

# MNCHP Network Bulletin



*best start  
meilleur départ*

by/par health **nexus** santé

In this week's issue:

## **I. NEWS & VIEWS**

1. [Woman fired over pregnancy wins \\$35,000 in rights case](#)
2. [Union-management "blue ribbon" day warns of crisis in children's services](#)
3. [Children's rights treaty readily signed, readily ignored](#)
4. [Latest product recalls](#) (also available in French)
5. [Documentary on residential schools](#) (also available in French)
6. [Women who smoke while pregnant often do not admit it: UK](#)

## **II. RECENT REPORTS AND RESEARCH STUDIES**

7. [Voices of our sisters in spirit: A report to families and communities](#)
8. [Take children's rights seriously: Statement for the 20<sup>th</sup> anniversary of the convention on the rights of the child](#)
9. [Children's rights are human rights](#)
10. [Best interests of the child: Meaning and application in Canada](#) (also available in French)
11. [Excessive stress disrupts the architecture of the developing brain](#)
12. [Hunger count 2009](#)
13. [Canada's employment downturn](#)

## **III. CURRENT INITIATIVES**

14. [The Convention on the Rights of the Child: 20 years it's time](#) (also available in French)
15. [Caring across the boundaries – A photo exhibition in Toronto: November 23 to November 27](#)
16. [Survey for French speaking professionals internationally trained and educated in the field of health and social services](#)

## **IV. UPCOMING EVENTS**

17. [Orientation to the new online health program planner](#)
18. [Sustainability of health promotion programs](#)
19. [Overview of health communication campaigns at a glance](#)
20. [Fundamentals of mental health online course](#)
21. [Ontario continuing medical education program](#)
22. [2010 Best Start Resource Centre Annual Conference: Spaces are filling up so register now!](#)
23. [Ottawa Valley Lactation Consultants \(OVLC\) annual breastfeeding conference](#)
24. [Normal birth & labour conference](#)

## **V. RESOURCES**

25. [Couples and smoking: What you need to know when you are pregnant](#)
26. [National Child Day resources and activities for children, parents/caregivers, and educators](#) (also available in French)
27. [The science of early brain development: Interactive web feature](#)
28. [Presentations: Ready for school? Ready for life?](#) (also available in French)

29. [Parenting series - Responding to children's needs: Important developmental milestones in young children](#) (also available in French)

## VI. FEATURED BEST START RESOURCES

30. [How to be a family friendly workplace](#)

---

## I. NEWS & VIEWS

---

### ONTARIO

#### 1. WOMAN FIRED OVER PREGNANCY WINS \$35,000 IN RIGHTS CASE

Jessica Maciel, a 20-year old single woman dealing with an unexpected pregnancy, was fired from a salon in Mississauga because she was pregnant. The Human Rights Tribunal of Ontario awarded her \$35,000 in damages and lost wages and the salon was ordered to implement a policy that would protect women in the future. Jessica hopes that her story will give other women in similar situations the strength to fight for what they deserve. Lawyer Kate Sellar notes that “it really sends the message that excluding new mothers from the workplace is not an option for employers... What happened to Jessica isn't unique, but it is illegal”.

<http://www.parentcentral.ca/parent/babiespregnancy/pregnancy/article/718478--woman-fired-over-pregnancy-wins-35-000-in-rights-case>

#### 2. UNION-MANAGEMENT “BLUE RIBBON” DAY WARNS OF CRISIS IN CHILDREN’S SERVICES

The Union and Management at Ontario's Children's Aid Societies and children's mental health agencies have declared National Child Day their “Blue Ribbon Day” (CNW Group, 2009, November 19). For this joint initiative, management and unionized staff will be wearing blue ribbons and distributing message bookmarks to the public warning that children are in danger if the government does not act soon. Some agencies may soon be unable to fulfill their obligation to protect at-risk children. For example, York Region Children's Aid Society issued layoff notices to 18 staff on November 10. Payukotayno James & Hudson Bay Family Services will run out of operating funds December 16 and has sent layoff notices to all 120 management and front line staff. Kenora-Patricia Child and Family Services will issue layoff notices on November 18 and will run out of operating funds in the third week of December (CNW Group, 2009, November 19). According to Gordon Floyd, Executive Director, Children's Mental Health Ontario: “Research shows that five out of every six children who need specialized help for mental health problems are not getting any...And those who do seek help, face an average wait time of five and a half months” (CNW Group, 2009, November 19).

<http://www.newswire.ca/en/releases/archive/November2009/17/c2195.html>

#### 3. CHILDREN’S RIGHTS TREATY READILY SIGNED, READILY IGNORED

Today is the 20<sup>th</sup> Anniversary on the Rights of the Child and the Star (2009, November 20) explores whether “it is worth the paper it is printed on?” The convention was a profound advance in international human values because it highlights that children have rights of their own and that the world cares about children. According to Kathy Vandergrift, chair of the Canadian Coalition for the Rights of Children: “It's the most ratified, least implemented convention ever” (thestar.com, 2009, November 20). This article provides a snapshot of key areas after 20 years including child soldiers, sexual abuse, pornography, labour, and sexism:

- UN Secretary Ban Ki-moon identified 56 governments and 14 armed groups that continue to use child soldiers. Child prostitution and trafficking continues in many regions.

- The use of the internet around the world has increased the volume, accessibility, profitability, and brutality of prepubescent child pornography.
- Perceived economic need continues to take priority over convention protections as UNICEF notes there are about 158 million child workers globally.
- Although the plight of young females has come “to the fore” since 1989, “Jordan’s Queen Rania recently called the oppression of half the human race “so illogical it verges on absurd” (thestar.com, 2009, November 20).

<http://www.thestar.com/news/world/article/728457--children-s-rights-treaty-readily-signed-readily-ignored>

## CANADA

### 4. LATEST PRODUCT RECALLS

(also available in French)

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

- KoolSoother Gel-Filled Teether by Nuby: Gel filling was contaminated with the bacteria *Bacillus cereus/thuringiensis/mycoides*.
- Natursutten Liquid-Filled Teethers: Liquid filling of the teether may be contaminated with the bacteria *Bacillus sphaericus/fusiformis*.
- Strollers by Maclaren: If the stroller is not fully opened or closed in accordance with the manufacturer’s instructions, hinge mechanism can pose a risk of fingertip amputation and laceration to the child.
- Wooden Play Sets by Adventure Playsets: Plastic coated lumber on the horizontal ladder (monkey bar/swing beam) can weaken over time due to rotting of the whitewood (spruce, pine and fir species), posing a fall hazard.

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

French: [http://healthycanadians.gc.ca/pr-rp/pr-rp\\_f.php](http://healthycanadians.gc.ca/pr-rp/pr-rp_f.php)

### 5. DOCUMENTARY ON RESIDENTIAL SCHOOLS

(also available in French)

The Government of Canada (2009, November 12) announced funding for First Voice Multimedia to produce a documentary on the history and development of Indian Residential Schools and their impact on individuals, communities, and the larger population.

English: <http://news.gc.ca/web/article-eng.do?m=/index&nid=495949>

French: <http://nouvelles.gc.ca/web/article-fra.do?m=/index&nid=495949>

## INTERNATIONAL

### 6. WOMEN WHO SMOKE WHILE PREGNANT OFTEN DO NOT ADMIT IT: UK

According to research in the UK, women who smoke while they are pregnant often do not admit it (Harding, 2009, November 13). Most women in the UK receive maternity services at eight to 12 weeks of pregnancy. During this visit, a midwife interviews the woman and asks whether or not she smokes. Women who say yes will get a follow-up call to enrol them in a smoking cessation program. Dr. David M. Tappin of the University of Glasgow in Scotland, one of the researchers, notes that the women who do not admit that they are smoking are not guided to available smoking cessation services.

[http://www.reuters.com/article/healthNews/idUSTRE5AC5BG20091113?feedType=RSS&feedName=healthNews&utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed%3A+reuters%2FhealthNews+%28News+%2F+US+%2F+Health+News%29&utm\\_content=Google+Reader](http://www.reuters.com/article/healthNews/idUSTRE5AC5BG20091113?feedType=RSS&feedName=healthNews&utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+reuters%2FhealthNews+%28News+%2F+US+%2F+Health+News%29&utm_content=Google+Reader)

---

## II. RECENT REPORTS AND RESEARCH RESULTS

---

### CANADA

#### 7. VOICES OF OUR SISTERS IN SPIRIT: A REPORT TO FAMILIES AND COMMUNITIES

This Ontario Women's Health Network (OWHN) bulletin (2009) provides a synopsis of "Voices of our Sisters in Spirit: A Report to Families and Communities" by the Native Women's Association of Canada. It examines "the pervasive violence that has led to the death and disappearance of more than 520 Aboriginal women in Canada" (OWHN, 2009). The full report includes life stories, communications and education highlights, interim research results, interim trends and impacts, and recommendations for policy development.

Report synopsis: <http://owhn.on.ca/pdfs/Voices%20FINAL.pdf>

Full report: <http://www.nwac->

[hq.org/en/documents/NWAC\\_VoicesofOurSistersInSpiritII\\_March2009FINAL.pdf](http://www.nwac-hq.org/en/documents/NWAC_VoicesofOurSistersInSpiritII_March2009FINAL.pdf)

#### 8. TAKE CHILDREN'S RIGHTS SERIOUSLY: STATEMENT FOR THE 20<sup>TH</sup> ANNIVERSARY OF THE CONVENTION ON THE RIGHTS OF THE CHILD

The Canadian Coalition for the Rights of Children (CCRC) released a statement (2009, November 15) that calls on federal and provincial governments in Canada to take children's rights seriously. The following four goals are highlighted to illustrate the four basic principles of the Convention, for action by the 25<sup>th</sup> Anniversary:

- Ensure greater equity in Canada's national income support programs for children;
- Put the best interests of children ahead of federal-provincial relations;
- No young person should need to become a ward of the state or go to prison to get help for special needs; and
- Introduce accountability through regular reports, a Commissioner for Children at the national level, and a mechanism for complaints in Canada and at the UN.

<http://rightsofchildren.ca/wp-content/uploads/ccrc-statement-for-20th-anniversary.pdf>

#### 9. CHILDREN'S RIGHTS ARE HUMAN RIGHTS

The Canadian Coalition for the Rights of Children (CCRC) (2009, November 16) explores whether the Convention of the Rights of the Child makes a difference in Canada. Canada's third report on implementation of the Convention (due in January 2009) has not been released. According to CCRC, "little action has been taken on the 45 recommendations from the second review in 2003" (2009, November 16). This document summarizes why this issue is important and charts progress in the general mechanism of implementation and proposes measurable goals for the 25<sup>th</sup> Anniversary of the Convention.

<http://rightsofchildren.ca/wp-content/uploads/overview-of-progress-on-childrens-rights.pdf>

#### 10. BEST INTERESTS OF THE CHILD: MEANING AND APPLICATION IN CANADA

(also available in French)

This report (CCRC, 2009) reflects on the "Best Interests of the Child" principle in the Convention on the Rights of the Child such as: What does it mean? How does it apply in Canada? A discussion is provided about how this principle has been used, misused, and under-used in ways that deeply affect children.

English: <http://rightsofchildren.ca/wp-content/uploads/bic-report-eng-web.pdf>

French: <http://rightsofchildren.ca/wp-content/uploads/bic-report-fre-web.pdf>

## 11. EXCESSIVE STRESS DISRUPTS THE ARCHITECTURE OF THE DEVELOPING BRAIN

This report (National Scientific Council on the Developing Child, 2005) explains how significant adversity early in life can alter a child's capacity to learn and to adapt to stressful situations. It also provides information about how sensitive and responsive caregiving can buffer the effects of such stress, and how policies could be shaped to minimize the disruptive impacts of toxic stress on young children.

[http://developingchild.harvard.edu/library/reports\\_and\\_working\\_papers/wp3/](http://developingchild.harvard.edu/library/reports_and_working_papers/wp3/)

## 12. HUNGER COUNT 2009

Results of the Hunger Count 2009 Survey, released by Food Banks Canada, show that food banks across Canada helped 794,738 separate individuals in March 2009. This is an increase of 17.6% (almost 120,000 people) compared to March 2008; the largest year-over-year increase since 1997. According to Katharine Schmidt, Executive Director of Food Banks Canada: "Food banks have unfortunately seen firsthand the effects of three recessions in three decades... The need for food banks increased in every region". The Western and Prairie provinces, the North, Central and Eastern Canada, Alberta (+61%), Nova Scotia (+20%), Ontario (+19%), and Manitoba (+18%) experienced the largest increases. The report also notes that 37% of those assisted by food banks are children and youth under 18 years old and nearly half of the assisted households are families with children.

Press release: <http://www.newswire.ca/en/releases/archive/November2009/17/c9778.html>

Report: <http://www.foodbanksCanada.ca/documents/HungerCount2009NOV16.pdf>

## 13. CANADA'S EMPLOYMENT DOWNTURN

This Statistics Canada study (2009, November 12) found that between October 2008 and October 2009, total employment declined by 400,000 (2.3%), while the unemployment rate rose from 6.3% to 8.6%. The groups that experienced the heaviest employment losses during the 12-month period were workers in the manufacturing and construction sectors, young people, low-paid workers, families with young children, and core working-age immigrants who were recent arrivals in Canada.

English: <http://www.statcan.gc.ca/daily-quotidien/091112/dq091112a-eng.htm>

French: <http://www.statcan.gc.ca/daily-quotidien/091112/dq091112a-fra.htm>

---

### III. CURRENT INITIATIVES

---

## 14. THE CONVENTION ON THE RIGHTS OF THE CHILD: 20 YEARS IT'S TIME

(also available in French)

Bill C-418 calls for a national Children's Commissioner to ensure that Canada's 9 million children are considered in national decisions that affect them. UNICEF Canada is asking Canadians to ask their government and/or Member of Parliament for a national Children's Commissioner. The website includes downloadable letter templates.

English: <http://www.unicef.ca/portal/SmartDefault.aspx?at=2422>

French: <http://www.unicef.ca/portal/SmartDefault.aspx?at=2423>

## 15. CARING ACROSS THE BOUNDARIES – A PHOTO EXHIBITION IN TORONTO: NOVEMBER 23 TO NOVEMBER 27

Caring across the Boundaries is a photo exhibition engaging First Nations and all peoples of Canada in reconciliation to promote the well-being of children and youth. Reconciliation opens the doors for all Canadians to have a new relationship with First Nations based on mutual respect and friendship. In this

exhibition, three First Nations communities share their daily experiences with a view to inviting every Canadian to make a positive difference for First Nations children and their families. This event will be curated by Dr. Cindy Blackstock, children's advocate and executive director of the First Nations Child and Family Caring Society of Canada with photography by Liam Sharp.

<http://www.fcpevents.com/EventsExhibitions.aspx>

#### **16. SURVEY FOR FRENCH SPEAKING PROFESSIONALS INTERNATIONALLY TRAINED AND EDUCATED IN THE FIELD OF HEALTH AND SOCIAL SERVICES**

Rifssso (2009, November) is conducting a study on the barriers and challenges experienced by French speaking internationally trained and educated professionals in the fields of health and social services. Study results will be analyzed and used to identify the provincial licensing pathways, thus improving the navigation process in obtaining a license to practice in the province of Ontario. A survey has been developed in French and Rifssso is requesting that this information be forwarded to French speaking professionals internationally trained and educated in the fields of health and social services.

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

Click here to complete the survey:

[https://www.surveymonkey.com/s.aspx?sm=xitJfh7TpZHfH3A8dqiT\\_2fA\\_3d\\_3d](https://www.surveymonkey.com/s.aspx?sm=xitJfh7TpZHfH3A8dqiT_2fA_3d_3d)

---

### **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**

##### **17. ORIENTATION TO THE NEW ONLINE HEALTH PROGRAM PLANNER**

December 1 and 10, 2009: Online

Hosted by: The Health Communication Unit

[http://www.thcu.ca/ohpp/2009\\_09\\_29\\_email\\_en.html](http://www.thcu.ca/ohpp/2009_09_29_email_en.html)

##### **18. SUSTAINABILITY OF HEALTH PROMOTION PROGRAMS**

December 1, 2009: Online

Hosted by: The Health Communication Unit

<http://www.thcu.ca/workshops/registration.cfm#webinars>

##### **19. OVERVIEW OF HEALTH COMMUNICATION CAMPAIGNS AT A GLANCE**

December 10, 2009: Online

Hosted by: The Health Communication Unit

<http://www.thcu.ca/workshops/registration.cfm#webinars>

##### **20. FUNDAMENTALS OF MENTAL HEALTH ONLINE COURSE**

January 25-March 21, 2010: Online

Hosted by: Ontario Public Health Association

[http://www.opha.on.ca/cgi-bin/events.pl?view\\_listing=y&id=224](http://www.opha.on.ca/cgi-bin/events.pl?view_listing=y&id=224)

#### **ONTARIO**

##### **21. ONTARIO CONTINUING MEDICAL EDUCATION PROGRAM**

December 3-5, 2009: Toronto, ON

Hosted by: The Society of Obstetricians and Gynaecologists of Canada (SOGC) and the Ontario Society of Obstetricians and Gynaecologists (OSOG)

<http://www.sogc.org/cmcs/on2009/>

## **22. 2010 BEST START RESOURCE CENTRE ANNUAL CONFERENCE: SPACES ARE FILLING UP SO REGISTER NOW!**

February 17-19, 2010: Toronto, ON

Hosted by: Best Start Resource Centre

<http://www.beststart.org/events/detail/bsannualconf10/index.htm>

### **CANADA**

## **23. OTTAWA VALLEY LACTATION CONSULTANTS (OVLC) ANNUAL BREASTFEEDING CONFERENCE**

April 22-23, 2010: Montreal, QC

Hosted by: OVLC

<http://www.ovlc.net/index.html>

## **24. NORMAL BIRTH & LABOUR CONFERENCE**

July 20-23, 2010: Vancouver, BC

Hosted by: University of British Columbia, Midwifery

<http://www.midwifery.ubc.ca/midwifery/research/normalbirth.htm?PageMode=HTML>

---

## **V. RESOURCES**

---

## **25. COUPLES AND SMOKING: WHAT YOU NEED TO KNOW WHEN YOU ARE PREGNANT**

This 20-page booklet for is designed for pregnant women who smoke. It shows how routines, habits, and ways of interacting within relationships influence smoking.

<http://www.hcip-bc.org/resources-for-practice/documents/TripsBookletNov509forweb.pdf>

## **26. NATIONAL CHILD DAY RESOURCES AND ACTIVITIES FOR CHILDREN, PARENTS/CAREGIVERS, AND EDUCATORS**

(also available in French)

The Public Health Agency of Canada website (2009) provides information about National Child Day 2009. Games and activities for children and youth are available by age group (5-8, 9-11, 12-15, and 15+). A downloadable promotional kit that features an activity guide, poster, and activity sheets is also available.

Games and activities for children and youth: <http://www.phac-aspc.gc.ca/ncd-jne/activities-eng.php>

French: <http://www.phac-aspc.gc.ca/ncd-jne/activities-fra.php>

Promotional Kit: <http://www.phac-aspc.gc.ca/ncd-jne/kit-eng.php>

French: <http://www.phac-aspc.gc.ca/ncd-jne/kit-fra.php>

## **27. THE SCIENCE OF EARLY BRAIN DEVELOPMENT: INTERACTIVE WEB FEATURE**

The Center on the Developing Child at Harvard University released a new, interactive web feature that explains key concepts in the science of early childhood development. Contents include: “brains are built over time; the interaction of genes and experience; the interconnectedness of social, emotional, and cognitive development; and the damage caused by excessive or chronic adversity. This website allows users to learn how early experience affects the developing brain and why early intervention matters.

[http://developingchild.harvard.edu/library/multimedia/interactive\\_features/coreconcepts/](http://developingchild.harvard.edu/library/multimedia/interactive_features/coreconcepts/)

## 28. PRESENTATIONS: READY FOR SCHOOL? READY FOR LIFE?

(some presentations available in French)

Presentations from the conference held in Quebec City about School Readiness and School Success are now available online. Presentations are organized in the following topic categories: (1) theory and basic research (e.g., “Investing in our Future: Fostering Educational Success by Promoting School Readiness” by Karen Bierman); (2) determinants of school readiness (e.g., “Child Care Services and School Readiness: How Strong is the Link? by Sylvana Côté); (3) research evidence on best practices (e.g., “Cognitive Control and Self-Regulation in Young Children: Ways to Improve them and Why by Adele Diamond); and (4) best practices and programs (e.g., “Learning Games: Stimulating Early Childhood Development & Empowering Families” by Kimberly Sparling Meunier).

English: <http://www.excellence-earlychildhood.ca/colloques.asp?lang=EN&docID=19>

French: <http://www.excellence-jeunesenfants.ca/colloques.asp?lang=FR&docID=19>

## 29. PARENTING SERIES – RESPONDING TO CHILDREN’S NEEDS: IMPORTANT DEVELOPMENTAL MILESTONES IN YOUNG CHILDREN

(also available in French)

This resource for parents, caregivers, and service providers outlines the significant milestones during a child’s first five years of life. Other topics include: building a bond that lasts a lifetime, learning is child’s play, and sowing the seeds of friendship.

English: [http://www.excellence-earlychildhood.ca/documents/Parenting\\_2009-11.pdf](http://www.excellence-earlychildhood.ca/documents/Parenting_2009-11.pdf)

French: [http://www.excellence-earlychildhood.ca/documents/Parenting\\_2009-11.pdf](http://www.excellence-earlychildhood.ca/documents/Parenting_2009-11.pdf)

---

## VI. FEATURED BEST START RESOURCES

---

As noted in the “News and Views” section of the bulletin, a woman fired over pregnancy won \$35,000 in a human rights case. The following resource provides information about becoming a family friendly workplace.

### 30. HOW TO BE A FAMILY FRIENDLY WORKPLACE

This booklet for workplaces is about becoming more family friendly. It includes information about pregnancy, breastfeeding, and transition to parenting as well as examples of family friendly strategies.

[http://www.beststart.org/resources/wrkplc\\_health/index.html](http://www.beststart.org/resources/wrkplc_health/index.html)

*The Best Start Resource Centre thanks you for your interest in, and support of, our work. Best Start permits others to copy, distribute or reference the work for non-commercial purposes on condition that full credit is given. Because our MNCHP bulletins are designed to support local health promotion initiatives, we would appreciate knowing how this resource has supported, or been integrated into, your work ([munchp@healthnexus.ca](mailto:munchp@healthnexus.ca)). Please note that the Best Start Resource Centre does not endorse or recommend any events, resources, or publications mentioned in this bulletin.*

**Click here to access Health Nexus' other e-bulletins and listservs:**

## In English:

- **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, 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>
- **Health Nexus Today** - Health Nexus Today is our Blog on health promotion. According to Google, "Blog is short for weblog - a journal or newsletter that is frequently updated and intended for the general public." Find the latest on health promotion including breaking news, highlights, studies, and issues in health promotion and the determinants of health in Canada and internationally. <http://www.blogs.opc.on.ca/>

## In French:

- **French distribution list** – The free distribution list offers information in French on maternal, newborn, and child health promotion topics. [http://www.meilleurdepart.org/index\\_fr.html](http://www.meilleurdepart.org/index_fr.html)
- **Le Bloc-Notes** – The biweekly French language bulletin provides information on health promotion. <http://leblocnotes.ca/>