



# HEALTH

THE NEWSLETTER OF THE CANADIAN INSTITUTE OF CHILD HEALTH

## A Message From the President

The last year has been both difficult and encouraging. We have finally completed our restructuring and the consolidation of our offices. Happily we were able to maintain our location and are moving ahead on a number of initiatives.

In response to a recent membership survey, the CICH newsletter, *Child Health*, is now available online with the first issue (Spring/Summer/Fall 2003) published in February. Paper copies of the newsletter remain available upon request from our members. As well, our website will be reviewed and updated, thanks to a generous donation from the Harbinger Foundation.

In March, the Institute received funding from the Canadian International Development Agency (CIDA) for a three-year project in Argentina. The project is based on the children's environmental health chapter in the third edition of *The Health of Canada's Children: A CICH Profile*. CICH will work with the Asociación Argentina de Médicos por el Medio Ambiente (AAMMA), the Argentinean Society of Pediatricians (SAP) and the Argentine Government to assess and raise awareness of the effects of the environment on the health of children and develop policies protecting the children of Argentina. Dedicated work also continues on the *FASEout: Fetal Alcohol Syndrome/Fetal Alcohol Effects Outreach Project* coordinating a national, collaborative effort to develop a comprehensive set of Fetal Alcohol Spectrum Disorder (FASD) best practices and implement them at the national, regional and community levels.

Sadly, the Institute lost a good friend and the children of Canada a passionate advocate, with the recent death of Dr. Dan



Dr. Robin Moore-Orr

Offord. Dr. Offord was a member of the CICH Board of Directors from 1996 to 2000 and as of 2001 a member of the CICH Advisory Council. André Picard, Public Health Reporter and Bureau Chief of the *Globe and Mail*, who is also a member of our Advisory Council has written a moving tribute to 'Dr. Dan' found in this edition of *Child Health*. On a happier note, congratulations to both Dr. Robert McMurtry, CICH Board of Directors, who has been appointed to the Health Council of Canada and Dr. Victor Goldbloom, CICH Advisory Council, who has been awarded the Samuel Bronfman Medal.

Three of our most popular resources are now available for distribution. In response to growing concern about type 2 diabetes in children in Canada, CICH, the Canadian Child Care Federation and the Canadian Association of Family Resource Programs joined forces to review and update CICH's popular physical activity series, *Moving and Growing*, first published 20 years ago. The second edition of *The Next Steps - Caring for Your Premie at Home* was successfully launched this April and is now available along with *The First Years Last Forever: The First Years*

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## Save the Date!

Mark your calendars now to save the evening and join us on **November 10, 2004**, for the 7th Annual *Crayons & Cravats Gala*.

This year's National Child Day Award recipient is **Charlie Coffey**, Executive Vice-President of Government & Community Affairs, RBC Financial Group, who will be honoured for his outstanding leadership in support of early child development and care, with a focus on aboriginal children, and for innovative family-friendly policies and initiatives in the work place.

We will also be announcing the second Corporate Award Winner and recipients for both the Health Promotion and Innovation Awards of Excellence and the Dr. Graham Chance Award at the *Gala*. (see call for nominations, page 4.)



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## A New Partnership



From left: Dr. Robin Moore-Orr, the Hon. Judith Erola and Dr. Peter Walker.

On Wednesday, February 4, 2004 the Canadian Institute of Child Health (CICH) and the University of Ottawa Faculty of Medicine signed an agreement to jointly develop research projects and programs of mutual interest and to seek external funding of those programs.

This partnership has developed out of the organizations' shared interest in the health and well-being of children and youth, aboriginal health, policy, knowledge transfer and global health issues.

"This agreement has formalized a growing collaboration between our two organizations and will enhance and strengthen the research capacity of the Institute. We look forward to working with the Faculty of Medicine on a variety of important projects related to children's health and well-being, particularly the 4th edition of *The Health of Canada's Children: A CICH Profile*," noted the Hon. Judith Erola, Chair, CICH Board of Directors.

"The University of Ottawa Faculty of Medicine is deeply interested in the health of our nation's children. This agreement is going to allow both of our organizations to undertake research and programs that neither of us alone would otherwise be able to do. Together we will make a real difference," said Dr. Peter Walker, Dean of the Faculty of Medicine.

The University of Ottawa Faculty of Medicine has a number of researchers involved in child and youth-focused research, at the Faculty of Medicine and at other research institutes on campus as well.

The two organizations have a history of collaboration, most notably when Dr. Yue Chen of the Faculty of Medicine worked on a CICH project on children's environmental health in Argentina. That work, funded by CIDA, took place in 2001. The two organizations hope to create a network of children's environmental health epidemiologists in the future.

## A Message from the President

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*Last Forever* is a very popular booklet used in health centres, physicians' offices and hospitals coast to coast to coast and has been reprinted with donations from Rogers Healthcare and Financial Services Group and Cheerios™. Copies of these, and all CICH publications, can be ordered by contacting the Institute.

Please save the date for the 2004 *Crayons and Cravats Gala*, CICH's major fund raising event, to be held Wednesday, November 10, 2004 at the Colonel By Salon at the Ottawa Congress Centre. Finally, it was good to see our members at our Annual General Meeting on Thursday, June 24, 2004 at the Ottawa address.

The weather is warm and the sun is shining; enjoy.

Robin Moore-Orr  
President and CEO, CICH



**A national newsletter  
on child health and well-being issues.**

Published quarterly by the Canadian Institute of Child Health. We invite comments and suggestions from our readers at any time. Direct all correspondence and submissions to the editor at the address below. Unsolicited manuscripts are welcome.

The views expressed in the newsletter are solely those of the contributors and do not necessarily reflect the official policies of the Canadian Institute of Child Health.

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## Dan Offord In Memoriam

1933-2004

With the passing of Dan Offord, Canada's children have lost one of their most passionate advocates, and CICH has lost a dear friend. One of the country's leading child psychiatrists, he was equally respected and revered in the world of scientific academe and by the children whose conditions he worked to improve.

Dr. Dan, as he was fondly known, died on April 10 from complications while undergoing treatment for lymphoma. He was 70. He leaves four children, two stepchildren and his wife, Margaret. At the Offord Centre for Child Studies at McMaster University in Hamilton and the Christie Lake Camp near Perth, ON, he mixed his love for children with a rigorous scientific mind, creating in the process a groundbreaking approach to child development. As a staunch advocate of universality, he also profoundly influenced the creation and maintenance of Canada's social safety net.

He was also deeply involved with the Canadian Institute for Child Health, serving on the Board of Directors and as a member of the Advisory Council. Dr. Offord traced his interest in child psychiatry to his sensitive father and proactive mother, who brought him up with a strong sense of fair play. Born on November 13, 1933, and raised in Ottawa, he was instilled with a sense that social justice was a necessity, not a luxury.

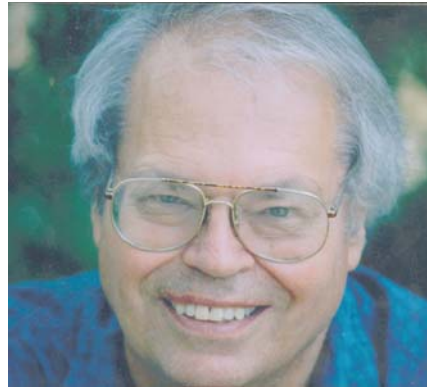
His parents, worried that their only child might feel isolated, sent him to a YMCA summer camp for the first time at the age of 8. The experience marked him profoundly.

While working on a medical degree at Queen's University in Kingston, Dr. Offord went to the Christie Lake Camp for underprivileged children for the first time in 1955. He noticed that experts, himself included, simply didn't know how to deal with difficult, unhappy kids. He knew instinctively that it took patience and respect, but he decided to study the issue in more depth. At age 25 he became camp director.

Dr. Offord completed his medical training in psychiatry at McGill University in Montreal and continued his studies as a resident at the Children's Service Centre in Wilkes-Barre, Pa., where he met and married his first wife, Sondra, a social worker at the centre.

Together, they traveled around the tumultuous social patchwork of America in the 1960s, organizing youth groups and attending anti-Vietnam protests while Dr. Offord held successive positions at the Universities of Pennsylvania and Florida.

Every year, he returned to Christie Lake Camp, bringing Sondra and their four children along with him. He treated all the camp children as if they were his own and, as a result, the Offord family circle was large and happily amorphous.



*Photo courtesy of Rick Gray*

In the dying years of the Vietnam War, the Offords worried about the security of life in the U.S. and decided that it was time to go home. Dr. Offord worked at the University of Ottawa before finally settling in at the department of psychiatry and behavioural neurosciences at McMaster University in 1978.

In 1983, Dr. Offord led the Ontario Child Health Study, a report that, regularly updated, remains among the best data in the world of child development.

The doctor's research tactics - notably getting out in the community and observing children's behaviour - revolutionized a field that traditionally relied on tightly controlled laboratory testing. As a result of his research, Dr. Offord staunchly advocated for universal social programs, as well as targeted programs for children at risk. He also extolled the merits of early intervention long before it became a catchphrase in child psychology.

At McMaster, he founded the Canadian Centre for Children at Risk, which was later renamed in his honour. His contributions led him to win numerous honours, including a National Health Scientist Award, a Golden Jubilee Medal and, in 2002, the Order of Canada.

Despite the acclaim, Dr. Offord remained modest and folksy to a fault. He often spoke loudly and sometimes neglected to brush his hair. He preferred jogging pants to dress suits and had a soft spot for sports, and a boundless enthusiasm for practical jokes.

Sondra's death in a 1992 motor vehicle collision devastated him. He functioned on autopilot for two years afterward, but managed to regain happiness with Margaret, the mother of a Christie Lake counsellor. They married in 1999.

Dr. Offord was a good talker, but even a better listener, taking care to remember something special about every kid in the camp. For 47 years, he involved himself in all levels of camp activity, from hosting the camp Olympics to cleaning the camper cans.

This summer, he will be at Christie Lake only in spirit, but his heartfelt work will have a lasting impact on children for generations to come.

André Picard  
CICH Advisory Council Member  
Public Health Reporter  
Bureau Chief, Globe and Mail

## Call for Nominations - 2004 Health Promotion and Innovation Awards of Excellence

The Canadian Institute of Child Health is calling for nominations for the 2004 Health Promotion and Innovation Awards of Excellence. The winners will be selected based on their demonstrated and proven contribution to child and youth health and well-being in the community, through formal evaluation, leadership and innovation. Where possible, the work being presented should explain how the results were disseminated and the impact this work had on other disciplines and/or sectors. The nomination must fit into one of the following categories:

**Category 1** - Multidisciplinary, involving two or more different disciplines (i.e., nursing, physiotherapy, occupational therapy) within one sector (i.e., health).

**Category 2** - Multisectoral, involving two or more sectors (i.e., health, justice, education, social services).

When submitting your abstract, please enter it under ONE of the following themes:

- Physical health and well-being
- Emotional and mental health
- Family health and security
- Environmental health

### Guidelines

- The author must have played a key role in the design and execution of the work being reported.
- Entries will be judged primarily on their content.
- Please visit our website at [www.cich.ca](http://www.cich.ca) to download a submission form.

Nominations must be received at CICH by **Friday, October 8, 2004** to the attention of Janice Sonnen, Canadian Institute of Child Health, 384 Bank Street, Suite 300, Ottawa, ON K2P 1Y4, Fax: (613) 230-6654, e-mail: [jsonnen@cich.ca](mailto:jsonnen@cich.ca)

We look forward to your submissions for the 2004 awards.

## Irene Beck: A Very Proud Artist

Irene Beck is known to her friends at the Canadian Institute of Child Health as a very dedicated volunteer. Now, she is known to the rest of the Ottawa area as an accomplished artist. Irene's work was displayed, and sold, along with various other local artists at the Mud Oven Studio in Ottawa during the months of February and March 2004.

Irene's painting was one of a collection from an innovative art program called H'Art of Ottawa. H'Art of Ottawa, established in September 2002, is a program developed for adults with developmental disabilities with a mission to enhance their literacy skills through art. The idea for each participant's artwork stems from a series of discussions on various topics. These ideas are then transferred to a journal in their own wording becoming the basis of the picture or painting.



*Artwork by Irene Beck*

For the past eight years, Irene Beck has been a very special volunteer assisting the Institute's communications, marketing and promotional activities. Congratulations Irene, on your ongoing dedication to both your work on behalf of the Institute and as an artist.

## Call for Nominations for Dr. Graham Chance Award

The Canadian Institute of Child Health is pleased to announce a call for nominations for the 2004 Dr. Graham Chance Award. This award was instituted in recognition of the outstanding contribution to children's health and well-being by Dr. Chance over his lifetime and is presented annually at the *Crayons & Cravats Gala*, to be held on November 10, 2004 to celebrate National Child Day.

Nominees should be a young person, under the age of 30, who has demonstrated outstanding leadership in promoting or protecting the health and well-being of children and/or youth in Canada. This person can be in the field of medicine, nursing, social services, research, the therapies or any other related sector that impacts on the health and well-being of children and youth.

His/her peers must recognize this individual's leadership, preferably involving more than one sector, which has had a direct impact on health and well-being of children and youth.

The nomination can come for an activity or program within the acute and/or community sector.

The Selection Committee will review all nominations and select the recipient. Nominations will be selected based on the following criteria:

1. Level of impact on the health and well-being of children and youth in Canada
2. Degree of multi-disciplinary involvement
3. Scope of activity
4. Level of leadership
5. Creativeness and innovations

Nominations must be received at CICH by **Friday, October 8, 2004** to the attention of Janice Sonnen, Canadian Institute of Child Health, 384 Bank Street, Suite 300, Ottawa, ON K2P 1Y4, Fax: (613) 230-6654, e-mail: [jsonnen@cich.ca](mailto:jsonnen@cich.ca)

## The Next Steps, Caring for Your Premie at Home - 2nd Edition

On April 15, 2004, the Canadian Institute of Child Health successfully launched their most recent publication: *The Next Steps, Caring for Your Premie at Home - 2nd Edition*, an updated version from the 1997 publication. Michèle Matte was the Project Manager and Researcher. Nicolý Smith edited and completed plain language adaptation; Lucie Rochon-Landry, the translation to French and Guylaine Leblanc and Sylvie Lalonde, the desktop publishing.



From left: Lucie Rochon-Landry, Nicolý Smith, Michèle Matte and Guylaine Leblanc at the book launch.

*The Next Steps, Caring for Your Premie at Home* originated from a few parents of premature infants indicating the need for information for parents leaving the hospital to be better prepared to care for their infants. With endless hours spent collecting information, editing and designing the lay out of the book the first edition was created. In 2000, CICH was approached to update, expand and take over the distribution of the book.

Due to high interest from both healthcare professionals and parents, *The Next Steps, Caring for Your Premie at Home* was updated. This updated, evidence-based resource is more than 50 per cent longer than the first and includes new sections on such topics as feeding a premature infant, developmental milestones for premature babies up to two years of age and recognizing and coping with postpartum disorder.

This useful book, a CICH publication in partnership with the Ottawa Children's Treatment Centre, was made possible by the generous funding from the Ontario Early Years Fund, as well as the many dedicated hours from the more than 70 healthcare professionals and parents who participated in the production of this new edition.

To order the second edition of *The Next Steps, Caring for Your Premie at Home*, please contact the CICH publications department at 613-230-8838 or [cich@cich.ca](mailto:cich@cich.ca).

## Resources

### CICH Moving and Growing Series Revised and Expanded!

In response to growing concern about type 2 diabetes in children in Canada, CICH, the Canadian Child Care Federation (CCCCF) and the Canadian Association of Family Resource Programs have joined together to review and update CICH's popular physical activity series, *Moving and Growing*, first published by CICH 20 years ago.

The revised and expanded edition promotes healthy living and regular physical activity for children from birth to age six. The three books, written in plain language, encourage parents and caregivers to have fun with children while being active.

Book 1: Physical Activities for the First Two Years

Book 2: Physical Activities for Twos, Threes and Fours

Book 3: Physical Activities for Fives and Sixes

The series can be obtained through CICH for \$8.00 each or the complete series for \$21.00 including shipping and handling. For further information on the revised edition, please contact CICH at [cich@cich.ca](mailto:cich@cich.ca).

# Joint Statement on Physical Punishment of Children and Youth - Executive Summary

## Background

The Joint Statement on Physical Punishment of Children and Youth was developed by a national partnership of organizations concerned with the well-being of children and their families. It has been formally endorsed by many Canadian organizations and, by invitation, some individuals involved in a broad range of issues related to children and youth.

## Purpose and audience

Based on extensive research evidence, the statement provides an overview of the developmental outcomes associated with the use of physical punishment on children and youth. Scenarios depicting disciplinary situations ground the document in the realities well known to parents and caregivers. The statement will also be of interest to professionals, policy and program planners, members of the public, and children and youth themselves. Resources are identified for those interested in learning more about effective discipline and parenting.

## Highlights of findings

The research evidence now available permits us to move beyond the debate about whether physical punishment is harmful to children and youth or is even effective as discipline.

- There is no clear evidence of any benefit from the use of physical punishment on children.
- There is strong evidence that physical punishment places children at risk for physical injury, poorer mental health, impaired relationships with parents, weaker internalization of moral values, antisocial behaviour, poorer adult adjustment and tolerance of violence in adulthood.
- Few parents believe that physical punishment is effective, most believe it is unnecessary and harmful, and a majority think the most common outcome is parental guilt or regret.

- Parents are more likely to use physical punishment if they approve of it, experienced it themselves as children, feel anger in response to their children's behaviour, are subject to depression, or are burdened by particular forms of stress.

## Conclusion and implications

On the basis of the clear and compelling evidence—that the physical punishment of children and youth plays no useful role in their upbringing and poses only risks to their development—parents should be strongly encouraged to develop alternative and positive approaches to discipline. The implications of this evidence and this goal are examined in relation to Canadian law, human rights and actions taken by other countries.

## Recommendations

Recommendations for action in Canada include: (1) delivery of public awareness messages to inform all Canadians that physical punishment is harmful to children's development and is ineffective as discipline; (2) development of universal parenting education; and (3) provision of the same protection of children from physical assault as is given to Canadian adults and to children in a growing number of countries. Responsibility for action lies within the jurisdiction of national, provincial and territorial and local levels of government, the mandates of organizations, and the expertise of professionals who serve children and youth. The statement as a whole may be considered an urge to action by professionals and by parents and caregivers—within and beyond their families.

More information is posted on the CHEO website at <http://www.cheo.on.ca/english/1100.html>; in French at <http://www.cheo.on.ca/francais/1100.html>.

Questions about the Joint Statement may be directed to Dennise Albrecht at [albrecht@cheo.on.ca](mailto:albrecht@cheo.on.ca).

# Conferences

## **Childcare & Early Learning Conference Canadian Council on Social Development November 12 - 14, 2004 Winnipeg, Manitoba**

Childcare and early learning researchers, policy makers, activists and early learning and childcare practitioners, as well as those with a broader interest in social development, social policy and social justice from across Canada will meet in Winnipeg for a major policy conference.

Today we know that early learning and childcare is a social and economic driver for many interconnected issues: it is integral to lifelong learning and healthy child development, and to a sound and prosperous economy; it has significant implications for women's equality, effective labour strategies, and ameliorating poverty; and it contributes to flourishing cities and strengthens social equity. High-quality childcare and early learning strengthens our social foundations; it benefits children, women, parents, families, and communities. Ultimately, it benefits all Canadians.

This exciting pan-Canadian conference will feature inspiring and knowledgeable speakers, while providing ample time for a rich dialogue and debate. It is expected that the conference will play a key role in influencing public policy and public perceptions about early learning and childcare and help set the agenda for the next decade. More information will be posted on CCSD website at [www.ccsd.ca](http://www.ccsd.ca) as it becomes available.

## **Second Canadian Conference on Literacy and Health National Literacy and Health Partnership, Canadian Public Health Association October 17-19, 2004 Ottawa, Ontario**

Literacy is an important determinant of health. Literacy also affects other factors that determine health such as income, access to jobs, education and social supports. Canadians who have low literacy skills are more likely to have poor health than those with higher levels of literacy. They are more likely to be living with chronic diseases such

as diabetes, heart disease and cancer. And, they are more likely to have an early death.

Health literacy is a new concept that links our level of literacy with our ability to act upon health information and, ultimately, take control of our health. It builds upon the idea that both health and literacy are critical resources for everyday living. Addressing health literacy means breaking down the barriers to health that low literacy creates. The Program Committee for the Second Canadian Conference on Literacy and Health invites you to join us to discuss what is being done to improve the health of Canadians with low literacy skills.

This national forum will provide you with an opportunity to build new partnerships in literacy and health, share knowledge, skills and practical tools and identify future actions for all participants, in practice, policy and research.

For more information on how to participate in this upcoming conference visit [www.cpha.ca/literacyandhealth](http://www.cpha.ca/literacyandhealth).

## **A Canada Fit for Children Government of Canada**

On May 10, 2004 the Government of Canada released A Canada Fit for Children, its official response to the commitments made on May 10, 2002, at the United Nations General Assembly Special Session on Children. A Canada Fit for Children re-affirms the importance that all sectors of Canadian society-governments, organizations and individuals-place on children. In particular, A Canada Fit for Children re-affirms the Government's commitment to making children and families a national priority and to continue to work with governments, stakeholders and the public. The Government's investment in major initiatives for children and families currently exceeds \$13 billion per year.

A Canada Fit for Children is available at [www.sdc.gc.ca](http://www.sdc.gc.ca), [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) and <http://sen.parl.gc.ca/lpearson>.

## **National Family Week Family Services Canada October 1-10, 2004**

National Family Week has been celebrated since 1985 when it was proclaimed an official week by the Government of Canada. It is always the week before Thanksgiving, which is a time of family togetherness. This year's theme focuses on the healthy family.

Fifteen National Partners have joined Family Service Canada in providing interactive inserts for the National Family Week© kit folder. We hope this information will help families make the healthy lifestyle choices necessary for the development of healthy, active children and the maintenance of optimal health for adults. Information ranges from physical activity and exercise to the importance of mental health on self-esteem, and the role of community involvement in a healthy and active lifestyle.

For more information on National Family Week or to obtain a kit folder, visit [http://www.familyservicescanada.org/nfw/2004/index\\_e.html](http://www.familyservicescanada.org/nfw/2004/index_e.html).

