

# PARTNERS FOR CHILDREN

FALL 2020



The Yukon Government (YTG) has recently announced that it will provide universal childcare in the Yukon; however little clarity has been provided surrounding what this means for the early childhood field.

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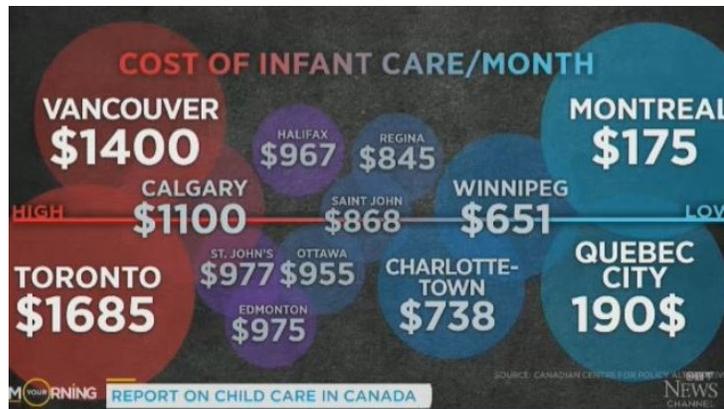
Ask twenty people on the street what **universal childcare** is, and I can guarantee you will get twenty different answers. For some it means free childcare, for others it is related to accessibility in all aspects, and for others the quality of the child care being provided is the key factor. As we await an announcement from YTG, it is an interesting topic to explore further.



A childcare space developed with quality in mind.  
<https://www.the-instillery.com/story/alternative-education-your-reggio-emilia-questions-answered>

Finland and Sweden are two countries that have offered universal child care for decades. In Sweden a universal, educational and affordable child care system is in place. Fees are on a sliding scale based on income, and educators are well trained. It is seen as normal for a toddler and preschooler to go to a child care centre even if their parents are still at home. It is an integral part of growing up in Sweden and not just a place for children to go while their parents work.

In Quebec, universal child care was implemented in 1996 and is mainly characterized by the subsidization of fees. In 2018, 50 prototype sites were selected in British Columbia to test the funding and operational models needed to implement a universal child care system in BC. The results of these prototypes will be available in 2021/22.



<https://www.ctvnews.ca/canada/it-s-not-an-expense-it-s-an-investment-oxfam-canada-demands-universal-childcare-1.4423127?cache=yes%3Fautoplay%3Dtrue%3Fclipid%3D64268%3Fautoplay%3Dtrue>  
 This infographic was produced by CTV News in 2019. The Yukon's average is about \$900/month.

Universal child care looks different in each country in which it is implemented, but let's have a closer look at Finland. In Finland, Every child unconditionally has the right to child care between one and 6 years of age.

Child care fees cover 15% of costs. The

Continued on pg. 7.

# partners for children contact information

Phone: 1-867-332-5990

Email: [ContactUs@partnersforchildren.info](mailto:ContactUs@partnersforchildren.info)

Mail: Partners for Children

108C Copper Road

Whitehorse, YT

Y1A 2Z6



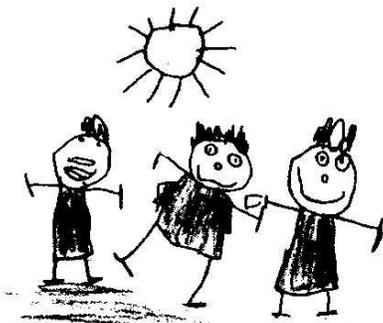
You may request a PDF version of this newsletter by emailing [newsletter@partnersforchildren.info](mailto:newsletter@partnersforchildren.info) or checking our website: [www.partnersforchildren.info](http://www.partnersforchildren.info)

You may also request to have it mailed by Canada Post.



Acting Coordinator: Rebecca Fenton

Copy Editor: Leslie Peters



Production of the Partners for Children newsletter is made possible by a financial contribution from the Community Action Program for Children (CAPC) through the Public Health Agency of Canada.

The Partners for Children newsletter is edited and produced through the Network for Healthy Early Human Development Yukon (NHEHD).

The views expressed herein are solely those of the authors and do not necessarily represent the official

policy of Partners for Children, NHEHD Yukon or the Public Health Agency of Canada.



# Community Websites

**Autism Yukon**  
[www.autismyukon.org](http://www.autismyukon.org)

**Child, Youth and Family Treatment Services**  
<http://www.hss.gov.yk.ca/cats.php>

**Child Care Services Unit**  
[www.hss.gov.yk.ca/earlychildhood.php](http://www.hss.gov.yk.ca/earlychildhood.php)

**Child Development Centre**  
<https://cdc.yukon.ca/>

**Early Learning and Child Care Program**  
[www.yukoncollege.yk.ca/programs/info/elcc](http://www.yukoncollege.yk.ca/programs/info/elcc)

**Family Law Information Centre**  
[www.yukonflic.ca/](http://www.yukonflic.ca/)

**Fetal Alcohol Society Yukon**  
[www.fassy.org](http://www.fassy.org)

**Hospice Yukon Society**  
[www.hospiceyukon.net/](http://www.hospiceyukon.net/)

**LDAY Centre for Learning**  
[www.ldayukon.com](http://www.ldayukon.com)

**Network for Healthy Early Human Development**  
[www.NHEHDYukon.org](http://www.NHEHDYukon.org)

**Partners for Children**  
[www.partnersforchildren.info](http://www.partnersforchildren.info)

**Recreation & Parks Association of the Yukon (RPAY)**  
<http://www.rpay.ca>

**Traditional Parenting Program**  
[www.skookumjim.com](http://www.skookumjim.com)

**Victoria Faulkner Women's Centre**  
<http://www.vfwomenscentre.com/>

**Inclusion Yukon**  
<https://www.inclusionyukon.org/>

**Yukon Child and Youth Advocate Office**  
[www.ycao.ca](http://www.ycao.ca)

**Yukon Literacy Coalition**  
[www.yukonliteracy.ca/](http://www.yukonliteracy.ca/)

**Yukon Public Libraries**  
<http://www.ypl.gov.yk.ca/>

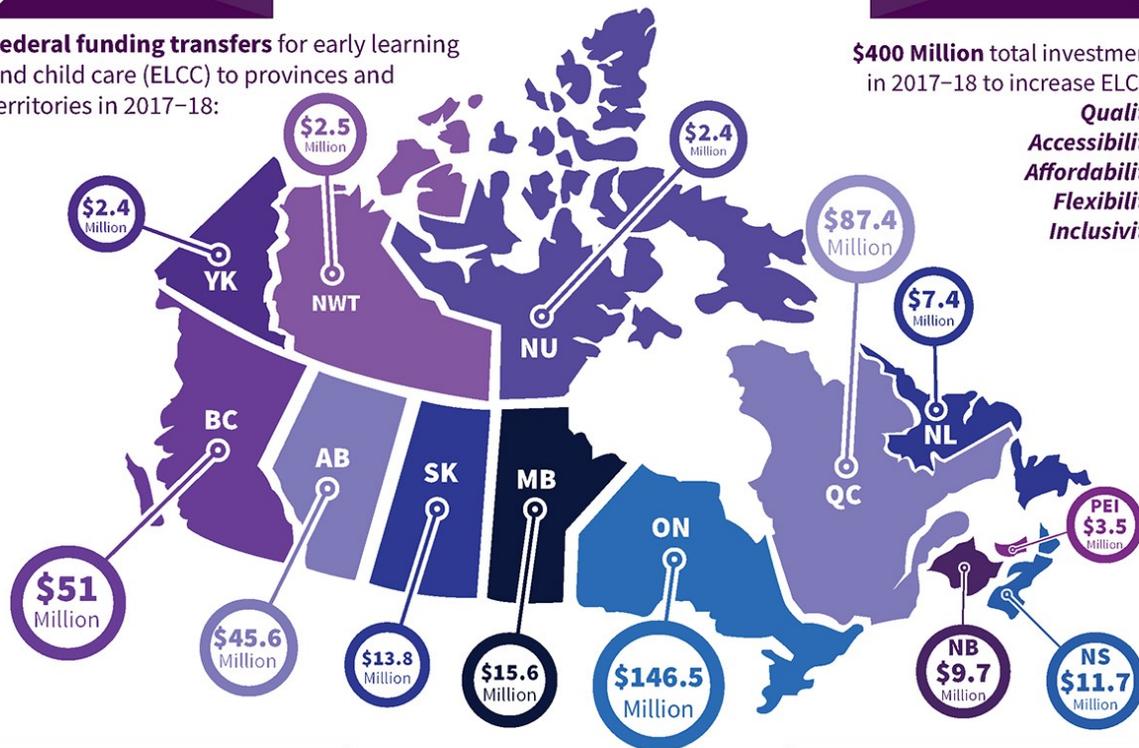
**Yukon Territorial Government (YTG) COVID-19 information**  
<https://yukon.ca/en/covid-19/>



# NATIONAL PROGRESS REPORT

• on Early Learning and Child Care •

Federal funding transfers for early learning and child care (ELCC) to provinces and territories in 2017–18:



\$400 Million total investment in 2017–18 to increase ELCC:

- Quality
- Accessibility
- Affordability
- Flexibility
- Inclusivity

Total investment of **\$7.5 BILLION** OVER 11 YEARS

to support and create more, high-quality, affordable child care across the country

**21,205** more affordable child care spaces available in 2017–18 across Canada

On track to meet the target of up to 40,000 more affordable child care spaces by 2019–20

**13** bilateral agreements *x signed*

with provinces and territories providing **\$1.2 Billion** over 3 years

**1,780** ELCC educators and staff across Canada participated in or had increased access to **training or professional development opportunities**

**Multilateral ELCC Framework and Indigenous ELCC Framework released**

**2,955** children from diverse populations benefitting from inclusive child care programming

**1,960** flexible child care spaces created for children whose parents work non-traditional hours or in seasonal employment

# Community Spotlight: Whitehorse



*Partners for Children in Whitehorse works hard to forge ahead despite COVID-19.*

*A baby crawls across the studio floor, eager to touch another little one about two metres away. Her mother grabs her by the seat of her pants, and for about the 8<sup>th</sup> time that morning, pulls her back into her lap. No sooner than the mom lets go, the baby is off again, trying to touch another baby. They coo and smile at each other, and reach for one another with their arms. We all smile and laugh and revel in the joy of witnessing their connection.*

We are in the first live Parent Child Mother Goose gathering since the Covid-19 pandemic erupted in March. While there have only been 15 cases in the Yukon, like the rest of Canada, everything has shut down. This fall, we're seeing the return of many programs in Whitehorse, like Parent Child Mother Goose. This means parents have been asked screening questions, had their temperatures taken at the door, sanitized their hands, and donned face masks provided specifically for this group.

The floor of the giant dance studio we have rented is



marked with tape to indicate where parents should sit, and the space has an empty, echoey feel to it. It's difficult to recognize each other as our faces are mostly covered by a face mask, and parents are quieter and shyer

than in our previous groups. It seems we are all adjusting to this new "normal" way of gathering, and it's a bumpy transition.

A snack break part way through the class gives us a moment to remove our masks and share a smile. It

occurs to me that just the ability to see each other's facial expressions is a key part of building rapport and community. Before starting our groups, we thought about how important it is to be able to see each other's faces. We know that a big part of communication is



visual, that babies need to see our mouths to catch visual cues and emotions, and that it helps for speech and language development. For these reasons, we bought special, clear face masks, originally designed for use with people who are deaf and hard of hearing.

But in our experience, these masks were thick and heavy, difficult to sing in and muffled our voices; they fogged up, moisture built up, and some people were having difficulty breathing with them on. We left it to each parent to decide which mask was best for them: the clear one we provided, a disposable one, or one of their own.

Now we've had more sessions, and the process is becoming smoother. Our restrictions are likely to ease in the next few weeks, meaning that we can remove our masks and no longer take parent's temperatures at the door. Just those two changes will make a world of difference. Imagine, welcoming parents at the door with a warm smile, rather than a mask and a laser thermometer.

We will keep the protocols around maintaining 6 feet

Continued on pg. 22.

# An Exciting New Program Available through PFC

Register for this *FREE* professional development opportunity!



## ARE YOU INTERESTED IN LEARNING MORE ABOUT FLOORBOOKS?

“FLOORBOOKS are blank books where we can record children’s voices and their ideas to use in our planning. Group writing in a Floorbook allows shared thinking as children recall each other’s ideas and record them through writing, diagrams, and photographs. The child centered approach records the evidence of the process of play and learning that comes from it.”

Partners for Children has purchased licenses in order to provide you the opportunity to participate in this 60-minutes of professional development. You can do so from the comfort of your own home and at your own pace.

“Introduction to Floorbooks is aimed at all professionals working within Early Years Childcare and Education, who have an interest in supporting child-led learning. This is an introductory course and therefore no pre-requisite learning is required.

By the end of this course you will be able to:

- Document a child’s voice in Floorbooks.
- Demonstrate how to set up your Floorbook and use it in your planning cycle.
- Describe how to obtain breadth and balance in your planning and documentation.”

<https://mindstretchers.academy/>

If you are interested please contact Rebecca Fenton, Acting Program Coordinator, Partners for Children at [ProD@partnersforchildren.info](mailto:ProD@partnersforchildren.info)



Online professional development for educators

Mindstretchers Ltd  
Child-led planning & learning with the Floorbooks Approach

Claire Warden - Educational Consultancy  
Inspirational learning inside, outside and beyond!

The Old School, Fowls Wester, Crieff, PH7 3NL  
+44 (0) 1764 650030  
Company Reg. No. SC183027 VAT Reg. No. GB 789 8538 40

**Yukon Child and Youth Advocate Office (YCAO)**

2070 – 2<sup>nd</sup> Avenue, Unit 19

Phone: 867 456 5575

[www.ycao.ca](http://www.ycao.ca)

**"Young people have a voice."**



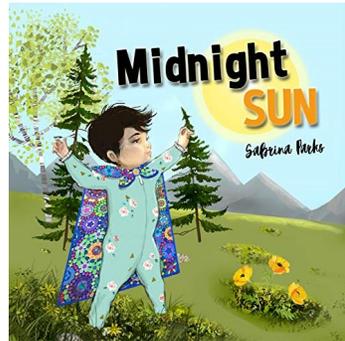
# Leslie's Book Shelf...

*Quirky and common-sense books for Yukon children*



As the days shorten, it's the perfect time to discuss the Midnight Sun.

The Yukon's own Sabrina Parks has written and illustrated this delightful book that highlights everything Yukon, accompanied by bright adventure-inducing art.



Don't read this book if you hope to become a couch potato, because Parks will inspire you to get out of the house and to make the most of the remaining shreds of light before winter settles in.

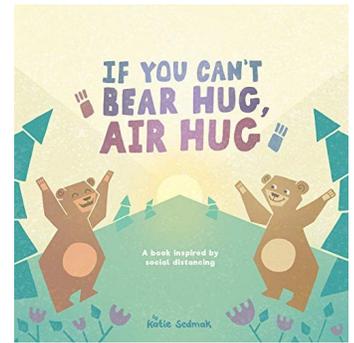
Does COVID-19 seem to be hampering your child's social life? Is it hard for your preschooler to understand social distancing? If so, If You Can't Bear

Hug, Air Hug is a great book for your family. Perhaps children these days shouldn't run up and bear hug their friends, but they can air hug, and author and illustrator, Katie Sedmak, shows them how. There are other fun tips as well.

"If you can't slap fins, flash grins." Or, "if you can't (have a friend over for dinner and) split a fish" as otters do, you can "share a wish." If sleepovers are out of the question, and you can't "share snores" like lions, well then you may just have to "share roars."

This book ends on a hopeful note: "Chirping our songs, we say, 'so long,' and wave our wings 'til then."

Both of these books were purchased at Mac's Fireweed Books.



**UNIVERSAL CHILDCARE** Continued from cover. other 85% are covered by the state and taxes.

- Child care is free for low-income families.
- Child-staff ratios are low - 1:4 for children under 3; and 1:7 for children over 3.
- Teachers are called Kindergarten teachers (teachers for children 3 to 6) and are highly trained often with Bachelor degrees in ECE or a Master's degree in ECE.
- Many of the staff are trained as pedagogues for children over the age of three.
- Centre Directors usually receive additional training in their roles on top of the aforementioned qualifications.
- Teachers and Directors are paid well.
- Children with special needs are guaranteed a spot and have priority over other children.
- Parents are seen as pedagogical partners and not just parents or clients.
- Universal Child Care is strongly supported by at the political level.

Imbedded in the Finnish model is the realization that well trained and paid staff will deliver high quality programming for the children.

Other aspects of quality universal child care to ponder

could be:

- Recognition of the benefits of being active and engaging with nature on a daily basis.
- Quality child care within relevant cultural contexts.
- The approach to positive reinforcement and guiding young children.
- The role of the child and the family in the child care programming and experience.
- The distinction between early learning and the school system.

**What do you think?** Feel free to let us know at [coordinator@partnersforchildren.info](mailto:coordinator@partnersforchildren.info)

*Rebecca Fenton*

Partners for Children (PFC) would like to welcome Rebecca Fenton as Acting Coordinator. Rebecca is well known to the Yukon's early childhood sector and has served on the PFC board in the past.



Sources:

- <https://www.theglobeandmail.com/life/parenting/what-the-world-can-teach-canada-about-building-better-daycare/article15036667/>
- [https://www.oecd-ilibrary.org/education/starting-strong\\_9789264192829-en](https://www.oecd-ilibrary.org/education/starting-strong_9789264192829-en)
- <https://childcarecanada.org/documents/child-care-news/15/05/looking-swedish-model-childcare-and-education>
- <https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/running-daycare-preschool/universal-child-care-prototype-sites>



Autism Yukon

Questions?  
[www.autismyukon.org](http://www.autismyukon.org)  
Or call 667-6406

### Autism Spectrum Disorder in the Yukon

ALL YOU NEED TO KNOW BEFORE A DIAGNOSIS

### We have an ASD diagnosis: Now What?

Yukon

## Yukon Family Mediation Service

This free mediation service helps parents who are separating or divorcing to resolve conflicts and focus on the best interests of the children. An impartial, trained mediator can help you make joint decisions about:

- Parenting arrangements and responsibilities
- Financial matters like child and spousal support

To learn more, contact the Yukon Family Mediation Service:

Phone: 867-667-5753

Email: [fic@gov.yk.ca](mailto:fic@gov.yk.ca)

Yukon Family Mediation Service is made possible by Justice Canada.



**fassy** Fetal Alcohol Syndrome Society Yukon

For people parenting or caregiving for others who have FASD and need a place to talk openly



FASSY office  
205 Black Street  
393-4948

## Postpartum Depression

### Are you feeling?

- Anxious or having panic attacks
- Very sad, all or most of every day
- Out of control, isolated and alone
- Exhausted and cannot sleep or eat
- Worthless, overwhelmed, hopeless
- Guilty or having feelings of inadequacy
- Very irritable, frustrated, or angry all the time
- Worried about your baby's health and your own

If you are experiencing one or more of these symptoms, two weeks after or within a year of the birth/adoption of your child, you may have Postpartum Depression or Anxiety.

### What helps

- Talking to your doctor, community health nurse or a counsellor
- Taking one day at a time
- Give yourself credit. You are doing the best that you can

### Knowing

- Help is available
- It's not your fault
- The sooner you get help the sooner you will feel better

### For support please contact:

- A nurse at your local health centre
- Your family physician
- Counselling at Many Rivers 667-2970
- PPD Helpline at 1-800-944-4PPD(4773)
- [postpartum.org/the-journey](http://postpartum.org/the-journey)

Yukon

# Autism Yukon, Yukon SAR & the RCMP Launch Project Lifesaver

*Project Lifesaver finds children and adults with disabilities or Alzheimer's/dementia that become lost.*

Autism Yukon, Yukon Search and Rescue (Yukon SAR), and the RCMP have collaborated to launch Project Lifesaver (PL) in the Yukon.

As of this fall, families can sign up their loved ones for this program. The individual would receive a wrist band (pictured, right) to be worn at all times. If the individual becomes lost, the family would call 9-1-1 and report the missing person and identify them as a member of "Project Lifesaver."



A Project Lifesaver wristband may also be worn on an ankle and is water-resistant.

The second and following years, there will be about a \$50/year charge for additional batteries and bracelets. Autism Yukon hopes to apply for grants to cover these costs.

Project Lifesaver is new to the Yukon but is well established in other provinces. For more information, check out Project Lifesaver International's website: <https://projectlifesaver.org/>

As of the date of publication of this newsletter, PL has rescued 3,730 people. Stay tuned for more news as the Yukon program grows.

## How is PL different from cellphone apps or GPS systems?

Project Lifesaver uses a radio frequency, so it can be used in areas that have no cell service, which is ideal for the Yukon. The signal is not GPS-based. Also, as this is not a "computerized" system, it can not be hacked.

## How does PL affect the family's privacy?

Since Project Lifesaver is a radio frequency system, it's not possible to log into a computer anywhere—not even at Autism Yukon or Yukon SAR—in order to find a wrist band's location at any given time. The only way to find a PL child is for Search and Rescue members to take out the radio frequency equipment and to set the frequency to the number unique to that individual's wrist band, and to go out on a physical search for that frequency.

## How much does this program cost?

There is a one-time fee of \$400.

This comes with:  
1 year supply of batteries  
6 bracelet replacements  
1 battery tester  
1 transmitting bracelet

Autism Yukon and Yukon Search and Rescue present:

# Is your loved one at risk of becoming lost?

Consider signing up with Project Lifesaver:  
A frequency-based program to help find individuals with disabilities and/or dementia.

Call Autism Yukon to find out more . | 867.667.6406





# Yukon CPNP Programs

*Canadian Prenatal Nutrition Programs (CPNP) are funded by the Public Health Agency of Canada (PHAC) and can be tailored to meet individual community needs.*

The CPNP Programs use many different modalities: Healthy Moms, Healthy Babies, Traditional Parenting Programs, Lunch and Learn, Nutrition Heroes, walking clubs and more. CPNP programs support **pregnant parents and parents with young children**. This time of life can be one of the most difficult, tumultuous, transitional, and rewarding times in a person's life. A time when people need support!

The programs offer support in a number of ways: free drop-in lunches; a welcoming and inclusive atmosphere; 1:1 nutrition consultation; nutrition supplements; information and skill building sessions; fun prenatal and postnatal physical activities; breastfeeding support; encouragement to choose healthy lifestyle choices; opportunities for personal development; and opportunities for parents to build their support network through community referrals, and of course, meeting other parents!

There are nine CPNP sites throughout the Yukon. **That's right! Support for pregnant families and new parents is available at four sites in Whitehorse. There are also sites in Teslin, Carcross, Dawson City, Watson Lake and Ross River.**

Each program welcomes pregnant parents and parents who have babies. Whitehorse welcomes families with babies up to one year old. Dawson has extended its program to include families with children up to two years, and Carcross welcomes families with children up to three years, as does Ross River. If you are pregnant or just had a baby, or if you know someone who is pregnant, consider a visit to your local CPNP site. They would be happy to see you!

## In Whitehorse:

Healthy Moms, Healthy Babies at Victoria Faulkner Women's Centre: contact 667-4134 or [cpnpwhitehorse@northwestel.net](mailto:cpnpwhitehorse@northwestel.net)

Skookum Jim Friendship Centre: contact [sjfcprenatal@northwestel.net](mailto:sjfcprenatal@northwestel.net)

Mamans, Papas et Bébés en santé at Les EssentiElles: Contact 668-2663 x 820 or [pcnp@lesessentielles.ca](mailto:pcnp@lesessentielles.ca)

Teen Parent Centre: contact 667-8336 or [teenparentcentrecpnp@gmail.com](mailto:teenparentcentrecpnp@gmail.com)

In Dawson City: (867) 993-5149 or [cpnpdawson@northwestel.net](mailto:cpnpdawson@northwestel.net)

In Carcross: (867) 821-4251 and ask for the health & wellness department.

In Teslin: (867) 390-2532 ext 371 or [Jodi.Jules@ttc-teslin.com](mailto:Jodi.Jules@ttc-teslin.com)

In Waston Lake: (867) 536-2125 or [wlcnp.cpc@gmail.com](mailto:wlcnp.cpc@gmail.com)

In Ross River: [amandamarymac1@gmail.com](mailto:amandamarymac1@gmail.com)

Eating delicious food together is a big part of what happens at CPNP sites. If you are struggling to afford healthy food, please reach out to your CPNP Coordinator. If you have questions about discipline or your relationship with your children, CPNP Coordinators will help you to find the answers in a non-judgmental environment. They can help, or they will find someone who can!





# Mamans papas et bébés en santé

Services confidentiels en français  
Accès aux services d'une diététicienne certifiée  
Soutien à l'allaitement  
Repas-répit mensuels  
Ateliers touchants la périnatalité  
Prêt de tire-lait électrique  
Réseau d'échange de vêtements de grossesse et de bébé  
Accès à un centre de ressources (livres, DVD)



## NOUVELLE ADRESSE

3089 3ÈME AVENUE À WHITEHORSE  
867-668-2636

# What about breastfeeding and COVID-19?

*What are the best ways to keep infants safe during this time? What about cultural differences?*

According to the BC Centre for Disease Control, some studies have been done, and “health experts have not found COVID-19 in human milk.

“If you are breastfeeding or feeding your child expressed milk, continue to do so as often as possible.”

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-and-children/babies>

There is also a detailed Q&A document about COVID-19 and breastfeeding here:

<http://www.perinataleservicesbc.ca/Documents/Resources/Alerts/FAQ-Covid19-Breastfeeding.PDF>

In addition, there are some other recommendations specifically to infants. Please see the infographic on this page.

When you are out of your home, avoid touching your or your infant’s face with your hands. Wash your hands according to WHO protocols *as soon as you get home every time*. Make this a rule for your entire household!

This practice is actually a good idea even after COVID-19, as it will reduce instances of the cold and other illness as well.

It’s also important to respect cultural differences and to think about trauma-informed approaches.

History also influences

cultural responses to pandemics. The First Nations Health Authority in BC has developed a detailed document that speaks to COVID-19 and cultural safety. You may find it here:

<http://www.perinataleservicesbc.ca/Documents/Resources/Alerts/Perinatal-health-cultural-safety-in-covid19.pdf>

## Keep Your Baby Safe

### YOUR BABY AND COVID-19

- No Face Mask**  
Do not put a face mask or any covering on your baby's face, including visors and eye protection. Because your baby's airways are still small it will be difficult for your baby to breathe through the face mask or any other covering. Small parts from the face mask, visor or eye protection can come off and become a choking hazard. This is for all infants under 2 years of age.
- No Heavy Covering or Clothing**  
Do not over bundle your baby or cover carrier with heavy blankets. Dressing your baby in too many layers or covering the stroller or car seat in heavy blankets can make your baby too hot and increase the chance of Sudden Infant Death Syndrome (SIDS).
- Hand Washing**  
Frequent hand washing. Wash your hands often with soap and water for at least 20 seconds. This is a safe and good way to keep everyone's hands clean. If soap and water is not available, you can use liquid hand sanitizer on your hands but not on your baby's hands as it may hurt your baby's skin.
- Physical Distance**  
Safe Physical Distance. While you and your baby can be close, it is important to keep 2 meters between you and other people that do not live in your house. This is the best way to protect yourself and your baby against COVID-19.



May 2020



# 10 REASONS TO Breastfeed Your Baby



Breast milk provides antibodies that support your baby's immune system.



Holding your baby close when breastfeeding establishes a strong bond.



Breast milk is easy for your baby to digest.



Breast milk contains an ideal combination of vitamins and iron for your baby.



Breastfed babies are at a lower risk of becoming obese later in life.



Breastfed babies are less likely to develop allergies.



Breastfeeding helps a new mom's body recover naturally from the stress of pregnancy.



Producing milk burns up to 500 calories per day, which can help you lose weight.



Breastfeeding can reduce a woman's risk of breast cancer.



Formula can be expensive — breast milk is free.

This information — along with helpful tips — can be found at [kp.org](http://kp.org).





PO Box 2703  
Whitehorse, Yukon  
Y1A 2C6

Phone: 867-456-8182  
Fax: 867-393-6374  
Toll Free: 1-866-835-8386

**Child Development Centre Outreach Schedule  
September – December 2020**

<b>October</b>	
<b>5</b>	<b>Carcross *</b>
<b>6-8</b>	<b>Old Crow</b>
<b>6-8</b>	<b>Pelly/Mayo</b>
<b>8</b>	<b>Teslin</b>
<b>14</b>	<b>Carmacks</b>
<b>15</b>	<b>Haines Junction</b>
<b>20</b>	<b>Carcross</b>
<b>27-29</b>	<b>Beaver Creek/DBay/Burwash</b>
<b>November</b>	
<b>3-5</b>	<b>Faro/Ross</b>
<b>9</b>	<b>Carcross *</b>
<b>12</b>	<b>Teslin</b>
<b>19</b>	<b>Haines Junction</b>
<b>23-26</b>	<b>Watson Lake</b>
<b>24-26</b>	<b>Dawson</b>
<b>24</b>	<b>Carcross</b>
<b>25</b>	<b>Carmacks</b>
<b>December</b>	
<b>1-3</b>	<b>Pelly/Mayo</b>
<b>7</b>	<b>Carcross *</b>
<b>8-10</b>	<b>Old Crow</b>
<b>9</b>	<b>Carmacks</b>
<b>10</b>	<b>Haines Junction</b>
<b>10</b>	<b>Teslin</b>

**\*May change to Tuesday**

For further information, please call 867-456-8182 Ext 183 or 1-866-835-8386  
Michelle King – Acting Program Coordinator; michelle.king@cdcyukon.ca



## Would your staff like some PD opportunities? ELPS can help!

One of the ways that Early Learning Program Support at the CDC can help your Early Learning Centre is to provide professional development on topics of your choosing. This can be done in-person, depending on group size, or via ZOOM.

Topics may include: Preventing Challenging Behaviour, Setting up Your Environment for Success and Handle with Care. If any of these ideas, or a topic on something else, sounds intriguing, let us know.

All PDs offered are free of charge.

If interested, don't hesitate to call us:

Lauren MacDonald @ 689-7168  
Janine Fryer @ 689-7178 or email us at  
[lauren.macdonald@cdcyukon.ca](mailto:lauren.macdonald@cdcyukon.ca)  
[janine.fryer@cdcyukon.ca](mailto:janine.fryer@cdcyukon.ca)

We hope to hear from you soon!

*Yukon Public Libraries  
aim to provide books, audiovisual  
materials and other resources to meet  
the needs of Yukoners of all ages.*



*Libraries also provide fun and  
informative programming, safe, healthy,  
breast-feeding-friendly community  
spaces, library tours and room rentals.*

***Most Yukon libraries are open again, with some  
new COVID-19 adaptations. Please contact your  
local library to see what is going on in your town!***



From Yukon Public Libraries' Facebook page: Isabelle Pringle Library Librarian Linda and her pups spread the word about story time in Carcross this summer. Follow Yukon Public Libraries Facebook page for the latest updates.

**Yukon**

**Libraries:**

Beaver Creek Community Library  
Burwash Community Library  
Carcross Community Library  
Carmacks Community Library  
Dawson City Community Library  
Faro Community Library  
Haines Junction Community Library

Mayo Community Library  
Old Crow Community Library  
Pelly Crossing Community Library  
Ross River Community Library  
Tagish Community Library  
Teslin Community Library  
Watson Lake Community Library  
Whitehorse Community Library

# Can I Come Too?



Submitted by Jo Lukawitski, family programs coordinator, Partners for Children

We found this story circulating online, and though we couldn't track down its original source, we thought it was relevant to parents with pets and young children.

\*\*\*

An older, tired-looking dog wandered into my yard. I could tell from his collar and well-fed belly that he had a home and was loved.

He calmly came over to me. I gave him a few pats; he followed me into my house, slowly walked down the hall, curled up in the corner and fell asleep. An hour later, he went to the door and I let him out.

The next day he was back, greeted me in my yard, walked inside and resumed his spot in the hall and again slept for about an hour.



Photo credit: Fabrizio Conti, Unsplash

This continued off and on for several weeks. Curious, I pinned a note to his collar: "I would like to find out who the owner of this wonderful sweet dog is, and ask if you are aware that almost every afternoon your dog comes to my house for a nap?"

The next day he arrived for his nap, with a different note pinned to his collar: "He lives in a home with 6 children, 2 under the age of 3! He's trying to catch up on his sleep. Tomorrow, can I come with him?"

It can be wonderful to have dogs and other pets for children to grow up with. They are teachers, playmates and mood elevators! And often, just like parents and other caregivers, our canine companions need time for themselves, and a break from the chaos.



United Way of Yukon

**Thanks to United Way, Partners for Children can offer programs such as Parent Child Mother Goose for FREE in Whitehorse!**

Encouraging Words & Scattered to Skilled



This program is offered through partnership with LDAY | Centre for Learning

Wednesday, October 7 | \$5 | barcode 5962 | 6:00 pm - 7:30 pm

Encouraging Words: "I CAN'T!!" How do we respond to this attitude? How do we motivate children and youth to learn? Brain science helps us to understand how.

Thursday, October 8 | \$5 | barcode 5963 | 6:00 pm - 7:30 pm

Scattered to Skilled: "I can't find it! Is that due today? Oops, I forgot!" If any of this sounds like someone in your family, come get some strategies for getting your "to do" list "to DONE!"

Register at [www.whitehorse.ca/play](http://www.whitehorse.ca/play)

# HOW CHILDREN CAN WEAR FABRIC MASKS

## TO PROTECT YOURSELF AND OTHERS, REMEMBER TO:

- Keep at least 1 metre distance from others
- Clean your hands often
- Avoid touching your face and the front of the mask
- Wear the mask with the correct side up and out



Clean hands before touching the mask



Inspect the mask for damage or if dirty



Identify the inside of the mask which will touch the face and the upper part that will cover the nose



Adjust the mask without leaving gaps on the sides



Cover mouth, nose and chin



Avoid touching the front of the mask



Clean hands before removing the mask



Remove the mask by the straps



Store the mask in a clean bag or container



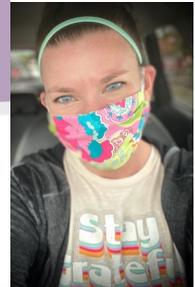
Clean hands after removing the mask



Wash the mask at least once a day, preferably with hot water



Do not share masks with others

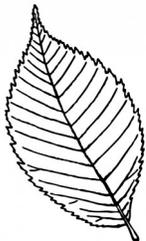


September 2020



In light of the current situation with respect to the COVID-19 virus, the Family Literacy Centre is closed until further notice. Please visit our Facebook page for information and updates, our Instagram page and our YouTube channel (pictured, right) for fun, interactive programming!

## UPDATE FROM WEBSITE

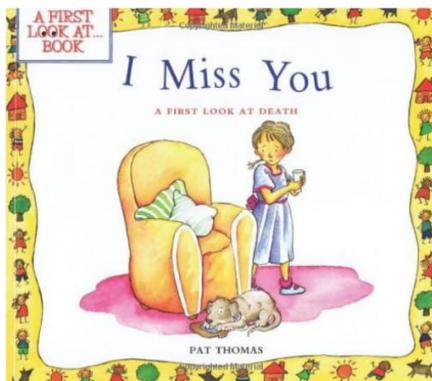


## From the Hospice Yukon Library... *I Miss You*

Young children are curious and often filled with many questions about death. They see it in more places than we may realize; characters in movies and cartoons die, and they see death in the natural world when leaves fall, a bird hits a window, or when they squash a mosquito. Perhaps they have experienced the death of a beloved grandparent, a family pet, or other close losses.

Talking about death is a healthy way to help children understand this natural part of life. Books offer a helpful and gentle starting point.

*I Miss You*—A First Look at Death by Pat Thomas is a book available at the Hospice Yukon lending library and is suitable for preschool aged children. It explains many aspects about



death and grief in a way that young children can understand using simple illustrations and straightforward, reassuring words. It frames death as a natural part of life, and offers simple explanations for what happens when someone dies. It also talks about cultural traditions such as funerals, and helps to normalize the broad range of emotions we can feel when someone dies.

*“Every day someone is born...*

*And every day someone dies.*

*Death is a normal part of life. All living things grow, change, and eventually die.*

*When someone dies their body stops working—they stop breathing and their heart stops beating. They can't think or feel anymore. They don't eat or sleep.*

*Even after someone you know or love dies, life goes on. The things you learned from that person stay inside of you and become a part of you.”*

At the bottom of some pages there is a question— “What About You?” inviting the child to reflect on their own personal experiences and ideas. The

back section of the book offers supportive tips for teachers or parents. This book is a favourite among our Kids Grief Group facilitators because of its clear and inviting words and lovely illustrations.

Stop by the lending library at Hospice Yukon to check out this book and others that can support children, parents and caregivers as they navigate through loss and grief.

Hospice is open for drop-ins on weekdays from 11:30am to 3:00pm. We are located at 409 Jarvis Street. Stop by our cozy house to see what we're all about.

### **Grief Counselling**

### **Grief Support Groups**

### **Professional Support**

### **Lending Library**

### **Public Education**

**Tel. 867 667 7429**

**[www.hospiceyukon.net](http://www.hospiceyukon.net)**



# Glitter jars can help children process COVID-19 stress.

*“This activity helps children to understand what their brain looks like when they are worried.”*

The following activity is taken from the book, *Trauma & Young Children*, written by Erdman, Colker and Winter, published by the National Association for the Education of Young Children (NAEYC).

“When children are worried, upset, or thinking about something they cannot control,” they often don’t know how much attention to give to it, how big or small the problem really is.

“By watching the glitter settle in the jar from its flurried state, children can compare it to the way their brain calms down when they are able to regulate their emotions.”

“Begin by making a glitter jar with your child. To do this, you will need a pint or quart-sized canning jar...distilled water, glitter, vegetable oil, and glycerine. If you search online for ‘how to make a glitter jar with vegetable oil,’ you’ll find a video to walk you through the steps. Or, you can use water, baking soda, hair gel, and glitter instead. You can also purchase a ... glitter jar online or use a snow globe.

“Tell your child that the glitter jar is like their brain. Ask them to vigorously shake their finished jar. What do they see? They can think of all the glitter falling about as what happens in their brain when their thoughts and emotions feel out of control. Do they

think they could use their brain to learn when they are like this?

“Ask your child to put the jar down. Together discuss what they see as the glitter settles down. Take some deep breaths together. Have your child put their hands on their tummy. Can they feel how their breathing is calming down like the glitter?”

“Now look through the jar. Can they see the other side? Did the glitter go away? No, it’s just settled down. That’s like the upsetting thoughts and feelings in our brains. They don’t disappear, they just settle down when we do some breathing and let our thoughts and feelings settle. Now we can think clearly again.

“Whenever your child is overcome by emotions, try reminding them of this activity with the phrase, ‘Let’s settle our glitter.’”

One can also use the phrase, “Feelings come, and feelings go.”

NAEYC originally adapted this activity from one on [www.susankaisergreenland.com](http://www.susankaisergreenland.com) There are many helpful suggestions here also.

You can find all NAEYC publications at <https://www.naeyc.org/resources/pubs/books>



# Can my child go to daycare?

COVID-19 guidance for children aged six months through five years. 09/29/20

## Observe or talk to your child every day to see if they have any new or worsening symptoms.

If your child has mild symptoms, they still need to self-isolate at home, but you can keep them at home for 24 hours to see if they get better or if new symptoms start.

**Pre-existing conditions don't apply.** For example, a child with asthma may have a cough, and some children get frequent runny noses during cold weather. You might want to talk to your daycare provider about what is normal for them.

### RED symptoms

- Fever/chills
- Cough
- Shortness of breath or difficulty breathing

### YELLOW symptoms

- Headache
- Runny nose or congestion
- Sore throat
- Nausea/vomiting or diarrhea
- Fatigue, or just unwell (acute/intense fatigue, generalized muscle aches not related to physical exertion, significant loss of appetite)



If your child has **one or more RED** symptoms, testing is **STRONGLY** recommended. **Your child should NOT attend daycare until you get their test results from your health care provider.**

Call the COVID Testing Centre at 867-393-3083 to book a test.

If you don't have your child tested:

If symptoms clear up sooner than 10 days without testing, self isolation is still required unless you are told otherwise by your family physician or your rural primary health care centre.

In this age group, these symptoms can be a sign of many different illnesses. If you feel your child is sick please seek urgent care.



If your child has **YELLOW** symptoms, **but no red symptoms** (such as fever), testing is optional.

If you have your child tested:

Your child should **NOT** attend daycare until you get their test results from your health care provider.

If you don't have your child tested:

Your child can return to regular activities when symptoms have gone away.

**Exceptions:** If your child is **throwing up or has diarrhea**, keep them at home until 24 hours after symptoms have gone away.

If **runny nose/nasal congestion** lasts longer than 24 hours, is mild and not getting worse, and the child is otherwise well, they may return to daycare.

**You don't need a written note from your health care provider for your child to return to daycare.**



**Your child has NO symptoms.**

**Your child can go to daycare.**

**If old enough, continue to encourage them to follow the Safe 6.**

**This guidance DOES NOT apply if:**

- Your child is a contact of someone who has COVID-19.
- Your child is severely immunocompromised or has a complex medical history.
- Your child recently returned from travel outside of Yukon.



continued from pg. 5

apart and asking that we sanitize, sanitize, sanitize! Food will remain in separately sealed, individual packets as well, and we will all stay in our bubbles, even if we are active in singing circle, or dancing.

At the heart of it, a lot of the essential elements of Parent Child Mother Goose have remained the same despite gathering during a pandemic: parents are given an opportunity to get out of their house with their little ones and connect with each other; babies get to see each other live, not over a screen; we can all experience the power and joy of singing together as

one; there is sharing of songs, stories and rhymes as a positive parenting tool; and parents are bonding with their little ones.

Ultimately, these benefits make all the inconveniences worthwhile and deepen our appreciation for the little things. A smile. A hello. Sharing space and uniting our voices. The ancient act of sitting together, in a circle, on the floor, with no devices, no tools, no props, no toys, has never been more radical.

Story and photos (with permission) by Jo Lukawitski, Family Programs Facilitator, Partners for Children



## THE WHITEHORSE HEALTH CENTRE IS STILL OPEN.

Whitehorse Health Centre is happy to provide safe modified services following COVID-19 directives.

- Post-partum home visiting and support services
- Breast feeding support
- Immunizations for you and your family
- TB screening for employment and entry to post secondary education
- On-call nurse available daily 8:00-4:30pm to assist with any concerns around breast feeding and immunizations
- Lactation consultants are available by appointment only after meeting with the on-call nurse discuss challenges.



to

During COVID-19 Whitehorse Health Center will not be hosting any group education sessions:

- Prenatal classes are postponed until further notice; contact the health centre for resources and support.
- Foreign travel clinics are postponed until further notice.
- Pre-K Health Fair for 2020 is cancelled. Appointments are available for immunization.

**Please phone to book an appointment for your family's immunizations: 867-667-8864**



# Wonderful Websites

This section of the **Partners for Children** newsletter brings some trusted websites to you each month. In this issue we highlight two websites that represent organizations that keep their finger on the pulse of early childhood in Canada (and what we should do about it). Partners for Children recommends that Yukoners view these websites while asking “Where does the Yukon fit into all of this?” and “How can the Yukon meet these objectives?”



## **The Human Early Learning Partnership (HELP)** <http://earlylearning.ubc.ca/>

Is located at UBC, but it’s much more than an academic organization. They have trustworthy information and solutions for families, educators, governments and anyone who cares about Canada’s future.

## **The Early Development Instrument (EDI)** <https://edi.offordcentre.com/>

website is sponsored by the Offord Centre. The EDI is a measure that can be used to ascertain the general state of children in a certain geographic location such as a province/territory. The

Yukon stopped participating in this program over five years ago, and the results at that time were concerning. Those who are interested can check out EDI’s interactive map by clicking on each location.

Both organizations recognize that all of Canada’s children are at risk (in various categories such as academics and mental health) due to the lack of quality early childhood solutions for busy families struggling to make ends meet.

The collage consists of three overlapping screenshots. The top-left screenshot shows the Human Early Learning Partnership website with a navigation menu and a featured image of children drawing on a chalkboard. The top-right screenshot shows a 'FEATURED' section with a photo of children and a sign that says 'MDI'. The bottom screenshot shows the Early Development Instrument (EDI) website, specifically the 'Equity from the Start' page for Canada. It features a map of Canada with a legend for 'EDI Implementations in Canada' and a list of provinces and territories with checkboxes. The list includes: Alberta, British Columbia, Manitoba, New Brunswick, Newfoundland and La..., Northwest Territories, Nova Scotia, Nunavut, Ontario, Prince Edward Island, Quebec, Saskatchewan, and Yukon. A color scale for 'EDIs collected' ranges from 0 to 646,832.



**NHEHD Yukon stays true to its mission.**  
*Email [coordinator@partnersforchildren.info](mailto:coordinator@partnersforchildren.info) for more information.*

**Using the huge amount of scientific information that describes healthy early child development, we create small projects to meet our purpose.**

**One important project is simply spreading the message that babies matter and are most important. They are our future and our hope.**

**“How are the children?” could be the first words from you as a neighbour or coworker.**

**Become a NHEHD!  
Join the  
Network for Healthy Early Human Development!**

**[www.partnersforchildren.info](http://www.partnersforchildren.info)**

**Using  
community &  
scientific  
knowledge**

**help  
facilitate  
projects**

**with a diverse  
network of  
people and  
organizations**

**Result:  
through  
community  
participation, all  
Yukon’s children have  
the best start in life.**