

# Healthy Beginnings



## Healthy Beginnings e-newsletter Fall 2016

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### BFI Designation: what does that mean?

In April 2016, York Region Public Health achieved Baby-Friendly Initiative (BFI) designation, an international award for facilities that promote optimal infant and maternal health, including breastfeeding.

Local surveillance shows that BFI has increased breastfeeding rates. In the past two years, breastfeeding rates in York Region at two weeks has increased from 72% to 90%; at two months from 57% to 78%; and at six months from 48% to 71%. Families report an increased awareness of programs to support parenting, mental health and dental services.

The designation is “Baby-Friendly”, not “Breastfeeding-Friendly.” Families who are not breastfeeding are supported to make an informed feeding decision for their child. This includes potential negative health outcomes of not breastfeeding and how to safely prepare, feed and store infant formula.

#### What does this mean to families?

- Public Health Nurses visit York Region hospitals to support nurses to complete the Healthy

Babies Healthy Children (HBHC) screening tool and visit moms at bedside to promote programs and services.

- This HBHC screening tool provides consent for a York Region Public Health Nurse to call a mother within 48 hours of discharge from hospital or midwifery care. An assessment is completed which includes a conversation about infant feeding, maternal mental health and parenting. Referrals are made as needed.
- York Region Public Health offers more Breastfeeding Clinics appointments.

#### What you can do to help families

- Continue to recommend York Region Public Health programs and services where families will receive quality health teaching and support in a timely manner.
- Encourage parents to visit our [breastfeeding webpage](#) for information and resources that complement your health teaching.



## Members of the Healthy Beginnings Committee

### Child & Family Health

- [Lisa Hardill](#) (Dental Services)
- [Christine Kasperavicius](#) (Child Health)
- [Ingrid LeClaire](#) (Reproductive Health)
- [Evelyn te Nyenhuis](#) (Breastfeeding)
- [Kathryn Van Pelt](#) (Health Connection)

### Infectious Diseases Control

- [Kim Malcolm](#) (Vaccine Preventable Diseases)

### Healthy Living

- [Laura Atkinson](#) (Nutrition Services)
- [Rachel Morgan](#) (Nutrition Services)
- [Mary Turfryer](#) (Nutrition Services)

### Health Protection

- [Becca Chan](#) (Infection Protection Control)
- [Tamika Latibeaudiere](#) (Food Safety)

## What's New in Consumer and Professional Resources

### New or Revised Consumer Resources from York Region Public Health

- [A parent's guide to children's weight](#)
- [Changing yuck to yum](#)
- [Constipation in children \(six months to six years\)](#)
- [Cook up some fun! recipe booklet](#)
- [Managing mealtimes](#)
- [Say goodbye to the baby bottle](#)
- [Supports for breastfeeding women in York Region](#)
- [When your child does not drink milk](#)
- [When your child does not eat meat](#)
- [When your child does not eat vegetables](#)
- [Why avoid propped bottle feeding](#)

### Discontinued Consumer Resources

- Herbs and herbal teas
- Healthy eating for your vegetarian child
- Vitamin D for babies and young children

### New or Revised Professional Resources

- [One week menu planning form for child care](#)
- [One week menu planning form for before and after school programs](#)

### Other New or Revised Consumer Resources

- [Eat right be active 12-36 months](#) (Nutrition Resource Centre)
- [Eat right Be active: ages 3-5](#) (Nutrition Resource Centre)
- [Feeding your baby: A guide to help you introduce solid foods](#) (Best Start)
- [Healthy eating for a healthy baby](#) (Best Start)

### New Videos

(see page 5 for more information)

- [Making food for your baby](#) – 3 minute video
- [Nutri-eSTEP - Nutrition Screening Tool for Toddlers and Preschoolers](#) - 60 second video
- [Raising Our Healthy Kids](#) – 60 to 90 second videos about nutrition for babies and children

York Region *Feeding Babies and Young Children* web page now has a direct hyperlink - [york.ca/feedingkids](http://york.ca/feedingkids)



## Powdered Infant Formula Preparation Systems

In addition to offering new moms breastfeeding information and assistance, York Region Public Health offers support to parents on how to safely prepare, store and feed their baby infant feeding formula. Since powdered infant formula is not a sterile product, specific health teaching is crucial.

### What are powdered infant formula preparation systems?

These small appliances prepare and warm powdered infant formula and are now available at major retail stores and online.

They prepare one bottle at a time by mixing powdered infant formula with warm water. While seemingly convenient, this product can increase the risk of bacterial contamination, thus putting infants, especially immunocompromised infants at risk.

### How do these products put babies at risk of bacterial contamination?

- [Health Canada](#) recommends when preparing bottles for later use, or for immunocompromised babies, that powdered infant formula is mixed with water that is at least 70°C. Powdered infant formula preparation systems do not reach this temperature and increase the risk of bacterial contamination.
- The reservoir that holds the powdered infant formula may also harbor bacteria and mold growth if not cleaned and sanitized regularly.
- Clumping has also been reported when steam from prepared bottles enters the funnel where the powder is dispensed. This humid environment provides an ideal setting for bacterial growth.

### Is Health Canada looking into these products?

Health Canada is aware of these products and is investigating complaint reports and conducting testing. Once product testing is complete, Health Canada will provide a statement.

### What can you do?

Until Health Canada releases their assessment on these products, we suggest the following:

- [Sign up](#) for Health Canada's product recall to keep up-to-date on any warnings or recalls.
- Remind parents that powdered infant formula is not a sterile product whereas liquid concentrate and ready-to-feed infant formulas are sterile products.
- Ask parents who are offering infant formula what type they are offering and how they are preparing it. If they are using these products, make them aware of the above concerns and that Health Canada is conducting an assessment.
- Remind parents to prepare infant formula according to the instructions found in the York Region [Infant formula](#) fact sheet.
- Encourage families to contact Health Connection at 1-800-361-5653 for support with breastfeeding or formula feeding.



## Cultural Considerations when Feeding

We work with newcomer families of various ethno-cultural backgrounds. Regardless of where a family's origins are, there is often a shared feature when it comes to feeding children. Parents and/or elder family members are the ones to decide when, where and what to feed, and children either ate or went hungry.

It was simple and children knew what to expect since there were clear boundaries. Traditional foods were appreciated since there wasn't an abundance of fast food or convenience foods.

Bribing, begging and negotiating with a child to eat (or eat certain foods) are a more recent phenomenon and more common in North America. Fast food and convenience foods are everywhere.

Newcomer parents may feel pressured to change the types of food they offer and the way they feed their children. Fast foods and convenience are often referred to as "Canadian food" and childhood pressure to eat these foods may lead parents to feel like their traditional foods are

being rejected and are not appreciated. Parents may feel less confident on how and what to feed their children.

### What you can do to help

Help parents regain their confidence with feeding by asking questions that draw out their own abilities and the strengths of their culture. How did you prepare food in your home country? What foods did your family enjoy eating? Before you came to Canada, how were family meals managed? How is it different now?

Embracing food traditions and maintaining the lead with feeding is important for all parents.

Traditional and non-traditional foods can be offered in a positive, structured manner so children can learn about traditional foods without being catered to or pressured to eat.

For more information on feeding young children, see [york.ca/feedingkids](http://york.ca/feedingkids)

## Healthy Smiles Ontario

Healthy Smiles Ontario (HSO) is a free dental program for eligible children 17 years of age and under. The program expanded in January 2016 to include regular, preventive and urgent or emergency dental services.

Children may be eligible for HSO if they are:

- A resident of Ontario
- 17 years of age or under
- A member of a household that meets [income eligibility requirements](#)

Please direct clients to [york.ca/dental](http://york.ca/dental) to apply for HSO or for more information about oral

health questions or concerns. They can also call 1-800-735-6625 to speak with a registered dental hygienist from York Region Public Health, Monday to Friday, 8:30 A.M. to 4:30 P.M.



## Brief Updates

### Nutri-eSTEP Video

[Find out if your child is a healthy eater](#) is a new 60 second, on-line video that tells parents and caregivers of children ages 18 months to 5 years about the Nutri-eSTEP (Nutrition Screening Tool for Toddlers and preschoolers) questionnaire. The Nutri-eSTEP questionnaire lets parents know if their child has healthy eating habits.

Share the [video](#) with the parents and caregivers you know.



You can also share the direct links to the Nutri-eSTEP questionnaires:

- [Toddler Nutri-eSTEP \(for parents of children 18 to 35 months\)](#)
- [Preschooler Nutri-eSTEP \(for parents of children 3 to 5 years\)](#)

### Raising Our Healthy Kids Videos

[Raising our healthy kids](#) is a series of 60 to 90 second, on-line videos with information on:

- Nutrition and healthy eating
- Active living and play
- Positive parenting
- Oral and mental health
- Media literacy

These short, encouraging videos were developed for parents, caregivers, teachers, ECEs and health care providers to help families live healthier lives.

The evidence-based videos were developed by a multi-stakeholder group including Dietitians of Canada with input from physicians and community stakeholders across Canada.



### Making Baby Food Video

York Region Public Health is pleased to share [Making food for your baby](#).

This practical three minute on-line video teaches parents and caregivers how simple and easy it can be to make food for their baby using foods they are already preparing for themselves.

This video highlights how:

- Special equipment is not needed. Use equipment that is already in the kitchen.
- To prepare food for babies in a variety of textures, such as blended, minced and small pieces.
- To store, thaw and heat the food safely.

View *Making food for your baby* on York Region's Feeding Babies and Young Children page at [york.ca/feedingkids](http://york.ca/feedingkids) and share it with the parents and caregivers you know.



1-800-361-5653  
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York Region Health Connection

Community and Health Services

Public Health

[www.york.ca](http://www.york.ca)

