



# Alcohol and Tobacco During Pregnancy: Lifelong Effects on Children

November 22, 2002

Ottawa Congress Centre

## Program

In collaboration with:

**IGH** Institute of Gender and Health

**INMHA** Institute of Neurosciences, Mental Health and Addiction



## Welcome

It is a great pleasure to welcome you to the second CEECD colloquium.

The theme *“Alcohol and Tobacco During Pregnancy”* was chosen because the available knowledge is substantial enough to indicate that the reduction of alcohol and tobacco consumption during pregnancy could prevent serious physical and mental health problems of children.

The purpose of the colloquium is to share the most recent findings on the effects of alcohol and tobacco consumption during pregnancy for children’s social and emotional development. Experts will summarize longitudinal research of impact on child development, review the effectiveness of interventions, and examine how well policies are addressing current needs.

We hope to initiate a discussion which will lead to improve services. What are the challenges involved in transferring research results into practice? What are the policy implications of research results? How can research support the provision of adequate services? How can practice help set directions for future research?

Please help us answer these important questions.

Richard E. Tremblay, Ph.D., FRSC  
Director, Centre of Excellence for Early Childhood Development  
Canada Research Chair in Child Development  
University of Montréal

*“As you value your children's health of body, and salvation of their souls, never give them a drop of whisky; and let mothers, above all others, beware of drinking when nursing. The whisky passes from their stomachs into their milk, and poisons their own child.”*

Children, and how to guide them. By John Brown, M.D. (1861)

# CENTRE OF EXCELLENCE FOR EARLY CHILDHOOD DEVELOPMENT

## Our Mission

The mission of the Centre of Excellence for Early Childhood Development (CEECD) is to improve our knowledge of the social and emotional development of young children.

Between the ages of 0 and 5, children experience a phase of accelerated growth. The education, care and attention they receive during this crucial period of development have a decisive effect on their future.

It is therefore extremely important for service providers and policymakers to understand thoroughly the significance of early childhood to ensure that young children's social and emotional needs are fully met.

## Our Mandate








The mandate of the CEECDC is to foster the dissemination of scientific knowledge on:







- The social and emotional development of young children
- The policies and services that influence this development.






It also includes formulating recommendations on the services needed to ensure optimum early childhood development.

## Organizing Committee

Richard E. Tremblay	Université de Montréal, CEECD Director
Emmett Francoeur	Canadian Paediatric Society
Sandra Griffin	Canadian Child Care Federation
Miriam Levitt	Canadian Institute of Child Health
Johanne Laverdure	Institut national de la santé publique du Québec
John LeBlanc	Dalhousie University IWK Center
Anne Maxwell	Canadian Child Care Federation
Ray DeV. Peters	Queen's University
Dawn Walker	Canadian Institute of Child Health

8:30		<p style="text-align: center;"><b>Introduction</b>  <b>Richard E. Trembay, Director</b>  <b>Centre of Excellence for Early Childhood Development</b></p>
8:40 9:00		<p style="text-align: center;"><b>The Honourable Ethel Blondin-Andrew</b>  <b>Secretary of State</b>  <b>(Children and Youth)</b></p>
9:00		<p style="text-align: center;"><b>Alcohol: Effects on the fetus (FAS and FAE) and on the social and emotional development of young children</b></p>
9:00 9:20		<p>Lisa Chiodo , Wayne State University</p> <p><b><u>Impact of Moderate Fetal Alcohol Exposure on Child Cognitive and Behavioral Development</u></b></p> <p>Fetal alcohol syndrome (FAS) is characterized by growth retardation, central nervous system impairment, and a distinctive craniofacial dysmorphism. Two studies found that children exposed prenatally to alcohol were rated by their teachers as less socially competent and more aggressive in the classroom. Because the effects of prenatal alcohol exposure remained significant after controlling for current maternal drinking and quality of parenting, these findings suggest that prenatal alcohol exposure has effects on socioemotional development that are independent of the social environment in which the child is raised.</p>
9:20 9:40		<p>Heather Carmichael Olson, University of Washington, School of Medicine</p> <p><b><u>Children and Families at Risk: The Impact of Fetal Alcohol Spectrum Disorders (FASD) on Development</u></b></p> <p>Fetal Alcohol Spectrum Disorders (FASD) are often part of an accumulation of risk factors, with effects that can reverberate throughout children’s lives— and the lives of the families who raise them. In this presentation, literature review and data from a large clinical database reveal important information for public policy and service planning. Two clinical success stories illustrate how early “protective factors” can be mobilized to minimize the effects of alcohol exposure (and accumulated risks) on the social and emotional development of young children.</p>
9:40		<p style="text-align: center;"><b>Dialogue with the audience</b></p>
9:50		<p style="text-align: center;"><b>Coffee Break</b></p>
10:05		<p style="text-align: center;"><b>Tobacco during pregnancy: effects on the fetus and on the social and emotional development of young children</b></p>
10:05 10:35		<p>David Fergusson, Christchurch School of Medicine</p> <p><b><u>Pregnancy smoking and antisocial behaviours in offspring</u></b></p> <p>This presentation will examine the linkages between exposure to cigarette smoke during the antenatal period and increased risks of anti-social behaviours in offspring. Evidence will be presented from epidemiological studies and laboratory studies of animal population. It is concluded that the evidence favours the view that exposure to smoking during pregnancy may increase rates of antisocial behaviour in offspring. The uncertainties in the evidence and the applied implications of the findings will be reviewed.</p>
10:35 10:50		<p style="text-align: center;"><b>Dialogue with the audience</b></p>

10:55		<b>Policies on alcohol and tobacco that may prevent or alleviate their effects on the foetus and on young children</b>
10:55 11:15		<b>Peter Selby</b> , University of Toronto  <b><u>The pros and cons of existing policies on pregnant and post-partum smokers: A review</u></b> The maternal and fetal effects of smoking in pregnancy and the post-partum period are well known. However, the majority of pregnant smokers continue to smoke and of those who quit 60% relapse within 6 months post-partum. This talk will explore the pros and cons of policies with respect to fetal and maternal rights, effective tobacco control programming, and research on effective treatment for pregnant and post-partum smokers.
11:15 11:35		<b>Claire Coles</b> , Marcus Institute  <b><u>Social Policy and The Prevention of Alcohol Use in Pregnancy</u></b> Prevention of alcohol use in pregnancy requires multilevel intervention using a public health model that includes a range of activities and policies. This presentation will provide examples of universal, selective, and indicated prevention activities that have been implemented at a policy level. Social policy has been directed at all these levels with mixed success. Problems in outcome measurement are discussed.
11:35		<b>Dialogue with the audience</b>
11:45 13:15		<b>LUNCH</b>
13:15		<b>Alcohol &amp; Tobacco Prevention and Intervention Services</b>
13:15 13:35		<b>Kieran O'Malley</b> , University of Washington, Fetal Alcohol and Drug Unit  <b><u>A Review of Intervention Studies in Children (zero to five) with Fetal Alcohol Spectrum Disorder and their Parents or Caregivers</u></b> This paper will review the current scientific intervention studies that have been carried out in this age population of children with FASD. It also will include a review of the relevant animal literature as it pertains to early intervention in prenatally exposed animals. There will be an appraisal of the support studies that have been performed on the parents or caregivers of these young children with FASD.
13:35 13:55		<b>Richard Windsor</b> , George Washington University Medical Center  <b><u>Presentation of a video on smoking cessation or reduction for pregnant women</u></b> Patient information, counseling procedure and evaluation methods.
13:55 14:05		<b>Dialogue with the audience</b>
14:05 14:20		<b>Coffee Break</b>

14:20		<p align="center"><b>Round Table: What can be done to improve and better coordinate prevention and intervention services that address the effects of alcohol and tobacco exposure on the fetus and on young children</b></p> <p align="center">Moderator: Patricia Bégin, Canadian Centre on Substance Abuse</p>
14:20 14:35		<p><b>Dawn Ridd</b>, Manitoba Health</p> <p><b><u>Improving Services for Women and Children Affected by Alcohol Use During Pregnancy</u></b></p> <p>Alcohol and drug abuse during pregnancy has long been recognized as an important public health problem incurring tremendous social and economic costs. Developing and implementing services for women and children affected by prenatal alcohol use can present significant challenges to communities. This presentation will discuss some of the challenges and successes encountered by service providers in improving and delivering Fetal Alcohol Spectrum Disorder prevention and intervention programs.</p>
14:35 14:50		<p><b>Ryan Stratton</b>, Centre of Excellence for Youth Engagement (CEYE)</p> <p><b><u>Results of a consultation made by CEECD and CEYE</u></b></p> <p>A young person will present the results of a consultation on the perception of youth about the effects of smoking during pregnancy and on opinions on how to influence young pregnant women and young parents to quit smoking.</p>
14:50 15:05		<p><b>Caroline Tait</b>, National Network for Aboriginal Mental Health Research</p> <p><b><u>Alcohol-Related Birth Effects and Aboriginal Peoples: Prevention, Identification and Intervention Services</u></b></p> <p>This presentation examines the challenges faced by Aboriginal peoples as they address the issue of substance abuse by pregnant women and alcohol-related birth effects in their communities. Particular attention will be paid to barriers and gaps in the continuum of medical and social service delivery for at-risk Aboriginal women and their children.</p>
15:05 15:45		<p><b>Dialogue with the audience</b></p>
15:45 16:00		<p><b>Closure</b></p>