

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 10, 2013

The next bulletin will be released May 24, 2013.

This week's bulletin provides a selection of information on multilingual resources. 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. Ontario Council of Agencies Serving Immigrants Comments on Ontario Budget 2013

The Ontario Council of Agencies Serving Immigrants (OCASI) (2013) released a response to the 2013 Ontario Budget. It provides an overview of the impact of the budget on immigrants and refugees. The following topics are discussed: the overall budget, employment, minimum wage, employment standards, social assistance, and legal aid.

<http://www.ocasi.org/ontario-budget-2013-has-limited-gains-ocasi-comments-ontario-budget-2013>

2. Caring for Newcomers and their Canadian Babies

This article was featured in the spring 2013 issue of the Ontario Midwife newsletter. It discusses prenatal care for newcomers. Manavi Handa, a midwife at West End Midwives, explains how ensuring that the newest residents of Ontario have access to appropriate prenatal care not only protects the women and their babies, it also provides great value to the health care system as a whole (Ontario Midwives, 2013).

<http://www.ontariomidwives.ca/newsletter/page/caring-for-newcomers-and-their-canadian-babies>

II. RECENT REPORTS AND RESEARCH

** indicates journal subscription required for full text access*

3. International Migration to Canada: The Post-Birth Health of Mothers and Infants by Immigration Class

Gagon, A. J., Dougherty, G., Wahoush, O., Saucier, J.-F., Dennis, C.-L...Stewart, D., E. (2013). International migration to Canada: The post-birth health of mothers and infants by immigration class. *Social Science & Medicine*, 76, 197-207. Retrieved from

<http://www.sciencedirect.com/science/article/pii/S0277953612007496>

ABSTRACT:

There are over 214 million international migrants worldwide, half of whom are women, and all of them assigned by the receiving country to an immigration class. Immigration classes are associated with certain health risks and regulatory restrictions related to eligibility for health care. Prior to this study, reports of international migrant post-birth health had not been compared between immigration classes, with the exception of our earlier, smaller study in which we found asylum-seekers to be at greatest risk for health concerns. In order to determine whether refugee or asylum-seeking women or their infants experience a greater number or a different distribution of professionally-identified health concerns after birth than immigrant or Canadian-born women, we recruited 1127 migrant (and in Canada <5 years) women–infant pairs, defined by immigration class (refugee, asylum-seeker, immigrant, or Canadian-born). Between February 2006 and May 2009, we followed them from childbirth (in one of eleven birthing centres in Montreal or Toronto) to four months and found that at one week postpartum, asylum-seeking and immigrant women had greater rates of professionally-identified health concerns than Canadian-born women; and at four months, all three migrant groups had greater rates of professionally-identified concerns. Further, international migrants were at greater risk of not having these concerns addressed by the Canadian health care system. The current study supports our earlier findings and highlights the need for case-finding and services for international migrant women, particularly for psychosocial difficulties. Policy and program mechanisms to address migrants' needs would best be developed within the various immigration classes.

<http://www.sciencedirect.com/science/article/pii/S0277953612007496>

4. * Immigrant Status, Antenatal Depressive Symptoms, and Frequency and Source of Violence: What's the Relationship?

Miszkurka, M., Zunzunegui, M. V., & Goulet, L. (2012). *Archives of Women's Mental Health*, 15(5), 387-396. doi: 10.1007/s00737-012-0298-7

ABSTRACT:

This study describes the prevalence of violence during pregnancy and examines the association between the experience of violence since the beginning of pregnancy and the prevalence of antenatal depressive symptoms while taking into account immigrant status. Cross-sectional study including 5,162 pregnant women attending Montreal hospitals for antenatal care was conducted, with 1,400 being born outside of Canada. CES-D scale was used to evaluate depression at 24-26 weeks of pregnancy. The Abuse Assessment Screen scale was used to determine the frequency and severity of violence since the beginning of pregnancy. Relationship with abuser was also considered. All

modeling was done using logistic regressions. Threats were the most frequent type of violence, with 63 % happening more than once. Long-term immigrant women reported the highest prevalence of all types of violence (7.7 %). Intimate partner violence (IPV) (15 %) was most frequently reported among the poorest pregnant women. Strong associations exist between more than one episode of abuse and depression (POR = 5.21 [3.73; 7.23], and IPV and depression [POR = 5.81 [4.19; 8.08]. Immigrant status did not change the associations between violence and depression. Violence against pregnant women is not rare in Canada, and it is associated with antenatal depressive symptoms. These findings support future development of perinatal screening for violence, follow-up, and a culturally sensitive referral system.

<http://www.ncbi.nlm.nih.gov/pubmed/22847826>

5. Making Ontario Home 2012: A Study of Settlement and Integration Services for Immigrants and Refugees

Ontario Council of Agencies Serving Immigrants. (2013). *Making Ontario home 2012: A study of settlement and integration services for immigrants and refugees.*

Retrieved from <http://www.ocasi.org/MOH>

ABSTRACT:

The Making Ontario Home (MOH) study: A survey of over 2,500 newcomers to Ontario, it is the first province-wide study in Ontario focused on immigrant and refugee use of settlement and integration services. It is also one of the largest surveys of this nature of immigrants and refugees ever undertaken in Canada, and is the most comprehensive description to date of those who use settlement and integration services in Ontario. MOH addresses the service use, satisfaction, and challenges of immigrants, including refugees, refugee claimants, migrant workers, and those without legal immigration status. Its purpose is to develop a deeper understanding of which immigrants and refugee needs are being met and how; which groups are well served and why; and how the settlement needs of immigrants and refugees across the province may best be served.

<http://www.ocasi.org/MOH>

6. Envisioning Global LGBT Rights in Canada: Exploring Asylum Issues

Mulé, N., & Gates-Gasse, E.. (2012). *Envisioning LGBT refugee rights in Canada: Exploring asylum issues.* Retrieved from <http://www.ocasi.org/envisioning-lgbt-rights-roundtable-report-0>

ABSTRACT:

“Envisioning LGBT Refugee Rights in Canada: Exploring Asylum Issues (June 2012)” is the first report created by the [Envisioning project](#). The report is based on a Round Table Dialogue with members of 14 organizations who work with LGBTI asylum seekers in the

Toronto region, as well as two conference presentations. As a participatory action research project, Envisioning convened the Round Table to seek input from service providers in shaping research which will continue over the next two years. It provides a preliminary overview of the issues for LGBT asylum seekers, including: their experiences and obstacles; ways that service providers are trying to meet their needs; service gaps; and the impact of changes to immigration and refugee laws, especially Bill C-31.

<http://www.ocasi.org/envisioning-lgbt-rights-roundtable-report-0>

III. CURRENT INITIATIVES

7. Neighbours, Friends & Families and Kanawayhitowin

This public education campaign aims to raise awareness of the signs of woman abuse so that those close to an at-risk woman or an abusive man can help. The NFF Immigrant and Refugee Communities Project is a culturally and linguistically sensitive training program that assists settlement workers at each participating organization to reach out to those closest to victims of domestic abuse - teaching them to recognize the signs of abuse and know what actions to take in response. NFF brochures have been translated into multiple languages and are available to all community members. The Kanawayhitowin website is part of a campaign to address woman abuse in Aboriginal communities across the province of Ontario, Canada. It has been created to support women experiencing abuse, families, communities and front line workers to better educate themselves with resources and strategies.

EN: <http://www.neighboursfriendsandfamilies.ca/index.php>

FR: <http://www.voisinsamisefamilles.on.ca/index.cfm>

Kanawayhitowin: <http://www.kanawayhitowin.ca/>

Downloadable materials in English:

<http://www.neighboursfriendsandfamilies.ca/organizers/download-english-materials.html>

Downloadable materials in multiple languages:

<http://www.neighboursfriendsandfamilies.ca/organizers/download-materials-in-other-languages.html>

8. Positive Spaces Initiative

The Positive Spaces Initiative (PSI) aims to support the immigrant and refugee serving sector to more effectively serve LGBTQ (lesbian, gay, bisexual, transgender, queer, and/or questioning) newcomers.

<http://www.ocasi.org/positive-spaces-initiative-psi>

<https://www.facebook.com/PositiveSpacesInitiative>

IV. UPCOMING EVENTS

9. Immigration and Settlement: Precarious Futures?

May 15-17, 2013: Toronto, ON

The 2013 RCIS conference “Immigration and Settlement: Precarious Futures?” is dedicated to advancing innovative and interdisciplinary research from diverse critical and institutional perspectives in the areas of immigration and settlement, international migration, integration, and diaspora and refugee studies. It aims to integrate theory with practice on international migration issues based on values of inclusion and respect for cultural diversity. Conference themes include:

- Arts and Culture
- Citizenship
- Critical Migration and Border Studies
- Families, Children and Youth
- Health
- Moral Panic, Securitization and Criminalization
- State, Governance, Politics and Policy
- Precarious and Temporary Migration
- Racialization, Gender, Sexuality, Religion
- Settlement Services
- Transnationalisms
- Urban Patterns and Housing
- Work and Labour

<http://www.ryerson.ca/rcis2013conference/>

10. Honour Based Violence Risks

May 23-24, 2013: Brantford, ON

The focus of this two day workshop is to examine the role of the perpetrators, identify signs, symptoms, indicators, triggers and other controlling tools. The objective is to understand Honour Based Violence Risks by:

- increasing understanding of the risks when working with victims
- exploring cultural barriers to risk assessment
- gaining information and preventing future risk and harm to victims

There is no cost to agencies and organizations from Brant, Haldimand-Norfolk or Simcoe. If you or your agency is from outside this area, there is a registration fee of \$50 per person. For more information, please email Diana Boal at dboal@novavita.org.

<http://www.preventhonourbasedviolence.com/index.html>

V. WEBSITES

11. Ontario Immigration

This Ontario Government website is designed for potential and new immigrants to Ontario. It includes information about cities and towns, living, working, doing business, studying, etc. There is also an online class wizard to find courses for learning English or French as a second language.

EN: <http://www.ontarioimmigration.ca/en/index.htm>

FR: <http://www.ontarioimmigration.ca/fr/index.htm>

12. Citizenship and Immigration Canada

This federal government department assists people who want to immigrate and newcomers to Canada. Services include immigration, citizenship registration, and language instruction for Newcomers to Canada.

EN: <http://www.cic.gc.ca/english/index-can.asp>

FR: <http://www.cic.gc.ca/francais/index-can.asp>

13. InMyLanguage.org

This multilingual website provides online information and referral resources for newcomers to Ontario, Canada in their own language. The goal of this website is to provide high quality content that can be freely accessed, adapted and printed by anyone providing information to newcomers to Ontario and by newcomers themselves.

InMyLanguage.org website provides online resources with settlement related documents professionally translated into the following languages: English, French, Arabic, Chinese (Simplified), Gujarati, Punjabi, Russian, Spanish, Pilipino (Tagalog), Tamil and Urdu.

EN: http://www.inmylanguage.org/index_en.html

FR: <http://french.inmylanguage.org/>

Multiple languages : http://www.inmylanguage.org/index_en.html

14. NSW Multicultural Health Communication Service

The NSW Multicultural Health Communication Service (Multicultural Communication) website offers many resources on a variety of topics in multiple languages. You can search by topic (e.g., pregnancy and post-natal, parenting) language, and keyword.

<http://www.mhcs.health.nsw.gov.au/publicationsandresources/publicationsresources.asp>

15. NewYouth.ca

NewYouth.ca is a link to accurate, accessible, and easy-to-understand information about issues important to newcomer youth. The website includes a discussion forum, information about Ontario Works, finding a job, immigration, and school.

EN: <http://www.newyouth.ca/>

FR: <http://www.nouveauxjeunes.ca/>

<https://www.facebook.com/newcomeryouth>

16. SettlementAtWork.Org

The SettlementAtWork.Org website has professional development resources and news for front-line workers, program staff, managers and administrative staff. The goal of this site is to help workers prepare to best serve their newcomer clients, and to help organizations support their staff. This website is divided into two parts, a French-language website providing time-sensitive information and a bilingual Wiki. The website features news items, professional development events, job postings and requests for proposals of interest to the sector.

<http://www.settlementatwork.org/>

17. Health Information Translations: Health Education Resources for Diverse Populations

Health Information Translations provides education resources in multiple languages for health care professionals and others to use in their communities. You can search for resource by health topic (e.g., pregnancy and baby care, pediatrics), language, or keyword. Languages available are: [English](#), [French](#), [American Sign Language](#), [Arabic](#), [Bosnian](#), [Chinese Simplified](#), [Chinese Traditional](#), [Hindi](#), [Japanese](#), [Korean](#), [Marshallese](#), [Multilingual](#), [Portuguese](#), [Russian](#), [Somali](#), [Spanish](#), [Tagalog](#), [Ukrainian](#), and [Vietnamese](#).

<https://www.healthinfotranslations.org/>

18. Healthy Roads Media

This website provides health information in many languages and multiple formats. Click on a topic (e.g., abuse, children/infants, pregnancy and reproduction) or a language to find health and patient education materials in a variety of formats (handouts, audio, web-video, iPod video).

<http://www.healthyroadsmedia.org/index.htm>

19. HealthLinkBC Files

HealthLinkBC Files are easy-to-understand fact sheets on a range of public health and safety topics. Most files are available in Chinese, English, French, Punjabi, Spanish, and Vietnamese. You can search or browse the HealthLinkBC Files for information about a specific health topic or concern by using the search field or A-Z index.

<http://www.healthlinkbc.ca/servicesresources/healthlinkbcfiles/index.html>

20. Settlement.Org

OCASI created and launched Settlement.Org in 1999 and has been responsible for the ongoing development and maintenance of the website ever since. This includes web development, content development and marketing of the site. Settlement.Org is a dynamic space where visitors can find trustworthy information that is relevant to newcomers to Ontario under the following main sections:

- Immigration & Citizenship
- Housing
- Health
- Employment
- Education
- Community & Recreation
- Legal Services
- Daily Life

EN: <http://www.settlement.org/index.asp>

FR: <http://etablissement.org/>

VI. RESOURCES

21. Child Health and Reproductive Health Publications

The following resources are available on the Ministry of Health and Long-Term Care (2011) website:

- Keeping our children safe as they grow
- Can pregnancy affect my oral health?
- Teething: What can I expect?
- Are baby teeth important?
- Is snacking healthy for my child's teeth?

These Early Child Development fact sheets are available as brochures in the following languages: [English](#), [French](#), [Arabic](#), [Chinese](#), [Italian](#), [Ojicree](#), [Portuguese](#), [Punjabi](#), [Somali](#), [Spanish](#), [Tamil](#), and [Vietnamese](#). Use the [catalogue and order form](#) to order brochures in quantity.

EN: http://www.mhp.gov.on.ca/en/healthy-communities/public-health/public_health_programs/pub_early.asp

FR: http://www.mhp.gov.on.ca/fr/healthy-communities/public-health/public_health_programs/pub_early.asp

22. Language Resources

The Ministry of Children and Youth Services (2011) website provides information about language development. Topics include: Your baby's speech and language skills for birth to 30 months, your preschool child's speech and language development, and helping your child learn language. These resources are available in [English](#), [French](#), [Arabic](#), [Chinese](#), [Farsi](#), [Italian](#), [Korean](#), [Polish](#), [Portuguese](#), [Punjabi](#), [Russian](#), [Somali](#), [Spanish](#), [Tamil](#), [Urdu](#), and [Vietnamese](#)

EN:

<http://www.children.gov.on.ca/htdocs/English/topics/earlychildhood/speechlanguage/index.aspx>

FR:

<http://www.children.gov.on.ca/htdocs/French/topics/earlychildhood/speechlanguage/index.aspx>

23. Parenting Resources

The Canadian Child Care Federation (2012) resource sheet series, has been developed with both the parent and the practitioner in mind. The information is provided in an accessible, free downloadable format, with concise practical tips on how to manage the early years. Some of the resources are available in multiple languages:

- Parents as partners: Enhancing self-esteem ([Cantonese](#), [Inuktitut](#), [Punjabi](#), and [Spanish](#))
- Problem-solving skills – Enhancing children's social and emotional well-being and resilience ([Cantonese](#), [Inuktitut](#), [Punjabi](#), and [Spanish](#))
- Families and practitioners working collaboratively to support cultural identity in young children ([Cantonese](#), [Inuktitut](#), [Punjabi](#), and [Spanish](#))
- Encouraging Aboriginal cultural identity at home and in child care ([Inuktitut](#))

EN: <http://www.cccf-fcsge.ca/parents/>

FR: <http://www.cccf-fcsge.ca/fr/parents/>

24. Preschool Speech and Language Resources

First Words provides speech and language resources in English, French, Arabic, Chinese, Inuktitut, Somali, Spanish, and Vietnamese. Topics include: first language and bilingualism, success sheets, and talk to your child in your first language.

EN: <http://firstwords.ca/parents/resources/downloads/>

FR: <http://firstwords.ca/fr/parents-fr/ressources/telechargement/>

25. Making a Difference

The Ontario Early Years Centres Library (MCYS, 2010) provides information on early childhood development and health for the first six years of a child's life. Downloadable PDFs are available in: [Armenian](#), [Bengali](#), [Chinese](#), [Farsi](#), [German](#), [Greek](#), [Gujarati](#), [Hindi](#), [Italian](#), [Korean](#), [Japanese](#), [Macedonian](#), [Maltese](#), [Portuguese](#), [Punjabi](#), [Russian](#), [Spanish](#), [Tagalog](#), [Tamil](#), [Ukrainian](#), and [Urdu](#).

EN:

<http://www.children.gov.on.ca/htdocs/English/topics/earlychildhood/oeyc/library/index.aspx>

FR:

<http://www.children.gov.on.ca/htdocs/French/topics/earlychildhood/oeyc/library/index.aspx>

26. Quick Tips for Parents: Talking and Listening Skills

The National Literacy Trust U.K. provides tip sheets about helping children develop good talking and listening skills. Tip sheets are provided in English, French, Arabic, Bengali, Chinese, Gujarati, Punjabi, Polish, Portuguese, Somali, Tamil, Turkish, Urdu, and Welsh on:

- Saying hello to your new baby
- Dummies (pacifiers) and talking
- Talking to your baby in your own language
- Talking with your baby
- Sharing songs and rhymes
- Sharing books with your baby
- Playing with your baby

http://www.literacytrust.org.uk/talk_to_your_baby/resources/418_quick_tips_available_bilingually_in_13_languages

27. FRP Canada Multilingual Parenting Information

This parenting information was originally published as companion resource sheets with Play and Parenting, FRP Canada's newsletter. Topics include active life, family life, guiding children's behaviour, literacy and numeracy, and play time. The resource sheets are available in 14 languages (PDF), in addition to English and French. The back of each resource sheet contains the equivalent English content. Topics include:

- Building active habits
- Change waiting time to play time
- Connecting through stories
- Family routines
- Parents at play
- Process not product
- Promoting positive behavior
- Singing throughout the day
- Supporting children's play
- The pleasures of reading aloud

Available in the following languages: [Arabic](#), [Chinese \(Simplified\)](#), [Chinese \(Traditional\)](#), [Farsi \(Persian\)](#), [Hindi](#), [Portuguese](#), [Punjabi](#), [Russian](#), [Somali](#), [Spanish](#), [Tagalog](#), [Tamil](#), [Urdu](#), [Vietnamese](#)

<http://www.welcomehere.ca/index.cfm?fuseaction=page.viewpage&pageid=1099>

28. Attachment Across Cultures

These multilingual resource sheets support parents in maintaining effective attachment practices. There are fact sheets in English, French, Chinese, Somali, Spanish, Tamil, Urdu, and Vietnamese:

- Attachment
- Early love
- Breast engorgement
- Comfort measures during labour
- Mom's body after birth
- Newborn babies needs
- New babies "What people worry about"
- What to take to the hospital

<http://www.attachmentcrosscultures.org/resource/index.html>

29. Brochures for Parents: Child Care

The Westcoast Child Care Resource Centre offers multilingual brochures for parents on: children and play, choosing child care, helping children learn language, knowing about child care choices, selecting an in-home caregiver, writing a parent-caregiver agreement, settlement and cultural adaptation, and adaptational difficulties for refugee children. Some of the brochures are available in English, French, Arabic, Farsi, Hindi, Japanese, Korean, Punjabi, Russian, Serbo-Croatian Simplified Chinese, Spanish, Tagalog, Traditional Chinese, and Vietnamese.

<http://www.wstcoast.org/parents/multilingual.html>

30. Tip Sheets: Education in Ontario

The People for Education website (2013) provides information about education and schooling in Ontario, including tip sheets to understand how the school system works and how parents/caregivers can help their children succeed. Tip sheets are available in English, French, Arabic, Chinese, Farsi, Hindi, Korean, Portuguese, Punjabi, Russian, Somali, Spanish, Tagalog, Tamil, and Urdu.

<http://www.peopleforeducation.ca/how-does-education-work/multi-lingual-information-for-parents/>

31. Embracing Diversity: Sharing Our Songs and Rhymes

The Burnaby Public Library website provides video performances of children's songs and rhymes, and other resources to inspire sharing across cultures. They are available in [English](#), [French](#), [Arabic](#), [Cantonese](#), [Dari](#), [Farsi](#), [Filipino](#), [Hindi](#), [Korean](#), [Mandarin](#), [Punjabi](#), [Russian](#), [Spanish](#), [Urdu](#), and [Vietnamese](#).

<http://bpl.bc.ca/kids/embracing-diversity>

<http://bpl.bc.ca/kids/embracing-diversity/songs-and-rhymes>

VII. FEATURED BEST START RESOURCES

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

Resource Centre supports organizations and individuals working to improve the health of women and families before, during and after pregnancy, and well into the early childhood years. Best Start offers service providers a variety of multilingual resources. Most of our resources can be downloaded free of charge at http://www.beststart.org/resources/other_languages/index.html

Meilleur départ : Centre de ressources sur la maternité, les nouveau-nés et le développement des jeunes enfants de l'Ontario, assiste les organisations et les individus pour améliorer la santé des femmes et des familles avant, pendant et après la grossesse, et aussi dans la petite enfance. Meilleur départ fournit aux professionnels de santé communautaire une variété de ressources multilingues. La plupart de nos ressources peuvent être téléchargées gratuitement à http://www.meilleurdepart.org/resources/other_languages/index.html

32. Is there a Baby in Your Future? Plan for it

This brochure (2005) provides key information for those considering having a child. Available in print and PDF. [English](#), [French](#)
Available in PDF only. [Arabic](#), [Filipino](#), [Hindi](#), [Punjabi](#), [Spanish](#), [Simplified Chinese](#), [Tamil](#), [Urdu](#)
EN: http://www.beststart.org/resources/other_languages/index.html
FR: http://www.meilleurdepart.org/resources/other_languages/index.html

33. Work & Pregnancy Do Mix! Booklet

This booklet (2010) is for working women who are or may become pregnant. It provides information on workplace risks, ways to reduce risks, and sources of additional information.
Available in print and PDF. [English](#), [French](#)
Available in PDF only. [Arabic](#), [Filipino](#), [Hindi](#), [Punjabi](#), [Spanish](#), [Simplified Chinese](#), [Tamil](#), [Urdu](#)
EN: http://www.beststart.org/resources/other_languages/index.html
FR: http://www.meilleurdepart.org/resources/other_languages/index.html

34. Be Safe: Have an Alcohol-free Pregnancy - printer-ready handouts

The handouts provide information and tips for expectant parents about alcohol use in pregnancy (Best Start Resource Centre with the support of the LCBO, 2012). Download

printer-ready handouts as PDF files in [English](#), [French](#), [Arabic](#), [Cree](#), [Ojibway](#), [Hindi](#), [Punjabi](#), [Tamil](#), [Urdu](#), [Simplified Chinese](#), [Spanish](#) and [Tagalog](#).

EN: http://www.beststart.org/resources/other_languages/index.html

FR: http://www.meilleurdepart.org/resources/other_languages/index.html

35. Healthy Eating for a Healthy Baby

This 36 page booklet provides information for pregnant women on nutrition in pregnancy (Best Start Resource Centre & the Nutrition Resource Centre, revised 2009). It addresses current concerns and questions such as alcohol and fish consumption, food safety, weight gain and physical activity. A nutrition quiz, charts and recipes are also included.

Available in print and PDF. [English](#), [French](#)

Available in PDF only. [Arabic](#), [Filipino](#), [Hindi](#), [Punjabi](#), [Spanish](#), [Simplified Chinese](#), [Tamil](#), [Urdu](#)

EN: http://www.beststart.org/resources/other_languages/index.html

FR: http://www.meilleurdepart.org/resources/other_languages/index.html

36. Preterm Labour Signs & Symptoms Brochure

This brochure (2012) provides critical information on how to recognize preterm labour signs and symptoms and when to seek help.

Available in print and PDF. [English](#), [French](#)

Available in PDF only. [Arabic](#), [Filipino](#), [Hindi](#), [Punjabi](#), [Spanish](#), [Simplified Chinese](#), [Tamil](#), [Urdu](#)

EN: http://www.beststart.org/resources/other_languages/index.html

FR: http://www.meilleurdepart.org/resources/other_languages/index.html

37. New to Canada? Having a Baby? – Posters

Colour posters (2010) about Best Start Resource Centre multilingual resources.

Available in print and PDF. [English](#), [French](#)

Available in PDF only. [Arabic](#), [Filipino](#), [Hindi](#), [Punjabi](#), [Spanish](#), [Simplified Chinese](#), [Tamil](#), [Urdu](#)

EN: http://www.beststart.org/resources/other_languages/index.html

FR: http://www.meilleurdepart.org/resources/other_languages/index.html

38. Giving Birth in a New Land – A guide for women new to Canada and their families

This booklet (2010) contains information for newcomer women who are pregnant and expect to deliver their baby in Ontario. It includes information on local practices related to the prenatal and postnatal period, as well as services and resources available.

Available in print and PDF. [English](#), [French](#)

Available in PDF only. [Arabic](#), [Filipino](#), [Hindi](#), [Punjabi](#), [Spanish](#), [Simplified Chinese](#), [Tamil](#), [Urdu](#)

EN: http://www.beststart.org/resources/other_languages/index.html

FR: http://www.meilleurdepart.org/resources/other_languages/index.html

39. Important Signs to Watch for if you are Pregnant

This resource (2009) is a small decal with critical information on how to recognize preterm labour signs and symptoms and when to seek help.

Available in print and PDF. [English](#), [French](#)

Available in PDF only. [Arabic](#), [Filipino](#), [Hindi](#), [Punjabi](#), [Spanish](#), [Simplified Chinese](#), [Tamil](#), [Urdu](#)

EN: http://www.beststart.org/resources/other_languages/index.html

FR: http://www.meilleurdepart.org/resources/other_languages/index.html

40. Life with A New Baby Is Not Always What You Expect – Brochure

This 12 page brochure (2007) provides pregnant women and new parents with information on the baby blues and postpartum mood disorders. Parents are encouraged to seek help and use strategies for self-care.

Available in print and PDF. [English](#), [French](#)

Available in PDF only. [Arabic](#), [Filipino](#), [Hindi](#), [Punjabi](#), [Spanish](#), [Simplified Chinese](#), [Tamil](#), [Urdu](#)

EN: http://www.beststart.org/resources/other_languages/index.html

FR: http://www.meilleurdepart.org/resources/other_languages/index.html

41. You and Your Baby...

These printer-ready handouts are on abuse and pregnancy in multiple languages (Perinatal Partnership Program of Eastern and Southeastern Ontario with the support of Best Start Resource Centre, 2008).

Available in print and PDF. [English](#), [French](#)

Available in PDF only. [Arabic](#), [Punjabi](#), [Traditional Chinese](#), [Simplified Chinese](#), [Somali](#), [Spanish](#), [Cree - N Dialect](#), [Severn Ojibwe](#).

EN: http://www.beststart.org/resources/other_languages/index.html

FR: http://www.meilleurdepart.org/resources/other_languages/index.html

42. Breastfeeding Your Baby – Magnet (guidelines for nursing mothers)

This 13 cm by 18 cm fridge magnet (2009) is a teaching aid for all working with pregnant and new mothers. It is a good reminder for mothers on how to assess their infant's breastfeeding effectiveness through the first three weeks. Colourful graphics and photographs with minimal text provide an at-a-glance look that new parents find particularly helpful.

Available in print and PDF. [English](#), [French](#)

Available in PDF only. [Arabic](#), [Filipino](#), [Hindi](#), [Punjabi](#), [Spanish](#), [Simplified Chinese](#), [Tamil](#), [Urdu](#)

EN: http://www.beststart.org/resources/other_languages/index.html

FR: http://www.meilleurdepart.org/resources/other_languages/index.html

43. Baby Wants

A booklet (2008) for parents to encourage them to do simple things to help develop their young child: playing, reading, singing, etc. The text is simple and the images describe the activities suggested.

Available in print and PDF. [English](#), [French](#)

Available in PDF only. [Arabic](#), [Filipino](#), [Hindi](#), [Punjabi](#), [Spanish](#), [Simplified Chinese](#), [Tamil](#), [Urdu](#)

EN: http://www.beststart.org/resources/other_languages/index.html

FR: http://www.meilleurdepart.org/resources/other_languages/index.html

44. Shaken Baby Syndrome – Handout

This handouts was a collaborative project of: the Ontario Neurotrauma Foundation Shaken Baby Syndrome Prevention Program, Toronto Public Health, and the Best Start Resource Centre, 2008. With content developed by the Ontario Neurotrauma Foundation Shaken Baby Syndrome Prevention Program, these handouts provide information about infant crying and comforting techniques. Available in English, French, and 17 other languages, for download only. Includes a text box to insert local contact information.

Available in [English](#), [French](#), [Arabic](#), [Bengali](#), [Chinese](#), [Farsi](#), [Greek](#), [Hindi](#), [Italian](#), [Korean](#), [Polish](#), [Portuguese](#), [Punjabi](#), [Russian](#), [Somali](#), [Spanish](#), [Tagalog](#), [Tamil](#) and [Urdu](#) by download only.

EN: http://www.beststart.org/resources/other_languages/index.html

FR: http://www.meilleurdepart.org/resources/other_languages/index.html

45. My Child and I – Attachment for Life

A resource (2012) for parents of children aged 0-3 to help them understand the principles of attachment and learn ways to promote attachment. Activities are suggested for each age group.

Available in print and PDF. [English](#), [French](#)

Available in PDF only. [Arabic](#), [Filipino](#), [Hindi](#), [Punjabi](#), [Spanish](#), [Simplified Chinese](#), [Tamil](#), [Urdu](#)

EN: http://www.beststart.org/resources/other_languages/index.html

FR: http://www.meilleurdepart.org/resources/other_languages/index.html

About This Bulletin

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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.healthnexussante.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/healthnexussante>, <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>