



NEW PARTNER!!

DEPARTMENT OF HUMAN SERVICES

The Department of Human Services (DHS) brings together a range of services, funding and policy responsibilities which together support fairness, opportunity and choice for all South Australians.

DHS has lead responsibility on behalf of the South Australian government in the areas of disability; early intervention to support health, safety and wellbeing of children; youth justice; domestic violence ; screening services and disaster recovery. The department also provides a wide range of grants to community organisations and concessions. DHS has lead policy responsibility in relation to women, youth and volunteers.

<https://dhs.sa.gov.au>

OUR PARTNERS

PLATINUM



GOLD



University of
South Australia



SILVER



Government of South Australia
Department for Education



Government of
South Australia

Women's and Children's Health Network



Women and Kids

BRONZE



HDA Co-CONVENOR MOVES TO FLINDERS UNIVERSITY *PREGNANCY HEALTH AND BEYOND*

Professor Claire Roberts, one of the newest Matthew Flinders Fellows, has brought her 'Pregnancy Health and Beyond' research team to Flinders University. Professor Roberts' team is at forefront of potentially ground breaking research into major pregnancy and infant development complications, including a focus on the fetal sex differences in pregnancy outcomes and in the transcriptome (genome wide gene expression by RNA sequencing) of the placenta.



Back (left to right): Dr Tanja Jankovic-Karasoulos, Melanie Smith, Dr Anya Arthurs and Dr Qianhui Wan. Front: Dr Shalem Leemaqz, Professor Claire Roberts and Dylan McCullough from the Pregnancy Health and Beyond research team at Flinders University.

Professor Roberts is a placental biologist and pregnancy researcher of long standing and is Fellow of the Society for Reproductive Biology, President of the International Federation of Placenta Associations and Co-Convenor of Healthy Development Adelaide. She is an inaugural NHMRC Leadership Fellow, having been awarded an Investigator grant in last year's round. She previously led the Pregnancy and Birth Theme as Deputy Director of the Robinson Research Institute at the University of Adelaide. As Director of the Pregnancy Health and Beyond Laboratory, her research team is exploring a wide range of important projects to improve and safeguard the future of mothers and babies in women's and children's health.

"Major pregnancy complications are surprisingly common and affect about 25% of the greater than 300,000 Australian women giving birth each year," Professor Roberts says. "Not only do they compromise the health of the mother and/or her baby but they also predict their lifelong health. Thus pregnancy provides an opportunity to identify women and children who would benefit from primordial prevention of hypertension, type 2 diabetes, stroke and other non-communicable diseases."

In June, Professor Roberts with SAHMRI / University of Adelaide Robinson Research Institute and colleagues in New Zealand, Ireland and England, published new research in the Medical Journal of Australia. The new research found that using cannabis during pregnancy could be bad for the baby.

The paper, 'The deleterious effects of cannabis during pregnancy on neonatal outcomes' (2020) by LE Grzeskowiak, JA Grieger, P Andraweera, EJ Knight, S Leemaqz, L Poston, L McCowan, L Kenny, J Myers, JJ Walker, GA Dekker and CT Roberts (DOI: 10.5694/mja2.50624) was based on responses from a study involving 5610 women with low-risk pregnancies for infant birth weight and length, head circumference with gestational age and severe neonatal morbidity or mortality.

As part of Screening for Pregnancy Endpoints (SCOPE) study (2004-2011), participants from Adelaide, Auckland, Cork, Leeds, London & Manchester at 14-16 wks of pregnancy were screened for self-reported cannabis use. In total group, 314 (5.6%) reported using cannabis in the 3 months before pregnancy or during their pregnancy. Of these women, 97 (31%) stopped using it before pregnancy & 157 (50%) stopped during first 15 wks of pregnancy, while 60 (19%) were still using cannabis at 15 wks. Compared to babies of mothers who didn't use cannabis before or during pregnancy, infants of those who still used it at 15 weeks had smaller birth weight, head circumference & length, & born at earlier gestational age.

"I think our work on fetal sex differences in pregnancy outcomes is one of the most exciting parts of our research at the moment," she says. "I gave a talk online in American Diabetes Association Virtual conference (was to be in Chicago with 16,000 delegates) entitled 'Fetal Sex Influences Maternal Diabetes Risk and Pregnancy Complications'. "With North American collaborators, I have just submitted an expression of interest for a grant in the USA on "Sex differences in early development underlie sex differences in Autism Spectrum Disorder" for which my group will examine sex differences *in utero* in placenta, in maternal adaptations to pregnancy that occur in response to hormones secreted by the placenta into the mother's bloodstream, and pregnancy complications associated with autism spectrum disorder."

A new SCOPE study publication, 'Sex-and growth-specific characteristics of small for gestational age infants: a prospective cohort study' (2020) by ER van der Vlugt, PE Verburg, SY Leemaqz, LME McCowan, L Poston, LC Kenny, J Myers, JJ Walker, GA Dekker and CT Roberts has just been published in *Biology of Sex Differences* (2020) DOI: 10.1186/s13293-020-00300-z

QUEEN'S BIRTHDAY HONOURS FORMER HDA CO-CONVENOR



Professor Caroline McMillen, Chief Scientist for South Australia, has received an Officer of the Order of Australia (AO) for her “distinguished service to medical science, and to tertiary education, to the community of South Australia, and to social equity”.

As a medical and health researcher, Professor McMillen is internationally recognised for her work into the impact of the nutritional environment before birth on the risk of developing cardiovascular and metabolic disease in adult life. She is an esteemed leader in the higher education sector in Australia, having dedicated more than 30 years to higher education, and has held leadership roles across research, innovation and teaching.

HDA MEMBER NEWS



Congratulations to our HDA Co-Convenor,
A/Professor Carol Maher

The International Society of Behavioral Nutrition and Physical Activity (ISBNPA) 2020 Award winner.

Commendation for Research Excellence
Carol Maher, and Team for their work on the
'Active Team' project (UniSA)

Congratulations to our members who have been awarded funding in the Medical Research Future Fund (MRFF)

Professor Michael Davies (Robinson Research Institute, University of Adelaide) for being awarded more than \$3 million to investigate the early origins of congenital heart defects. The grant will identify pre-disposing conditions and potentially modifiable factors that can substantially reduce the risk of congenital heart defects. **See the University of Adelaide media release on page 13.**

A/Professor Leonie Heilbronn (Robinson Research Institute, University of Adelaide), Dr Amy Hutchison, John Hawley and Evelyn Parr (Australian Catholic University), Brooke Devlin and Leah Brennan (La Trobe University) received \$1,012,420 for 'Time restricted EATing to reduce the risk of developing type 2 diabetes (TREAT)' to assess if restricting eating to fixed timeframes will reduce risk for diabetes and cardiovascular disease in people with obesity.

A/Professor Lisa Smithers (School of Public Health, University of Adelaide), **Professor Gustaaf Dekker** (Robinson Research Institute, University of Adelaide), **Professor John Lynch** (School of Public Health, University of Adelaide), Lyle Gurrin (University of Melbourne), Stefanie Schurer (University of Sydney), Josephine Telfer and Elizabeth Hoon (University of Adelaide) were awarded \$987,208 for 'A pragmatic randomised controlled trial to test whether incentives and carbon monoxide monitoring help pregnant women quit smoking' to establish a clinical trial with the community to test interventions to reduce smoking rates during pregnancy.

HDA WOMEN'S EXCELLENCE IN RESEARCH AWARD 2020 WINNER



Congratulations to Dr Kylie Dunning, our HDA Women's Excellence in Research Award 2020 winner.

Dr Kylie Dunning leads the Reproductive Success team within the Robinson Research Institute and the Australian Research Council (ARC) Centre of Excellence for Nanoscale BioPhotonics (CNBP) at the University of Adelaide.

Dr Kylie Dunning has made a distinguished, internationally renowned contribution that spans ovarian follicle development, oocyte (egg) maturation and preimplantation embryo development. Her research incorporates an interdisciplinary focus utilising novel biophotonic tools and imaging platforms to understand the mechanisms underpinning healthy oocyte and early embryo development.

By combining insights in cell-cell interactions and metabolic requirements of oocytes and early embryos under normal physiological conditions, her work has led to improved in vitro oocyte and embryo production methods.

Her research is now focused on combining her knowledge of cell metabolism, a pathway altered in aneuploid (chromosomally abnormal) embryos, together with advanced optical approaches to understand, for the first time how chromosome mosaicism in the early preimplantation embryo impacts child health.

HDA SCHOLARS 9TH COHORT, 2020

Healthy Development Adelaide (HDA) and the Channel 7 Children's Research Foundation (CRF) PhD Excellence Award winners for 2020

We thank the CRF for its ongoing financial support of the PhD Excellence Award and its partnership of 13 years helping HDA to foster research excellence and career development in South Australia. The successful applicants will each be receiving \$5,000 per annum for 3 years to augment their scholarships.



Leanne Winner is a PhD candidate
Childhood Dementia Research Group
College of Medicine and Public Health, Flinders University.

Identification and validation of non-invasively sourced biomarkers of central nervous system disease in childhood-onset dementia (Sanfilippo syndrome)

Leanne's research project aims to identify proteins that track the progression of childhood-onset dementia which can be used to predict disease trajectory in children diagnosed with the syndrome.



Susan Smith is a Registered Nurse/Midwife and PhD candidate
College of Nursing and Health Sciences, Flinders University.

An exploration of vaccine hesitancy in pregnancy and parenting

Susan's research project will explore the process whereby pregnant women and parents become vaccine refusers.

Accelerating medical innovation



Multiple projects are now under way at Flinders University, leveraging our Care, Health and Medical strengths across the spectrum of bench to bedside research - from the laboratory to the hospital bed, as well as deep within the community.

At the time of writing, eight new projects had been funded through the Flinders Health and Medical Research Institute (FHMRI), including the further refinement of diagnostic tools, the development of antibiotic strategies for reducing the duration of invasive mechanical ventilation, and the creation of 3-D printed facial guards to protect frontline workers. Many more important projects - from the medical to the psychosocial are also seeking funding.

Pivotal to all of this research is the creation of **FORCE: the Flinders cORonavirus Collective**, a collaboration between the University and Southern Adelaide Local Health Network (SALHN), bringing together clinical and research expertise across Adelaide to establish a South Australian COVID-19 virtual patient registry and biobank.

This platform collates information on all South Australians who tested positive for COVID-19 and is an essential resource for researchers. It will enable the rapid generation of local knowledge, while providing an evidence basis for the characterisation of COVID-19 in South Australia—including spread, severity and survival—also adding to national and global understanding of the virus.

Professor Claire Roberts, Matthew Flinders Fellow in the College of Medicine and Public Health, heads up the team responsible for managing FORCE. “Because we know so little about this virus, we need to go right back to basics. One of the aims of the registry is to characterise people who have had mild or severe disease, compared to those who have died,” she says.

COVID-19 has galvanised health organisations and governments like never before to respond quickly and collaboratively to this global threat.

To read the full story go here <https://www.flinders.edu.au/giving/give-to/give-to-the-annual-appeal/accelerating-medical-innovation>

HDA SCHOLAR NEWS - JOYCE HADDAD

WHO INTERNSHIP



Between the 17th of February and 31st of July, 2020, I interned in the Department of Nutrition and Food Safety (NFS), in the division of Multisectoral Action on Food Systems (AFS) at the World Health Organization (WHO) in Geneva, during the COVID-19 pandemic.

It didn't take more than a day at WHO to realise the internship would have me working very long hours and taking ownership of many tasks. My first task was to draft the section on Action Area 4 (Trade and investment) of Nutrition Decade Mid-Term Review Foresight paper. First, I'd never been interested in reading or learning about trade and investment, so I

had to learn these basics from ground zero. Second, UN language was brand new to me, so I had to learn that too. Despite the many times I felt like the internship was going to be difficult, not once did I feel like I was a nuisance; I felt like I was there to learn. The first week taught me that it is OK to know less than those around me. My supervisor, Lina, gave me support, which gave me the confidence I needed.

Through all the hard tasks I was given – from navigating online communities, drafting and reviewing internal and external reports covering multiple topics, speaking in meetings, drafting technical emails and speaking points for our department Director or even our Director-General, Dr Tedros (!), I was made to feel that every move I made was important. I made many mistakes, but I just had to acknowledge what I'd done, and ask how to do it better next time. This support helped transform my work.

When I started to get into the swing of the work and had met most people in the department, I got a sense of their differing personalities. I really enjoyed learning how to communicate with different people. I had never been in such a 'hierarchical' structured environment – so that was really interesting but challenging as I am someone who is willing to knock on any door. As I interacted with everyone – interns, consultants, technical officers, unit heads and directors – I could see my strengths as a flexible communicator and someone who can adapt to many different situations.

When COVID-19 lockdowns struck by March 16th, it was a rollercoaster ride. The first few weeks of teleworking were absolutely manic, as we had to develop a departmental COVID-19 working group, to manage the asks of public nutrition within the context of the pandemic. March challenged me both personally and professionally – as I was still learning about the processes at WHO, establishing relationships with colleagues, while also learning to be indoors all day! Nonetheless, I couldn't complain about anything. I always thought to myself, "it could be worse – I'm working at WHO during a pandemic – and I am contributing to public health like no one ever has before".

To maintain the same level of work that was expected before the pandemic, while still establishing new working ways and staying ahead of the COVID-19 work was demanding. As time passed, however, this work became more manageable, despite the very long working hours. Contributing to the management of this work and the team members was a great privilege.

Although much of the work I had done pre-pandemic could not be used, due to cancelled conferences and events, I found it hard to be disappointed, due to the knowledge I gained from doing these tasks. This also allowed me to remember what I need to keep working on, for example, having more patience and taking my time to undertake tasks, and expecting/ accepting that everything will take longer than originally planned.

I am mostly grateful for the communications and networking experiences. Communicating nutrition is my true calling – and the ability to work on so many media projects, with so many different people around the world, was really the highlight. I leave this experience with the knowledge that the world is not as easily "fixed" as I once thought it would be. As I now return to my PhD, I will need to consider where I want to put my energy for a better world while assessing every opportunity I get, and balance out the trade-offs. To me, there is no longer 'good' or 'bad' in the world, there is just better and worse – and I will always endeavour to go for better. We need better leadership, for better nutrition, for a better world. I came into WHO thinking I will learn everything about public health and nutrition, but I have come out realising how much knowledge I am yet to gain. I look forward to the never-ending challenge of learning.

Joyce Haddad, College of Nursing and Health Sciences, Flinders University

HDA RESEARCH MEMBER PROFILE - SHANNA HOSKING ROBINSON RESEARCH INSTITUTE, UNIVERSITY OF ADELAIDE



I am a first year PhD student in the Faculty of Health and Medical Sciences at the University of Adelaide. I completed my honours degree in 2019 under the supervision of Dr Alison Care, Prof Sarah Robertson and Dr Lachlan Moldenhauer. I chose to continue my work as a PhD student under the same supervisory team in 2020. I am funded by a Westpac Future Leaders Scholarship and an RTP from the Australian Government.

My research focuses on immune cell regulation of vascular function in fetal and placental development. Preeclampsia affects 2-8% of pregnancies worldwide and leads to significant morbidity and mortality for women and their infants. Preeclamptic pregnancies also result in an increased risk of developing cardiovascular disease for women and their offspring. Early-onset preeclampsia (PE), is more severe than its late-gestation counterpart, and is associated with abnormal placentation and impaired spiral artery remodelling, often resulting in fetal growth restriction (FGR).

Regulatory T (Treg) cells are a specialised T cell subset with key roles in modulating inflammation, which are deficient in many women with PE. These anti-inflammatory immune cells are essential for maternal tolerance towards the fetus, whereas inflammatory immune cell types such as Th1 and Th17 cells can promote rejection. A deficiency of Treg cell numbers or inadequate anti-inflammatory function during pregnancy can result in the development of pregnancy pathologies stemming from placental insufficiency, like preeclampsia, which impacts fetal development and life-long health of the mother and her offspring (Developmental Origins of Health and Disease).

My research focuses on the complex interactions of immune cells during gestation to support the cardiovascular adaptations required to support healthy fetal and placental development. Overall our research points to the maternal immune system as an underlying mechanism that would be amenable to interventions to boost child health and developmental outcomes.

AUSTRALIAN PLANETARY HEALTH NETWORK



Are you interested in the links between human and environmental health?

Do you often think about the ways in which human health is impacted by environmental issues?

Perhaps you have heard of the term '**Planetary Health**' before, or this may be a new concept to you.

Planetary Health is an emerging field which is focused on characterising the human health impacts of human-caused disruptions to natural environmental systems. Planetary Health is relevant to individuals in the fields of public health, medicine and allied health, ecology and the environment, architecture and urban planning, and many more.

If this sounds like a field which interests you, we encourage you to check-out the **Australian Planetary Health Network (APHN)**. The APHN was founded as part of an ambassador program run by the Planetary Health Alliance (co-housed by Harvard T.H. Chan School of Public Health and Harvard University Center for the Environment). The goal of APHN is to create awareness of Planetary Health in Australia through education, advocacy, and collaboration. For example, we plan to run a series of webinars in second half of 2020 which highlight some Planetary Health topics and experts in Australia.

You don't have to sign-up to get involved, you can simply follow our activity online (Twitter @aus_phnetwork) or send us an email (aus.phnetwork@gmail.com) if you would like to be kept up-to-date with the network's activities. We look forward to connecting with you and continuing to promote Planetary Health in Australia!

Tassia Oswald, PhD student, School of Public Health, University of Adelaide.

Member of the *Planetary Health Alliance* 'Campus Ambassador Program', Harvard University in Boston, U.S.A.

RELATIONSHIPS AUSTRALIA (SOUTH AUSTRALIA)

How can families grow together in a time of change?

Strong, positive relationships with our families help us to feel supported. Having people around us to encourage us can help us manage stress and maintain our wellbeing, especially during these difficult times.

With social distancing and isolation, it's easy to feel disconnected from your family. Unless they are isolating with you, which can bring its own stresses. Supporting children through this time can also be challenging. Family is the place where we share the load, in good times and bad ones.

Nurture your family in a time of change by:

- Staying connected with family online or by phone
- Spending time with children talking about what is happening
- Maintaining family routines as much as possible
- Having fun together and building positive memories
- Being patient with each other as changes unfold
- Allowing family members to have quiet time and/or time for work
- Embracing opportunities to do things differently
- Encouraging and supporting each other
- Actively listening to each other

Read more on family support and access other resources. Do you need some extra support?

We can help. Go to <https://www.rasa.org.au/locations/>

NEW NATIONAL CHILDREN'S COMMISSIONER APPOINTED



The Morrison Government has announced the appointment of Ms Anne Hollonds as the new National Children's Commissioner.

Ms Hollonds is currently the Director of the Australian Institute of Family Studies and replaces Australia's inaugural Children's Commissioner, Megan Mitchell, who served in the role for seven years.

As Children's Commissioner, Ms Hollonds will promote discussion and awareness of issues affecting children; conduct research and education programs; consult directly with children and representative organisations; and examine Commonwealth legislation, policies and programs that relate to children's human rights.

Child Development Council

Five interactive data snapshots of children and young people in South Australia are now available on the Council's website.

- The health snapshot shows the proportion of fully immunised 5 year olds.
- The safety snapshot shows the proportion of young people aged 15-19 years who were not at all concerned, slightly concerned, very concerned or extremely concerned about their personal safety.
- The wellbeing snapshot indicates the proportion of Year 4 to Year 10 students who reported feeling optimistic about life.
- The education snapshot shows the proportion of 15 year olds who met or exceeded the national proficient standard in PISA mathematical literacy.
- The citizenship snapshot indicates the proportion of young people aged 15-19 years who reported not feeling at all concerned, slightly concerned, very concerned or extremely concerned about financial security.

Further information at <https://childrensa.sa.gov.au/>

COMMISSIONER FOR CHILDREN AND YOUNG PEOPLE SA REPORT - OFF TO WORK WE GO

Reports launched focussed on careers education for South Australian school students.

I initiated the project after hearing from many young people how worried they are about what skills they will need to ensure they can find work. Many young people told me that their limited knowledge about the 'future of work' is having a detrimental impact on the decisions they need to make now. These conversations prompted me to examine careers advice young people receive at school, and to work with them as well as with parents and carers, career advisors and business owners, to identify the barriers and challenges that currently exist.

Their key recommendation is that they need a single trusted source of information and advice focussed on the South Australian employment situation that identifies trends and growth areas. This online resource would help to ensure that the pathways from school to the world of work are clear and that everyone, including business and industry is supporting our young people to be future work ready in the ways they have told us they need.

The major report in the series titled – **Off to Work We Go** examines what young South Australian school students (aged 12 – 18 years) recommend be done to improve their prospects of being future work-ready. Two companion reports – **Spotlight on Parent/Carer Careers Advice** and **Spotlight on Work Experience** cover the perspectives of parents and carers, business owners, and school career educators.

Go here to read the reports <https://www.ccyp.com.au/ccyp-reports/>

I look forward to hearing any feedback you may have on any of these reports and welcome any ideas to progress the overall aim of building a more responsive 'careers education ecosystem' across South Australia; one that brings the efforts of all stakeholders together.

Thank you in advance for taking the time to read each of the reports.

Helen Connolly
Commissioner for Children and Young People
South Australia

Complete this survey on 'Sleep Literacy in Australian Health Professionals'



If you are a fully qualified medical practitioner, nurse, psychologist, social worker, occupational therapist, pharmacist or dentist working in Australia, you are invited to participate in this research study, which aims to survey knowledge, practices, and attitudes towards sleep in Australian Health Professionals.

Inadequate sleep is a significant public health issue. A recent parliamentary report (Bedtime Reading) recommended that the Australian government assesses the sleep knowledge of health professionals, and develops effective training mechanisms to improve the knowledge of primary healthcare practitioners in diagnosing and

managing sleep health problems.

Participants will gain access to a sleep toolkit, which may assist with the management of sleep in their clinical practice. Please share within your networks.

To participate in the study, visit http://uwa.qualtrics.com/jfe/form/SV_9vqPKwckURT4YpD

For more information please contact the Chief Investigator Dr Cele Richardson at +61 8 6488 3141 or cele.richardson@uwa.edu.au.

COMMISSIONER FOR CHILDREN AND YOUNG PEOPLE SA REPORT - REFLECTIONS ON COVID-19

On 26 June, I released *Reflections on COVID-19*, a report in which South Australian young people reflect in their own words on the impact the coronavirus has had on their world and their futures.

The next 12 months presents some serious challenges and opportunities that as a community we have not experienced before. The social and economic fallout from COVID-19 has and will continue to have far-reaching impacts across every part of our lives.

As an advocate mandated to represent the rights, interests, and wellbeing of children and young people, I invited young people to share their experiences with me. I think you will find their reflections insightful and hope that as leaders, decision-makers, and interested stakeholders, you will take the time to read and consider what young people believe should be our priorities through the recovery period.

For the full report go to <https://www.ccyp.com.au>

Helen Connolly
Commissioner for Children and Young People South Australia
Email: CommissionerCYP@sa.gov.au

COMMISSIONER FOR ABORIGINAL CHILDREN AND YOUNG PEOPLE SA

New website - Commissioner for Aboriginal Children and Young People SA

The Commissioner is empowered to undertake a range of functions related to Aboriginal children and young people and is the only independent body created solely to promote the rights, development and wellbeing of Aboriginal children and young people within South Australia, at a systemic level – this includes developing culturally safe and informed strategies and promoting Aboriginal voice with regard for the safety and wellbeing of all Aboriginal children and young people.

Find out what matters to Aboriginal children and young people, their families and their communities.

<https://cacyp.com.au>

April Lawrie
Commissioner for Aboriginal Children & Young People

Families in Australia Survey: Life during COVID-19

Report no. 1: Early findings authored by Kelly Hand, Jennifer Baxter, Megan Carroll, Mikayla Budinski
Report – July 2020

Key Findings:

- The proportion of people always working from home rose from 7% before COVID-19 to 60% during it.
- Before COVID-19, 30% of families used parent-only care. That rose to 64% of families during COVID-19.
- While parents worked from home, 40% always or often 'actively' cared for children during work.
- Almost half (43%) of respondents reported they or their partner had lost employment, reduced hours or wages. However 65% reported no real change to their personal income.
- Young adults were disproportionately impacted by the economic downturn, being almost four times (15% vs 4%) more likely to ask for help from government or NGOs.

To read the publication go to <https://aifs.gov.au/publications/families-australia-survey-life-during-covid-19>

EARLY LEARNING MATTERS WEEK 2020

3-7 AUGUST

From 3 to 7 August, early childhood educators, parents, carers and community leaders around Australia will come together (online) to raise awareness and understanding of the importance of early learning.

High-quality early education and care supports children to be confident, enthusiastic learners, building a foundation for wellbeing and achievement throughout their lives.

There are lots of ways to participate in Early Learning Matters Week 2020. You might want to:

- **share photos** of how you foster children's learning or support early learning and care services
- **post a message** about why early learning matters to you
- **talk to educators and teachers** about early learning in your family or your community.

For more suggestions on how to celebrate Early Learning Matters Week go here

<https://www.earlylearningmatters.org.au/>

NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER CHILDREN'S DAY

National Aboriginal and Torres Strait Islander Children's Day on 4 August.

Explore the new Children's Day website.

Developed by SNAICC – National Voice for Our Children in partnership with Aboriginal digital agency Ngakkan Nyaagu, the online portal provides children, families and early childhood educators with resources, activities and ideas to help you learn about and celebrate Children's Day.

Embrace Children's Day 2020 and find innovative ways to mark this special day, whether at your early years service, school or with your family at home.

<https://aboriginalchildrensday.com.au>

Child Development Council

'Living in Limbo' How COVID-19 is impacting young people in Australia

UNICEF Australia spoke to more than 1,000 young people aged 13-17 years from both regional towns and capital cities about how coronavirus has impacted them.

Designing Child-Friendly High Density Neighbourhoods

If we are serious about ensuring that higher density neighbourhoods are inclusive to families with children and that children are provided with the best possible environments for healthy and happy development, then their needs must be meaningfully considered in the design of our cities.

Making space for learning

With support, children and young people can, and do, recover from the harmful effects of trauma. This resource offers opportunities to build practical strategies which can be used to support children and young people.

Young, Willing and Able: Youth Survey Disability Report 2019

This report compares young people with disability with young people who did not have a disability in the Youth Survey 2019 and includes recommendations to promote inclusivity.

Read more here

https://childrensa.sa.gov.au/wp-content/uploads/2020/07/CYP-Matters-Issue3_2020.pdf

PARTICIPANTS NEEDED: RESEARCH STUDY ON MEASURING FOLIC ACID IN PREGNANT WOMEN



A Research Study on Measuring Folic Acid in Pregnant Women

Lead Doctor: Dr Karen Best, South Australia Health and Medical Research Institute (SAHMRI)

Ethics Committee: This study has been reviewed and approved by the Women's and Children's Health Network Human Research Ethics Committee

Funding: This research funded by the Women's and Children's Hospital Foundation, Research Project Grant

Who Can Participate?

- Pregnant women carrying one baby who are less than 16 weeks pregnant
- Must be taking folic acid supplements or multivitamins with folic acid and planning to continue to take them throughout the pregnancy.
- Able to attend 1 study visit at one of our research clinics or receive a home visit.

Why Participate?

- You will get multivitamins throughout your pregnancy at no cost.
- We will reimburse you \$25 each time you attend the hospital or clinic for a study visit.
- You may be helping other pregnant mothers in the future.
- You will be helping to advance medical research.

Please note: This study is enrolling participants remotely which means having no face to face contact. The study team only will have face to face contact with the participants upon the completion of the study (during the 36th week of gestation).

For further information <https://trialfacts.com/tf234-folic-acid-study/>

Help your child achieve a healthy balance in their online and offline activities.

The **eSafety Commissioner** has a range of helpful advice and resources for parents and carers, including managing screen time and online gaming.

How much is too much?

There is no magic figure. The right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine.

It can be easy to focus only on the clock, but the quality and nature of what they are doing online, and your involvement, are just as important.

Consider your child's screen use in the context of their overall health and wellbeing. For example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.

Find out more here <https://esafety.govcms.gov.au/parents/big-issues/time-online>

\$3 MILLION FOR CONGENITAL HEART DISEASE RESEARCH

Media Release - 5 June, University of Adelaide



More than \$3 million has been awarded to the University of Adelaide's Robinson Research Institute to identify the predisposing conditions and potentially modifiable factors that can substantially reduce the risk of congenital heart defects.

The funding is from the Federal Government's Medical Research Future Fund's (MRFF) Cardiovascular Health Mission to boost research into heart disease and stroke.

Each year in Australia, it is estimated 2,400 babies are affected with congenital heart disease. People with complex and severe congenital heart disease require specialist treatment throughout their life.

Professor Anton Middelberg, Deputy Vice-Chancellor (Research) says the University of Adelaide's Robinson Research Institute is internationally recognised for excellence in research in the fields of fertility, pregnancy and child health.

"This funding will allow further critical research on understanding the range of factors that contribute to congenital heart defects affecting the lives of many children," Professor Middelberg said.

"This research will lead to a much better understanding of congenital heart defects, and ultimately help with prevention strategies, earlier detection and improved outcomes for patients and families."

Professor Michael Davies from the Lifecourse and Intergenerational Health Research Group at the Robinson Research Institute says congenital heart defects affect the normal function of the heart, and are present at birth.

"We will examine the factors, that together with genetics, can affect the maternal environment prior to and during pregnancy," Professor Davies said.

"This will help us discover what alters the earliest stages of human development, particularly through the cardiovascular system, that can lead to developmental anomalies in future generations.

"We are using a whole of population approach and have assembled a census of all births in South Australia from 1986 to 2015 that have been linked to the births defect registry, routine medicines prescribed around the time of conception, and targeted interventions for infertility that may alter fetal development."

The research group will identify what contributes to congenital heart defects ranging from maternal pre-existing factors such as age, BMI, chronic disease; the emergent diseases in pregnancy such as preeclampsia and diabetes; the use of prescription medicines known or suspected to have a role in congenital anomalies; and the medical interventions associated with the risk of congenital heart defects such as twin pregnancies from IVF, and ovulation induction drugs used to improve fertility.

"We will also link in routine educational data to assess accompanying intellectual development for affected children using standardised assessment tools such as NAPLAN and the Australian Early Development Index, and compare all results with international population groups in Canada and the USA," Professor Davies said.

"This research will lead to a much better understanding of congenital heart defects, and ultimately help with prevention strategies, earlier detection and improved outcomes for patients and families."

Only one fifth of school students with disability had enough support during the remote learning period

The Conversation
24 July

Only 22% of family members and carers of students with a disability agreed they had received adequate educational support during the pandemic. Many respondents in our new research, and survey, on behalf of Children and Young People with Disability Australia (CYDA) reported being forgotten in the shift to remote learning, or being the last group to be considered after arrangements had been made for the rest of the class.

Read more at <https://esafety.govcms.gov.au/parents/big-issues/time-online>

COVID GRANT SUPPORTS LITERACY RESOURCES FOR CHILDREN WITH DEVELOPMENTAL DISABILITIES

Media Release - 23 June, Flinders University

The COVID-19 pandemic has led to disrupted attendance at schools and clinics for many children with developmental disabilities.

A Caring Futures Institute team of researchers led by Professor Joanne Arciuli will address this by developing a new way to support the literacy needs of children with autism, cerebral palsy, and Down syndrome.

The team will develop an online hybrid model of successful literacy program ABRACADABRA (ABRA) for children struggling with literacy due to COVID disruptions, behaviour challenges or poor instruction from the educator.

The project is funded by the Caring Futures Institute's COVID-19 grant scheme which supports research related to health or communication care needs affected by the pandemic.

Project lead and Caring Futures Institute Methodological Innovation theme lead Professor Joanne Arciuli says the pandemic has affected attendance at schools and education clinics, restricting the literacy learning opportunities available to children with developmental disabilities.

"Our project will explore caring solutions to this challenge by adapting the existing ABRA method to create a new hybrid model of telehealth activities," she says.

"It will involve an online facilitator, Caring Futures Institute Research Fellow Dr Ben Bailey, working with the child online to complete games-based literacy activities. This activity will be in addition to anything the child is learning at school or else-

where. We will also work with parents who will sit with their child and help manage behaviour during the ABRA sessions and engage with their child during additional literacy activities at home."

The research team also includes Associate Professor Pammi Raghavendra, Dr Fiona Rillotta, and award winning recent PhD graduate Dr Darryl Sellwood. New PhD student Annemarie Murphy is working on a similar project and will be invited to learn more about the research process by working with some team members.

The study will soon be recruiting participants.

ABRA was originally developed by a team at Concordia University in Canada and demonstrated enhanced literacy skills in children with autism when delivered face to face by a trained facilitator in homes and schools.

Professor Arciuli says she was first exposed to the success of the free online program when she heard about it at a conference presentation some years ago.

"I learned that ABRA had been used successfully in a study in the Northern Territory in mixed ability classrooms that included a high number of Aboriginal and Torres Strait Islander children," she says. "It has since been used with a variety of populations in many different parts of the world. Dr Ben Bailey and I have been working with ABRA and children with developmental disabilities in world-first studies over a number of years.

We see high engagement and positive effects on literacy skills. We hope our new hybrid model of ABRA delivery and home-based literacy support will address some of the disruptive effects of COVID."

Young Blood Men's Health Matters

Callum MacPherson was nominated for the SA local men's health hero for his **Young Blood Men's Health Matters** vodcast, connecting with young men around their mental health.

Young Blood is on a mission...

We're here to get young men from all walks of life to share their stories and open up about what they're really going through, because it shows we're not alone.

This platform has been created to help men better understand and express themselves by relating to and learning from the experiences of others.

By promoting the power of raw honest truth, we encourage all to share their own journeys and contribute to breaking the stigma that men don't talk about their feelings.

It also provides the women in their lives with valuable insights to help them better know the men they love.

To find out more go to <https://theyoungbloodmedia.com/>

CALL THE MIDWIFE HAS TRANSLATED FROM THE SCREEN INTO REAL LIFE

Media Release - 19 June, UniSA



Call the Midwife is one of the most loved shows on television, regularly watched by a global audience of 11 million, and if the latest evidence from South Australia is any guide, increasing numbers of pregnant women are now heeding the call. The highly successful British series is set in the 1950s, but a new paper released this month by UniSA researchers shows how midwifery is helping to shape 21st century healthcare in our own state.

Almost 20% of women in South Australia now receive antenatal care through publicly-funded midwifery-led services and 15% of women in SA give birth entirely through midwifery care.

According to Pam Adelson, lead author of a UniSA study documenting two decades of midwifery-led care in SA, the preference for midwives has more than doubled since 1998 when birth centres (BC) were first established in South Australia. It's a big thumbs up for midwives and while the three existing birth centres in Adelaide can't meet the growing demand with just 10 beds, all women are able to receive midwifery-led care throughout their pregnancy, birth and afterwards.

"6% of South Australian women give birth each year in one of the three midwifery-led birth centres in SA," Adelson says. "Even though this is higher than national average (2%), more women could opt for midwifery-led births if we adopted national recommendations to provide additional birth centres."

While the overall number of BC births has not increased, women seeking midwifery-led care throughout their pregnancy continues to grow. The preference for midwives crosses all cultures, the study finds, with women from non-English speaking backgrounds just as likely to choose a birth centre as Australian-born women.

Adelson, who is based at UniSA's Rosemary Bryant AO Research Centre, says the benefits of midwifery-led care are widely recognised, with multiple studies reporting higher maternal satisfaction, with

lower costs to health services and fewer interventions. There are also no significant differences in adverse outcomes compared to conventional births in labour wards.

"Obstetricians work collaboratively with midwives and are needed for pregnant women who have complex health needs, however for the majority of healthy women, professionally-educated midwives offer a highly valued service," she says.

"This has been especially true during the COVID-19 pandemic, which saw the cancellation of antenatal classes and restrictions to hospital clinic visits, leaving many women feeling vulnerable. Having a known midwife providing continuity of care throughout the pregnancy, birth, and afterwards, has provided a lot of reassurance to women using this service in recent months," Adelson says.

The researchers used 19 years of SA Health perinatal collection data and birth statistics in midwifery-led models of care to assess the trends and characteristics of women using these services. Women opting for midwifery-led births in BC from 1998-2016 were younger than those birthing in conventional labour wards and less likely to be having their first birth.

Obstetric complications were reported for 12 per cent of women birthing in BC compared with 35 per cent of women birthing in conventional labour wards. Most births in Australia (97 per cent) still occur in hospitals in conventional labour ward settings, with only 2.4% of women giving birth in a midwifery-led BC or at home (0.38%).

"This proportion has remained static with approximately 2 per cent of women giving birth in BC over the last 20 years in Australia. For many years, South Australia had the highest recorded proportion of BC births in the country at approximately 6 per cent, although the ACT has surpassed that figure since 2014, with a comparable figure of 7-8 per cent."

The researchers found that, on average, over the study period, 11 per cent of women in South Australia intended to give birth at midwifery-led birth centres, although only 5.9 per cent did so. The reasons included lack of available beds and complications during the course of their pregnancy.

"Nationally, the number of birth centres in Australia has decreased in the past two decades, despite women wanting more choice over their birth place.

This goes against the trend in some other countries, such as the Netherlands and the United States, where birth centres are increasing. Hopefully Australia can follow suit," Adelson says.

ABORIGINAL CHILDREN SPEAK HAWKE CENTRE EVENT, UNISA

Aboriginal Children Speak: Criminal Responsibility And The Rights Of The Child

Panel discussion: Tuesday 4 August, 6pm (ACST)

Presented by The Bob Hawke Prime Ministerial Centre, Office of the Pro Vice Chancellor: Aboriginal Leadership and Strategy and UniSA Justice and Society

The film *In My Blood It Runs* has launched worldwide with astounding engagement from all walks of life. The film follows Djuwan Hoosan, a 10 year old Arrernte and Garrwa child from the Northern Territory. In 2019, at the age of 12, Djuwan addressed the *United Nations (UN) Human Rights Council* and the *UN Committee on the Rights of the Child* calling upon the Australian Government to treat kids like him better.

Facilitated by Professor Stan Grant, our panel of experts will consider the issues explored in the film through discussion on the rights of Aboriginal children in relation to criminality, Australian and International laws, and hearing Aboriginal children speak.

Panellists include:

- The Hon Chief Justice Chris Kourakis QC, Chief Justice of The Supreme Court South Australia
- Cheryl Axleby, Chief Executive Officer, Aboriginal Legal Rights Movement
- Dr Sharon H Venne (Notokwew Muskwa Manitokan) Indigenous Rights Attorney, United Nations Rights of the Child
- Prof Irene Watson, Pro Vice Chancellor: Aboriginal Leadership and Strategy, UniSA

Please register your interest so that we can keep you up-to-date and to send you a link to view this online broadcast. <https://www.unisa.edu.au/Business-community/Hawke-Centre>

This event coincides with *National Aboriginal and Torres Strait Islander Children's Day*.

NOWHERE TO CALL HOME BRAVE, FLINDERS RESEARCH & INNOVATION SERIES FLINDERS UNIVERSITY

Nowhere to call home. Issues surrounding homelessness and its prevention

Wednesday 5 August, 6pm
Livestream

Join keynote speakers Sarah Wendt, Professor in Social Work and Director of SWIRLS; the Social Work Innovation Research Living Space, and Associate Professor Kristin Natalier, Convenor of the Inequality Research Theme as they discuss what leads women and children to experience homelessness and disadvantage, and what can be done to prevent causes of homelessness.

Australia is currently ranked 6th in the world when measured by the United Nations Human Development Indicators. However, the most recent ABS Census data in 2016 determined that more than 116,000 people were homeless. In South Australia, there are almost 6,000 people who are experiencing homelessness.

Presently the subject of an inquiry by the House of Representatives Standing Committee on Social Policy and Legal Affairs, in 2020 National Homelessness Week we ask the questions:

- Why is homelessness still such a profound issue in our 'lucky' country?
- What are young women's and children's experiences of homelessness and violence?
- Why are these particular groups considered 'the hidden homeless'?

To register go to <https://www.flinders.edu.au/research/brave-research-series>

WORDS MATTER IN CHILD MENTAL HEALTH AUSTRALIAN INSTITUTE OF FAMILY STUDIES

Words matter in child mental health

In this two-part webinar series, we will look at how to get the language of child mental health right to build a shared understanding, connect children with supports and prevent future mental health difficulties. Without this shared language and understanding between parents, communities and service providers, children may receive the support they need.

Words matter: Getting the language of child mental health right

Wednesday, 12 August 2020, 1.00pm–2.00pm AEST

Frank Oberklaid, Anthea Rhodes and Rhys Price-Robertson

This webinar will discuss the importance of language in advancing child mental health. Building on a past CFCA webinar that focused on diagnosis in child mental health, this webinar will:

- explore how mental health literacy can affect the support parents access for their children
- consider the risks and benefits of applying diagnostic labels to children
- propose a way forward for talking about child mental health.

Words matter: How to use frames effectively to advance child mental health

Wednesday, 26 August 2020, 1.00pm–2.00pm AEST

Nat Kendall-Taylor, Annette Michaux, Vicki Leone and Victoria Parker

This webinar will explore better ways of talking about child wellbeing. Building on a past CFCA webinar that looked at how to talk about parenting with parents, this webinar will:

- review what works when framing child wellbeing
- explore using frames when working with families and in communicating research to influence policy
- share how one community has been reframing child development to improve parental engagement and outcomes for kids.

For more info or to register go to <https://aifs.gov.au/cfca/events/words-matter-getting-language-child-mental-health-right>

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We aim to promote, facilitate and enable multidisciplinary research to advance understanding of healthy development, ensuring the physical, psychological and social health of infants, children and adolescents.