

A deeper dive in 2025!



Canadian
Paediatric
Society

CPS YEAR IN REVIEW

Holding focus in a troubled world is challenging, yet in a year shaped by big conflicts vying for daily attention with our closest-to-home concerns, CPS members remained responsive, coherent, and concerned on every front that truly matters.

Indeed, the deeper the problems they encounter in everyday practice, the higher they rise to meet them.

Priorities in progress

Minds meeting on mental health

Recognizing that everyday screen use by children and youth is too large an issue for families to navigate alone, the CPS launched the [Centre for Healthy Screen Use](#) (CHSU) at the 2025 annual conference. Supported by the Waltons Trust, the CHSU promotes CPS advocacy to governments and

policymakers, works with like-minded organizations, and provides timely, best evidence-based information for families and health professionals for safer screen use. We are beyond grateful to **Dr. Michelle Ponti**, Digital Health Task Force chair, for engaging so effectively with media, allies, and researchers alike. She framed screen use as a mental health priority for an advocacy roundtable of multidisciplinary experts in June. Working over one intense day, they forged specific, actionable recommendations and published a report—[What We Heard](#)—to help guide priorities for action and change. We also thank **Drs. Stacey Bélanger**, a CPS leader on mental health, and **Emma Duerden**, a member of CHSU's advisory board, for op-eds on future policy for the [La Presse](#) and [Toronto Star](#). Adolescent medicine specialist **Dr. Nicholas Chadi**, host of a new CPS podcast called Healthy Teens, interviewed **Dr. Tracy Vaillancourt** on [cyberbullying and online victimization](#).

“The goal isn’t to eliminate technology—it’s to create safer digital environments and support families to navigate them wisely. Because right now, we’re letting children’s brains be the testing ground for unregulated innovation.”

Dr. Emma Duerden, writing with Drs. Franco Vaccarini and Alison Palmer in the Toronto Star, November 25, 2025

“Physicians may face real or perceived stigma for seeking help around mental health. We need to create a culture that normalizes mental health discussion and offers access to counselling, support, and essential resources”.

Dr. Johanne Harvey, CPS president, 2024/25

New leaves

Dr. Anna Gunz, chair of the CPS Environmental Health Working Group, launched this strategic priority during a National Grand Rounds [webinar](#) last spring by proposing a ‘green lens’ to help clinicians make assessments and differential diagnoses.

Dr. Anne Hicks took a leaf from the same bough in her fall webinar on [preparing and counselling families](#) for specific risks and health effects of climate change. **Dr. Nicholas Chadi** and psychologist/researcher **Dr. Robert Selles** explored the nexus of mental and environmental health in [Eco-anxiety](#), the debut episode of the Healthy Teens podcast.

Workforce health

Drs. Jared Bullard, Laura Sauvé, and Sam Wong met with newly elected MPs to advocate for improvements in paediatric health human resources and access to care. **Dr. Johanne Harvey** (CPS president, 2024/25) bridged mental and workforce health priorities in her [blog post](#) on physician wellness, which in turn helped to springboard the President’s Lecture at the 2025 annual conference. **Drs. Jonathan DellaVedova, Bridget Gibson, and Sidd Thakore** shared personal and eminently practical guidance on early career options and quality of life with Residents Section president **Dr. Jhanahan Sriranjani** in a recent National Grand Rounds.

Shots in the arm for immunization

Many newcomer families experience logistical, linguistic, and cultural barriers to immunization, and some children and youth arrive in Canada without all recommended vaccines. A new project led by **Drs. Chuck Hui and Laura Sauvé**

takes a culturally safe, antiracist approach to help increase vaccination uptake and provide positive vaccination experiences for newcomer children, youth, and families. Launched on [Caring for Kids New to Canada](#), the project was informed by a community consultation by the Our Kids’ Health Network, under the leadership of **Dr. Ripudaman Singh Minhas**. Drs. Hui and Minhas presented at the Canadian Immunization Conference in November 2024 and in 2025 during [National Grand Rounds](#). **Dr. Shazeen Suleman** co-authored a new statement—with Drs. Hui, Minhas, and **Ashley Vandermorris**—on understanding and responding to the needs of [newcomer children and youth from war-affected regions](#), who often arrive in Canada with unmet physical and mental health needs.


Responding to a call to action from then Chief Public Health Officer Dr. Theresa Tam on low measles vaccination rates and the need to raise awareness among frontline care providers, the CPS planned a webinar on measles with support from the Public Health Agency of Canada. Huge thanks to **Dr. Pierre-Philippe Piché-Renaud** for presenting timely guidance in both official languages. Attendance exceeded any previous NGR by far, prompting the decision to make it [publicly available](#).

Such big thanks to **Dr. Dorothy Moore**, exemplary member, mentor, and maven, who retired this year but not before updating influenza vaccine guidance one last time. Dr. Moore edited our 4th edition of *Your Child’s Best Shot: A Parent’s Guide to Vaccination*, wrote and co-wrote definitive statements, and represented the National Advisory Committee on Immunization on the Infectious Diseases and Immunization Committee for many years. She is this year’s recipient of the Alan Ross Award.

“As educators, we must examine our own identities and privileges. Including a land acknowledgment or a positionality statement in our presentations can model reflection and commitment to truth and reconciliation as well as antiracism and anti-oppression”.

Drs. Mark Awuku and Ming-Ka Chan,
co-chairs of the CPS Antiracism in Medical
Education Working Group





“Co-design is not a one-time feedback session, but should be an ongoing commitment to listening, adapting, and being accountable for turning what we hear into tangible change. Through co-design, engagement becomes relational rather than transactional”.

Damilola Mbadje, lead youth researcher on the Youth Perspectives on Trauma-Informed Health Care project

Equity, diversity, inclusion, and us

With EDI initiatives under siege in many parts of the world, we recognize and applaud members who champion this critical work. **Dr. Natasha Johnson**, the first Black paediatrician to be elected vice president of the CPS in its 100-year history, compiled [personal reflections](#) on life and career alongside **Drs. Kassia Johnson, Ewurabena Simpson, Sharon Smile, and Tatiana Sotindjo**. **Drs. Mark Awuku and Ming-Ka Chan** shared their experiences as co-chairs of the Antiracism in Medical Education Working Group in a blog post on [racism in medical education](#). Their working group developed a [tool](#) that asks reflective questions and offers guidance for anyone developing future educational resources, programs, or events for the CPS.

Dr. Barbera Kasenga Chandoo, a paediatric resident at the Northern School of Medicine, won this year's Equity, Diversity, Inclusion and Social Justice Trainee Award for her article “Beyond good intentions: Unpacking the roots of discrimination in standardized paediatric health care policies”. The award is supported by the Developmental Paediatrics and Social Paediatrics Sections, and the piece has been submitted for publication in *Paediatrics & Child Health*.

Thanks * Kinanâskomitin * Niá:wen * Miigwech * Nakurmiik * Maarsii * Tansi

The International Meeting on Indigenous Child Health ([IMIICH](#)), co-hosted by CPS, the National Collaborating Centre for Indigenous Health, and the American Academy of Pediatrics, was held in March 2025 in Winnipeg. This gathering—which has been held every two years since 2005—drew the second-largest number of participants ever, from First Nations, Inuit, Métis, and Native American communities across Canada and

the United States, as well as Australia, New Zealand, Samoa, and Cameroon. Over three days, delegates, speakers, Elders, and guests learned and shared information and research on development and public health, well-being and environment, community practices, traditional teachings, and cultural safety. IMICH closed with delegates reflecting on time together and singing a travelling song: a powerful end to an empowering learning event.

We thank **Dr. Ryan Giroux** and the First Nations, Inuit and Métis Health Committee for defending Jordan's Principle, the legal rule prioritizing timely health care for First Nations children over issues of coverage. They wrote in March to the Minister of Indigenous Services expressing concerns over narrowing the scope of Jordan's Principle and the Inuit Child First Initiative, and long-term sustainability. Sincere thanks also to Drs. Giroux, **Emilie Beaulieu**, and other committee members for their influential statement on [cultural safety](#), which applies concepts of humility, anti-racism, and trauma-informed care in daily practice to help ensure quality, accessible care for equity-deserving populations.

What we heard from youth across Canada about what makes a culturally safe and effective health care visit is at the heart of a new [report](#) on [trauma-informed care](#). We are grateful to the 5-member Youth Advisory Council who co-designed and inspired this project and to the 50 youth who participated in the national consultation process. Special thanks to project team leaders, **Drs. Matthew Carwana, Sara Jassemi, Yasmine Ratnani, and Shazeen Suleman**, for distilling the lived experiences of adolescents and into trauma-informed, strengths-based recommendations for practice. **Damilola Mbadje**, the lead student researcher, described her experiences on the project in a [recent blog post on the CPS website](#).

“For marginalized and BIPOC families—who already face barriers to health care due to racism, language, and systemic inequities—the confusion and mistrust created by misinformation compounds existing disparities”.

Dr. Ripudaman Minhas, in [The age of acetaminophen and autism: What paediatricians need to know about battling misinformation](#).

Mis'in-dis'in-dat

Combatting medical mis- and disinformation was a constant thread in 2025. **Dr. Sam Wong**, CPS medical affairs director, and **Dr. Sidd Thakore**, Board of Directors member for Alberta, wrote to Premier Danielle Smith in January. They urged her to disregard recommendations from Alberta's COVID-19 Pandemic Data Review Task Force that called into question the safety and efficacy of COVID-19 vaccines, and to instead work to protect and promote evidence-based decision-making. **Dr. Cora Constantinescu**, an infectious diseases specialist at Alberta Children's Hospital, also raised concerns that no paediatric specialists had contributed to the task force report. Despite their efforts, the government decided to reduce supply, limit access, and increase cost of COVID vaccines for the general population. Thanks again to **Dr. Ripudaman Minhas**, this time for writing two [related blogs](#) (the second in the wake of attempts to connect Tylenol use with autism) on how mis- and disinformation particularly target and influence BIPOC patients and families.

New guidance on the basics: Eating, sleep, and safety

A formative statement from the Adolescent Health Committee warning of the [dangers of dieting in adolescence](#) drew national attention last fall. Co-authors **Drs. Megan Harrison, Allison Rodrigues, and Alene Toulany** spoke to media about behavioural risks and the need to adopt a "health at every size" approach to care. Similarly, **Dr. Richa Agnihotri**, president of the Community Paediatrics Section, called for greater focus on

nutrition in paediatric training and practice in a [blog post](#) last spring.

Drs. Megan Thomas and Sarah Shea's fascinating statement [Sleep matters](#) explored medical and non-medical interventions to improve sleep in children with neurodevelopmental disabilities. They also drafted a [written submission](#) on behalf of CPS about adding melatonin for sleep-related use in the paediatric population to the Prescription Drug List for a Health Canada Consultation in December.

Congratulations to the Injury Prevention Committee for a banner year. Chair **Dr. Suzanne Beno** advocated directly to policymakers in Alberta in support of recommendations for [off-road vehicle safety](#). Drs. Beno and **Emilie Beaulieu** did countless interviews about the committee's statement on outdoor [risky play](#), which the Australasian Society for Developmental Paediatrics endorsed in a recent, comparable statement. Both authors were recognized with the [Outdoor Play Canada Policy Award](#) in October. Thanks to **Dr. Dan Rosenfield** for drafting the CPS response to [Health Canada's consultation on button and coin batteries and their risk to human health and safety](#).

Finally, the CPS welcomed a healthy "quad" of guidance documents, which arrived in quick succession from the Fetus and Newborn Committee. Congratulations (and special thanks) to co-authors **Drs. Michael Narvey** ([NAS/NOWS](#), January), **Eugene Ng** ([Hyperbilirubinemia](#), March), **Yasser Elsayed** ([POCUS](#), July), and **Souvik Mitra** ([Minimizing blood loss and transfusion](#), November), for their safe delivery.



"All foods belong in our diet. And there are some that we have more of, those are the healthy foods that we typically think of, but ... fun foods also have a place in our diets. Young people need to hear that message."

Dr. Alene Toulany, speaking with *As It Happens* host Nil Köksal on, October 24, 2025



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