# HELP Reads

ARNING RSHIP

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# HUMAN DEVELOPMENT RESEARCH REVIEW



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#### HUMAN DEVELOPMENT RESEARCH REVIEW: AIMS AND SCOPE

HELP's Human Development Research Review (*HELP Reads*) aims to expand awareness of topics in human development, including social and emotional learning, social and environmental determinants of health, child care, and more. *HELP Reads* connects health academics, advocates, and professionals with online and publicly available research, news, and information. This review focuses on listing articles relevant to human development research activities at HELP. This review is not official or peer reviewed. It does not cover all research, news, and information, and HELP is not responsible for the accuracy of the content from media or



databases. Not all links are open access; some are abstract links where paid journal subscription is required. HELP Reads is posted monthly  $\underline{\text{here}}$ .



# **EDITOR PICKS**

#### Supporting students in times of change.

BC Ministry of Education and Child Care, in collaboration with Open Parachute

"The goal of this resource is to support educators and school staff in guiding students through major life transitions."



# Language matters! Understanding mental health and substance use: a resource for families and school communities

BC Ministry of Education and Child Care, BC Children's Hospital

"This resource is designed to help parents, guardians and caregivers of school-age children (ages 5-11) and youth (ages 12-18) learn more about common language and concepts on mental health and substance use."



# Language matters! An introductory guide for understanding mental health and substance use: a resource for educators and school communities.

BC Ministry of Education and Child Care, BC Children's Hospital

"This introductory resource on mental health and substance use for school communities aims to facilitate conversations, build common understandings, and support practice."



# The Social Connection Toolkit Help us build greater social connection for youth.

Capturing Health and Resilience Trajectories (CHART) Lab, Simon Fraser University

"We're developing a toolkit of strategies and initiatives that foster social connectedness in school communities. We are calling on educators, health professionals, community leaders, and researchers to share your ideas."



#### 2024 Australian Early Development Census (AEDC) National report.

"Around 300,000 children are included in each collection of the AEDC, totalling over 1.7 million children since the AEDC beaan."



#### Australian Early Development Census (AEDC) Key findings 2024.

"The percentage of children developmentally vulnerable has increased across all five AEDC domains in 2024."





# **EDITOR PICKS**

Mental health disorders among children with special health needs: A population-based cohort study using linked administrative data from Manitoba, Canada.

Anne Gadermann, Associate Professor, HELP, School of Population and Public Health, University of BC, and co-authors

"The study highlights important kindergarten predictors of future mental health disorders in children, which should be used to inform preventive and supportive...."



An exploration of Canadian elementary and secondary teachers' experiences, perceptions and responses to identity-based bullying.

Shelley Hymel, Professor, Faculty of Education, UBC, and co-authors

"This study explored how frequently teachers witness various forms of Identity-based bullying; how often students report IBB to them; and teachers' perceptions....



The association between local public health unit funding and adolescent mental health during the COVID-19 pandemic: longitudinal findings from the Ontario Public Health Information Database (OPHID) and COMPASS studies.

"Trajectories of adolescent depression symptoms, particularly females, during the COVID-19 pandemic may have been modified by the level of Public Health Unit funding."



Language improves health and wellbeing in Indigenous communities: a scoping review.

Mark Turin, Associate Professor, UBC, and co-authors

"Recommendations for harnessing the healing effects of language include increasing tangible support to language programs, delivering linguistically tailored health care, and advancing knowledge through community-engaged research and education."



Portrait of youth in Canada: data visualization tool: statistics for Indigenous youth populations (15-34).

Statistics Canada

What matters to Canadian youth; A portrait of Canadian youth. Canada's first....



Restoring trust: Indigenous-led research as a path to health equity.

Canadian Institutes of Health Research

"Indigenous populations in Canada experience higher rates of heart disease, diabetes, and mental illness, compared with the general population. The increase in non-communicable diseases among Indigenous populations can be traced to the loss of traditional diets and lifestyles, as well as the legacy of colonial institutions."





# HUMAN DEVELOPMENT RESEARCH REVIEW

# **HELP FACULTY and AFFILIATE** (selected publications)

- Capturing Health and Resilience Trajectories (CHART). The social connection toolkit. Help us build greater social
  connection for youth. Burnaby, BC: CHART; 2025. Available from: <a href="https://chartlab.ca/social-connection-toolkit/?mc">https://chartlab.ca/social-connection-toolkit/?mc</a> cid=ea0417c629&mc eid=04816d6ac3.
- Enns JE, Reid-Westoby C, Detillieux GR, Brownell M, Nickel NC, Gadermann A, et al. Mental health disorders among children with special health needs: A population-based cohort study using linked administrative data from Manitoba, Canada. PLoS One. 2025;20(6):e0326672. Available from: https://doi.org/10.1371/journal.pone.0326672.

#### HELP RESOURCES, MEDIA

- 1. Head J. A new study is monitoring 40,000 kids for the next decade to help improve child-health outcomes 3 days ago. CBC News. 2025 07 03. Available from: <a href="https://www.cbc.ca/player/play/video/9.6819388">https://www.cbc.ca/player/play/video/9.6819388</a>.
- 2. Shirra. **Risky Play for Kids: The Surprising Benefits We Shouldn't Ignore**. 2025; Available from: <a href="https://getthekidsoutside.com/risky-play-for-kids/">https://getthekidsoutside.com/risky-play-for-kids/</a>.

#### 1. CHILD DEVELOPMENT

- 1.i. General, Cognition
- 1.ii. Communication, Language. Literacy
- 1.iii. Socioemotional Learning, Other
- 1. Kroeff CR, Bernardi JR, Da Silva CH, Valentini NC, Goldani MZ, Bandeira DR. Maternal Stress and Child Development: The Moderating Role of Interactive Shared Reading. Int J Environ Res Public Health. 2025;22(6):916. Available from: https://www.mdpi.com/1660-4601/22/6/916.
- 2. Schwartz C, White O, Barican J, Tang J, Waddell C, Thomson K. **Treating childhood anxiety disorders**. Vancouver, BC: Children's Health Policy Centre, Faculty of Health Sciences, Simon Fraser University; 2025 2. Available from: https://childhealthpolicy.ca/wp-content/uploads/2025/04/RQ-19-25-Spring.pdf.



#### 2. CHILD CARE, EDUCATION, PARTNERSHIPS

#### 2.i. Connections, Hubs, Partnerships

Hole R, Hockman L, Humphreys T, Sterling-Bur S, Robinson R, Duffield E, et al. The Family Voices Project:
 Helping Shape the Future of CYSN Services. Report of Community Engagement. Vancouver, BC: Family
 Support Institute and UBC Canadian Institute for Inclusion and Citizenship; 2024 Dec. Available from:
 <a href="https://familysupportbc.com/wp-content/uploads/2025/02/Family-Voices-Project\_PLAIN-LANGUAGE-SUMMARY.pdf">https://familysupportbc.com/wp-content/uploads/2025/02/Family-Voices-Project\_PLAIN-LANGUAGE-SUMMARY.pdf</a>.

#### 2.ii. Initiatives, Interventions

- Buckhalt JA. Are Early School Start Times Harmful for Kindergarteners? Two recent studies investigate the impact of early school start times. Psychol Today. 2025. Available from:
   <a href="https://www.psychologytoday.com/ca/blog/child-sleep-from-zzzs-to-as/202507/are-early-school-start-times-harmful-for-kindergarteners">https://www.psychologytoday.com/ca/blog/child-sleep-from-zzzs-to-as/202507/are-early-school-start-times-harmful-for-kindergarteners</a>.
- Macdonald D, Friendly M. The price is not right (yet): \$10-a-day child care falling short of target. Child care fees in Canada, 2025. Ottawa, ON: Centre for Policy Alternatives; 2025 Jul 9. Available from:
   <a href="https://www.policyalternatives.ca/news-research/the-price-is-not-right-yet-10-a-day-child-care-falling-short-of-target/">https://www.policyalternatives.ca/news-research/the-price-is-not-right-yet-10-a-day-child-care-falling-short-of-target/</a>.

#### 2.iii. Programs, Services, Other

- Al-Baldawi Y, James ME, de Lannoy L, Tremblay MS. Injury statistics in outdoor compared to conventional early childhood education (ECE) programmes in Canada. International Journal of Play. 2025;14(2):139-51.
   Available from: <a href="https://doi.org/10.1080/21594937.2025.2508650">https://doi.org/10.1080/21594937.2025.2508650</a>.
- Burns S, Yu E, Perlman J, Kahlon K, Perlman M. "It is almost impossible to get a spot when you need it":
   Understanding parental knowledge and experiences of Canada's new child care policy promoting access to quality early childhood education and care. Early Child Res Q. 2025;73:69-81. Available from: https://www.sciencedirect.com/science/article/pii/S0885200625000572.

#### 3. EARLY ENVIRONMENTS

- 3.i. Biological Sensitivity to Context, Cortisol, Epigenetic
- Gamage K, Burgner D, Mansell T, Priest N. The early origins of socioeconomic inequalities in inflammation: a scoping review and recommendations for life course and longitudinal studies. Longitudinal and Life Course Studies. 2025;16(2):132-80. Available from:
   https://bristoluniversitypressdigital.com/view/journals/llcs/16/2/article-p132.xml.



2. Le Bas G, Aarsman SR, Rogers A, Macdonald JA, Misuraca G, Khor S, et al. **Paternal Perinatal Depression, Anxiety, and Stress and Child Development: A Systematic Review and Meta-Analysis.** JAMA Pediatrics. 2025. Available from: https://doi.org/10.1001/jamapediatrics.2025.0880.

# 3.ii. Adversity, Resilience

University of British Columbia Faculty of Medicine Communications. The Resilient Brain: A Journey from Birth to
 Old Age. Pathways Magazine. 2025. Available from: <a href="https://pathwaysmagazine.med.ubc.ca/2024-interactive-explainer/">https://pathwaysmagazine.med.ubc.ca/2024-interactive-explainer/</a>.

#### 3.iii. Other

- Baeringsdottir B, Haraldsson A, Hrafnkelsson B, Thors V. Infant Antibiotic Exposure Is Associated With Increased Risk of Later Childhood Infections, Antibiotic Use and Asthma. The Pediatric Infectious Disease Journal. 2025. Available from:
  - https://journals.lww.com/pidj/fulltext/9900/infant antibiotic exposure is associated with.1351.aspx.
- Kao AE, Moody OP, Noble E, Myers K, Kanoski SE, Hayes AMR. Early Life Food Insecurity Impairs Memory
   Function During Adulthood. SSRN. 2025. Available from:
   https://papers.ssrn.com/sol3/papers.cfm?abstract\_id=5304624.

#### 4. ENVIRONMENTAL HEALTH

#### 4.i. Climate Change

- 1. Aylward B, Cunsolo A, Clayton S, Minor K, Cooper M, Chatwood S, et al. **Young people in Canada feel worried and hopeless about climate change: a national cross-sectional survey**. Regional Environmental Change. 2025;25(3):98. Available from: https://doi.org/10.1007/s10113-025-02422-9.
- Ontario Agency for Health Protection and Promotion (Public Health Ontario). Infection Prevention and Control for Child Care Centres. Toronto, ON: King's Printer for Ontario; 2025 Jun. Available from: https://www.publichealthontario.ca/en/Health-Topics/Infection-Prevention-Control/Child-Care-Settings.

#### 4.ii. Urban Design, Child Friendly Cities, Rural, Greenspace

- 1. Baranyi G, Harron K, Shen Y, de Hoogh K, Fitzsimons E. **The relationship between early life course air pollution exposure and general health in adolescence in the United Kingdom**. Sci Rep. 2025;15(1):10983. Available from: https://doi.org/10.1038/s41598-025-94107-w.
- Elbakidze M, Teitelbaum S, Dawson L. Urban greenspace to support social integration of immigrants? Case studies across Sweden. Urban Forestry & Urban Greening. 2025;111. Available from: <a href="https://doi.org/10.1016/j.ufug.2025.128868">https://doi.org/10.1016/j.ufug.2025.128868</a>.



- 3. Gundersen V, Venter Z, Vistad OI, Junker-Köhler B, Wold LC. Children's Nature Use and Related Constraints:

  Nationwide Parental Surveys from Norway in 2013 and 2023. Int J Environ Res Public Health.

  2025;22(7):1067. Available from: https://www.mdpi.com/1660-4601/22/7/1067.
- 4. Larsen SR, Rakesh D, Whittle S, Allen NB, Enticott PG, Mygind L. **Residential greenness and adolescent mental** health trajectories: A longitudinal pre-registered study. Environ Res. 2025;283:122150. Available from: https://www.sciencedirect.com/science/article/pii/S001393512501401X.
- 5. Li Q, Whittle S, Rakesh D. Longitudinal Associations Between Greenspace Exposure, Structural Brain

  Development, and Mental Health and Academic Performance During Early Adolescence. Biol Psychiatry.

  Available from: https://doi.org/10.1016/j.biopsych.2025.03.026.
- 6. Singh S, van de Wouw M, Tomfohr-Madsen L, Lebel C, Giesbrecht GF. **The role of green and blue spaces in perinatal maternal mental health outcomes during the transition to parenthood**. Environ Int. 2025;201:109572. Available from: <a href="https://doi.org/10.1016/j.envint.2025.109572">https://doi.org/10.1016/j.envint.2025.109572</a>.

#### 4.iii. Exposures, Other

1. Kassem H, Lavigne E, Weinberger K, Brauer M. Extreme heat and pediatric health in a warming world: a space-time stratified case-crossover investigation in Ontario, Canada. Environmental Health. 2025;24(1):35. Available from: <a href="https://doi.org/10.1186/s12940-025-01153-y">https://doi.org/10.1186/s12940-025-01153-y</a>.

#### 5. MENTAL HEALTH

- 5.i. Happiness, Wellbeing, Distress
- Capturing Health and Resilience Trajectories (CHART). The social connection toolkit. Help us build greater social
  connection for youth. Burnaby, BC: CHART; 2025. Available from: <a href="https://chartlab.ca/social-connection-toolkit/?mc\_cid=ea0417c629&mc\_eid=04816d6ac3">https://chartlab.ca/social-connection-toolkit/?mc\_cid=ea0417c629&mc\_eid=04816d6ac3</a>.
- Hunter S, Smith BT, Schwartz N, Rebellato S, Patte KA, Hilario C, et al. The association between local public health unit funding and adolescent mental health during the COVID-19 pandemic: Longitudinal findings from the Ontario public health information database (OPHID) and COMPASS studies. J Affect Disord. 2025;390:119759. Available from: https://www.sciencedirect.com/science/article/pii/S0165032725012017.
- 3. James M, Bianchim MS. Feeling confident and in control when they're active boosts children's wellbeing. The Conversation. 2025. Available from: <a href="https://theconversation.com/feeling-confident-and-in-control-when-theyre-active-boosts-childrens-wellbeing-258327">https://theconversation.com/feeling-confident-and-in-control-when-theyre-active-boosts-childrens-wellbeing-258327</a>.
- 4. Sainju KD, Hall ADW, Janssen L, Craig W, Hymel S. An exploration of Canadian elementary and secondary teachers' experiences, perceptions and responses to identity-based bullying. International Journal of School & Educational Psychology. 2025:1-17. Available from: https://doi.org/10.1080/21683603.2025.2518176.

#### 5.ii. Sleep, Screentime



- Clayborne ZM, Capaldi CA, Mehra VM. Associations between digital media use behaviours, screen time and positive mental health in youth: results from the 2019 Canadian Health Survey on Children and Youth. BMC Public Health. 2025;25(1):2303. Available from: https://doi.org/10.1186/s12889-025-22874-2.
- 2. Li S, Feng N, Cui L. The reciprocal relations between parental psychological control and adolescents' problematic mobile phone use: A four-wave longitudinal study. Addict Behav. 2025;169:108389. Available from: https://www.sciencedirect.com/science/article/pii/S0306460325001509.
- 3. Masur C. Is Al Dangerous for Our Children? 2025 [Jun 27]; Available from: https://www.psychologytoday.com/ca/blog/parenting-matters/202506/is-ai-dangerous-for-our-children.
- 4. Richard V, Lorthe E, Dumont R, Loizeau A, Baysson H, Zaballa ME, et al. **Determinants and health-related** consequences of screen time in children and adolescents: post-COVID-19 insights from a prospective cohort study. Swiss Med Wkly. 2025;155:4247. Available from: <a href="https://doi.org/10.57187/s.4247">https://doi.org/10.57187/s.4247</a>.

# 5.iii. Healthy Habits, Substance Use, Other

- British Columbia Ministry of Education and Child Care, British Columbia Children's Hospital. Language matters!
   An introductory guide for understanding mental health and substance use: a resource for educators and school communities. Victoria, BC: Government of British Columbia; 2025. Available from: https://www2.gov.bc.ca/assets/gov/erase/documents/mental-health-wellness/mhsu-language-guide.pdf.
- British Columbia Ministry of Education and Child Care, British Columbia Children's Hospital. Language matters!
   Understanding mental health and substance use: a resource for families and school communities. Victoria,
   BC: Government of British Columbia; 2025. Available from:
   https://www2.gov.bc.ca/assets/gov/erase/documents/mental-health-wellness/mhsu-language-guide-forfamilies.pdf.
- British Columbia Ministry of Education and Child Care, in collaboration with Open Parachute. Supporting students in times of change. Victoria, BC: Government of British Columbia; 2025. Available from:
   <a href="https://www2.gov.bc.ca/assets/gov/erase/documents/mental-health-wellness/supporting-students-in-times-of-change.pdf">https://www2.gov.bc.ca/assets/gov/erase/documents/mental-health-wellness/supporting-students-in-times-of-change.pdf</a>.
- Sainju KD, Hall ADW, Janssen L, Craig W, Hymel S. An exploration of Canadian elementary and secondary teachers' experiences, perceptions and responses to identity-based bullying. International Journal of School & Educational Psychology. 2025:1-17. Available from: <a href="https://doi.org/10.1080/21683603.2025.2518176">https://doi.org/10.1080/21683603.2025.2518176</a>.

#### 6. PHYSICAL HEALTH, MOBILITY

6.i. Active Transportation

#### 6.ii. Activities, Sports

1. Fu Q, Li L, Li Q, Wang J. The effects of physical activity on the mental health of typically developing children and adolescents: a systematic review and meta-analysis. BMC Public Health. 2025;25(1):1514. Available from: https://doi.org/10.1186/s12889-025-22690-8.



- Rocliffe P, Tapia-Serrano MA, Garcia-Gonzalez L, Adamakis M, Walsh L, Bannon A, et al. The impact of typical school provision of physical education, physical activity and sports on adolescent physical health: A systematic literature review and meta-analysis. Adolescent Research Review. 2024. Available from: https://link.springer.com/article/10.1007/s40894-023-00220-0.
- Stagnone N, Alexander KN, Adams KV, Dorsch T. Nature's Medicine? The Associations of Organized Youth Sport, Unstructured Physical Activity, and Land-Use Recreation with Children's Mental Health, Emotional Control, and Social Well-Being. Int J Environ Res Public Health. 2025;22(7):1012. Available from: https://www.mdpi.com/1660-4601/22/7/1012.
- 4. Wang H, Pang J, Yang X, Jia Y, Huang X, Yu L, et al. School-based environment and physical activity in adolescents: A systematic review and meta-analysis. Prev Med. 2025;191:108221. Available from: https://www.sciencedirect.com/science/article/pii/S0091743525000040.

# 6.iii. Outdoor Play, Independent Mobility, Other

- Eager D, Gray T, Little H, Robbé F, Sharwood LN. Risky Play Is Not a Dirty Word: A Tool to Measure Benefit–Risk in Outdoor Playgrounds and Educational Settings. Int J Environ Res Public Health. 2025;22(6):940. Available from: https://www.mdpi.com/1660-4601/22/6/940.
- livonen S, Kettukangas T, Soini A, Viholainen H. Sand Play and 0- to 8-Year-Old Children's Physical, Cognitive and Socioemotional Outcomes: A Mixed-Methods Systematic Review. Child Care Health Dev. 2025;51(1):e70034. Available from: <a href="https://onlinelibrary.wiley.com/doi/abs/10.1111/cch.70034">https://onlinelibrary.wiley.com/doi/abs/10.1111/cch.70034</a>.

### 7. EQUITY, DIVERSITY, INCLUSION, INDIGENIZATION

#### 7i. Indigenous

- 1. Canadian Institutes of Health Research. **Restoring trust: Indigenous-led research as a path to health equity**. Ottawa, ON: CIHR; 2025. Available from: <a href="https://www.cihr-irsc.gc.ca/e/54345.html">https://www.cihr-irsc.gc.ca/e/54345.html</a>.
- Carroll D, Houndolo MM, Big George A, Redvers N. Protecting Repositories of Indigenous Traditional Ecological Knowledges: A Health-Focused Scoping Review. Int J Environ Res Public Health. 2025;22(6):886. Available from: https://www.mdpi.com/1660-4601/22/6/886.
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- 5. Harding L, King M, Jinkerson-Brass S, Mercredi B, Wieman C, Illes J. Engaging with Indigenous Communities in Brain Science: Not Only the What, But the Way. Canadian Journal of Neurological Sciences / Journal Canadien des Sciences Neurologiques. 2023;50(3):479-80. Available from: https://www.cambridge.org/core/product/B3D7BD79851A365FAA046A1E306BFC96.
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- 7. Illes J, Perreault ML, Bassil K, Bjaalie JG, Taylor-Bragge RL, Chneiweiss H, et al. **Two-Eyed Seeing and other Indigenous perspectives for neuroscience**. Nature. 2025;638(8049):58-68. Available from: https://doi.org/10.1038/s41586-024-08437-2.
- 8. Indigenous Primary Health Care Council (IPHCC). **Relationship Agreement Guide and Template**. IPHCC; 2025 Mar. Available from: <a href="https://iphcc.ca/wp-content/uploads/2025/03/D2-Relationship-Agreement-Guide-FINAL-1.pdf">https://iphcc.ca/wp-content/uploads/2025/03/D2-Relationship-Agreement-Guide-FINAL-1.pdf</a>.
- Loppie C, Wien F. Understanding Indigenous health inequalities through a social determinants model. Prince
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  <a href="https://www.nccih.ca/Publications/Lists/Publications/Attachments/10373/Health\_Inequalities\_EN\_Web\_2022-04-26.pdf">https://www.nccih.ca/Publications/Lists/Publications/Attachments/10373/Health\_Inequalities\_EN\_Web\_2022-04-26.pdf</a>.
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- 11. Simon Fraser University. SFU professor named UNESCO co-chair to advance Indigenous rights, knowledge and self-determination. 2025 Jul 7. Available from:
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- 13. Tsosie RL, Grant AD, Harrington J, Wu K, Thomas A, Chase S, et al. **Six Rs of Indigenous Research**. Journal of American Indian Higher Education. 2022(Summer). Available from: <a href="https://tribalcollegejournal.org/the-six-rs-of-indigenous-research/#:~:text=Reciprocity%20is%20a%20continuous%20and,also%20our%20responsibility%E2%80%9">https://tribalcollegejournal.org/the-six-rs-of-indigenous-research/#:~:text=Reciprocity%20is%20a%20continuous%20and,also%20our%20responsibility%E2%80%9</a>
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  <a href="https://tribalcollegejournal.org/the-six-rs-of-indigenous-research/#:~:text=Reciprocity%20is%20a%20continuous%20and,also%20our%20responsibility%E2%80%9">https://tribalcollegejournal.org/the-six-rs-of-indigenous-research/#:~:text=Reciprocity%20is%20a%20continuous%20and,also%20our%20responsibility%E2%80%9</a>
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- 7.ii. Diverse Populations (BIPOC, LGBTQIA2S+, Immigrant, Refugee, People with Disabilities, Autism, Low Income...)
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#### 7.iii. Place Matters, Other

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The Human Early Learning Partnership is situated within the traditional, ancestral and unceded territory of the  $x^w m \theta^0 k^w \theta y' \theta m$  (Musqueam) People.

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