



# PARTNERS FOR CHILDREN

SPRING | 2026

Our mobile devices have become one of the largest problems to healthy child development. Several articles in this season's newsletter edition focus on the topic.

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Baby and child brains require connected attention from their adults to develop well. Children learn and develop literally from face to face experiences and require the external interaction to learn language, social skills, how to regulate their emotions; they learn by watching and doing with - they need you.

Kids whose parents and caregivers spend a lot of time on their phone when with them will begin to act out in an effort to get attention (negative attention is better than no attention when it comes to human biology).

While it is a hard habit to break, please consider putting the phone away. Check on the device after your children have gone to sleep.

Lifestyles that are *with* your little one, may it be cooking, going for walks, reading together... will support more healthy brain development and stronger positive relationships.



# partners for children contact information

Cai Krikorian: 867-332-5990

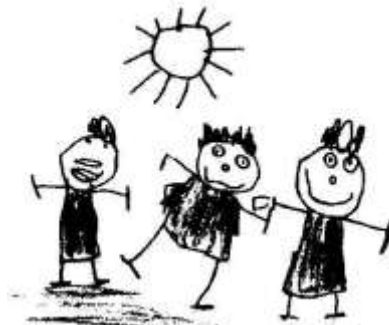
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Visit our website at  
[www.partnersforchildren.info](http://www.partnersforchildren.info)  
And follow us on Facebook and Instagram  
for all up-to-date information!



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)

## **Big Brothers Big Sisters of Yukon**

<https://yukon.bigbrothersbigsisters.ca>

## **Child, Youth and Family Treatment Services**

<https://yukon.ca/en/health-and-wellness/mental-wellness/get-counselling-and-support-families-youth-and-children>

## **Child Development Centre**

<https://cdc.yukon.ca/>

## **Department of Education Early Learning and Childcare Branch**

<https://yukon.ca/en/early-learning>

## **Early Learning Program, Yukon University**

<https://www.yukonu.ca/programs/early-learning-and-child-care>

## **Family Law Information Centre**

<https://yukon.ca/en/family-law-information-centre>

## **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>

## **Skookum Jim Friendship Centre**

<https://skookumjim.com/programs/>

## **Victoria Faulkner Women's Centre**

<http://www.vfwomenscentre.com/>

## **Volunteer Yukon**

<https://www.volunteeryukon.ca/>

## **Inclusion Yukon**

<https://www.inclusionyukon.org/>

## **Yukon Child and Youth Advocate**

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

## **Yukon First Nations Education Directorate (YFNED) Early Years**

[www.yfned.ca/earlyyears](http://www.yfned.ca/earlyyears)

## **Yukon Literacy Coalition**

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

## **Yukon Public Libraries**

<http://yukonlibraries.ca>



# FAMILY PLACE

108 COPPER ROAD,  
WHITEHORSE

**Welcome families with children 0 to 6 years**

**Come enjoy our infant, toddler and preschooler friendly space.**

A place for parents and caregivers to:

- relax with your baby and children
- share experiences and ask questions
- explore our resources
- learn about PFC and community programs



Registered programs at Family Place include:

- Parent-Child Mother Goose Program®
- Infant Massage
- You and Your Baby
- Nobody's Perfect Parenting Program
- Handle with Care

Visit our website



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

**Follow the Partners for Children  
Facebook and Instagram for our schedule**

Cai Krikorian at 867 332 5990  
Kathryn Grimmett at 867 332 9458  
[familyprogs@partnersforchildren.org](mailto:familyprogs@partnersforchildren.org)



## THOUGHTS FROM PARTNERS FOR CHILDREN FAMILY PROGRAMS FACILITATOR CAI KRIKORIAN



This winter has felt like a particularly long winter here in the Yukon. I, like many others, am dreaming of spring. I try to get outside with my kids in the winter, this winter I have gotten out less than I had hoped. My time outside is short and I have to keep moving to stay warm. I am dreaming of the ease of spending more time outside with warmer weather.

I just finished reading *The Wild Path Home* by Jacob Rosenberg and Cathy Dueck. I checked it out of the Whitehorse Public Library. The photos drew me to this book, and then I enjoyed the realistic and concrete suggestions of how to spend time in nearby nature for infants and toddlers. This is an age group that I find most books gloss over and focus on preschoolers and school age children. Rosenberg and Dueck's start with the youngest kids and then move through different ages.

Their suggestions for infants and toddlers reminded me of my favourite times outside with my children during their first two years. Spending time outside was most enjoyable for myself and my baby when we were close to home in familiar outdoor spaces, when I was relaxed and allowed my baby to be on the ground and explore with their full body. I had to let go of the need to keep everything clean, me included. I also had to pause my need to direct their time outside. Instead, I found my time was the most relaxing when I watched him explore his environment.

I had to let go of my desire to go to my favourite distant Yukon outdoor spaces, when my children were babies. I found that spending time close to our home in small natural spaces was more enjoyed by my young children and reduced my stress. As soon as my youngest could sit up, he loved to explore water and mud, a full body experience. But he would go from happy to crying, suddenly done and wanting to have the muck cleaned off his hands and to be dry and cozy warm immediately. Spring ice melting puddles are fun but cold. This was easiest to deal with by going to the nearby park that allowed us to quickly get home. *The Wild Path Home* allowed me to understand how the simple trips to the nearby park, my young children playing on the ground with the natural objects that they discovered, were valuable times for them.



We want to give a giant Thank-You to Jessica Condon for coordinating the Romp'n'Run program in Haines Junction from September 2024–December 2025. *Thank-you!*

This past January we welcomed Lucie Llamas Bravo who has been coordinating the program since January. *Welcome!*

*Also we would like to recognize the talented and generous Haines Junction folks who support the diverse programming of Romp'n'Run!*

**Thank  
You**



# Healthy Beginnings

**A Resource Guide  
For Yukon Families with Young Children  
Fall 2025**



To find the guide on-line, use the QR code or visit [www.partnersforchildren.info](http://www.partnersforchildren.info)

# WELCOME TO

## Healthy Babies, Healthy Futures

You can access all these services for free  
when you register  
into the program:

Home visits:  
postnatal support

Breast feeding  
education & support

Join us for drop-in lunches  
**12-2 p.m. Monday &  
Thursdays** for guest  
speakers & activities

Vitamin supplements,  
vouchers & car seats

Baby item  
lending  
library

Maternity & baby  
clothing exchange

Meet other parents

Lending of hospital  
grade pump

Peer support groups

Free dietitian  
Support

Information &  
support

Wellness fitness &  
group activities

Find & build  
community

Pre + Postnatal  
education



**THE VICTORIA FAULKNER  
WOMEN'S CENTRE**

Contact: (867) 667-4134  
cpnp@vfwomenscentre.com



**Tu as déjà allaité et tu souhaites encourager et soutenir une maman de ta communauté?**

**Deviens marraine d'allaitement avec Nourri-Source Yukon!**

les essentielles      Nourri-Source

Écris-nous à [pcnp@lesessentielles.ca](mailto:pcnp@lesessentielles.ca)



**JOIN US FOR A**

**COMMUNITY OF PRACTICE**

**FOR EARLY CHILDHOOD EDUCATORS**

**LAST THURSDAY OF EVERY MONTH, 5:30-7:30PM**

**AT YAEP BOARD ROOM (2ND/BLACK STR)**

for more info email us at [eceyukon@gmail.com](mailto:eceyukon@gmail.com) or find us [online](#)

# Parent's use of screen time is affecting children's language development.

Children learn language with enjoyable back and forth interactions with important people in their lives. Everyday interactions - during meals, playtime, getting dressed, or reading together - offer opportunities for learning to communicate.

Adults are talking less than they used to, and increases in screen use may explain this trend. Researchers use the term *technoference* to describe technology interfering with everyday interactions. This might involve checking a message or scrolling on social media while you're with your child. Even small interruptions can reduce opportunities for back-and-forth interaction.



Read the full article to learn strategies to make your screen time more intentional.



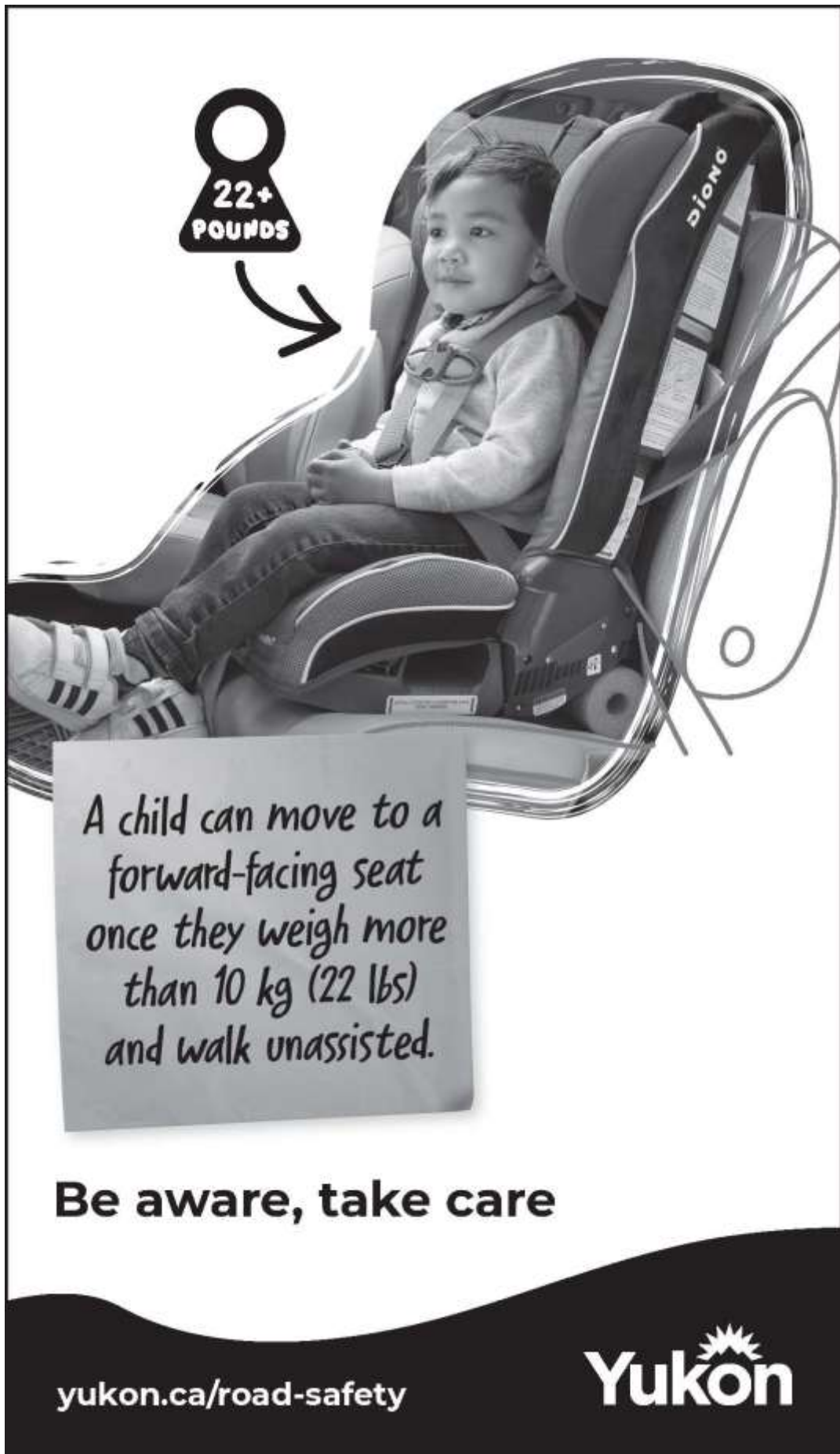
If you have any questions about your child's development - contact us! We provide services to support children's development from birth to kindergarten in all Yukon communities.

We can help answer questions and provide therapeutic advice in areas such as: movement, behaviour, sleeping, eating, toileting, sensitivities (to sound or touch) and speech/communication.

**Our services are free and confidential.**  
**867-456-8182**  
**[www.cdcyukon.ca](http://www.cdcyukon.ca)**



Article from: <https://hanen.org/information-tips/unplug-and-connect>



22+  
POUNDS

*A child can move to a forward-facing seat once they weigh more than 10 kg (22 lbs) and walk unassisted.*

**Be aware, take care**

[yukon.ca/road-safety](http://yukon.ca/road-safety)

**Yukon**

## Get the Kids Outside



Magda Gerber, an early childhood educator and founder of the Resources or “Educaring”), believed deeply in respectful child development from the very beginning of life.

She reminded us that nature is one of the richest environments for learning—even for the youngest children. From shifting light and fresh air to the smallest movements of birds and insects, the outdoors offers meaningful, sensory experiences help children adapt, grow stronger, and connect with the world around them.

The stimuli nature provides are unparalleled. Even the youngest infant becomes fascinated by listening to the birds, watching the movements of flies, butterflies, shadows, and leaves. Air circulation, temperature change, the playfulness of sunspots and shade, are strong stimuli to the skin, the eyes, the lungs, and the metabolism.





<https://sunrisenutrition.ca/>

## Pork, Spinach & Butternut Squash Mac N' Cheese

**Ingredients:**

**8 portions**

### Pasta

- 4 ½ cup dry penne pasta (450g)
- 5 cup frozen butternut squash (1 bag)
- 3 Tbsp olive oil
- 5 pork sausages (1 lb)
- 45g spinach (2/3 of 142g pkg) Cream Sauce
- 4 cloves garlic
- 3 cups table cream (18% MF)
- 1 cup parmesan cheese
- 1 tsp paprika
- 1 tsp garlic powder
- salt & pepper

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### **Instructions:**

1. Spread butternut squash on a lined cookie sheet. Drizzle with 1 Tbsp olive oil, season with salt & pepper, and bake for 30 minutes.
2. Cook pasta per package instructions.
3. In frying pan over medium heat, add 1 Tbsp olive oil and cook sausage meat, stirring to crumble until fully cooked. Set aside in a paper towel-lined bowl.
4. In the same pan over medium heat, add 1 Tbsp olive oil, minced garlic, and spinach.
5. Cook until spinach is wilted, then set aside with cooked sausage.
6. Turn the pan down to medium-low; add heavy cream. Bring to a light simmer, then add paprika and garlic powder.
7. Slowly add parmesan cheese, stirring constantly, until the texture is consistent, and cheese is melted.

Add cooked sausage, spinach, and squash to the pan. Stir to combine & serve over pasta.



## Five Little Veggies (Finger Play)

*(Hold up five fingers, then close them one by one)*

**Five** little veggies in the store,  
I'll buy some (name a veggie) and then there are four.  
**Four** little veggies, healthy as can be,  
I'll buy some (name a veggie) and then there are three.  
**Three** little veggies, looking at you,  
I'll buy some (name a veggie) and then there are two.  
**Two** little veggies, sitting in the sun,  
I'll buy some (name a veggie) and then there is one.  
**One** little veggie, now the day is done,  
I'll buy it for my tummy, yum, yum, yum!

<https://www.kidsparkz.com/preschool-sings-food>.





## Blog Post by Joe Wicks: The Body Coach

“ I love getting my children in the kitchen cooking with me. Along with learning to love movement and exercise, I think it’s one of the most important life skills we can give them.

Is it calm, stress-free and serene? Absolutely not! It's chaotic and messy...very messy! But the benefits it has on our children far outweigh any negatives. Plus, it's an investment that will pay off in so many ways.

### How did I get started?

When I first started getting my kids involved with cooking around the age of 3, we'd do simple things like letting them stir in peanut butter to their porridge or slice up a banana with a butter knife. We then progressed onto things like whisking eggs in a bowl and making scrambled eggs.

So why do I think it’s worth sticking your apron on and getting dirty in the kitchen?

- It helps your children fall in love with cooking
- It forms a healthy relationship with food
- It helps them become more adventurous with trying new foods
- It’s a wonderful way of bonding with your child
- It helps nurture their creativity and inspires them
- It will set them up for independence with cooking as young teenagers
- They will learn to read and follow methods and understand portions and measurements
- It helps children learn to problem solve
- It could open up a path to a career in food and cooking

# Being able to understand nutrition can help with their mental health for the future

## How you can get started

It's incredible to see how fast my kids have learned and grown in confidence. Here are a few fun ways to get started with your own family.

- Sit together and look at recipes online or in a cookbook
- Write a shopping list together
- Make simple dishes like warm porridge, overnight oats or scrambled eggs on toast
- Invest in a little cooking kit for them so they feel excited to start i.e. an apron, kids safety knife and a learning tower
- Let them start cutting soft things with a blunt knife such as banana, pear, melon, roasted carrots
- Let them stand and observe you cooking things like chicken or prawns in a pan and describe when its properly cooked
- Show them how to add spices and flavours to stews, stir fries and curries.
- Let them choose 1 new recipe to cook with you every week. This makes it fun and exciting
- Let them weigh ingredients using digital scales
- Another thing Indie loves to do is copy and write down a method in her own words.

When I'm feeling stressed in the kitchen I often remind myself of this question: "If I don't teach my kids how to cook, who will?". It really is one of the kindest and most loving things we can do for our children because a child who loves healthy food is setting themselves up for a healthy and happy future."



<https://www.thebodycoach.com/blog/why-cooking-with-kids-is-so-important/>  
Published June 8, 2024 and Updated on November 26, 2025

## Is my child on-track to read?


Most reading difficulties are preventable if children get the right early support. Here's a how to check whether your child is on track:



### Before starting kindergarten, my child can:

- Correctly say some nursery rhymes or sing songs 
- Tell what words rhyme or don't rhyme
  - "Do **bug** and **hug** rhyme? Do **bug** and **cat** rhyme?"
- Name 5 colours
- Recognize the numbers 1-5
- Tell me the names of about 10 letters 

### By the end of kindergarten, my child can:

- Clap the syllables (beats) of words
  - **zebra** (ze / bra) or **hamburger** (ham / bur / ger)
- Identify the first and last sounds of words
  - What's the first sound in **mat**? (mmm)
  - What's the last sound in **bus**? (sss) 
- Think of rhyming words
  - "What rhymes with **take**?" (make, lake, bake...)
- Tell me the names and sounds for most of the upper- and lowercase letters in the alphabet
- Say the alphabet correctly

### By December of Grade 1, my child can:

- Tell me all the sounds in a 3-sound word such as **dog** (d-o-g)
- Read real words like **bed** or **hop** and nonsense words like **hiff** or **gup**
- Automatically read common words like **the**, **was**, **come**, **said**, and **like**
- Print any letter of the alphabet from memory
- Read and print numbers 1-19.

If you answered "No" to some of these questions, get in touch with your child's teacher or with LDAY to explore ways to support your child's reading journey.

[www.LDAYukon.com](http://www.LDAYukon.com)

April 2026  
at Partners for  
Children Family Place

The Partners for Children Family Place (FP) is located at 108 Copper Road, Whitehorse.

All events on this calendar are drop-in; no registration required.

When we are open, all families with children ages 0 to 6 are welcome to stop in for coffee, tea, snacks, a warm place to play, connect, ask questions and access resources. Older siblings are welcome to join!

For more information about registered programs and Family Place events follow Partners for Children on Facebook.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 Partners for Children		1 FP CLOSED	2 FP OPEN 10am - 2:30pm; Mini Mother Goose 10:30am	3 FP CLOSED Holiday Weekend	4 FP CLOSED Holiday Weekend
5 FP CLOSED Holiday Weekend	6 FP CLOSED Holiday Weekend	7 FP CLOSED	8 FP CLOSED	9 FP OPEN 10am - 2:30pm; Mini Mother Goose 10:30am	10 FP OPEN 10am - 2:30pm; Mini Mother Goose 1 pm	11 FP CLOSED
12 FP OPEN 10am - 1:30pm	13 FP OPEN 10am - 2:30pm; Visit with Sleep Consultant** 12-2pm	14 FP CLOSED	15 FP CLOSED	16 FP OPEN 10am - 2:30pm; Mini Mother Goose 10:30am	17 FP OPEN 10am - 2:30pm; Mini Mother Goose 1 pm	18 FP CLOSED
19 FP OPEN 10am - 1:30pm	20 FP OPEN 10am - 2:30pm	21 FP CLOSED	22 FP CLOSED	23 FP OPEN 10am - 2:30pm; Mini Mother Goose 10:30am	24 FP OPEN 10am - 2:30pm; Mini Mother Goose 1 pm	25 FP CLOSED
26 FP OPEN 10am - 1:30pm	27 FP OPEN 10am - 2:30pm; Mini Mother Goose with Jen from the CDC 1pm	28 FP CLOSED	29 FP CLOSED	30 FP OPEN 10am - 2:30pm; Mini Mother Goose 10:30am		**Shayla Roulston is a certified infant and toddler sleep consultant

Partners for Children is a CAPC program brought to you by the  
Network for Healthy Early Human Development Yukon.

Funding Provided By: **Yukon**

## Storytime and Resources for Kids' Grief

Free counselling is available for children and youth who experience grief due to death or a life-limiting illness in the family.



At Hospice Yukon, our counsellors use gentle play therapy and age-appropriate questions to help young children express their feelings and learn about death.



We also have grief groups for children and youth who can connect with peers around shared activities to feel support in times of loss.

Check out the 'Events' tab at [www.hospiceyukon.net](http://www.hospiceyukon.net) for upcoming offerings.

### Kids Corner

We have many great books to help children and youth understand death and grief, and anyone can borrow them from our library.



Our Kids Corner has a soft plush therapy dog and cat and other toys to help children feel safe to explore tough topics.



Caregivers are welcome to drop by with a child during office hours (11:30am to 3pm) to explore new stories and skills.



You're not alone in trying to support children coping with loss.

We can help you with books, online videos, resource people, and groups for children and caregivers.

Check [www.kidsgrief.ca](http://www.kidsgrief.ca) for many great tips for parents and educators.

We also have lots of helpful resources at [www.hospiceyukon.net](http://www.hospiceyukon.net) and our welcoming staff provide ongoing support to professional and family caregivers and teachers.

*Kids Grief Counselling*

*Kids Grief Support Groups*

*Lending Library*

*Professional Support*

*Public Education*

*409 Jarvis Street*

*Tel. 867-667-7429*





# BÉBÉ EN SANTÉ, AVENIR EN SANTÉ

DES SERVICES EN  
FRANÇAIS **GRATUITS** POUR  
LES FAMILLES PENDANT  
LA PÉRIODE PRÉNATALE  
ET POST-NATALE

- Lieu d'accueil et d'écoute
- Repas-répit bi-mensuels, goûters et repas congelés à emporter
- Prêt de matériel: tire-lait, coussin d'allaitement, porte-bébé...
- Bibliothèque de ressources sur la périnatalité
- Friperie pour bébé et maman
- Réseau de parents francophones
- Remboursement des frais de relevailles (aide à la maison après la naissance)
- Accès aux services d'une diététiste certifiée
- Vitamines pré/postnatales gratuites et vitamines pour bébé
- Accès à une laveuse, une sècheuse, une douche et une machine à coudre
- Soutien à l'allaitement maternel et accès au réseau d'entraide Nourri-Source Yukon

Offert dans le cadre  
du Programme canadien  
de nutrition prénatale (PCNP)  
de l'Agence de la santé  
publique du Canada

Pour devenir  
membre du programme,  
écrivez-nous :

[pcnp@lesessentielles.ca](mailto:pcnp@lesessentielles.ca)

(867) 668-2636  
3089, 3<sup>ème</sup> avenue  
Whitehorse, Y1A 5B3





## Romp n Run in Haines Junction is back for another Spring season!

Fun, interactive and age appropriate programming for children and parents. A healthy snack after the programming; coffee/tea for the adults. Open playtime follows with lots of equipment/toys for tumbling, moving and exploring. Parental participation and supervision is required.



**Spring session**  
**beginning April 2<sup>nd</sup> (until June 11th)**  
**Tuesdays and Thursdays**  
**10 to 11:30 am in the**  
**Haines Junction Arena Mezzanine**



**New Families please contact Lucie at**  
**[llamasbravo.lucie@gmail.com](mailto:llamasbravo.lucie@gmail.com)**



Romp N Run is provided by Partners for Children (through funding provided by Health and Social Services, Yukon Government) with additional support from the Village of Haines Junction.

## Key Impacts of Parental Smartphone Use (Distracted Parenting):

- **Reduced Interaction:** Parents using phones have 20% less verbal communication and 39% fewer non-verbal interactions with their children.

- **Emotional & Behavioral Issues:** Children may feel abandoned or frustrated, leading to sadness, outbursts, or increased attention-seeking behavior (acting out).



- **Reduced Bonding:** Reduced face-to-face time limits "serve and return" interaction (back-and-forth communication), which is crucial for brain development.

- **Lowered Cognitive Development:** Studies suggest a link between high parental phone usage and lower cognitive development scores in toddlers.

- **Increased Anxiety/ADHD Behaviors:** Constant "phubbing" (phone snubbing) can lead to children exhibiting more ADHD-like symptoms, such as inattention and impulsivity.



Reference:

Matea Bodrožić Selak, Marina Merkaš, Ana Žulec Ivanković; (2025). Effects of Parents' Smartphone Use on Children's Emotions, Behavior, and Subjective Well-Being . *European Journal of Investigation in Health, Psychology and Education*, 15 (1): 8.

doi: [10.3390/ejihpe15010008](https://doi.org/10.3390/ejihpe15010008)

## Bird watching may build better brains, study says

EXPERT BIRDWATCHERS HAD STRUCTURAL CHANGES IN THEIR BRAINS THAT MAY HELP PREVENT COGNITIVE DECLINE

**Bob McDonald** · CBC Radio · Posted: Feb 27, 2026 12:50 PM MST | Last Updated: February 27, 2026

Expert birdwatchers have some fascinating brain changes that may help protect against aging and cognitive decline later in life, a new study by Canadian researchers has found.

This study, published in the *Journal of Neuroscience*, used MRI scans to compare the brains of 29 expert birders with 29 beginner birdwatchers. They found in the senior group, the parts of the brain related to perception, attention and memory were denser and better able to process information.



What this means is the brains of the experts were structurally more efficient, allowing them to retain details and absorb new information better than the non-experts. And the researchers found that this change stayed persistent as the birdwatchers grew older.

The sample size is fairly small but the results track with what we know about how to keep our brains sharp as we age. Studies have shown that [remaining mentally active](#) by learning a new skill, musical instrument, language or having a complicated hobby causes our brains to grow new neural connections and avoid mental decline.

And there is a growing body of research demonstrating that time spent in nature is good for the brain. In 2022, a study published in the *Journal of the American Medical Association* looked at data from 62 million Medicare

recipients in the U.S. and found that those who lived among more green spaces were much less likely to be hospitalized for Parkinson's disease, Alzheimer's disease and dementia.

Another study out this week co-led by researchers at McGill University and published in the journal *Neuroscience & Biobehavioral Reviews* found that it takes just three minutes in nature to trigger measurable changes in the brain.

The brain is definitely a use it or lose it organ. Research shows that staying mentally active later in life delays the onset of dementia. Earlier research by this same group concluded that having expertise in anything, such as motorcycles or rare coins, creates a sort of scaffolding in the brain that helps retain new information.

So birdwatching itself isn't a cure, but it helps to [build a well-connected brain](#), because the same skills developed to recognize bird species by the smallest of details can be used to better recognize faces and names in senior years.

There are many other suggestions for maintaining a healthy brain, such as exercise, a good diet, socializing, and solving puzzles. Birdwatching includes many of those in one activity.

In addition, becoming a citizen scientist like those participating in the Great Backyard Bird Count helps identify the many bird species that are at risk, which is important for conservation. If you decide to join the effort to save our feathered friends, you could also be saving your brain function at the same time.



Bird watching for kids is an engaging, low-cost activity that builds nature connection through observation, scavenger hunts, and simple tools like binoculars or notebooks. Start in local spots like backyards, parks, or ponds, focusing on identification by color, shape, and sound.

# NHEHD Yukon

By utilizing endless scientific information that describes healthy early child development, we create small projects to meet our purpose.

By simply spreading the message that babies matter and are most important is our #1 project to date.

They are our future and our hope.

*Could you make "How are the children?" the first words from you to your neighbours or coworkers? Try it!*

**Become a NHEHD**

+

**Join the Network for Healthy Early Human Development today!**

[NHEHDYUKON@GMAIL.COM](mailto:NHEHDYUKON@GMAIL.COM)

