

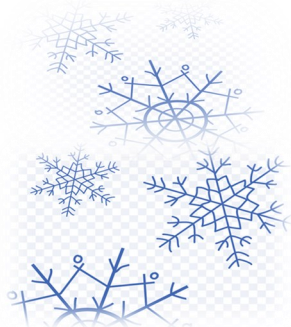


PARTNERS FOR CHILDREN

WINTER | 2024

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PARENTING YOUNG CHILDREN



“You will always be your child’s favourite toy.” (Vicki Lansky)

“When little people are overwhelmed by big emotions, it’s our job to share our calm, not join their chaos.”
(L.R. Knost)

“Speak to your children as if they are the wisest, kindest, most beautiful and magical humans on earth, for what they believe is what they will become.” (Brooke Hampton)



“It’s right to talk about motherhood as a wonderful thing, but we also need to talk about its stresses and strains. It’s okay not to find it easy. Asking for help should not be seen as a sign of weakness.”
(Kate Middleton)

“Raise your words, not voice. It is rain that grows flowers, not thunder.” (Rumi)



“Children do not need us to shape them. They need us to respond to who they are.” (Naomi Aldort)



partners for children contact information

Phone: 1-867-332-5990

Email: contactus@partnersforchildren.info

Social Media: <https://www.facebook.com/partnersforchildren>

Mail: Partners for Children
108C Copper Road
Whitehorse, YT
Y1A 2Z6



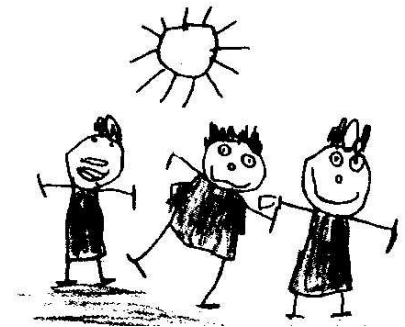
Visit our website for all up-to-date information on events, workshops and information!

www.partnersforchildren.info

Coordinators: Katie Swales, Rebecca Fenton

Copy Editor: Amato Creatives

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

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://cdcyukon.ca/>

Department of Education Early Learning and Childcare Programs

<https://www.yukon.ca/en/early-childhood-learning-and-programs>

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

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>

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

Yukon First Nations Education Directorate (YFNED) Early Years

www.yfned.ca/earlyyears

Yukon Literacy Coalition

www.yukonliteracy.ca/

Yukon Public Libraries

<http://yukon.ca/en/libraries>

Mothering Your Baby



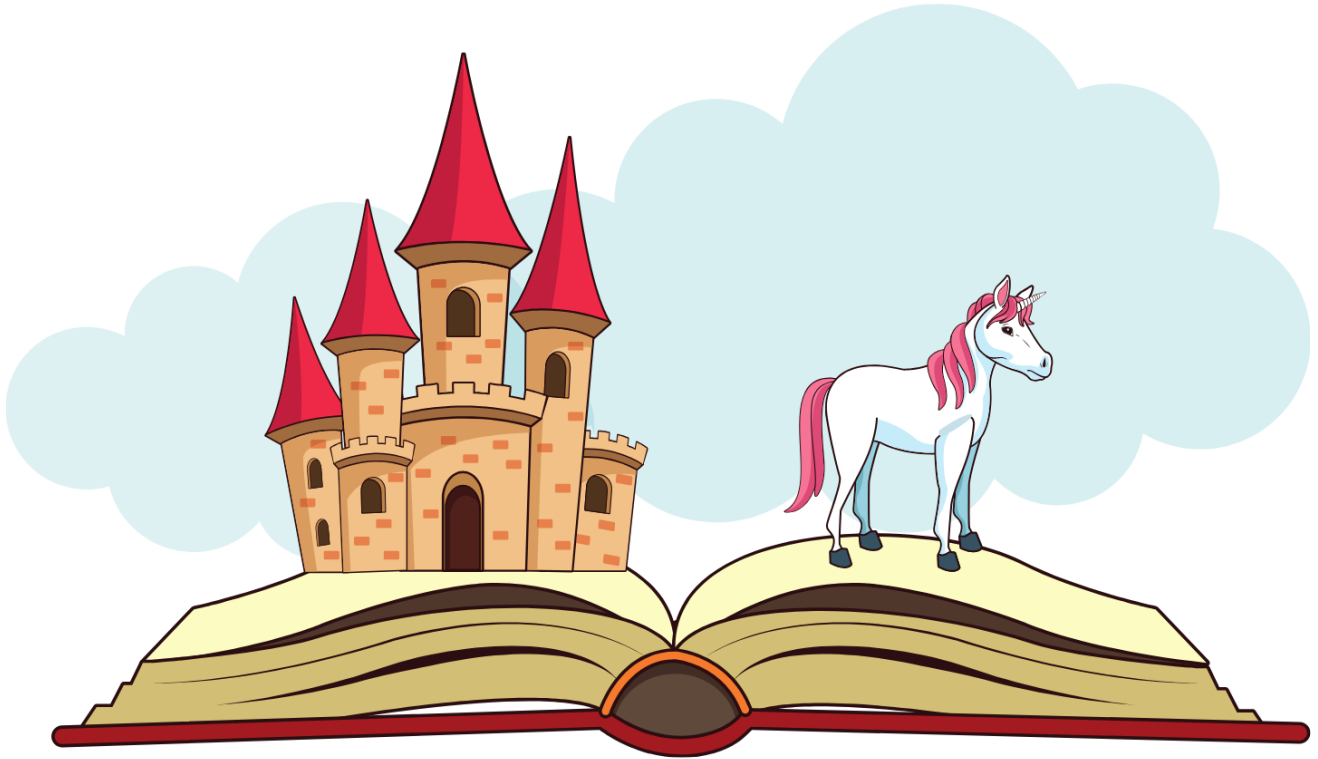
A group for moms with babies under the age of 1 New offerings this Winter and Spring, 2024

Mothers and their babies are invited to join us for sharing, connection, information and fun! We'll discuss the ups and downs of new parenthood, our journey into our identity as a mother, our changing bodies, lives and relationships, and all that YOU want to talk about.

Register with Partners for Children – 332.5990
familyprogs@partnersforchildren.info



Bilingual Story Time



Wednesdays 10:30 to 11:30. Free. Drop-in.

Songs, stories, movement and play in English and French for children aged 0-5 and their caregivers. Jan 17 to March 6, 2024.

**Whitehorse Public Library Meeting Room
1171 Front Street, Whitehorse.**

For more information: WhitehorseLibrary@yukon.ca or 667-5239



Connect with us:



@yukonpubliclibraries

partners for children family programs

Bwa Bwa Black Moose

Rhyme and Illustration by Jo Lukawitski

Family Programs Trainer and Facilitator at Partners for Children



Bwa bwa black moose, have you any fat?
Yes sir, yes sir, three back packs.
One for your grandma, one for your aunt,
One for the little one who loves to dance.
Bwa, bwa black moose, have you any fat?
Yes sir, yes sir, three back packs

How and when to use this rhyme:

Bbbb is one of the first sounds a baby explores with making. When you sing this rhyme, have your baby face to face so they can see the shape of your mouth when you make the bwa sound. You can also make this a fun bouncy rhyme and bounce your little one to the beat.

In addition to encouraging language development, this traditional rhyme celebrates family connections, introduces numeracy, and is fun to use while diapering.



Parent-Child Mother Goose

Discover the power and pleasure of rhymes, songs, and stories



A FREE group for caregivers and little ones ages 0-5 yrs.

Thursdays, January 18—March 14

Partners for Children, 108 Copper Rd

10:30 am – 11:30 am

Follow **Partners for Children** on FB and Register on **EventBrite**

Families registered with the CDC can register directly with Jennifer Freeman, 456-8182 ext. 190



Parent-Child Mother Goose

Discover the power and pleasure of rhymes, songs, and stories



A FREE group for caregivers and little ones ages 0-5 yrs.

Tuesdays, January 16—March 12

Partners for Children, 108 Copper Rd

10:30 am – 11:30 am

Follow **Partners for Children** on FB and Register on **EventBrite**

Families registered with HBHF can register directly with Megan Russell, 667-4134



About COVID-19 Vaccines

Building Vaccine Confidence Through Knowledge



Keep in mind that these positions are meant to relax and get them comfortable to receive the vaccine.



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How to Hold a Child During Vaccination

Holding a child properly during their vaccination appointment will comfort them and allow the vaccinator to properly administer the vaccine.

Children can be placed in a number of positions to receive their vaccine. They can be held by a parent or caregiver or sit or lay down independently. This depends on their comfort level, their size and yours. As a parent or caregiver, you know the child best.

Even in large public vaccination clinics, families may have the option to move to a private space, if this makes the child more comfortable.

Three methods are featured below to help you place them in the position they're the most comfortable in to receive their vaccine. Try holding them in the different positions at home before they get their vaccine. This way, both of you will know what to do when it's time for them to receive the vaccine.

As a parent or caregiver, you want to ensure that their arm is secure without overly restraining them as doing so could make them anxious. And remember, there's no need to hold tight until a few seconds before the injection.

It is recommended that the child wears a short-sleeved shirt, so they won't have to remove their clothes.

And lastly, if your child is overly anxious or too upset to receive their vaccine on the day of the initial appointment, they can take a break. Remain calm. Try to calm the child by getting them to take a deep breathe, have a drink of water, or by distracting them through talking, asking them to pretend to blow bubbles etc.

If they remain agitated, the vaccinator will not give your child their vaccine as it could create a fear of vaccination and make future experiences more difficult. When this is the case, it's best to put it off to another day when your child will be calmer.

This tip sheet and other resources are available for download at www.FamiliesCanada.ca



Three methods you can use to hold a child



Child sitting sideways on your thigh

1. Place the child on your thigh, facing sideways.
2. Raise the sleeve on their t-shirt to expose the vaccination site.
3. Place your child's other arm around your back or under your arm so they don't try to reach for the needle.
4. Place your child's legs between your thighs and hold them firmly so they don't move.
5. Hold the arm where they will receive the vaccine at the elbow, firmly enough to prevent them from moving it.



Child sitting with their back against your chest on your lap

1. Have the child sit on your lap and lean their back against your chest.
2. Raise the sleeve on their t-shirt to expose the vaccination site.
3. Place their other arm under your arm so they don't try to reach for the needle.
4. Hold the arm where they will receive the vaccine at the elbow, firmly enough to prevent them from moving it.



Child sitting facing you on your lap

1. Have the child sit on your lap facing you.
2. Raise the sleeve on their t-shirt to expose the vaccination site.
3. Place their arms around your back or under your arms as if they are hugging you.
4. Turn their head away from the arm to be vaccinated (unless they want to see the needle when they get it).
5. Hold the arm where they will receive the vaccine at the elbow, firmly enough to prevent them from moving it.

This tip sheet and other resources are available for download at www.FamiliesCanada.ca





Romp n Run is back for another season! For children 4 and under and their parents and caregivers!

20-30 minutes of fun, interactive and age appropriate programming for kids 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.

Winter session

January 9th to March 28th

(no sessions between March 6th and 16th)

Tuesdays and Thursdays

10 to 11:30 am in the

Haines Junction Arena Mezzanine

**New Families please contact Laura at
laura.gorecki@gmail.com**

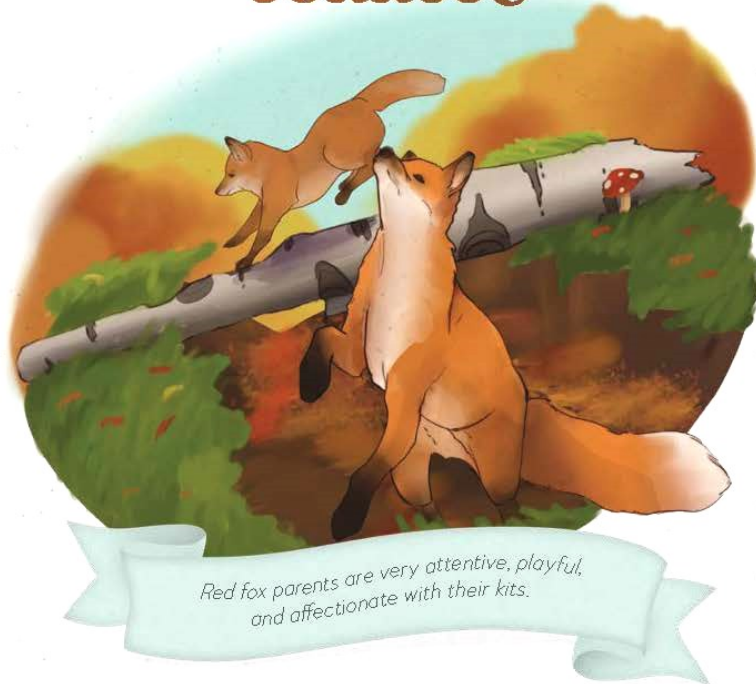


**Romp N Run is provided and funded by Partners
for Children with additional support from the
Village of Haines Junction and Lotteries Yukon.**







COMPASSIONATE PARENTING

Connect, connect, connect



Invest in your relationship with your children.

-  **Intentionally make time each day to connect** and share joyful moments with your children. It is the small and powerful acts of attention that will strengthen your special bond.
-  Give energy to the relationship. Be present. Play together. Read together. Be together.
-  Deepen your connection by rocking your child, singing with them or rubbing their back. The rhythm of these activities mimics the maternal heartbeat and is deeply soothing.
-  Your children will feel your love when you **put down your phone** or step away from a task and **give them your eyes and full attention**.

This is the third hint in the Compassionate Parenting – Lessons from our Forest Friends Booklet.

Created by Stace Burnard, Heather Dundas and Lara Bode.

embracing the chill

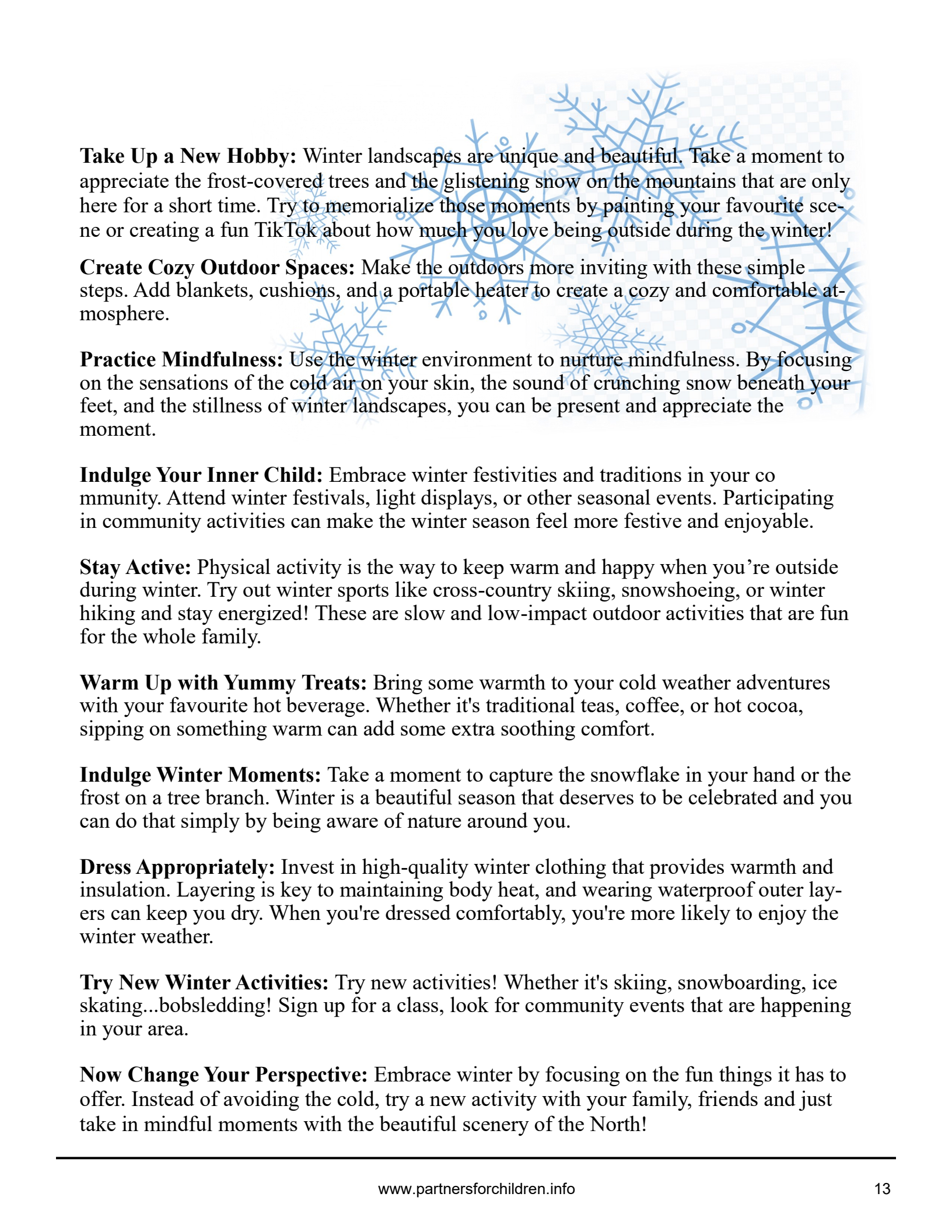
survival tips to survive the winter

Written by: Amato Creatives

Every child deserves the opportunity to explore the world around them. That's why I always try and encourage families to spend time outside during winter months and engage in activities that will not only benefit their physical health but their overall well-being. As a single parent, getting outside during the winter sometimes felt like a daunting task - especially when my son was having a difficult day. Once I started to learn how to love the Winter season, it became a lot easier to take my child outside consistently during the cold winter months for physical activity. I realized the only barrier was me and how many benefits that we were missing out on by staying inside, simply because it was too cold or I didn't feel like putting on layers of clothing.

Here are some tips that helped me shift my views towards the coldest months in a way that became more enjoyable that I hope will help you!





Take Up a New Hobby: Winter landscapes are unique and beautiful. Take a moment to appreciate the frost-covered trees and the glistening snow on the mountains that are only here for a short time. Try to memorialize those moments by painting your favourite scene or creating a fun Tik Tok about how much you love being outside during the winter!

Create Cozy Outdoor Spaces: Make the outdoors more inviting with these simple steps. Add blankets, cushions, and a portable heater to create a cozy and comfortable atmosphere.

Practice Mindfulness: Use the winter environment to nurture mindfulness. By focusing on the sensations of the cold air on your skin, the sound of crunching snow beneath your feet, and the stillness of winter landscapes, you can be present and appreciate the moment.

Indulge Your Inner Child: Embrace winter festivities and traditions in your community. Attend winter festivals, light displays, or other seasonal events. Participating in community activities can make the winter season feel more festive and enjoyable.

Stay Active: Physical activity is the way to keep warm and happy when you're outside during winter. Try out winter sports like cross-country skiing, snowshoeing, or winter hiking and stay energized! These are slow and low-impact outdoor activities that are fun for the whole family.

Warm Up with Yummy Treats: Bring some warmth to your cold weather adventures with your favourite hot beverage. Whether it's traditional teas, coffee, or hot cocoa, sipping on something warm can add some extra soothing comfort.

Indulge Winter Moments: Take a moment to capture the snowflake in your hand or the frost on a tree branch. Winter is a beautiful season that deserves to be celebrated and you can do that simply by being aware of nature around you.

Dress Appropriately: Invest in high-quality winter clothing that provides warmth and insulation. Layering is key to maintaining body heat, and wearing waterproof outer layers can keep you dry. When you're dressed comfortably, you're more likely to enjoy the winter weather.

Try New Winter Activities: Try new activities! Whether it's skiing, snowboarding, ice skating...bobsledding! Sign up for a class, look for community events that are happening in your area.

Now Change Your Perspective: Embrace winter by focusing on the fun things it has to offer. Instead of avoiding the cold, try a new activity with your family, friends and just take in mindful moments with the beautiful scenery of the North!

Story Time

at Whitehorse Public Library



Join us for stories, songs & rhymes!

Tuesdays, Jan 9 - Mar 19

10:30-11:30 AM

A free drop-in program for children ages 0-5 and caregivers
Whitehorse Public Library, 1171 Front Street

For more info, contact us at 667-5239 or WhitehorseLibrary@yukon.ca

 Yukon





Programs for children at Whitehorse Public Library

Did you know that the library provides quality educational programming for young children? Exposing children to the library sets young minds up for success in language, socialization, and life-long learning. Best of all, it's fun!

Story times

An hour-long program for children 0-5 and their caregivers, usually a parent or grandparent. Story time generally consists of 30-40 minutes of songs, rhymes, finger plays, and stories. There are snacks provided and time built in for socializing and play.

Story time helps parents and children bond through simple language play, an important part of early family literacy. Parents learn tricks to help with daily parenting tasks and meet other parents in a supportive environment.

Library visits and tours

Anyone can come to the library during opening hours. Children must always be supervised by an adult in the library, since it is a public space. Library staff do not supervise children.

Daycare and school groups are welcome to visit the library to play, read, or check out books. Advanced notice is appreciated, so we can make sure there are enough staff available that day.

Structured tours and visits are available by request. Advanced notice is required so we can make sure a librarian is on hand to host. Older groups may have a tour of the library, learn where things are, or have an activity. Younger groups may have a read-aloud story and simple activity. Visits are between 30 and 60 minutes, depending on the arrangement.

We can't wait to see you at the library!

Benefits of reading to infants & children

Should I really read to an infant?

Yes! – The earlier you can start the better. Even though your newborn cannot hold a book or doesn't know the letters of the alphabet, it's never too early to introduce them to the wonder of books. In fact, reading to your newborn provides the building blocks they need for language development as well as equips them with the tools they require to develop social and emotional skills. Even though newborns will not understand what you are reading, they can recognize the tones and rhythms. Your voice is also soothing to them.

Reading aloud is like depositing money into your child's word bank account. The earlier you start and the more you deposit, the "richer" your child will be.

Benefits of reading to a baby include:

- Helps them learn language and develop **speech**. The number of words babies hear in their earliest years **impacts literacy, vocabulary and reading comprehension**.
- **Bonding** – snuggling up to read a book together signals safety, love and emotional connection.
- **Establishing routines** – Kids of all ages thrive on a routine. Reading can be a great addition to the daily schedule. If you get in the habit of reading at bedtime or naptime, a book can signal to a baby that it's time to slow down and get ready for sleep.
- Provides your baby with information about the world around them, and **introduces them to things like numbers, letters, colours and shapes**.

Reading ideas & tips:

- It is never too late to start reading to your little one.
- Silence your phone and turn off any other screens when reading.
- Print books (as opposed to e-books) are meant to be explored, held and even chewed (board books of course!)
- Leave books in locations you (or your child) will easily see them – this can help remind you to incorporate reading time.
- Don't be afraid to read the same story over and over again.
- Take advantage of your local library or trade books with friends!
- Books that feature babies, nursery rhymes and animals are nice books for this age group.



Try to read aloud to your baby daily to establish the habit of reading. Try to make it part of a routine, such as before naptime or bedtime or both!

Adapted from: <https://www.verywellfamily.com/why-reading-to-babies-is-important-5189827>

The Follow Along Program

**Your child's early years are important.
Learn about milestones and how to support
your child's development.**



The Follow Along program is for children from birth to three or four years old and their parents or caregivers.

- Learn about your child's development and milestones and what to expect next as your child grows and develops.
- Get fun ideas for activities to try at home.
- Have a chance to ask questions about how your child is moving, talking, sleeping, behaving or anything else related to their development.

Visits are scheduled one or two times a year, depending on the age of your child. Visits are fun and focused on play. We can see you and your child at our centre, your home, or another location if requested.

The Follow Along program is free and available in Whitehorse and all Yukon communities.

You can enroll your child anytime by filling out a referral form at www.cdcyukon.ca/referral or calling 867-456-8182.



Free & confidential services
A non-governmental organization.
867-456-8182
www.cdcyukon.ca

Thank you



For your support!

We couldn't do it without you.

Partners for Children

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



Infant Massage

A FREE 6-week series for caregivers and their little ones ages 0-6 months.



Connecting with our babies through touch.

Wednesdays, January 17-February 21, 2024

10:30 am – 12:30pm

Partners for Children, 108 Copper Rd

Snacks and massage oil provided. Register on [EventBrite](#)





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.

This service is available for all Yukon communities. An impartial, trained mediator can help you make joint decisions about:

- ✓ parenting arrangements and responsibilities; and
- ✓ financial matters, such as child and spousal support.

**LEARN
MORE**

Yukon Family
Mediation Service
at **867-667-5753**
or email
flic@yukon.ca

Yukon Family Mediation Service is made possible by Justice Canada.



Canada Dental Benefit

Smile!
It is here.



For kids **under
12 years old**



For families
with an adjusted
net income
**under \$90,000
per year**



For those who
**don't have
access to
private dental
care insurance**

Find out more at Canada.ca/dental
or 1-800-715-8836



Government
of Canada

Gouvernement
du Canada

Canada

hospice yukon

Storytime and Resources for Kids' Grief

Free counselling is available for children 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.



Kids Corner

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



We also have a soft plush therapy dog and other toys to help children feel safe as they learn new emotional 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 for many great tips for parents and educators.

We also have lots of helpful resources at www.hospiceyukon.net and our welcoming staff provide ongoing support to professional and family caregivers and teachers.

The Wind Phone Story

The Phone Booth in Mr. Hirota's Garden is a beautiful children's book that tells the story of the first "wind phone" created by artist Itaru Sasaki to talk with his deceased cousin.



After the 2011 tsunami near his home, the phone became a place for people to grieve their losses.

It is a great book to share with children, and available in our free lending library.

Kids Grief Counselling

Kids Grief Support Groups

Lending Library

Professional Support

Public Education

409 Jarvis Street

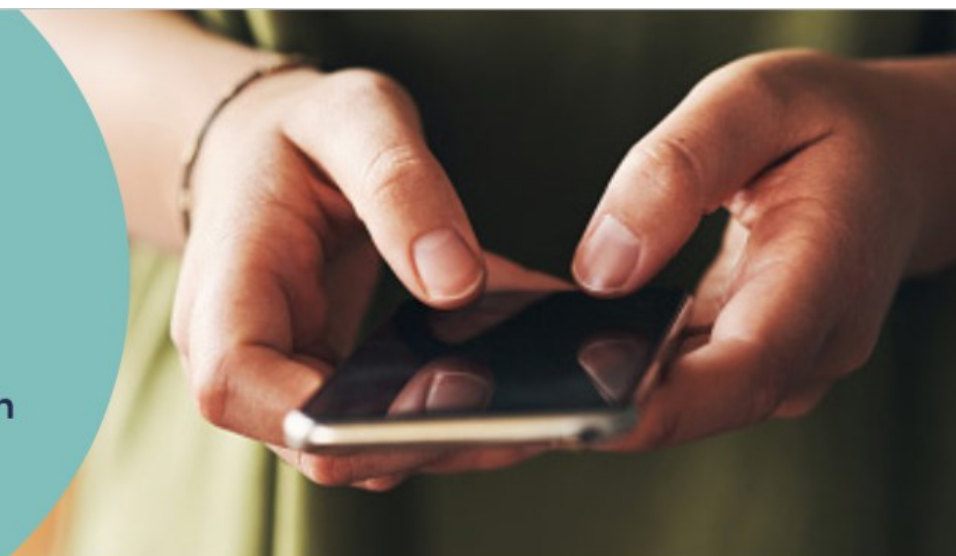
Tel. 867-667-7429

Check www.hospiceyukon.net/events for workshops to support children, educators and caregivers



About COVID-19 Vaccines

Building Vaccine Confidence Through Knowledge



Making an Informed Decision

Here are some tips to help you make an informed decision when researching or hearing information about the COVID-19 vaccines from friends and family, on the internet, social media or other media.



Information can be overwhelming, and these are stressful times. You are not alone. Reach out to your local helpline to find support (or visit [cmha.ca](https://www.cmha.ca)). Taking care of your mental and physical health is important.

Consider the Source

Who or what agency is sharing the information? Look to see if they are a respected expert in the field of vaccination and infectious disease. Check the date. Has the situation changed since the information was shared, making it outdated?

Look for information from reliable sources like the [Public Health Agency of Canada](https://www.canada.ca/en/public-health) or local public health authorities.

Read Beyond Headlines

Headlines are often sensational to grab attention. They often don't tell the whole story.

Read the full story to make sure that you understand the information in its full context.

Dig a Little Deeper

Look to find where the information is coming from. Is it fact or opinion? Some articles, stories or posts disguise opinions as facts.

Try to determine what is motivating the author to share their message.

Verify the Information

We are bombarded with information these days. It can be difficult to sort out what is high quality information from low quality or misleading information.

If you have questions, ask your healthcare provider or your local public health agency. Visiting respected websites like the [World Health Organization](https://www.who.int) or [Fact-check websites like Google's Fact Check Tools](https://www.google.com/factcheck/) can also be helpful to verify COVID-19 information you come across.

Think Critically When Using Social Media

Social media is an incredibly valuable tool to keep people informed. Users are empowered to create and share content. Unfortunately, this includes fake news. Be aware and avoid contributing to any misinformation.

Before believing, posting or sharing, read beyond headlines, dig a little deeper and verify the information.



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This tip sheet and other resources are available for download at www.FamiliesCanada.ca



BÉBÉ EN SANTÉ, AVENIR EN SANTÉ

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

- Repas-répts bi-mensuels et repas congelés à emporter
- Soutien à l'allaitement maternel et accès au réseau d'entraide Nourri-Source Yukon
- Accès à un centre de ressources (livres, DVD) sur différents thèmes de la périnatalité
- Prêt de matériel: tire-lait, coussin d'allaitement, porte-bébé
- Réseau d'échange de vêtements
- Lieu d'accueil et d'écoute
- Service de relevailles (aide à la maison après la naissance)
- Accès aux services d'une diététiste certifiée
- Vitamines pré et postnatales gratuites
- Réseau de parents francophones
- Accès gratuit à une machine à coudre, une laveuse et une sècheuse

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

Pour participer au programme,
écrivez-nous:
pcnp@lesessentielles.ca

(867) 668-2636
3089, 3^{ème} avenue
Whitehorse, Y1A 5B3



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

