



Network News



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APIN Upcoming Events

Age of Consent - November 18th, 2008

Date & Time: Tuesday, Nov.18th, Noon - 1:00p.m.

Place: Robert A. Steen Community Centre, Fireside Room,
980 Palmerston

Presenter: Robin Zeiss, Barrister & Solicitor

Description: Join us for our Winter One Hour Brown Bag Session to learn about the new Age of Consent Criminal Code amendments with time aside for Q&A. The presentation will begin at Noon sharp.

Preregistration is NOT required

Please bring your own lunch - Coffee, tea and water will be provided.

Please use side entrance off parking lot, street parking is available

Who Are We?

The Adolescent Parent Interagency Network (APIN) is a network of Manitoba professionals who meet monthly with the goal of ensuring high quality service to pregnant and parenting adolescents. The Network helps facilitate the sharing of information related to existing services and resources.

Help APIN Go Green!

APIN is creating an email list to distribute information regarding upcoming events and quarterly newsletters.

If you would prefer to receive your newsletter and upcoming event notices electronically, please send your email address to Dana at info@apin.org.

We will remove your name from the mailing list and ADD it to the email list.

Want to receive both an electronic copy AND a hard copy? - Just let us know and we will ensure your name appears on both lists!

MARK YOUR CALENDARS!

Adolescent Parenting & Multiculturalism

Tuesday, February 10th, 2009, Noon - 2:00 p.m.

Educational Options for Adolescent Parents

Tuesday, April 14, 2009, Noon - 1:00 p.m.

WWW.APIN.ORG

Check it out for further details regarding upcoming events.

Adolescent Health, Pregnancy & Parenting

For professionals working with adolescent parents:

Tools to understand and promote happy secure relationships

between teens and their children

May 7 & 8, 2009 Victoria Inn, Winnipeg



Keynote - Dr. Harvey Karp

The Happiest Baby on the Block

Half of all new babies cry and fuss more than two hours a day. Their prolonged wails often cause exhaustion, breastfeeding failure, marital stress, maternal depression, SIDS and even child abuse. Caregivers traditionally have little more to offer these parents than reassurance...until now. Dr. Karp will present an innovative and effective approach proving why the missing '4th trimester' (not gas) is the true cause of colic. Additionally, a previously unknown crying off-switch called the "calming reflex" will be discussed as well as the five simple steps of activating it--the 5 S's.

The Happiest Toddler on the Block

Toddlers are pretty immature. From the point of view of language and social development they are uncivilized and in many ways remind us of little cave men! Dr. Karp offers a highly novel approach for toddler communication that better matches a toddler's under-developed cognitive level. These techniques allow health workers to be much more successful in getting a young child's (9m - 4y) cooperation and in giving counsel to parents. This approach helps bring about dramatic decreases in tantrums and increases in cooperative behaviour in just days.

I recently attended a 'Happy Baby' workshop with Dr. Karp and he is one of the most dynamic presenters I've ever seen. He shares his experiences and knowledge with warmth and humour.... and shows how the "calming reflex" works to comfort babies and increase sleep - for everyone! The techniques he uses to calm babies should be taught to all new parents, grandparents, caregivers... I've watched new parents use Dr. Karp's 5 S's and glow with pride when they succeed in calming their baby. Everyone wins! I'm delighted that he is coming to Winnipeg and that more people will learn about 'The Happiest Baby' and 'The Happiest Toddler' strategies for raising healthy, happy children.

Barbara Martin, Childbirth Education, Clinic Community Health Centre

Keynote - Kimberly Barthel

Connections: The Neurobiology of Attachment

Attachment is the connection that is created between caregivers and infants, contributing to the changing architecture of these two connecting brains. Through repeated interaction, neuronal connections are formed and strengthened within the brain laying down pathways that organize cognition, emotion and behavioral responses critical to functional interaction. This keynote will powerfully reinforce the importance of early attachment upon neurological development and behavioural interaction throughout the lifespan.



Community Lecture with Dr. Harvey Karp

OPEN TO THE PUBLIC - PARENTS & CHILDREN WELCOME!

May 7, 2009 7:00p.m.

Location to be announced shortly
(pre-registration is not required)

Harm Reduction Workshop (September 2008)

On September 16th more than 80 service providers met at Crossways in Common to learn more about Harm Reduction. Thanks to Adina Lakser of the Manitoba Harm Reduction Network (MHRN), for a very informative and interactive presentation.

What is Harm Reduction? Harm Reduction can be defined as a set of strategies and tactics that encourages people to reduce harm to themselves and their communities, through the sharing of relevant information, facts and practical material tools, that will allow them to make informed and educated decisions. It recognizes the competency of their efforts to protect themselves, their loved ones and their communities. Simply put, harm reduction means engaging in activities that we know could harm us, but doing it in the least harmful way that we can.

The mandate of the MHRN is to make recommendations regarding development, implementation and evaluation of sexually transmitted (STI) and blood borne infection prevention initiatives. The MHRN also addresses issues such as the lack of housing, racism and stigma, gender discrimination, improving access to services and care and employment.

When asked for examples of Harm Reduction, the group came up with ideas such as condoms, needle exchange, controlled use programs, counselling, education, childcare, designated drivers, the buddy system and “don’t put your drink down”, to name a few.

For the service provider, harm reduction means providing care from a place of respect and using a non-judgemental approach. The group played the “Values Game” and “Rate the Risk”.

The intention of these games was to show that everyone has a set of core values which influence people’s opinions. The key to providing service from a harm reduction perspective is determining how we handle our own values and judgements when working with clients whose values and judgement may be different from our own. It is important to recognize when we might not be the best person to assist a client – there is no harm in referring the client to someone that may be in a better position to provide the client with what they need. Everyone engages in risky activities and that risk taking is a normal part of our existence. What is different though is how we perceive risk and that what you may perceive as risky, may not be risky to others. It is very important to understand your client’s assessment of risk when trying to encourage harm reduction options.

Adina introduced the group to the **CARES model** which covers a range of options when implementing harm reduction strategies. C – Client Centered, A – Advocacy, R – Referrals, E – Education, S – Supply Distribution

If we can get to a place where our relationships with the people we serve are genuine partnerships then we end up with amazing outcomes for all of us. This allows individuals to be the experts in their own lives, which improves the relationship with your client and also improves the overall health of the community.

*Yesterday is history,
 Tomorrow is a mystery,
 Today is a gif
 That's why it's called the present.*

Community Notices

The CAP Series:

**Helping Adolescents With FASD
 Understand Issues of Sexuality & Sexual
 Health**

Adaptation and communication strategies to
 utilize when explaining & teaching FASD affected
 individuals about safe sex and sexual health
 Nov. 21,2008 11:45 - 12:45

Mount Carmel Clinic, 886 Main

To register, call Deborah at 582-8658 by Nov.
 19th

NO CHARGE TO ATTEND!

**Young Aboriginal Women`s Reproductive
 Health Study - Call for Interview and
 Focus Group Participants**

Looking for participants who self-identify as
 being female, Aboriginal (First Nations, Metis or
 Inuit), 15 to 25 years of age and have experienced
 teen pregnancy. To learn more about the project,
 contact Lisa Murdock at 982-6632.

**PEG Meeting - Healthy Smile, Healthy
 Child**

Nov. 21st, Noon - 1:00pm

Youville Centre St. Vital, 6-845 Dakota Street
 Info for educators working with prenatal clients,
 many resources and handouts!

For more info contact sbeaudry@youville.ca RSVP
 is preferred

National Child Day Forum, Nov. 13 & 14

www.nationalchilddayforum.ca

Contact Shannon at 253-8623 or shannon@
 plannersplus.ca for more information

Register online before November 7th

APIN Network News

is published six times per year for the network of
 Manitoba professionals working to ensure high quality
 service to pregnant and parenting adolescents.

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APIN is funded through Healthy Child Manitoba.

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(Info included as space allows)