

PARTNERS FOR CHILDREN

WINTER 2020



What our babies and youngest children need to grow, healthy for life:

1 = secure, consistent, loving attachment with at least one major caretaker is THE vital nutrient



SAFETY - When we do not feel safe, the need for safety dominates the lenses through which we respond to the world. This can hinder development emotionally and socially, and even intellectually.

When safety is at stake (emotionally as well as physically) **outer situations and stimuli are evaluated from this inner “am I safe?”** neurological state. Openness, curiosity, social connections, and the ability to learn are secondary when safety is at stake.

Seek to provide your child with emotional safety. Try to shield them from loud arguments and a hostile atmosphere. Do not make them anxious about safety by talking about the world outside the home in ways that cause them to be afraid. Instead, do what you can, within reason, to keep from exposing them to unsafe situations.



TRUST - Babies and little ones first develop a basic belief that the world and people are safe and trustable.

You provide this belief through your own attitude towards the world, as well as through your relationship with them.

Try to protect them from exposure to people and environments that are otherwise. In these ways you allow your children to experience the world as a place where it is safe to explore physically, connect interpersonally, and be curious about intellectually.



PREDICTABILITY, STRUCTURE, LIMITS - Young children need consistency, organization, and predictability in their lives. Try to provide an environment in the home that is calm, organized, predictable, and sustained by daily routines.

Predictability supports their developing nervous systems. Knowing what to expect in their worlds, they do not have to be on guard, anxious about what is coming next.

Limit setting is a necessary and healthy requirement in parenting. Setting limits with our children helps them to learn to set their own limits as they mature, and to respect limits that have been set by teachers, future employers and our legal system. Children do not innately know how to set their own limits. They need the structure of knowing where the limits are, and what the consequences are for going beyond these limits. This includes reasonable expectations regarding their personal behavior, how they treat others, and behavior that provides for physical safety.

The consequences for not respecting known limits must be predictable, consistent, reasonable, and developmentally appropriate.

WWW.GROWINGTHROUGHPARENTING.COM

A handwritten signature in blue ink that reads "Katie Walsh".

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partners for children contact information

Phone: 1-867-332-5990

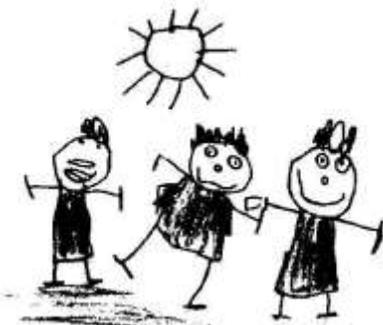
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You may request a colour PDF version of this newsletter by emailing newsletter@partnersforchildren.info or checking our website: www.partnersforchildren.info

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The views expressed herein are solely those of the authors and do not necessarily represent the official policy of Partners for Children program, NHEHD or the Public Health Agency of Canada.



Community Websites

Autism Yukon
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

Child Development Centre
<https://cdcyukon.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/

Fetal Alcohol Society Yukon
www.fassy.org

Hospice Yukon Society
www.hospiceyukon.net/

LDAY Centre for Learning
www.ldayukon.com

Network for Healthy Early Human
Development
www.NHEHDYukon.org

Partners for Children
www.partnersforchildren.info

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

Traditional Parenting Program
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

Yukon Literacy Coalition
www.yukonliteracy.ca/

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





Network for Healthy Early Human Development Yukon (NHEHD)

Apryl Olsen CHILD Award nominations due April 15

Awards will be presented May 22

Please see the back cover for descriptions of the awards.

CHILD Awards

Care Helps Individuals Learn and Develop



COMMUNITY ACTION PROGRAM FOR CHILDREN (CAPC)

Celebrating 25 years of CAPC's impact on the health and wellbeing of children and families in Canada

A national community-based program launched in 1993, funded by the Public Health Agency of Canada.

Delivered by over 400 community-based groups, agencies and coalitions, in collaboration with 9,750 partner organizations across the country.

Promotes the health and development of young children and their families facing challenging life circumstances.

Reaches more than 227,000 parents, caregivers and children each year in communities across Canada.



GREATER ACCESS TO SERVICES

- Parenting and health promotion programs
- Child development activities
- Referrals to community services



GAINING KNOWLEDGE AND BUILDING SKILLS

- 86% improved parenting skills
- 91% more aware of how children change as they learn and grow
- 82% of children recognized more colours, shapes, letters, or numbers
- 89% of children played better with others



ADOPTING POSITIVE HEALTH PRACTICES

- 78% better able to cope with stress
- 79% preparing healthier meals and snacks for their family
- 80% of children more interested in reading and books
- 91% doing more with their children to help them learn



IMPROVING HEALTH AND WELLBEING

- 82% improved their mental health
- 83% improved their health and wellbeing
- 87% have better relationship with their child
- 90% improved health and wellbeing of their children



PARTICIPANTS CONTRIBUTING TO THE PROGRAM

- 3,300 current or past participants volunteered a total of 50,826 hours per year
- Many go on to become program staff and board members.



Sources:
Public Health Agency of Canada (2005, 2010-2016). Children Programs Performance Measurement Tool (CPMT). Internal Public Health Agency of Canada Report, unpublished.
Office of Health and Evaluation, Health Canada and the Public Health Agency of Canada (2005).
Evaluation of the Community Action Program for Children, Canada's Parent Action Program and Associated Activities, 2003-2004 to 2004-2005.
Retrieved from <http://www.canada.ca/content/59/59/01/01-eng.html>
Evaluation of the Community Action Program for Children, Canada's Parent Action Program and Associated Activities, 2010-2011 to 2014-2015.
Unpublished community action program - children's health program evaluation report, unpublished at the time of writing.

Community Spotlight: Watson Lake



After a period of closure, the Watson Lake Daycare hopes to address unique rural challenges.

After closing down for over a year, the Watson Lake Daycare is in full swing again under the direction of Angela Winsor.

“Our daycare is governed by a board of directors,” she says, “as is the Blue Daycare in Dawson City.”

Eighteen children are currently attending the program, and there are four full-time staff and hopefully one more to be hired soon. There is a need for more spaces, but this will not be able to happen until there are enough staff to provide quality infant/toddler care.

Many rural communities have daycares that receive funding and direction from their local First Nations Governments. This is not a formal obligation in Canada, but many First Nations Governments recognize the value that quality early childhood environments have for their citizens and therefore have been forward-thinking in their childcare approach.

“Staffing is our biggest problem,” says Winsor. There are simply not enough ELCC-trained individuals in Watson Lake who want to work for early childhood wages.



“Every time I find someone qualified and get them all trained up,” she says, they find better jobs that pay more.” Then “let’s try to juggle the schedule again.”

For those daycares who do not have the backing of First Nations government finances, however, wages can be lower by as much as \$5/hr or more. There is no equipment budget, and volunteer board members must take on the load. Burnout soon follows.

“We know we lose employees to education,” she said. If ELCCs could be paid a comparable wage, we won’t lose them.” She also clarified that she feels that ELCCs should make a comparable wage per hour, as many education assistants don’t work during the summer, and ELCCs must work all summer with only two weeks vacation, and often up to 50 hours per week. They start before parents leave for work and wait until parents are finished work.



Private and board-run daycares most often have no benefits, “like ours,” according to Winsor. Often they need to ask their staff to use their own vehicles for things like field trips. This causes liability and safety concerns.

Winsor acknowledges that she has been working with Child Care Services (CCSU) on a solution.

“There are no subs.”

Both pictures: children playing at the Watson Lake Daycare

“We are sort-of a pilot project,” she says, as CCSU does recognize that childcare is much more expensive to provide in a place like Watson Lake than even Whitehorse.

“The Yukon needs a recruitment plan for rural communities,” she insists. And it’s especially hard for her daycare in Watson Lake and the one board-run daycare in Dawson City.

Winsor says they are in discussions with Childcare Services in order to come up with a plan that will

...continued on page 22

For the Sake of the Children

This free public workshop provides information to parents and other family members experiencing separation or divorce. It provides information on:

- Legal issues and how to resolve them
- Effects of separation on children
- Effects of separation on adults
- Relating to the other parent

Register by contacting the Family Law Information Centre (FLIC):

Phone: 867-456-6721
Email: flic@gov.yk.ca

FLIC is made possible by Justice Canada.

Upcoming workshops:

~~November 5, 2019
5:30 pm to 8:30pm~~

January 21, 2020
5:30 pm to 8:30pm

March 10, 2020
5:30 pm to 8:30pm

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: flic@gov.yk.ca

Yukon Family Mediation Service is made possible by Justice Canada.



Promoting Mental Health in Young Children

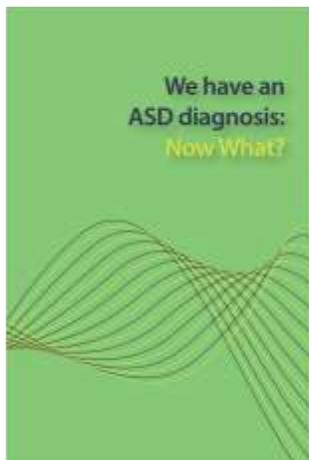
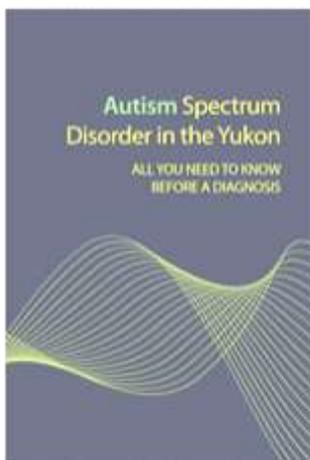
Activity sessions & discussions
about
Attachment
Self esteem
Emotional literacy
Building relationships
and
a community of support.

Thursdays 10 a.m. to noon
February 27-April 9
Whitehorse Health Centre 667-8864



Autism Yukon

Questions?
www.autismyukon.org
Or call 667-6406



Mothering Your Baby



Eight-week sessions on Thursdays at the Whitehorse Health Centre

Mothers and their babies (birth to 1 year) are invited to join our Mothering group for sharing, support, information and fun!

Register at Whitehorse Health Centre
667-8864



Leslie's Book Shelf...

Quirky and common-sense books for Yukon children



As I write this article, it's -40C, and I've got icicles on my mind. I can't help but remember years past: bundling up my children and telling them to do jumping jacks if their toes became cold while waiting for the school bus.



Consequently, I must recommend the ultimate cold-weather children's book: 50 Below Zero by Robert Munsch, illustrated by Michael Martchenko. First published way back in 1986, Canadian children have loved it ever since.

Besides the fact that it's 50 below outside, the main character must deal with a sleepwalking father and the sneaking hunch that his family might be quirky, as all families are. This book is fun to read and almost always on the shelves at Mac's Fireweed Books.

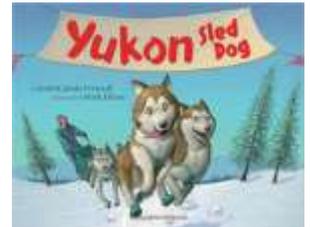
Another book children enjoy is Winter in Canada:

Machines. They like "how things work" books in general, and even better when the book is relevant to the local culture.



"Get up close and personal with Zamboni machines, giant ice breakers, extreme snow plows, train plows and rotators, snow-making and grooming equipment, snowmobiles, snow cats, de-icers and more!" (www.scholastic.ca)

Another great book is Yukon: Sled Dog by Judith Janda Presnall, illustrated by Mark Elliott. I love that Yukon is a female husky with a female trainer. The pictures are cute, and readers actually learn a fair amount about mushing culture. This book is also at Mac's Fireweed Books.



BABY'S DAY OUT

Is Wednesdays at the Whitehorse Health Centre, 9010 Quartz Rd..



BABY TALK, which includes different topics weekly, is from 1:30 -2:15 p.m., and the

WEIGH AND MEASURE is from 1:00 - 3:00 p.m. Parents may also chat with a nurse regarding any current concerns or questions.

BREASTFEEDING SUPPORT GROUP A weekly Breastfeeding drop-in support group is held every Monday from 1:00 to 3:00 pm. No appointment is necessary. This is an opportunity to chat with a nurse regarding any breastfeeding or feeding concerns or questions.

ON-CALL NURSE

An on-call nurse is available daily 8:00-4:30 pm to assist with any breastfeeding or feeding concerns, just call 667-8865 or drop in.

LACTATION CONSULTANTS

Lactation Consultants are available by appointment only after meeting with the on-call nurse to discuss the challenges that parents may have.



Thinking about using cannabis while parenting?

Get the current facts about using cannabis for non-medical purposes while parenting young children. Talk with your health care provider about information on cannabis for medical purposes.

About cannabis

Cannabis is also known as marijuana, weed and pot. It has more than 700 chemical compounds. Hash and hash oil also come from the cannabis plant.

- Delta-9 tetrahydrocannabinol (THC) is the chemical compound that makes people feel high
- THC content in cannabis has increased over the past several years.
- Cannabidiol (CBD) is another chemical compound known for its therapeutic use for pain, inflammation and anxiety.
- CBD does not make you feel high.
- CBD products may contain THC.

Until more is known about the short and long-term effects of cannabis, it is safest to avoid using cannabis when parenting and breastfeeding.

Risks of using cannabis

Second-hand cannabis smoke can be harmful, especially to children. It is safest not to smoke or vaporize cannabis at home or in a car.

Using cannabis daily, or almost daily, may have effects that last for several weeks, years, or never fully go away, even after stopping use. Some people may have a higher risk of:

- Developing a mental health problem
- Having an existing mental health problem worsen
- Having psychotic episodes

More research is needed to clearly understand all the possible health effects of cannabis use.

Although cannabis is a natural plant, it doesn't make it safe during pregnancy.



Download this helpful four-page pamphlet at <https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/health-effects/parents.html>

Yukon
Parent to Parent
Resource Network

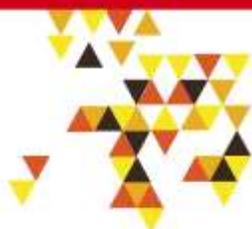


RARE DISEASE
FOUNDATION
FONDATION DES
MALADIES RARES

Do you have or care
for a child with a rare
or undiagnosed
condition?

SUPPORT~MENTORSHIP~EDUCATION

yukonfamilies@rarediseasefoundation.org



The number of Yukon families living and caring for a child with an undiagnosed or rare condition is larger than you might think!

Our parent group is based on the mutual desire to enhance our families' lives through connection, support, mentorship, networking and education.

We meet on a monthly basis!

Send us an email if you would like more information. We're happy to chat and to help you get what you need.

Meetings Held At:

Child Development Centre
1000 Lewes Blvd

www.rarediseasefoundation.org

Skookum Jim Friendship Centre

3159 3rd Avenue



Healthy Lunches
Health and Nutrition Education and Awareness
Prenatal Supplements
Lending Library
Traditional Crafts
Breastfeeding Space
Gardening
Monthly On-site Nurse
Infant clothing exchange

*Love begins at home, and it is not how much we do...
but how much love we put in that action. - Mother Teresa*

Healthy Moms and Babies
Drop-in Lunch Wednesdays 12-3 pm

Registration open to Prenatal and Babies up to One



fassy Fetal Alcohol
Syndrome
Society Yukon

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

Daytime group
2nd Wednesday of
each month, from 11:00
am to 1:00 pm w/lunch

Evening group
3rd Thursday evening of
each month
from 6:30 to 8:00 pm

FASSY office, 205 Black Street

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 667-3976
- PPD Helpline at 1-800-944-4PPD(4773)
- postpartum.org/the-journey

Yukon

YIAND NEEDS YOU
(YUKON INTER-AGENCY NETWORK ON DISABILITY)
COME AND JOIN US!

YIAND was formed to act in an advisory capacity in the support of its partner agencies in developing collaborative plans, identifying collective gaps in service and working together to address the systemic, overarching issues faced by its members:

- Create information sharing process
- Serve as a forum for discussing prospective policies and practices to address current challenges/future partnerships
- Promote a collective voice around identified challenges and suggesting action items
- Propose and develop new initiatives, activities and outputs that meet needs
- Identify and actively pursue funding from other sources to support additional services, activities and events

YIAND Collective Impact Strategy:

Intended Impact: By 2028, 95% of adults with disabilities in Whitehorse will have the supports they need to make choices and experience belonging in our community.

Beneficiaries: Adults with disabilities in Whitehorse and their caregivers

Strategies:

- Public Awareness/ Engagement
- Collaborative Case Planning and Care Pathway
- Professional Development

Activities:

- Knowledge exchange, Interagency library
- Public campaigns: inform centralized database, build understanding with employers, public at large
- Consistency in support, best options surfaced
- Identify existing supports and the people they serve
- Map a continuum of care
- Identify and fill service gaps
- Identify and promote core competencies, integrated approach to development

INTERESTED IN LEARNING MORE AND GETTING INVOLVED?

COME AND JOIN ONE OF OUR SUBCOMMITTEES TO EXPLORE THESE ACTIVITIES FURTHER. IF YOU ARE INTERESTED IN BEING ON ONE OF THE FOLLOWING COMMITTEES please email Rebecca Fenton, Collective Impact Launch Coordinator at rainbow@northwestel.net:

- Public Awareness/ Engagement;
- Collaborative Case Planning and Care Pathway; and,
- Professional Development.

Time commitment is approximately 2 hours per month. First meeting in February 2020.

WE LOOK FORWARD TO HEARING FROM YOU!



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

Skookum Jim Friendship Centre: contact Stephanie Asp at or sjfcprenatal@northwestel.net

Mamans, Papas et Bébés en santé at Les EssentiElles: Contact Sophie Huguet at 668-2663 x 820 or pcnp@lesessentielles.ca

Teen Parent Centre: contact Natalie Pringle at 667-8336 or teenparentcentrecpnp@gmail.com

In Dawson City: Contact Tanja Westland at (867) 993-5149 or cpnpdawson@northwestel.net

In Carcross: Contact Leslie Peters at (867) 821-4251 ext 8263 or leslie.peters@ctfn.ca

In Teslin: Contact Jodi Jules at (867) 390-2532 ext 371 or Jodi.Jules@ttc-teslin.com

In Waston Lake: Contact Kendra Hotson at (867) 536-2125 or wlcnpn.cpac@gmail.com

In Ross River: Contact Amanda at amandamarymacl@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!





CPNP Programs Turn 25 Years Old in 2020

YTG is one of the only P/T governments that doesn't supplement CPNP programs.

In 2020, Canada Prenatal Nutrition Programs (CPNPs) in Yukon celebrate 25 years of working with families to support healthy pregnancies, positive birth



Dietician Jennifer Daniels has worked with Yukon CPNP for 20 years.

experiences and provide support during the adjustment to parenting a new baby. Canada Prenatal Nutrition Programs in Yukon are known in each community as the Healthy Moms, Healthy Babies Program or Healthy Families, Healthy Babies Program.

Programs offer nutrition assessment and counselling, food and vitamin supplements, food preparation training, breastfeeding education and support, education and support on infant care and child development and referrals or counselling on health and lifestyle issues.

Announced in 1994, CPNP was designed to extend the support offered by the Community Action Program for Children (CAPC) announced in 1992, into the prenatal period. CPNP is rooted in the *United Nations Convention on the Rights of the Child* and in a commitment, Canada along with 71 other nations made to invest in the well-being of children at the United Nations World Summit for Children, in 1990.

In 1995, a Yukon youth submitted a logo design that was selected as the national Canada Prenatal Nutrition Program logo. This made-in-Yukon logo, featured in this article, was used exclusively on all federal CPNP resources, websites and communications for over 20 years.

I have had the absolute privilege of creating and coordinating a new Yukon CPNP at Victoria Faulkner Women's Centre in 2001, during a Yukon program expansion phase of the federal prenatal program where 6 new Yukon prenatal nutrition programs were born. I have also been the Yukon CPNP Program Dietitian for the past 20 years, working to provide evidence-based nutrition guidance and advice to program staff, health

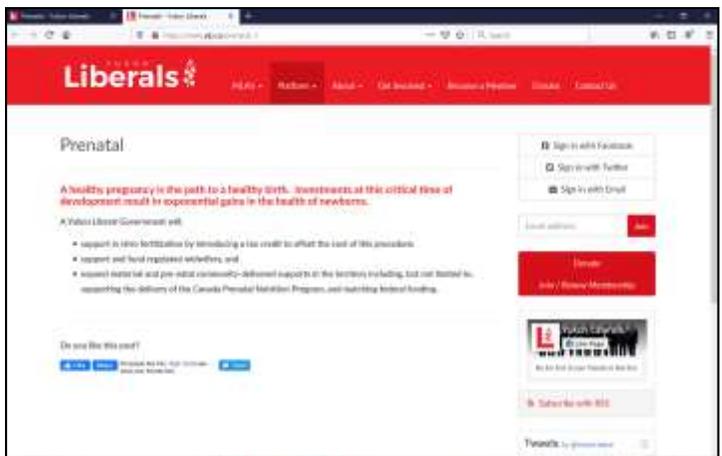
professionals, partner agencies and to parents participating in our community programs.

Initially, I travelled to each Yukon community several times a year to deliver nutrition support to parents and staff. Over the years, the mode of delivering program nutrition support has changed and I now connect with parents and staff mostly via video-conferencing, email, and telephone. In a typical week, I receive requests from parents about food safety during

pregnancy and breastfeeding, managing nausea and vomiting in pregnancy, introducing solid foods to babies, preventing infant food allergies, supplemental vitamin D needs of breastfed babies, managing iron deficiency in pregnancy and support for breastfeeding in returning to work.

Today, 25 years later, the Canada Prenatal Nutrition Program continues to play an important role in helping women meet prenatal and early postpartum needs by

“Yukon CPNPs have built solid community support and partnerships and delivered quality maternal infant health programming and support, while facing the stark reality of static government funding since 1995.”



A screen shot of the Liberal campaign promise not yet fulfilled.

continued, next page



CPNP History

Continued from page 11.

increasing access to health services for women and their babies facing conditions of risk. In the spirit of collaboration and to ensure a coordinated approach to address health, social development and learning needs of pregnant women CPNP promotes health and addresses health disparities while increasing access to culturally sensitive prenatal programming.

Yukon CPNPs offer; nutrition and prenatal health counselling, breastfeeding education and support, support from a dietitian, nurse and family support worker, opportunities for peer support, prenatal vitamins and healthy food, cooking sessions, and education about child nutrition and development.

Yukon CPNPs have built solid community support and partnerships and delivered quality maternal infant health programming and support, while facing the stark reality of static government funding since 1995.

CPNP funding is not indexed for annual inflation and the cost of staffing programs and delivering service has increased substantially in the past 25 years throughout the Yukon Territory. Prenatal nutrition programs have creatively undertaken fundraising, solicited private support, leveraged in-kind staffing and volunteers; all in an attempt to offset the ever increasing costs of delivering quality care and support to young families at risk.

Program staff commit to continually informing Yukon government Ministers, including the Premier and MLAs about the value of community

Canada Prenatal Nutrition Programs to the health and well being of Yukon mothers, babies and families. In 2017, the Government of Yukon promised funding support to Yukon CPNP Programs, but has yet to follow through on this election platform promise.

Programs struggle to retain staff, cover program rent and utilities and provide essential program supports in the form of healthy meals, nutrition supplements, prenatal vitamins and vitamin D supplements for breastfed infants as inflation erodes static 1995 program dollars.

Programs struggle to retain staff, cover program rent and utilities and provide essential program supports in the form of healthy meals, nutrition supplements, prenatal vitamins and vitamin D supplements for breastfed infants as inflation erodes static 1995 program dollars.

It is the sincere hope of Yukon CPNP staff, partners, and families that funding support will be made available to help bolster the important work of supporting mothers, babies and families in growing the next generation of Yukoners. Looking forward to the next 25 years of supporting Yukon families and babies. ♦

Submitted by: Jennifer Daniels, B.Sc., RD, Yukon – Canada Prenatal Nutrition Program Dietitian



YCAO describes three ways to advocate for children.

On page seven of their annual report, YCAO describes three approaches that help .



WHAT DOES YCAO DO?

Children and youth may self-refer to the YCAO or may be referred by any concerned adult.

INDIVIDUAL ADVOCACY

SYSTEMIC ADVOCACY

PUBLIC EDUCATION

195 children accessed YCAO last year!

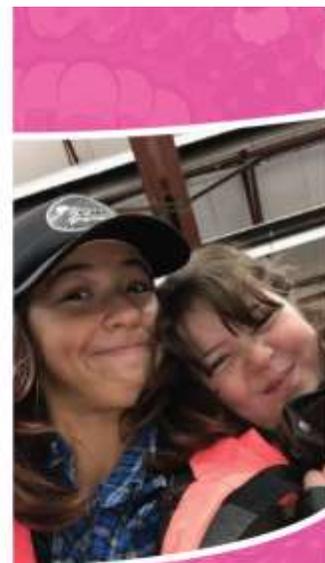
Individual Advocacy – YCAO helps young people effectively access government services, and have their views and rights heard and considered in the decisions being made by government service providers.

Systemic Advocacy – YCAO may review systemic or policy issues that arise in the course of individual advocacy.

Public Education – YCAO provides information workshops about the role of the Advocate and children's rights. YCAO attends, participates in and hosts youth-centred community events.

What Guides Us:

- ★ *Child and Youth Advocate Act*
- *United Nations Convention on the Rights of the Child*
- *Truth and Reconciliation Commission 94 Calls to Action*
- *National Advocacy Standards (CCCYA)*



DID YOU KNOW?

YCAO is an independent office of the Legislative Assembly that is dedicated to protecting the views and rights of children and youth who are eligible to receive services within Yukon Government.



Yukon Child and Youth Advocate Office (YCAO)

2070 – 2nd Avenue, Unit 19

Phone: 867 456 5575

www.ycao.ca

"Young people have a voice."



General Suggestions to Encourage Language Development

We hope you have fun attending a Parent-Child Mother Goose group and learn new songs to sing with your child. Here are some strategies you can use while singing to help with language development.

★ Be animated

If you are enthusiastic and entertaining, it makes communication more fun and keeps your child interested. Use facial expressions and vary your intonation. Many Mother Goose songs use different voices, vary the volume and speed up or slow down to keep them interesting!

★ Be face to face

Singing with your child allows you to be close to each other. Try getting down to your child's level – lie on the floor or kneel down. Diaper changes are always a good time to be face to face. This position will encourage your child to listen and watch you.

★ Pause

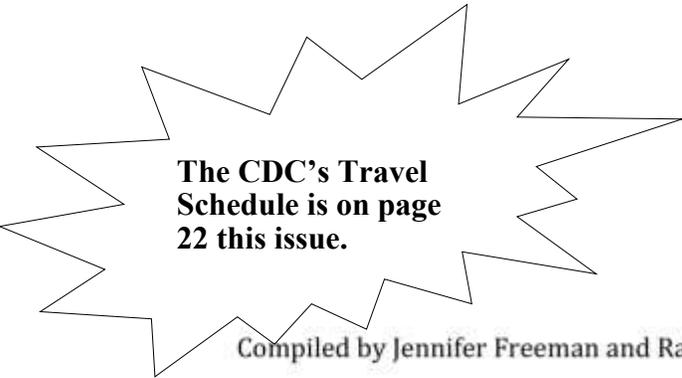
Pauses during familiar songs are an invitation for your child to take a turn. Try to pause after a line in the song and wait for your child's turn. Waiting is hard but it will give your child time to try and imitate you or take their own turn in the song. Remember, their turn may be a word, a sound or a gesture.

★ See what's of interest

Does your child have a favourite song? Follow your child's lead and sing her favourite songs. This will help her pay attention and encourage her to interact with you.

★ Keep it simple

Mother Goose songs are simple and have lots of repetition. Sing clearly and try to slow your speech down. The repetition in songs is really helpful for language learning.



The CDC's Travel
Schedule is on page
22 this issue.

Compiled by Jennifer Freeman and Rachel Moser



Child
Development
Centre "Together, we can
reach the stars"

Need extra support in your classroom? ELPS can help!

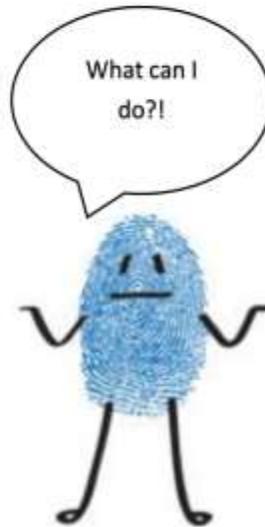
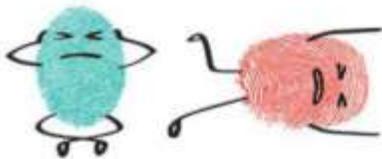
The early learning support program (ELPS) is a **FREE** service offered by the Child Development Centre to help support ECEs.

Are you experiencing challenging behaviours?

Need some new ideas for programming?

Is the room set up just not working for your group?

Not sure if the daily schedule is meeting the needs of the children in your care?

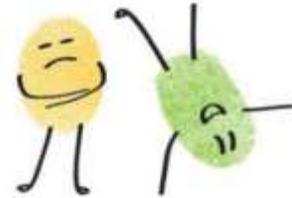


Are transitions feeling chaotic?

Have you been wanting to use visuals in your classroom, but don't have the time to create any?

Are you looking for ways to add movement or sensory activities into the day?

Feeling a circle time lull?



We work collaboratively with you to

- Identify areas in which you would like support.
- Develop a plan to target these areas.
- Help you implement the plan in ways that make sense to you and your program
- Provide follow up where you can continue to ask questions and get support.

This process is flexible and can change to meet the needs within your group.

If you feel ELPS may be a helpful for you in your role as an Early Childhood Educator, please contact Lauren at the Child Development Centre.

Early Learning Program Support

Lauren MacDonald, Early Learning Coordinator

Phone : (867) 456-8182 x 201

Email: Lauren.MacDonald@cdcukon.ca

*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.*

Visit your nearest Yukon Public Library

Baby Time - Storytime for Kids

Whitehorse Public Library

Mondays: 10:30 a.m. to 11:30 a.m. For children ages 6 - 24 months. Join us for rhymes, music and stories every Monday at 10:30 a.m. This is a free drop-in program. Children must be accompanied by an adult. For more info, call 667-5239.



Toddler Time - Storytime for Kids

Whitehorse Public Library

Wednesdays: 10:30 a.m. to 11:30 a.m. For children ages 2 - 4 years. Join us for rhymes, music, crafts and stories every Monday at 10:30 a.m. This is a free drop-in program. Children must be accompanied by an adult. For more info, call 667-5239.

Register your child for a free book every month!

The Dolly Parton Imagination Library is a program available to all Yukoners. Children can receive 1 free book per month from birth to age 5.

Register online: <https://imaginationlibrary.com/ca/find-my-program/>

Register by phone: Yukon Imagination Library Coordinator
867-334-6587 or Yukon Literacy Coalition 867-668-8698
Email: info@yukonimaginationlibrary.ca



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

Why Parent Child Mother Goose?

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



The Many Benefits of the Parent Child Mother Goose Program

Taken from the November 2006 article: The Parent Child Mother Goose Program® WHAT DOES RESEARCH TELL US?

This summary is based on work done by Anjula Joshi, PHD Student, UBC, 2006. It was compiled by Beth Hutchinson, Provincial Co-ordinator, PCMG® program, BC Council for Families and Dana Brynensen, Past President, PCMG® program, National Board and Provincial Advisor, Infant Development Programmes of BC.

The Parent Child Mother Goose Program® is a group experience for babies, young children and their parents focusing on the power and pleasure of the use of story, rhyme and song. The program has grown and developed in Canada for more than 30 years and is now also growing in other parts of the world.



It is well loved by parents, other caregivers, and program facilitators, and continues to be our most popular program at Partners for Children. Recently, in our offering at a senior's facility, attendance for the group surpassed that for their previously most popular activity: BINGO!

There is a wealth of anecdotal evidence that this is a beneficial program. This summary presents the findings of formal program evaluation. Benefits are described as follows:

Impact on Child Development

- More confidence in social situations
- Improvement in children's communicative ability, both for children developing typically and for children with language, developmental and social delays

Impact on Parents

- Enhanced interactions with children
- Greater awareness of children's cues and behaviours
- Increase in social support
- Improvement in parenting knowledge and confidence

- Learning and continued use of songs and rhymes
- New strategies for handling difficult parenting situations
- Song, rhyme and story used to calm, to soothe, to entertain and to assist in daily living
- Many parents reported gains in the use and enjoyment of English as a second language

Impact on the Parent-Child Relationship

- Parents liked learning to enjoy their child's company
- Parents felt more in tune with their child's behaviours
- Parents noticed more nonverbal communication in their young infants
- Parents found that the program assisted their children to be more communicative
- Parents reported that the program had brought the family together
- Parents spent more time having fun with their children

Quotes from participants in Whitehorse Parent Child Mother Goose Programs:

"My baby loves it (the other babies and the singing!) The songs are fun! I love this program. So great for early literacy skills."

"This program has meant deeper bonding, smoother and happier transitions from one activity to the next, better diapering."

"My son loves the music, smiling, focused and his whole body seems happier."

"This program has been a life saver for long car rides! We sang for hours on our recent trip to Skagway."

"The program meant mental wellness to me and my child."

"This program meant father daughter time. Thank you."

"This program is a sanity saver and community builder."

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





Parent-Child Mother Goose
 Discover the power and pleasure of rhymes, songs, and stories.

Tuesdays, January 14 – March 24, 2020
 10:30 – 11:30 AM
 With Elders at Whistle Bend Place
 To register your 0-5 yr old for this FREE Program contact Jo Lukawitski at:

Partners for Children
familyprogs@partnersforchildren.info
 867-332-5990

Spend time with elders!



TWO LOCATIONS



Fridays, January 17 – March 27, 2020
 10:30 – 11:30 AM
 Whitehorse Public Library
 To register your 0 - 5 yr old for this FREE program contact Jo Lukawitski at:

Partners for Children
familyprogs@partnersforchildren.info
 867-332-5990

Parent-Child Mother Goose
 Discover the power and pleasure of rhymes, songs, and stories.



From the Hospice Library... *The Memory Tree*

The Memory Tree is a beautiful and heartfelt picture book to help young children celebrate the memories left behind when a loved one dies.

In this story, Fox has lived a long and happy life in the forest but now he is tired. He lies down in his favourite clearing and falls asleep for ever. Before long Fox's friends begin to gather in the clearing. One by one they tell stories of the special moments that they shared with Fox. As they share their stories, a tree begins to grow, becoming bigger and stronger with each memory, sheltering and protecting all the animals in the forest, just as Fox did when he was alive.

This gentle story about the loss of a loved one is perfect for sharing and will bring comfort to young children

and their parents. It reminds us that it is through sharing memories and stories of our loved ones that we keep them alive in our hearts.

"Bear remembered how Fox had looked after her cubs one spring.

Rabbit smiled when she told the story of how Fox had played tag with her in the tall grass.

Squirrel talked about Fox helping him dig up buried nuts in the deep snow last winter.

One by one, the animals all remembered their favourite stories about Fox.

Fox had touched the lives of all the animals in the forest with his warmth and kindness, and they all smiled, remembering."

We often read this book at the start of our children's grief groups. It offers a hopeful and positive way to keep the memory of our loved ones alive, and offers a beautiful introduction to the idea of keeping the legacy of our loved ones alive.

Stop by Hospice to check out this book or the many others we carry geared towards children and youth.

Hospice is open to the public every weekday from 11:30am to 3:00pm. We are located in a little heritage house at 409 Jarvis Street.

If you haven't come in before, please stop by our cozy house to see what we're all about. You can enjoy a cup of tea while you peruse our library and learn about the services we offer.



Grief Counselling
Lending Library
Grief Support Groups
Professional Support
Public Education

www.hospiceyukon.net





For more information, call
668-8698 / 668-6535

f Yukon Family Literacy Centre
@ @yukonfamilyliteracycentre

*All programs are based on child-adult participation.
Suggested program age is just a guideline.*

MORNINGS Monday to Saturday

Mon. (10:30-11:30 am) People in Your Neighbourhood
• *all ages* Local visitors from our community will share with us what their daily work looks like.

Tues. (10:30-11:30 am) 1,2,3 Craft With Me • *all ages* Songs, stories and a different craft each week.

Wed. (10:30-11:30 am) Baby Chit-Chat • *birth to 18 months*
Relaxed parent-baby time with songs, rhymes & play, and discussion of parenting topics.

Thurs. Reserved for Group Use Call 668-8698 to reserve for your literacy-based group.

Fri. (10:30-11:30 am) Fun with Felt • *all ages* Join us for felt games, songs and stories.

Sat. (10 am-2 pm) Choose Your Own Adventure • *all ages*
Choose from a variety of fun, interactive, family-friendly play stations.

AFTERNOONS Monday to Friday (12:30-3:00 pm)

Family Free Play Drop-in • *all ages*
Puppet shows, dress up and role-playing, crafts, playdoh, painting and more. Free play provides opportunities to practice physical, emotional, intellectual, and social skills which are crucial for healthy development.

*Join us for Family Literacy Day!
Shipyards Park Jan.26, 2020 11 am-2 pm*



(Upstairs in the Canada Games Centre)

**Fun, free, drop-in programs for
you and your child!**



**Come
visit!**



Mon/Tues/Weds & Fri 10am-3pm
Thurs. 12:30-3pm
Sat. 10am-2pm

*(Closed for
lunch weekdays,
12-12:30pm)*

Drop-in fun all day Jan. 6 - 11
**Winter programs run
Jan. 13 to Mar. 13, 2020**

Our programs are designed
for specific ages, but all ages
are welcome to attend.

All programs are based on
child-adult participation.

For more information, call
668-8698 / 668-6535

 Yukon Family Literacy Centre

 @yukonfamilyliteracycentre

*Families learning together
through playing!*

Between July 2016 and
November 30, 2019

more than

495,000

products, services and supports
were approved under

Jordan's Principle



speech
therapy



educational
supports



medical
equipment



mental health
services
and more



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada



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
January – March 2020**

January	
14	Teslin
15	Carcross
21	Carmacks
21-23	Pelly Crossing and Mayo
28	Haines Junction
28-30	Faro and Ross River

February	
11	Teslin
12	Carcross
18-19	Carmacks
20	Haines Junction
25-27	Dawson City
24-27	Watson Lake

March	
3-5	Pelly Crossing and Mayo
4-6	Old Crow
10	Teslin
11	Carcross
12	Haines Junction
31-2	Faro and Ross River
31-2	Dawson City



For further information, please call 867-456-8182 Ext 183 or 1-866-835-8386
Leona Cormiere - Acting Program Coordinator; leona.cormiere@cdcyukon.ca

...continued from page 5

provide sustainable, quality, affordable early childhood centres in towns like Watson Lake.

“Nothing has been finalized,” she says. “They have committed to give us whatever is needed to run the daycare minus the parent fees.”

It seems that it is taking some time to negotiate what exactly “whatever is needed” looks like.

In the mean time, Winsor and her staff are forging ahead in whatever positive ways that they can, for the sake of the community.

“In July, we opened an infant room,” she says. It was an urgent need. There were a doctor and nurse in town, for example, who couldn’t go to work because they had no one to care for their child.

Despite the challenges, an attitude of gratitude prevails in Winsor’s work:

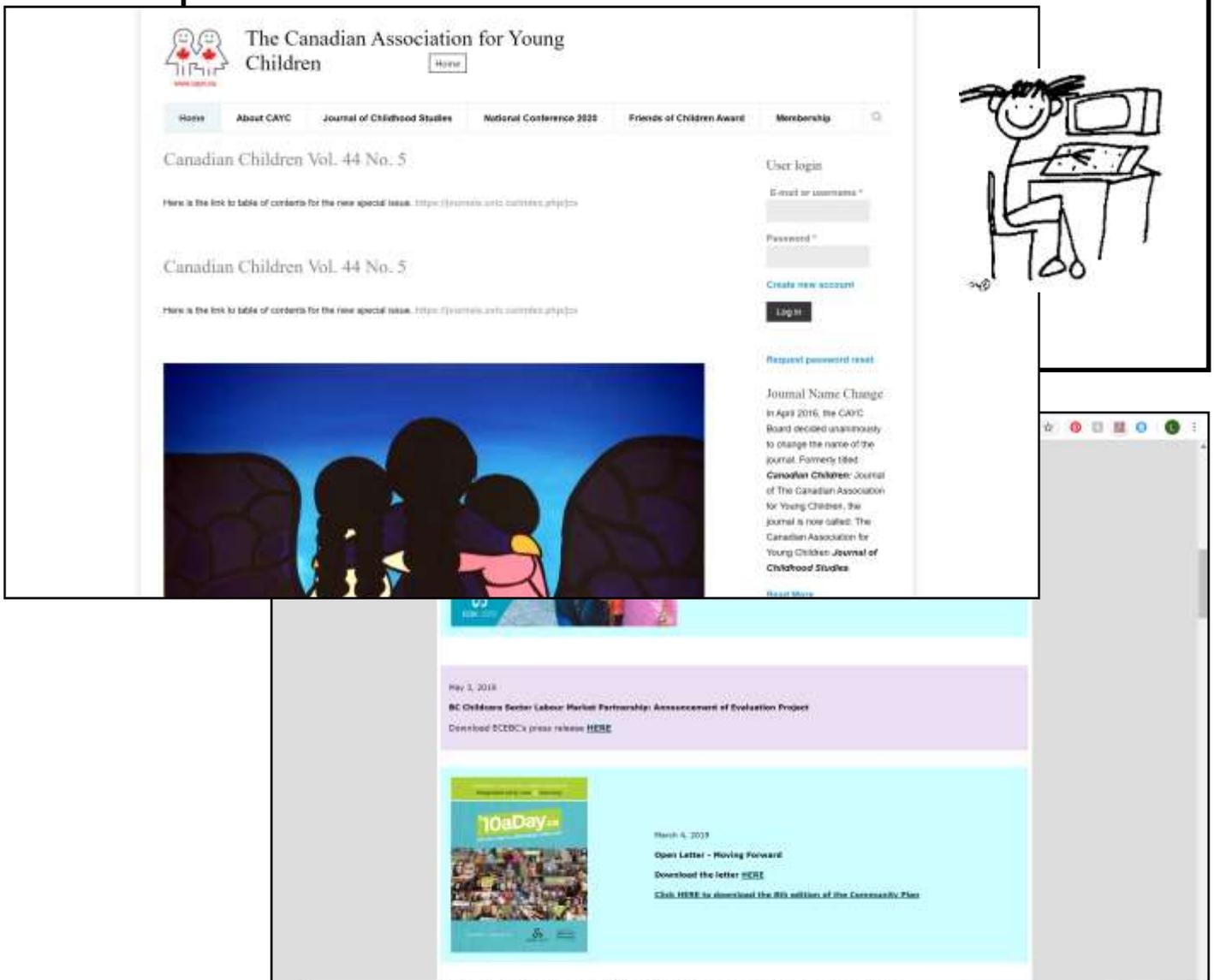
“We would like to thank the Child Development Centre for the rural partnership program,” she says. And YTG for increasing the Direct Operating Grant to community daycares. Thank you to the Community Development Fund for their support and also to the Training Trust and Yukon College for [creative approaches] to support the mandatory training of our ELCCs.” ♦

Wonderful Websites

This section of the **Partners for Children** newsletter brings some trusted Websites to you each month.

The Canadian Association for Young Children (CAYC) <https://www.cayc.ca/>
CAYC is a non-profit that promotes the well-being of children in Canada especially through quality early childhood education. They produce a wonderful online journal and also host inspiring national conferences each year. This year, ELCCs from all over Canada (including the Yukon) will converge on Winnipeg, MB. Check it out!

Early Childhood Educators of BC (ECEBC) www.ecebc.ca Visually, this site could use a bit of an update. It does look kind-of boring. But ECEBC has a lot of really great education and political information. Yukon ELCCs could really benefit from the example set by and leadership of counterparts in BC.



The image shows a screenshot of the website for The Canadian Association for Young Children (CAYC). The website header includes the CAYC logo and navigation links: Home, About CAYC, Journal of Childhood Studies, National Conference 2020, Friends of Children Award, and Membership. The main content area features two identical sections for 'Canadian Children Vol. 44 No. 5', each with a link to the table of contents. A large image of a family is displayed below. On the right side, there is a user login form with fields for email and password, a 'Log In' button, and a 'Request password reset' link. Below the login form, there is a section titled 'Journal Name Change' with text explaining the change from 'Canadian Children' to 'The Canadian Association for Young Children: Journal of Childhood Studies'. To the right of the website screenshot, there is a simple line drawing of a child sitting at a desk with a computer monitor and keyboard.



Apryl's CHILD Award nominations due by April 15

Email coordinator@partnersforchildren.info for more information.



108c Copper Road
Whitehorse, Yukon
Y1A 2Z6
www.nhehd Yukon.org
nhehd Yukon@gmail.com

Apryl Olsen Memorial CHILD Awards
Care Helps Individuals Learn and Develop

Individual who Works in Licensed Child Care

Apryl was a beloved friend and a dedicated member of the Network for Healthy Early Human Development Yukon starting with its inception in 2010.

Apryl's passing was a very sad event for all of us who knew and loved her. In the months that followed, during our meetings we discussed how we could honour her memory and spirit in a way that was focused on supporting others – something that Apryl was very gifted at doing for so many people.

By creating two CHILD awards, we would like to memorialize Apryl's work with families by supporting other exceptional child care professionals in the Early Learning field.



Do you know a dedicated Yukoner in a licensed child care program, who honours young children through authentic, meaningful care? Perhaps someone who may not recognize the toll that stress and hard work is taking on them, and maybe could use a little caring of their own self?

Write us a one page typed (250 words) description of a person you would like to nominate with the heading **CHILD Nomination for an Individual who Works in Licensed Child Care**. Tell us why you think this person is deserving of this CHILD Award.

- Include your name, email and contact phone number;
- The name, place of employment, community and contact information of your nominee;
- Contact information for two additional individuals that can attest to the attributes you describe.

Email your nomination documents to NHEHDYukon@gmail.com with Apryl Olsen CHILD Award in the subject line.

Network for Healthy Early Human Development Yukon

Winners may be profiled in news media, our website and possibly elsewhere; each will receive a certificate of recognition of this special award along with a small prize.



108c Copper Road
Whitehorse, Yukon
Y1A 2Z6
www.nhehd Yukon.org
nhehd Yukon@gmail.com

Apryl Olsen Memorial CHILD Award
Care Helps Individuals Learn and Develop

Individual who is a Champion for Children & Families

Apryl was a beloved friend and a dedicated member of the Network for Healthy Early Human Development Yukon starting with its inception in 2010.

Apryl's passing was a very sad event for all of us who knew and loved her. In the months that followed, during our meetings we discussed how we could honour her memory and spirit in a way that was focused on supporting others – something that Apryl was very gifted at doing for so many people.

Through two similar yet unique CHILD Awards we intend to memorialize Apryl's work with children and families.

This award aims to honour an individual who is a community champion for children and families in the community through paid or unpaid work.



Do you know a dedicated Yukoner who works to improve the lives of young children and families through change making and support? Perhaps someone who may not recognize the toll stress takes in their own life and could use a little caring of their own self?

Write us a one page typed (250 words) description of a person you would like to nominate with the heading **CHILD Nomination for an Individual who is a Champion for Children & Families** at the top of the document. Describe why you think this person is deserving of this CHILD Award.

- Include your name, email and contact phone number;
- The name, community and contact information of your nominee;
- Contact information for two additional individuals that can attest to the attributes you describe.

Email to NHEHDYukon@gmail.com with Apryl Olsen CHILD Award in the subject line.

Network for Healthy Early Human Development Yukon

Winners may be profiled in news media, our website and possibly elsewhere; each will receive a certificate of recognition of this special award along with a small prize for their outstanding efforts to action care for young children.

