



## Massachusetts Home Visiting Initiative

STRONG FAMILIES § BRIGHT FUTURES

The MHVI Digest shares with you summaries of information that may inform your work and notices of events, webinars or trainings you or your staff might want to attend. *Think a friend or colleague should be getting this newsletter?* Share [this link](#) with them to sign up.



July is [Minority Mental Health Month](#). Mental health conditions do not discriminate; anyone can experience the challenges of mental illness. However, background and identity can make access to mental health treatment much more difficult. In this [three-part docuseries](#), the National Alliance on Mental Illness explores unique perspectives on mental health from the African-American and Latino communities. Through candid and courageous stories of lived experience, these mental health champions share their journeys of resiliency and recovery.



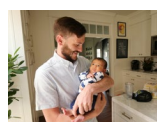
[Rise in marijuana use among pregnant women linked to premature births](#). “Cannabinoids can readily cross the placenta & enter the fetal bloodstream. These compounds can disrupt fetal development and may have lasting effects on the child.”



[Cannabis use doubles among pregnant women in the U.S.](#) Two studies published in the medical journal JAMA are raising alarms about cannabis use during pregnancy. One study by National Institutes of Health researchers shows an increase in the number of pregnant women who report cannabis use in the past month, which [has doubled](#) over the last 15 years. The other describes an elevated risk of preterm delivery among women who report cannabis use during pregnancy. Some research suggests that marijuana increases the risk of stillbirth and negatively affects children's visual-motor coordination, [as NPR has reported](#).



[It's good for new moms' health when dads can stay home](#). A new study by Stanford economists shows that giving fathers flexibility to take time off work in the months after their children are born improves the postpartum health and mental well-being of mothers.



[Why American men say being a father is their most important role](#). Even the most accomplished of American men say their most cherished role is “dad.” A majority of respondents to a recent [American Family Survey](#), said being a parent is more important to their identity than their religion, race or career.



[Taking parental leave](#) shortly after the birth of a new son or daughter may be the key to developing strong father-child bonds that last for years, says new research from Ball State University. Providing more equitable access to paternity leave, as well as encouraging fathers to take longer periods of paternity leave, may help to change these patterns and strengthen family relationships.”



[FDA is warning consumers about safety concerns regarding an ingredient called vinpocetine](#) that is found in dietary supplements, specifically concerns about the use of this ingredient by women of childbearing age. According to data reviewed by the FDA, including a recent [report](#) by the National Institute of Health’s (NIH) National Toxicology Program (NTP), consumption of vinpocetine is associated with adverse reproductive effects – in other words, vinpocetine may cause a miscarriage or harm fetal development.



[Inclined sleeper deaths rise to 50](#) as industry continues to sell the products. Fisher-Price recalled its sleeper, but Consumer Reports says parents should avoid similar products, and Congress proposes banning them.

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Drowning is the leading cause of accidental, injury-related death among 1 to 4 year-olds in US & a leading cause of death among older children and teens. About 70 percent of kids under 5 in drowning accidents weren't meant to be near a pool at the time. AAP says swim lessons should be a top priority for children around the age of one. [New recommendations from the American Academy of Pediatrics](#) highlight the importance of water safety and drowning prevention. [Here's what every parent of a young kid needs to know about drowning.](#)

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[Laundry pods are a bigger danger to kids than parents realize.](#) Current safety standards aren't doing enough to protect kids from laundry pods, new research says. From 2012 to 2015, there were nearly 73,000 calls to poison-control centers about laundry pod exposures, or roughly 40 cases per day; 92% of exposures are in kids younger than 6.

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[Is my child being too clingy, and how can I help?](#) Research shows it's important to acknowledge, label and normalize children's feelings. Parents may be afraid talking about their child's feelings will make the situation worse, but this is rarely the case. Talking about feelings usually helps children let them go, by helping children to regulate their emotions.

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[Music therapy improves the health of premature babies and boosts parental bonding.](#) Recent research has shown, however, that music therapy can offer a way for parents to connect with and develop their relationship with their premature baby while they are in hospital. Music therapy does more than just improve bonding. A [large study](#) undertaken in 2013 in the US demonstrated other positive effects for babies who receive music therapy in neonatal units.

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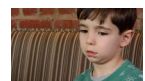
[Emotional violence in childhood, adolescence associated with suicidal thoughts.](#) "We find there exists a significant relationship between exposure to emotional violence and suicide ideation for both males and females," the authors wrote. "No other form of child maltreatment was found to be associated with suicide ideation ... suggesting emotional violence may actually be more powerful than physical and sexual abuse in its impact on adolescent suicide."

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[For baby's brain to benefit, read the right books at the right time.](#) For infants, finding books that name different characters may lead to higher-quality shared book reading experiences; and result in the learning and brain development benefits. This finding is one of the first to measure the benefit of shared book reading starting early in infancy.

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[Counting: it's one of the first math skills kids learn.](#) Now a new study shows the way children practice counting might affect how much they understand. Scientists looked at preschool-aged children to find out if it was better for kids to learn to count with physical objects or with pictures in a book. Children who practiced counting with pictures demonstrated a better understanding of a concept called cardinality. Cardinality is thought to be a foundational skill for children's understanding of mathematics. [Video.](#)

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[Nutritious Free Meals are available for children and teens](#) 18 and younger at many locations throughout the nation throughout the summer while school is out of session. [Use the mapping tool to find a site near you.](#)

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Remember: Looking for [Children's Mental Health](#) or [Children's Safety](#) videos? We've got them on [Pinterest](#), along with 52 other topics – all maternal and child health, wellness and development.

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Recalls:

- [Children's sleep sacks](#) recalled by Gildan Activewear due to violation of federal flammability standard.
- Perrigo issues voluntary recall for [Parent's Choice Advantage](#) infant formula milk-based powder with iron.

Conferences and Events:

- [Virtual National Reproductive Health Conference 2019](#), August 14
- Children's Bureau, [2019 National Child Welfare Evaluation Summit: Leveraging Data and Evaluation to Strengthen Families and Promote Well-Being](#), August 20–21, Washington, DC
- [Breastfeeding in the Bay State 2019](#), September 23, Waltham.
- Children's Trust, [27th Annual A View from All Sides Conference](#), November 4, Framingham

Guides and Reports:

- NICHD: [Adventures in Parenting](#), also called RPM3 (Responding, Preventing, Monitoring, Mentoring and Modeling). RPM3 is a no-frills approach to parenting incorporates 30 years of research to tell you what really works and confirms something that you already know: parents do matter.
- [Addressing Health Equity through Health and Housing Partnerships](#)
- Children's Safety Network, [Moving Towards Health Equity: Understanding and Addressing Child and Adolescent Injury Disparities](#)
- NICHQ: [Implicit Bias Resource Guide](#)
- Annie E. Casey Foundation, [2019 KIDS COUNT Data Book, 2019 State Trends in Child Well-Being](#)

In-person Training:

- [Postpartum Support International \(PSI\), 2-Day Perinatal Mood and Anxiety Disorders Training and Advanced Perinatal Mental Health Trainings](#), Multiple dates and locations
- Boston Association for Childbirth Education, [Breastfeeding Foundations for Perinatal Health Workers](#), August 16, Roxbury
- Boston Association for Childbirth Education, [Accelerated CBE Workshop](#), September 7, 8 & 15, Newton Wellesley Hospital
- PSI's Perinatal Mood Disorders: [Components of Care](#), September 18-19, Marlborough
- Boston Association for Childbirth Education, [Intro to Childbirth Education for Perinatal Health Workers](#), September 24, Jamaica Plain
- Boston Association for Childbirth Education, [4-Day DONA Approved Birth Doula Training](#), October 1, 8, 15 & 22, Jamaica Plain
- Jewish Family & Children's Service, [Infant Parent Training Institute, Reflective Supervision Course: Enhanced Opportunities for Growth and Development](#), 9 Wednesdays, October 16 - December 18, 2019, (No meeting November 27), 4:00 - 6:00 p.m., Waltham

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Upcoming webinars:

- [Michigan Breastfeeding Network webinars](#), 3rd Tuesday of the month from 1:00-2:00 p.m.
- Children's Bureau, [Rethinking Our Approach: Fundamentally Reshaping Our Response to Child Abuse and Neglect](#), July 9, 2:00 – 2:45 p.m.
- US Breastfeeding Committee [Racial Equity Webinar Series](#), July 24, September 24
- Center for Public Health Continuing Education, Breastfeeding Grand Rounds, [Breastfeeding Recommendations for Women Impacted by Opioid Use Disorder and Infants with Neonatal Abstinence Syndrome](#), August 1, 8:30 - 10:30 a.m.
- National Alliance on Mental Illness: [Homefront](#), 6-session educational program for families, caregivers and friends of military service members and veterans with mental health conditions, Tuesdays, 10:00 AM - 12:00 p.m. **EST**, Starting Aug. 6; Thursdays, 10:00 a.m. - 12:00 p.m. **CST**, Starting Aug. 8; Wednesdays, 6:30 - 8:30 p.m. **CST**, Starting Aug. 7

Recorded webinars and other learning opportunities:

- [The Ounce](#), trainings designed specifically with the needs of home visitors and supervisors in mind. Developed by home visitors for home visitors. Applicable across all national models.
- SAMHSA [Center of Excellence for Infant and Early Childhood Mental Health Consultation, podcasts and webinars](#)
- [The Institute for Family Support Professionals](#): Offering Family Support Professionals the opportunity to learn new skills and grow their careers.
- The [MCH Navigator](#) is a centralized portal for pursuing continuous learning in maternal and child health (MCH) and is designed to help emerging and established MCH professionals and students map professional growth pathways.
- HHS, [Cultural Competency for Behavioral Health Professionals](#)
- [SDG Academy](#) [The Best Start in Life: Early Childhood Development for Sustainable Development](#)
- IHR, [Intimate Partner Violence in Treatment for Substance Use Disorders](#)
- CDC, [Effective Communication for Healthcare Teams: Addressing Health Literacy, Limited English Proficiency and Cultural Differences.](#)
- US Breastfeeding Coalition, [Advocating for Families Who Have Been Failed by the Health Care and Legal Systems](#)

Videos and Podcasts:

- Harvard University, Center on the Developing Child, [5 Steps for Brain-Building Serve and Return](#)
- Child Trends, [Counting images of items, rather than the items themselves, helps children understand cardinality](#)
- Child Trends, [Help your baby deal with emotions](#)
- National Alliance on Mental Illness, [Strength Over Silence: Stories Of Courage, Culture And Community](#), 3-part docuseries explores unique perspectives on mental health from the African-American and Latino communities

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Fact/Tip Sheets:

- US [FDA Medicine and Pregnancy](#), also in [Spanish, Chinese, French and French Creole](#).
- [Talking is Teaching Content Bundles](#), Parent and caregiver resources curated by child-friendly themes
- National Child Traumatic Stress Network: [Violent Places, Dangerous Times: Does Community Violence Control Your Life?](#) 1-page checklist for youth.
- National Child Traumatic Stress Network: [Community Violence: Reactions and Actions in Dangerous Times](#), 4-page fact sheet to give youth the information they need to protect themselves:

Miscellaneous:

- [How Victims of Crime and Domestic Violence Survivors in Massachusetts Can Receive Discounted Voice and Data Service through the Federal Lifeline Program](#)
- [CityMatch is now accepting applications for the 13th cohort of CityLeaders!](#) Applications due July 12<sup>th</sup>. CityLeaders participants engage in nine months of intensive training on the [MCH Leadership Competencies](#) including one onsite meeting and a series of distance-based skills-building opportunities. They are also matched with a senior urban MCH leader in the field for a mentor/mentee relationship.

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