

**Niagara Children’s Planning Council Research Group (NCPC-RG)  
February 11, 2016 – Pathstone Mental Health**

Attendees: Donna Dalglish, Sandy Dupuis, Sandra Noel, Amy Romagnoli, Stephanie Tukonic, Karina Armstrong (recorder)  
 Regrets: Christine Battagli, Jeff Biletski, Debra Harwood, Trudy Hill, Linda Morrice, Jennifer Smith

ITEM	DISCUSSION	ACTION
<b>Previous Minutes</b>	- January 13, 2016 meeting minutes were reviewed and approved without change.	
<b>Health Across the Lifespan Data Comparison</b>	<p>- A. Romagnoli, S. Dupuis and S. Tukonic gave presentations comparing and contrasting current data reports for Niagara, including the Parent Knowledge Study (2014), the Parent Knowledge and Engagement Study (2015), “Health across the Lifespan,” and Niagara Infant and Child Data (<b>See Presentation Here</b>). The data overview was intended to break down the data gaps in pressing issues in Niagara that the NCPC can impact. The Research Group compiled these relevant data and listed high priority areas for improvement (<b>See Chart</b>).</p> <p>- The most pressing issues from external sources and data were listed to be:</p> <ul style="list-style-type: none"> <li>• Vision checks by optometrists</li> <li>• Undiagnosed vision problems in children</li> <li>• Dental decay</li> <li>• Getting children to eat healthy</li> <li>• Sugary beverage consumption</li> <li>• Weekly participation in a coached sport</li> <li>• Expectations of prosocial and helping behaviour</li> <li>• Ease of encouraging appropriate behaviour and discouraging inappropriate behaviour.</li> <li>• Aggression</li> <li>• Screen time</li> </ul> <p>- The most pressing issues from the Parent Knowledge data were listed to be:</p> <ul style="list-style-type: none"> <li>• Parent recognition of poor mental health in infants</li> <li>• All Nutrition and Healthy Eating subcategories, including TV watching during meals, serving fruit juice for vitamins, respecting picky eaters, among others.</li> <li>• All subcategories of Structured and Unstructured Play, including age beginning play with others and benefits of unstructured play compared to organized sports.</li> <li>• All Empathy subcategories, including comforting crying toddlers, comforting others, understanding others’ feelings, teasing and bullying misconceptions, among others.</li> <li>• All Screen Time subcategories, including TV watching during meals and electronic device use in bedrooms.</li> </ul> <p>- “Play” was discussed as a potential campaign option for the Children are Healthy Pillar; how play looks through the ages, being a kind player with others, highlighting the differences between organized sports vs. unstructured play, etc.</p> <p>- “Empathy through the Ages and Stages” may also be a campaign as an alternative to anti-bullying projects by focusing on compassion and comforting others, etc.</p> <p>Next steps:</p> <p>- Research organized sport vs. unstructured play in PKS data</p>	

ITEM	DISCUSSION	ACTION
<b>Knowledge Translation</b>	- Knowledge Translation will move to a future meeting once a direction for the Collective Impact has been set.	
<b>MEETING SCHEDULE</b>	<p><b>Unless otherwise noted, all meetings will take place from 2:00pm to 4:00pm at Pathstone Mental Health.</b></p> <p>Wednesday March 2, 2016  Wednesday April 6, 2016  Wednesday May 4, 2016  Wednesday June 1, 2016</p>	

# Parent Knowledge Survey Data & Surveillance Data (children 0-12)

**Parent Knowledge**

**Surveillance**



# 0-6 Months

## Parent Knowledge

### Physical Health & Wellbeing

- Breastfeeding
- Dental
- Sleep
- Active playtime
- Shaken Baby Syndrome
- Maternal smoking
- Alcohol and drug exposure during pregnancy
- Birth weights (low/high)
- Breastfeeding (initiation, post discharge, 2 wks pp)
- HBHC Screen—at risk
- ER visits/hospitalizations

### Emotional

- Talking to child about feelings
- Emotional bond
- Picking up a crying baby
- Early years experiences
- Infant mental health

## Surveillance

### Social

- Environment on brain health

### Language & Cognitive

- Benefits of singing, reading, and speaking
- Infant non-verbal communication



# 7-12 Months

## Parent Knowledge

### Physical Health & Wellbeing

- Car seat safety
- Sleep
- Nutrition (snacks)
- Dental
- Muscle development
- Play
- Falls and injuries (larger age groupings)
- ER visits/hospitalizations
- Reportable illness/infections (larger age groupings)

### Emotional

- Comfort items
- Picking up a crying baby
- Early years experiences
- Infant mental health
- Naming feelings

## Surveillance

### Social

- Responsive parenting/care
- Social skill development

### Language & Cognitive

- Non-verbal communication
- Vocabulary
- Reading in early childhood
- Play
- Cognitive development



# 13-18 Months

## Parent Knowledge

### Physical Health & Wellbeing

- 18 Month Well Baby Visit
- Sleep
- Nutrition (i.e., CFG, picky eaters)
- Physical activity
- Dental

- Falls and injuries (larger age groupings)
- Proportion of children screened at 18 Month Well Baby Visit
- ER visits/hospitalization
- Reportable illness/infections (larger age groupings)

### Emotional

- Biting and hitting
- Displays of affection
- Early years experiences
- Responding to your child

## Surveillance

### Social

- Pretend play
- Playing with other children
- Responding to your child

### Language & Cognitive

- Language development



# 19-36 Months

## Parent Knowledge

### Physical Health & Wellbeing

- Transition into a “big kid” bed
- Nutrition (i.e., picky eaters)
- Toilet training
- Organized sports
- Falls and injuries (larger age grouping)
- Reportable illness/infections

### Emotional

- Temper tantrums
- Emotion recognition
- Communicate appropriate behaviour
- Early years experiences

## Surveillance

### Social

- Sharing with others
- Change in schedule

### Language & Cognitive

- Language development
- Direction-taking
- Parallel play
- Screen-time



# 37-48 Months

## Parent Knowledge

### Physical Health & Wellbeing

- Nutrition (i.e., picky eater)
- Bedtime routine
- Organized sports
- Dental

- Falls and injuries (larger age groupings)
- Reportable diseases/infections
- ER visits/reasons

### Emotional

- Success and failure
- Theory of Mind/Empathy
- Hitting

## Surveillance

### Social

- Friendships
- Self-esteem
- Family rules

### Language & Cognitive

- Household duties
- Understood by an adult listener



# 49-83 Months

## Parent Knowledge

### Physical Health & Wellbeing

- Dental
- Organised sports
- Nutrition
  
- Bedtime routine
- Screen time

- Falls and injuries (larger age groups)
- ER visits/reasons
- Reportable diseases/infections
- Oral health—dental decay (urgent and non-urgent)
- Gross and fine motor skills
- KPS: Eating fruits/veg

### Emotional

- Comforting others
  
  
  
  
  
  
  
  
  
  
- Praising your child

- EDI: Anxious and fearful behaviour
- EDI: Aggressive behaviour
- EDI: Prosocial and helping behaviour
- Hyperactivity and inattention

## Surveillance

### Social

- Friendships
- Cooperative behaviour

- EDI: social competence (gets along with others and is self confident)
- EDI: Responsibility and Respect

### Language & Cognitive

- Speech
  
  
  
  
  
  
  
  
  
  
- Educational TV
- Direction-taking

- EDI: Numeracy skills
- EDI: Literacy skills
- Interest in letters, numbers and memory



# 7-9 Years

## Parent Knowledge

### Physical Health & Wellbeing

- Mental Health
- Nutrition and Healthy Eating
- Body Image
- Drugs, Tobacco, and Alcohol
- Sleep
- Puberty and Sexuality
- Physical Activity

- Reportable diseases/infections
- Falls and injuries (larger age grouping)

### Emotional

- Optimism
- Self-Esteem
- Empathy and Prosocial Behaviour
- Easily Embarrassed
- Becomes Easily Discouraged
- Critical of Self

## Surveillance

### Social

- Caring adult
- Sense of Belonging
- Friendship and Intimacy
- Peer victimization

### Language & Cognitive

- Tattling
- Tends to argue and be bossy

- EQAO: Reading, Math



# 10-12 Years

## Parent Knowledge

### Physical Health & Wellbeing

- Mental Health
  - Screen Time
  - Nutrition and Healthy Eating
  - Body Image
  - Drugs, Tobacco, and Alcohol
  - Sleep
  - Puberty and Sexuality
  - Physical Activity
- Falls and injuries (larger age grouping)
  - Smoking
  - Ontario Student Drug Use and Health Survey data
  - Reportable diseases/infections

### Emotional

- Optimism
- Self-Esteem
- Friendships may change due to difference levels of maturity
- Develop romantic feelings for others
- Empathy and prosocial behaviour
- Caring Adult
- Sense of Belonging
- Friendship and Intimacy

## Surveillance

### Social

- Homework
  - Organized Play
  - Structured Schedules
- Youth risk behaviour data
  - Peer victimization

### Language & Cognitive

- EQAO: Reading, Math

**Rating Scale**

3	Good
2	Caution
1	Urgent

**NPC Research Group**  
Data Planning and Evaluation

Indicator	Age Range	Parent Knowledge Data	Rating	External Data/Sources	Rating
Eye Health	NA	NA	NA	KPS (2011) - % of SK that had their vision check by an eye doctor (52.2%)	1
				Vision Loss in Canada (2011; National Coalition of Vision Health) - Approximately 60% of children with literacy problems have an undiagnosed vision problem	1
Oral Health (Dental)	0 to 6 months	Majority of parents (78.4%) know that a child's first dental visit should be soon after their first tooth, or by the age of one year.	2	Public Health <ul style="list-style-type: none"> <li>4 to 6 year old dental decay surveillance</li> </ul>	1
	7 to 12 months	While only 61.5% of parents know that a child's first dental visit should be soon after their first tooth, or by the age of one year.		KPS (2011) - % of SK that had their teeth checked by a Dentist or Dental Hygienist (96.8%)	3
		Two-thirds of parents (67.5%) know that you should never put a soother, bottle nipple, or child's utensils in your own mouth for any reason.			
	13 to 18 months	Less than half of parents (47.2%) know that a child's first dental visit should be soon after their first tooth, or by of one year			
Mental Health	0 to 12 months	Majority of parents (83.6%) of 0 to 6 month olds know that picking up an infant every time she cries will not spoil them.	2	Infant Mental Health Pilot Project	?
		Majority of parents (89.7%) of 7 to 12 month olds know that picking up an infant every time she cries will not spoil them.			
		Two-thirds of parents (65.5%) of 0 to 6 month olds know that it is possible to recognize poor mental health during infancy.	1		

Indicator	Age Range	Parent Knowledge Data	Rating	External Data/Sources	Rating
		Less than half parents (43.2%) of 7 to 12 month olds know that it is possible to recognize poor mental health during infancy.			
		Approximately half of parents (48.1%) know that an infant does not know how to influence parents to get what they want.			
Nutrition and Healthy Eating	13 to 18 months	Majority of parents (86.1%) know that fruit juice is not a good way for children to get their vitamins.	1	Health Kids Community Challenge (HKCC) – Drink Water!	?
		If a child only eats pasta, 65.3% of parents know that this is not okay.		Public Health <ul style="list-style-type: none"> <li>Trust Me Trust My Tummy (TMTMT)</li> </ul>	?
	3 to 4 years	If a child does not want to eat what is offered at meal time, 78.1% of parents know to respect the child's decision and let them leave the table.		KPS--% parents who find it hard to get their SK child to eat healthy (55.7%)	1
	4 to 6 years	Majority of parents (76.9%) of parents would turn on the TV during meal and snack time.		KPS (2011) - % of SK that always:	2
				(a) eat breakfast (25%)	
				(b) % SK that always or most of the time eat 4 servings of fruit and vegetables/day (77%)	2
				(c) eat or drink 2 servings of milk products always or most of the time (96.4%);	3
		(d) eat meals with family always or most of the time (95.2%)	3		
		(e) eat restaurant food only sometimes (92.7%)	3		
7 to 12 years	If a child does not want to eat what is offered at meal time, 55.0% of parents know to respect the child's decision and let them leave the table.	(f) SK drink pop and sweetened drinks always, often and sometimes (55.3%)	1		

Indicator	Age Range	Parent Knowledge Data	Rating	External Data/Sources	Rating
Early Childhood Literacy	7 to 12 months	Majority of parents (87.5%) would encourage their partner to keep reading to their child, even if they were reading a magazine.	1	Emergent Literacy Group	?
				EDI--% of children not meeting expectations in basic and advanced literacy skills (16%)	3
18 Month Well-Baby Visit	13 to 18 months	Majority of parents (77.8%) know that the 18 month well-baby visit is a longer, more in-depth and important visit with your child's doctor or health care provider.	2	Public Health <ul style="list-style-type: none"> <li>Proportion of children screened for well-baby visit</li> </ul>	3
	19 to 36 months	Most parents (97.2%) know that the 18 month well-baby visit is a longer, more in-depth and important visit with your child's doctor or health care provider.			
Structured and Unstructured Play	13 to 18 months	One-third of parents (37.3%) know that an appropriate age to expect a child to play with other children is generally around 18 months.	1	HKCC – Run. Jump. Play.	?
	19 to 36 months	Majority of parents (74.0%) know that young children do not need to be involved in organized sports (like playing on hockey, soccer or baseball team) from a very young age to develop their muscles and coordination.		KPS--% SK children who participated in a sport with a coach once per week or more (in past year) (73.6%)	1
		Few parents (7.9%) know that around 2 years of age, children should hardly ever enjoy playing and sharing with other children.		KPS (2011) - % of parents that find it challenging to motivate their child to be physically active (17.6%)	2
	3 to 4 years	Approximately half (59.0%) know that a child does not need an opportunity to play organized sports, like playing on an expensive hockey, soccer or baseball team.		KPS (2011) --% SK children who participated in a sport or physical activity WITHOUT a coach once a week or more (85.7%)	3
	4 to 6 years	Majority of parents (74.2%) know children do not need to participate in organized sports, like playing on a hockey, soccer, or baseball team to get the full benefits of physical activity.			
	7 to 12 years	Most parents (74.2%) know that children do not need to participate in sports to get the full benefit of physical activity.			

Indicator	Age Range	Parent Knowledge Data	Rating	External Data/Sources	Rating
Empathy	13 to 18 months	When your child has just fallen. She looks at you and begins to cry. She isn't hurt, and you're sure she just scared herself. Less than half of parents (46.7%) would go to her and comfort her.	1	EDI--% SK children not meeting expectations in prosocial and helping behaviour subdomain (67.6%)	1
	3 to 4 years	Half of parents (50.9%) would expect a 3 year old to understand other people's feelings.			
	4 to 6 years	Majority of parents (73.6%) would expect a 4 year old to be able to comfort someone who is upset.			
	7 to 9 years	One-fifth of parents (17.4%) thought that bullying was a part of growing up.			
		Over half of parents (58.4%) know that not all teasing will lead to bullying.			
10 to 12 years	One-fourth of parents (24.0%) thought that bullying was a part of growing up.				
Hitting and Biting	13 to 18 months	Two-third of parents (69.0%) know that hitting and biting is a common behaviour when a child does not get what they want or is told no.	2	KPS (2011) - % of parents that find it challenging to encourage appropriate behaviour and discourage inappropriate behaviour (54%)	1
	3 to 4 years	While playing your 3 year old starts to hitting her friend, majority of parents (69.5%) would help their child use their words.		EDI--% SK children not meeting expectations regarding aggressive behaviour (16.4%)	1
Toilet Learning	19 to 36 months	Potty training does not seem to working, 78.8% of parents say to take a break because the child may not be ready.	2	Public Health	?
		Majority of parents (64.2%) know that if your child is potty/toilet training and has been accident free during the day, when you start night time potty/training you can resort to using diapers again.			

Indicator	Age Range	Parent Knowledge Data	Rating	External Data/Sources	Rating
Screen Time	4 to 6 years	Majority of parents (76.9%) of parents would turn the TV during meal and snack time.	1	KPS—% SK children having 2 or more hours per day of screen time (65.2%)	1
	7 to 12 years	Few parents (27.0%) know that it is important to have no electronics in the children's room in conjunction with establishing ground rules (95.9%), to limit the amount of screen time.		HKCC – Phase 3 (Screen Time)	?