting, as well as their children. To provide continuity, the resource also includes brief information about preventing teen pregnancies. The information will assist in strengthening programs and services in a culturally appropriate manner.

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

35. Founded in Culture: Strategies to Promote Early Learning Among First Nations Children in Ontario

This report reviews early learning policy and research for First Nations children and identifies strategies to support early learning for service providers who work with First Nations parents/caregivers.

http://www.beststart.org/resources/hlthy_chld_dev/pdf/FC_K13A.pdf

36. A Child Becomes Strong: Journeying Through Each Stage of the Life Cycle

This manual offers culturally specific teachings and information about First Nations child development/child rearing.

http://www.beststart.org/resources/hlthy_chld_dev/pdf/CBS_Final_K12A.pdf

37. Open Hearts, Open Minds: Services that are Inclusive of First Nations, Métis and Inuit Families

This report (2013) shares how, with an open heart and open mind, service providers can positively influence the inclusion of First Nation, Métis and Inuit families in services. The report provides key concepts and approaches for being inclusive. An overview of Canada's history gives a cursory background as to why Aboriginal peoples have been excluded and marginalized from services. The report shares insights on inclusive strategies, policies, hiring practices, attitudes, spaces and relationships. Cultural context and cultural safety are also discussed.

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

[Click here](#) to see more Best Start Resources on Aboriginal Health

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Other Health Nexus communications:

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Other Health Nexus Communications:

Electronic Bulletins

[OHPE](#): Your weekly update on the latest health promotion news, events, jobs and resources, featuring original articles—and much more. Produced in collaboration with Public Health Ontario.

[Le Bulletin de santé maternelle et infantile](#): A bulletin featuring information about maternal, newborn and child health promotion, in French.

[Le Bloc-Notes](#): A monthly French language bulletin focused on health promotion issues, events, jobs and resources for French-language minority communities across Canada.

Online Networks (listservs)

[The Maternal Newborn and Child Health Promotion \(MNCHP\) Network](#): An electronic network for service providers working to promote preconception, prenatal and child health.

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

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

[The Healthy Babies Healthy Children \(HBHC\) Network](#): An electronic network for HBHC program staff.

[Click4HP](#): An international, moderated, dialogue on health promotion, open to anyone who wants to ask questions, share ideas, announce new resources and events. Join the conversation!

Blogs

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

[HC Link Blog](#): This blog provides you with useful information on health promotion topics, news, and resources, as well as information on HC Link's events, activities, and resources.

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