



Mental health in infancy and early childhood affects every aspect of individuals' lives throughout their lifetime, including social functioning, psychological well-being, and physical health.

The Saskatchewan Early Childhood Mental Health Provincial Network continues to grow in membership. We now have over 325 members; both individuals and, in some cases, organizations. A wide variety of fields are represented including psychology, education, social work, early childhood education, speech therapy, occupational therapy, physical therapy, medicine, recreation, and library services. If you know of anyone who may wish to join this Network, please refer them to [lhinton@preventioninstitute.sk.ca](mailto:lhinton@preventioninstitute.sk.ca).

## Research Update

**Jefferies, A. (2012). Kangaroo Care for the preterm infant and family. *Pediatrics and Child Health*, 17(3).**

Kangaroo Care was first implemented in low-income countries where access to technological resources was limited. It consisted of providing opportunities for skin-to-skin contact

between babies and their parent(s). This promoted parent-child bonding, attachment, and exclusive breastfeeding as well as increased maternal satisfaction. It was also found that Kangaroo Care decreases mortality rates as well as incidences of infection.

In Canada, even though we have access to modern technology, lessons learned from Kangaroo Care are still relevant. In situations where parents and their child are separated by equipment, skin-to-skin contact can increase bonding and attachment, promote breastfeeding when applicable, improve neurodevelopmental outcomes, and increase the comfort level of parents in caring for their medically fragile child. Skin-to-skin contact can also help to physiologically stabilize infants. Although there may be some hesitation to promote this care, research has shown that Kangaroo Care does not affect the physiological stability of preterm infants.

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## Resources

### **Ontario's Early Brain Development Provincial Campaign**

Best Start Resource Centre is launching a campaign on early brain development in October 2012. The core messages are "Start Early", "Love Builds Brains", "Play Builds Brains", "Health Builds Brains", and "Baby's World Matters". The link below outlines the campaign in details, gives suggestions to communities that would like to address this important issue, introduces their resource materials, and has a frequently asked questions page.

<http://beststart.org/healthybabyhealthybrain/index.html>

### **Building a Healthy Relationship with Your Baby and Toddler ... Tips for Parents - BC Healthy Child Development Alliance**

This literacy-friendly fact sheet explores simple ways that parents can build their relationship with their baby. These include spending face-to-face time with a baby, observing and picking up cues, responding to distress, physically getting down to their level, and delighting in the baby. There is also a short section on how children can connect with their new siblings and parental self-care.

This resource can be found at [http://www.childhealthbc.ca/bchcda-downloads/category/59-social\\_emo\\_dev\\_handouts](http://www.childhealthbc.ca/bchcda-downloads/category/59-social_emo_dev_handouts). Tips for parents is the fourth resource listed.

# Upcoming Events

## Nobody's Perfect Facilitator Training Workshops

Date: September 17-20, 2012

Best Western Seven Oaks Hotel, Regina, SK

**Registration Deadline: Space is limited so register early**

Nobody's Perfect is a preventive educational and support program for parents of children from birth to age five. It supports parents to enhance their knowledge, skills, and self-confidence that are vital to healthy and effective parenting. It also encourages the development of a strong and supportive social network among participants.

The Nobody's Perfect facilitator training is a four-day training session which covers the concepts and skills necessary to work with parents in a group setting. The training covers:

- key concepts of the program and materials
- adult education principles
- organizing and planning program sessions
- developing and practicing facilitation skills

Please contact [cherman@preventioninstitute.sk.ca](mailto:cherman@preventioninstitute.sk.ca) for more information, or call (306) 655-2529 to register.

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## FASDlive 2012: Expanding our Vision

September 12-14, 2012

Saskatoon Inn, Saskatoon, SK

**Registration Deadline: August 31, 2012**

Link: <http://www.preventioninstitute.sk.ca/home/fasdlive-2012-conference>



The FASD Support Network of Saskatchewan, Saskatchewan Ministry of Health, Saskatchewan Prevention Institute, and Canada Northwest FASD Partnership are pleased to invite you to our conference FASDlive 2012: Expanding our Vision. This event will be held at the Saskatoon Inn in Saskatoon, Saskatchewan from September 12-14, 2012 and will address critical areas in FASD. The two-day conference is followed by a one-day post conference symposium, which is open to all.

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## A Trauma-Informed Approach to Childhood Exposure to Violence and Implications for Early Brain Development

Date: October 18, 2012

Ramada Hotel, Saskatoon, SK

**Deadline for Registration: October 1, 2012**

<http://www.preventioninstitute.sk.ca/home/events>

Dr. Linda Chamberlain, PhD, MPH - *Founding Director, Alaska Family Violence Prevention Project*

Linda Chamberlain is a motivational speaker, scientist, epidemiologist, and dog musher. Linda has a gift for making complex, cutting edge research easy to understand and applicable to all who participate in her sessions. For more information about Linda, please go to [www.drLindaChamberlain.com](http://www.drLindaChamberlain.com).

Dr. Chamberlain begins by making the connection between different forms of family violence and the long-term implications of abuse over the lifespan. Following an overview of neurobiology, she demonstrates why a child's developing brain is especially vulnerable to trauma and violence. Dr. Chamberlain uses case scenarios to illustrate the physical, mental, cognitive, and behavioural health effects of childhood exposure to violence including the hidden epidemic of post-traumatic stress disorder. Using a skills-based approach that emphasizes the potential for healing, she highlights strategies to promote resiliency, practical tips for working with children from violent households, and promising practices that are making a difference in the lives of children and families exposed to violence.

### Learning Objectives:

1. Identify the connections between different types of family violence
2. Describe the continuum of brain development
3. List four physical and/or mental health problems associated with childhood trauma
4. Describe two guidelines for working with traumatized children
5. Discuss the characteristics of three evidence-based interventions for children exposed to violence

This workshop is relevant for psychologists, ECEs, teachers, social workers, social services, ECIP, CAPC, Kid's First, Aboriginal Head Start, and front-line workers working with young children and their families. Registration is limited, so please register early.

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## Advocacy Leadership: Leading for Social Change

Date: October 19, 2012

Deadline for Registration: October 1, 2012

Location: Ramada Hotel, Saskatoon, SK

<http://www.preventioninstitute.sk.ca/home/events>

Dr. Linda Chamberlain, PhD, MPH

*Founding Director, Alaska Family Violence Prevention Project*

Service providers are continually adapting to new challenges and emerging issues to meet the needs of clients and communities. Leadership development can enhance our potential to work effectively as a team and lead for social change. Using brain-based strategies, we will examine key concepts for leadership and teamwork including six strategies from "Lessons from the Trail," an innovative curriculum that uses examples from dog mushing to demonstrate collaborative leadership, the importance of mentoring, team communication, and other essential skills to maximize our leadership potential and adapt to changing terrain.

### Learning Objectives:

1. List two characteristics of advocacy leadership
2. Describe two strategies to maximize your leadership potential
3. Identify three factors that are essential to sustaining change in an organization or community
4. Explain why the "Swing Dog Concept" is essential to advocacy leadership
5. Identify three elements of successful team building

This workshop is relevant for leadership staff in profit, not-for-profit, and volunteer organizations. Registration is limited, so please register early.

**Please feel free to distribute this information to others. If you or someone you know is interested in participating in the network, please contact Lee Hinton at [lhinton@preventioninstitute.sk.ca](mailto:lhinton@preventioninstitute.sk.ca)**

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