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----- I. NEWS & VIEWS -----

## ONTARIO

### ONTARIO GOVERNMENT PROMOTES HEALTHY EATING DURING NUTRITION MONTH

Given that March is Nutrition Month, the Government of Ontario is reminding Ontarians that by being more physically active and maintaining a healthier body weight, people may reduce the risks of diabetes, heart disease, and prevent some types of cancer and other illnesses (2008, March 3). The province's "Healthy Eating and Active Living Action Plan" offers new programs and strategies and builds on existing ones to support healthy eating and active living in Ontario, including: (1) growing healthy children and youth, (2) building healthy communities; (3) championing healthy public policy; and (4) promoting public awareness and engaging Ontarians.

<http://ogov.newswire.ca/ontario/GPOE/2008/03/03/c8089.html?lmatch=&lang=e.html>

### MOST TEENAGERS PARENT WELL

This article (Crawford, 2008) highlights that young mothers can parent well despite their age. Domenic Gratta of the Catholic Children's Aid Society of Toronto emphasizes that "the vast majority parent their child well" and that "the more supports a young parent has, the better off she will be". Similarly, a St. Michael's Hospital social worker, Darlen Dzendoletas notes that being a teenage mother is not enough to cause alarm among health professionals. Poor parenting "is definitely not just a teen thing...Adolescent parents are not overrepresented in abuse cases".

<http://www.thestar.com/living/article/331908>

## CANADA

### LATEST PRODUCT RECALLS

Note: Products that are recalled for containing lead are in excess of the allowable level per the Canadian Hazardous Products Act.

- Combi infant carrier: Collision could cause infant carrier to separate from its base
- Infantino lamb grabby rattle: Plastic tail piece on the rattle can detach, posing a choking hazard
- Children's metal jewellery: Contains lead
- Majestic curved top and flat top cribs: Fail to meet the federal safety requirements for cribs
- Essex cribs: Fail to meet the federal safety requirements for cribs
- Brighton/Sussex cribs: Fail to meet the federal safety requirements for cribs
- Captiva cribs: Fail to meet the federal safety requirements for cribs
- Monsieur Tsé-Tsé: The metal eyes on the dolls can detach, posing a choking hazard
- Girl's bracelet sets: Surface paint on the pearl white beads of the bracelet contain lead
- Metal push-pin badges: Surface paint contains lead

[http://www.healthycanadians.gc.ca/pr-rp/pr-rp\\_e.php](http://www.healthycanadians.gc.ca/pr-rp/pr-rp_e.php)

- President's Choice Organics pear juice from concentrate for toddlers: May contain arsenic

- Beech Nut pear juice from concentrate with vitamin C added: May contain arsenic

<http://news.gc.ca/web/view/en/index.jsp?articleid=384759>

### PUBLIC HEALTH AGENCY OF CANADA INFORMATION UPDATE: FOLIC ACID

The Public Health Agency of Canada (PHAC) (2008, February 28) released an information update about folic acid and the prevention of neural tube defects in response to questions generated by the Joint Society of Obstetricians and Gynaecologists of Canada - Motherisk Clinical Practice Guideline on Preconceptional Vitamin/Folic Acid Supplementation. PHAC recommends that all women who become pregnant take a daily multivitamin of 0.4 mg of folic acid and talk to a health care provider to choose the supplement that is best for them. According to PHAC, women who are at higher risk of having a neural tube defect (NTD)-affected pregnancy may need more than 0.4 mg of folic acid daily and "women should not take more than 1 mg of folic acid daily unless they are under the advice and care of a physician. This

will allow for evaluation of vitamin B12 status and assessment of other issues such as possible interaction with other medications". This update also provides information about mandatory food fortification in Canada and the rates of NTDs in Canada.

<http://www.phac-aspc.gc.ca/fa-af/fa-af08-eng.php>

#### GOVERNMENT OF CANADA SUPPORTS WOMEN'S GROUPS ACROSS CANADA

The Government of Canada (2008, March 4) announced funding for the projects of 7 national women's organizations that aim to improve the safety of Aboriginal women, immigrant and visible minority women, senior women, and women with disabilities. The Honourable Josée Verner, Minister of Canadian Heritage, Status of Women and Official Languages announced that \$1,934,732 will be invested in the following projects: (1) "Creating Safer Communities for Marginalized Women and Everyone" by Women in Cities International; (2) "Violence Prevention Toolkit - Phase II" by the Native Women's Association of Canada; (3) "Engaging Immigrant and Visible Minority Women in Leadership Roles in Canadian Society" by the National Organization of Immigrant and Visible Minority Women; (4) "Skills and Support: Mentorship/Training for Young Women in Marginalized Communities Across Canada" by POWER Camp National; (5) "Caring Across the Boundaries: The Circle of Collaboration" by the First Nations Child and Family Caring Society of Canada; (6) "Financial Skills for Aboriginal Women Starting Over" by the National Aboriginal Circle Against Family Violence; and (7) "Pathways to Gender Justice - Second Phase" by the Canadian Council for Refugees.

<http://news.gc.ca/web/view/en/index.jsp?articleid=383399>

#### YUKON GROUPS AND FIRST NATIONS CONCERNED WITH DRAFT CHILD WELFARE ACT

The draft child welfare act, leaked to the media in January, calls for more First Nations involvement in child and family services planning and delivery, mandatory reporting of abuse against children, and a clear intention to place children in care with extended family and within their First Nation when possible (cbc.ca, 2008, March 10). Two organizations, the Grandparents' Rights Association of the Yukon and the Fetal Alcohol Syndrome Society of Yukon, said that they agree with Ta'an Kwatch'an Council Chief Ruth Massie and Carcross Tagish Chief Mark Wedge, that there is room for improvement in the proposed legislation such as stronger rights and financial supports for extended family members. Eleanor Millard, a member of the grandparents' rights group, noted that the draft act is weak and lacks an effective, established relationship between the territorial government and aboriginal governments: "There needs to be some kind of recognition of the fact that the First Nations are a different culture. They can't just sort of say, 'Well, we're going to consider culture.' It needs to be written in the act, and certainly in the regulations, how to go about that". Massie and Wedge said Friday at a news conference that the proposed legislation does not go far enough to break the cycle of social issues facing First Nations communities, especially given the disproportionately high number of aboriginal children in care. Wedge and Massie called on the Yukon government to conduct more meaningful consultations to make the draft children's act more effective (cbc.ca, 2008, March 10).

<http://www.cbc.ca/canada/north/story/2008/03/10/yk-act.html?ref=rss>

#### PANEL CALLS FOR LEADERSHIP TO PROTECT CHILDREN FROM TARGETED MARKETING

A panel Canadians ranging from educators, Aboriginal, community and youth leaders, journalists, public policy researchers, academics, and authors, are recommending a made in Canada plan to ensure that unhealthy food and beverages are not marketed to children (Dietitians of Canada, 2008, March 5). The panel based its decision on presentations by key Canadian and international experts on the best available legal, scientific, and social evidence on food marketing to children and its impact on obesity. The consensus statement was delivered as part of the "Policy Consensus Forum on Obesity and the Impact of Marketing on Children" hosted by the Chronic Disease Prevention Alliance of Canada. This event was planned in response to the March 2007 release of the "Healthy Weights for Healthy Kids" report by the Standing Committee on Health which stated that childhood obesity has become an 'epidemic' in Canada.

<http://www.dietitians.ca/news/media.asp?fn=view&id=11155&idstring=>

## ----- II. RECENT REPORTS AND RESEARCH RESULTS -----

### CANADA

#### DIETS DEFICIENT IN OMEGA-3 FATTY ACIDS POSE A RISK TO INFANT NEUROLOGICAL DEVELOPMENT

This study (Innis & Friesen, 2008) aimed to determine whether omega-3 fatty acid deficiency occurs in pregnant women and contributes to poor infant development. A total of 135 pregnant women participated in the study and were randomly assigned to either a group that took an omega-3 fatty acid supplement (equivalent to 2 fatty fish meals per week) or one that took a placebo. All the women continued eating their regular diets. The researchers tested the women's blood samples at 16 and 36 weeks of pregnancy and measured the amount of docosahexaenoic acid (DHA), a type of omega-3 fatty acids that is known to be important for brain and eye function. Sixty days after the babies were born, the researchers did vision tests to evaluate the infants' ability to distinguish lines of different widths (ScienceDaily, 2008, March 11). The researchers found that the women who ate lots of meat and little fish were deficient in DHA, and their babies did not do as well on eye tests as babies from mothers who were not deficient. The researchers noted that "during pregnancy and breastfeeding, fat consumed by the mother is transferred to the developing baby and breastfed infant, and this fat is important for the baby's developing organs. Our next task is to find out why the typical North American diet puts mothers at risk. Then we can develop dietary recommendations to help women consume a nutritious diet that promotes optimal health for mothers and babies" (Child & Family Research Institute, 2008, March 7).

Press release: [www.cfri.ca/aboutus/news/media/documents/CFRI\\_nutrition\\_Innis\\_JCN\\_mar07-08.pdf](http://www.cfri.ca/aboutus/news/media/documents/CFRI_nutrition_Innis_JCN_mar07-08.pdf)

Abstract: <http://www.ajcn.org/cgi/content/abstract/87/3/548>

### INTERNATIONAL

#### DEPRESSIVE SYMPTOMS AND RAPID SUBSEQUENT PREGNANCY IN ADOLESCENT MOTHERS

This study (Barnet, Liu, & DeVoe, 2008) examined whether depressive symptoms are a risk factor for a subsequent pregnancy in adolescent mothers. A total of 269 predominantly African American teenagers (ages 12 to 18) with low income who received prenatal care at 5 community sites participated in the research. Questionnaires were completed 1 or 2 years after childbirth to measure depressive symptoms and occurrence of subsequent pregnancy (ScienceDaily, 2008, March 3). The findings indicate that among those who completed at least one follow-up questionnaire, 46% had depressive symptoms at the beginning of the study. Within 2 years of childbirth, 120 (49%) of the 245 adolescents followed were pregnant and 28 (10%) had more than one subsequent pregnancy. The average time between subsequent pregnancies was 11.4 months (ScienceDaily, 2008, March 3). The authors note that depression is unhealthy for mothers and their children and that treating maternal depression improves the health and well-being of both. "Because depression is treatable, future studies should evaluate whether improved recognition and treatment of adolescent depression reduces the risk of rapid subsequent pregnancy (Barnet, Liu, & DeVoe, 2008, p. 236).

<http://archpedi.ama-assn.org/cgi/reprint/162/3/246>

#### LOW-INCOME WOMEN MORE LIKELY TO SUFFER FROM POSTPARTUM DEPRESSION

The purpose of this study (Segre, O'Hara, Arndt, & Stuart, 2007) was to examine the prevalence of postpartum depression as a function of income, education, and occupational prestige. A sample of 4,332 women completed the Inventory to Diagnose Depression and sociodemographic interviews 4.6 months after giving birth (on average). The researchers found that the prevalence of postpartum depression was significantly higher in financially poor relative to financially affluent women. Study author Segre noted that "40% of Iowa's lowest-income mothers are facing the double burden of being depressed and being poor", which suggests that "maternal depression screening programs targeting women who are financially poor are well placed" (ScienceDaily, 2008, February 19).

<http://www.springerlink.com/content/y202t41101787ku6/?p=2bbd93434025437b8fe88873f6026e72&pi=8>

## EYE BLINKS MAY HELP TO IDENTIFY CHILDREN PRENATALLY EXPOSED TO ALCOHOL

This study (Jacobson et al., 2008) examined whether eyeblink conditioning (EBC) could be used to identify underlying or subcortical deficits that are specifically affected by prenatal alcohol exposure children. "EBC is a Pavlovian paradigm that involves temporal pairing of a conditioned stimulus, such as a tone, with an unconditioned stimulus, such as an air puff" (Jacobson et al., 2008). The researchers administered three sessions of EBC to 98 5-year-olds, pairing a tone with an air puff. Normally, after repeated pairings, a child as young as 5 months old will develop a conditioned eyeblink response (ScienceDaily, 2008, February 4). Expert dysmorphologists assessed FAS status among the 5-year-olds. The researchers found that not a single child with FAS met criterion for conditioning as contrasted with 75% of the control group children. According to the authors, given that they controlled for IQ and that EBC was not impaired in non-alcohol-exposed children, these findings suggest that the EBC deficit does not reflect impaired intellectual ability but rather is a direct effect of the fetal alcohol exposure. "This study clearly links one brain area to the learning deficits experienced by FAS children, whether or not they have physical manifestations of the condition, and thus can provide a basis for the development of remediation programs... Second, since normal human infants reach functional capacity on the EBC response by 5 months of age, and since the EBC deficit appears to be so sensitive, infants at risk can be identified early in life, and intervention programs can begin when the plasticity of the brain is greatest and have the strongest effect" (ScienceDaily, 2008, February 4).

<http://www.blackwell-synergy.com/doi/abs/10.1111/j.1530-0277.2007.00585.x>

## BABIES BORN TO TEENAGE DADS AT RISK

This systematic review (Sarkadi, Kristiansson, Oberklaid, & Bremberg, 2008) aimed to describe the longitudinal evidence on the effects of father involvement on children's developmental outcomes. The review looked at 24 papers published between 1987 and 2007, covering 22,300 individual sets of data from 16 studies. The researchers found that there is evidence to support the positive influence of father engagement on children's social, behavioural, and psychological outcomes. Active father figures had a key role to play in reducing behaviour problems in boys and psychological problems in young women. The researchers are urging healthcare professionals to increase fathers' involvement in their children's healthcare and are calling on policy makers to ensure that fathers have the chance to play an active role in their children's upbringing (ScienceDaily, 2008, February 15).

<http://www.blackwell-synergy.com/doi/full/10.1111/j.1651-2227.2007.00572.x>

## PAYING THE PRICE: THE IMPACT OF IMMIGRATION RAIDS ON AMERICA'S CHILDREN

This study (National Council of La Raza & The Urban Institute, 2008) examined the impact of U.S. Immigration and Customs Enforcement worksite raids on the children of undocumented workers. Three communities that experienced large-scale worksite raids in 2007 were examined: Greeley, Colorado; Grand Island, Nebraska; and New Bedford, Massachusetts. Over 900 adults, who were parents of more than 500 children, were arrested in the three locations. A total of 79% and 88% of children were ages 10 and younger at two of the sites while more than 50% of the children were ages 5 and younger at the third site. The findings indicate that children experienced family separation, economic hardship, schooling interruptions, and mental trauma (National Council of La Raza & The Urban Institute, 2008).

[http://www.fcd-us.org/usr\\_doc/UrbanLaRazaReport.pdf](http://www.fcd-us.org/usr_doc/UrbanLaRazaReport.pdf)

## CHILDHOOD SEXUAL ABUSE LINKED WITH BULIMIA LATER IN LIFE

This study (Sanci et al., 2008) examined the relationship between childhood sexual abuse before the age of 16 years and later onset of bulimia and anorexia nervosa symptoms in females. The researchers used data from 1992 to 2003 from the Victorian Adolescent Health Cohort (MedScape, 2008, March 6). This cohort was a sample of adolescents selected at random from 2 classrooms at each of 44 schools in Victoria, Australia. The teenagers from one classroom entered the study in grade 9, and those from the second classroom entered the study in grade 10. The teenagers were surveyed 4 times at 6-month intervals and then were surveyed twice when they were young adults. The last survey, when the mean age of the young women was 24 years, asked the women to report any sexual abuse before age 16

years. Of the 999 study participants, 121 (12.1%) women reported 1 incident of sexual abuse with or without physical contact before age 16 years, and 82 (8.2%) women reported 2 or more such incidents. Compared with the women who reported no episodes of sexual abuse before age 16 years, those who reported multiple episodes had a 4.9-fold increased risk for bulimic syndrome. The authors concluded that childhood sexual abuse seems to be a risk factor for the development of bulimic syndromes.

<http://archpedi.ama-assn.org/cgi/reprint/162/3/261>

#### THE EFFECTS OF REDUCING TELEVISION VIEWING AND COMPUTER USE ON BODY MASS INDEX IN YOUNG CHILDREN

This study (Epstein et al., 2008) assessed the effects of reducing television viewing and computer use on children's body mass index (BMI). A total of 70 children (ages 4 to 6 years) whose BMI was at or above the 75<sup>th</sup> BMI percentile for age and sex participated in the study. Children were randomly assigned to an intervention to reduce their television viewing and computer use by 50% or to a control group that did not reduce television viewing or computer use. The researchers monitored BMI, television viewing, energy intake, and physical activity every 6 months for 2 years. The findings indicate that the intervention group showed greater reductions in sedentary behavior and energy intake compared to the control group, with stronger reductions in sedentary behavior among families of low socioeconomic status. The researchers found that the change in television viewing was related to the change in energy intake but not to the change in physical activity. The authors concluded that "reducing television viewing and computer use may have an important role in preventing obesity and in lowering BMI in young children, and these changes may be related more to changes in energy intake than to changes in physical activity".

<http://archpedi.ama-assn.org/cgi/content/abstract/162/3/239>

#### ----- III. CURRENT INITIATIVES -----

##### SAFE KIDS CANADA LAUNCHES THE ONTARIO CHILDREN'S RURAL SAFETY PROGRAM

Safe Kids Canada (2008, March 10) launched the "Ontario Children's Rural Safety Program" to address the high frequency of injuries and deaths among children living on Canadian farms. This primary prevention program is the first of its kind in Canada to undertake a coordinated dissemination strategy in this domain. Partners can order resources to run in local media outlets (e.g., posters, booklets, radio ads, and television ads).

<http://www.sickkids.on.ca/SKCFForParents/section.asp?s=Safety+Information+by+Topic&SID=10774&ss=Rural+Safety&ssID=11336>

##### NATIONAL NUTRITION MONTH: MARCH 2008

In celebration of Nutrition Month, dietitians across Canada unite to organize events and communications to reinforce the importance of nutrition in achieving health and wellbeing. The Dietitians of Canada website provides information about: the 2008 theme "eat healthier, be more active and feel great", guidelines for using the Nutrition Month logo and 2008 slogan, how to get involved, this year's sponsors, and the history of Nutrition Month. The website also provides campaign ideas for practitioners, parents, and caregivers about how to encourage healthy eating with children, families, and communities.

[http://www.dietitians.ca/public/content/eat\\_well\\_live\\_well/english/nutritionmonth/about.asp](http://www.dietitians.ca/public/content/eat_well_live_well/english/nutritionmonth/about.asp)

##### NATIONAL FRANCOPHONE WEEK / SEMAINE NATIONALE DE LA FRANCOPHONIE: MARCH 7-23

National Francophone week takes place from March 7-23, 2008. Educational institutions are invited to organize activities that support the formation of identity. This year's theme will focus on the French-speaking heritage that was transmitted for generations such as the feeling of membership to the Canadian French-speaking community. Resources are available on the Association Canadienne d'éducation de la langue française (ACELF) website. The ACELF is also inviting francophone organizations (e.g., early childhood education centres, daycare centres, and junior kindergarten and kindergarten classes) to participate in a contest. Organizations can submit a book that the children have

produced related to the French language by March 28, 2008. A total of 20 winners will be selected, 5 from each of the following regions: Atlantic Canada, Quebec, Ontario, and the West and territories. The winning organizations will receive 20 library books (\$500 value).

<http://www.acelf.ca/c/activites/semaine/concours-livres.html>

#### INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION: MARCH 21

March 21 is designated by the United Nations (UN) as the International Day for the Elimination of Racial Discrimination. In 1966, the United Nations formally recognized the date to commemorate 69 men, women, and children who were killed during a peaceful protest against apartheid. Every year "Racism. Stop It!" National Video Competition is held to heighten awareness about the harmful effects of racism on a national scale and to clearly demonstrate the commitment and leadership of the Government of Canada to foster respect, equality, and diversity (Heritage Canada, 2008). This Competition mobilizes thousands of youth across Canada to express their feelings about eliminating racism through videos. For more information see [http://www.pch.gc.ca/march-21-mars/march21/index\\_e.cfm](http://www.pch.gc.ca/march-21-mars/march21/index_e.cfm)

The Elementary Teachers' Federation of Ontario (ETFO) encourages teachers across Ontario to participate in the day's events and provides links to websites for curriculum suggestions, resources, and historical facts.

<http://www.etfo.ca/AdvocacyandAction/SocialJusticeandEquity/EliminationRacialDiscrimination/Pages/default.aspx>

#### CAMPAIGN ON ENVIRONMENTAL HEALTH

The Canadian Cancer Society, the Canadian Lung Association, and the Heart and Stroke Foundation of Canada announced a new joint effort to increase public attention and political action on environmental health hazards (Canadian Cancer Society, 2008, March 7). Nora Sobolov, president and CEO of The Lung Association notes that "we call on all parties and legislators to work together towards a healthier environment for all Canadians". The coalition called on Parliament to strike a joint committee of the health and environment committees to study this critical issue and make recommendations to improve the quality of life of Canadians. The health charities are focusing their attention on Canadians right to know about environmental hazards and action on air quality.

[http://www.cancer.ca/ccs/internet/mediareleaselist/0,,3172\\_1328207547\\_6291731\\_langId-en.html](http://www.cancer.ca/ccs/internet/mediareleaselist/0,,3172_1328207547_6291731_langId-en.html)

#### ----- IV. UPCOMING EVENTS -----

This section lists events that have not been included in earlier editions of the MNCHP bulletin or listserv postings. For the details of these events and a complete list of events noted in previous MNCHP bulletins and postings, including contact information, links to organizations, and descriptions, see <http://www.beststart.org/events/otherevents.php>

#### ONLINE

##### BEING SUCCESSFUL: MEANINGFUL COLLABORATION TO IMPROVE OUTCOMES FOR FAMILIES WITH SUBSTANCE USE DISORDERS

April 24, 2008: Webinar

Hosted by: U.S. National Center on Substance Abuse and Child Welfare and the National Child Welfare Resource Center for Organizational Improvement

<http://muskie.usm.maine.edu/helpkids/tele.htm>

#### ONTARIO

##### THE CONSEQUENCES OF CORPORATIZATION AND MARKETIZATION OF CHILD CARE: IT'S NOT AS EASY AS ABC

March 31, 2008: Toronto, ON

Hosted by: The Atkinson Centre for Society and Child Development and the School of Public Policy and Governance

[http://action.web.ca/home/crru/events.shtml?x=114582&AA\\_EX\\_Session=bad9b6fb058ff1406e99ee016107459f](http://action.web.ca/home/crru/events.shtml?x=114582&AA_EX_Session=bad9b6fb058ff1406e99ee016107459f)

INFANT MENTAL HEALTH ROUNDS: WRAPAROUND WITH HOMELESS MOTHERS

April 1, 2008: Toronto, ON

Hosted by: Sick Kids

<http://www.sickkids.ca/imp/section.asp?s=Infant+Mental+Health+Rounds&slD=18715&ss=Upcoming+Infant+Mental+Health+Rounds&sslD=19300>

TOXIC TRESPASS SCREENING: FILM ABOUT CHILDREN'S HEALTH AND THE ENVIRONMENT

April 21 and 22, 2008: Toronto, ON

Hosted by: Women's Healthy Environments Network

<http://www.womenshealthyenvironments.ca/node/144>

INFANT MENTAL HEALTH ROUNDS: EARLY RISK MARKERS OF AUTISM SPECTRUM DISORDER

May 6, 2008: Toronto, ON

Hosted by: Sick Kids

<http://www.sickkids.ca/imp/section.asp?s=Infant+Mental+Health+Rounds&slD=18715&ss=Upcoming+Infant+Mental+Health+Rounds&sslD=19300>

GRANTS 101: PROFESSIONAL GRANT PROPOSAL WRITING WORKSHOP

May 28-30, 2008: Ottawa, ON

Hosted by: The Grant Institute

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

COMMUNITY QUALITY OF LIFE CONFERENCE

May 29-30, 2008: Sault Ste. Marie, ON

Hosted by: Ontario Healthy Communities Coalition, Community Quality Improvement, Algoma University College, and Garden River First Nation

[http://www.healthycommunities.on.ca/projects/annualconference/2008\\_Conf/index.htm](http://www.healthycommunities.on.ca/projects/annualconference/2008_Conf/index.htm)

INFANT MENTAL HEALTH ROUNDS: LESBIAN GAY BISEXUAL TRANS QUEER FAMILIES IN THE NEW MILLENNIUM – CREATING ACCESSIBLE SERVICES

June 3, 2008: Toronto, ON

Hosted by: Sick Kids

<http://www.sickkids.ca/imp/section.asp?s=Infant+Mental+Health+Rounds&slD=18715&ss=Upcoming+Infant+Mental+Health+Rounds&sslD=19300>

CANADA

36-HOUR ADVANCED LACTATION MANAGEMENT COURSE

March 31-April 4, 2008: Whitehorse, YK

Hosted by: INFACT Canada and Bright Future Lactation Resource Center

<http://www.wholistichealthyukon.org/webcal/1196916334.html>

SASKATCHEWAN ABORIGINAL LITERACY NETWORK GATHERING: JOURNEY THROUGH TEACHINGS

May 20-22, 2008: Waskesiu, SK

Hosted by: Saskatchewan Aboriginal Literacy Network

<http://www.aboriginal.sk.literacy.ca/gatherng/2008/gather08.htm>

HEALTH AND WELLBEING IN PERSONS WITH INTELLECTUAL/DEVELOPMENTAL DISABILITIES: CHILDREN, YOUTH, AND ADULTS

September 25-26, 2008: Vancouver, BC

Hosted by: Interprofessional Continuing Education, University of British Columbia  
[http://www.interprofessional.ubc.ca/Developmental\\_Disabilities.html#](http://www.interprofessional.ubc.ca/Developmental_Disabilities.html#)

----- V. RESOURCES -----

#### WHAT IS YOUTH ENGAGEMENT?

The benefits of meaningfully involving youth include reduced negative risk behaviours such as lower substance use, decreased rates of school drop-out, lower rates of sexual activity and pregnancy in girls, and lower rates of depression. This simple and easy-to-use 8-page resource covers the basics about youth engagement.

[http://www.engagementcentre.ca/files/Whatis\\_WEB\\_e.pdf](http://www.engagementcentre.ca/files/Whatis_WEB_e.pdf)

#### KIT FOR INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION

This kit (United Nations Association of Canada, 2002) is a bilingual manual containing 61 pages of information, history, resources, and tools for anti-racism education. The manual has been created by youth for youth, but is also useful for educators, parents, community leaders, anti-racism activists, ethno cultural groups, and non-governmental organizations.

[http://www.unac.org/yfar/The\\_KIT.pdf](http://www.unac.org/yfar/The_KIT.pdf)