

PARTNERS FOR CHILDREN

SPRING 2020



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What is NHEHD Yukon?

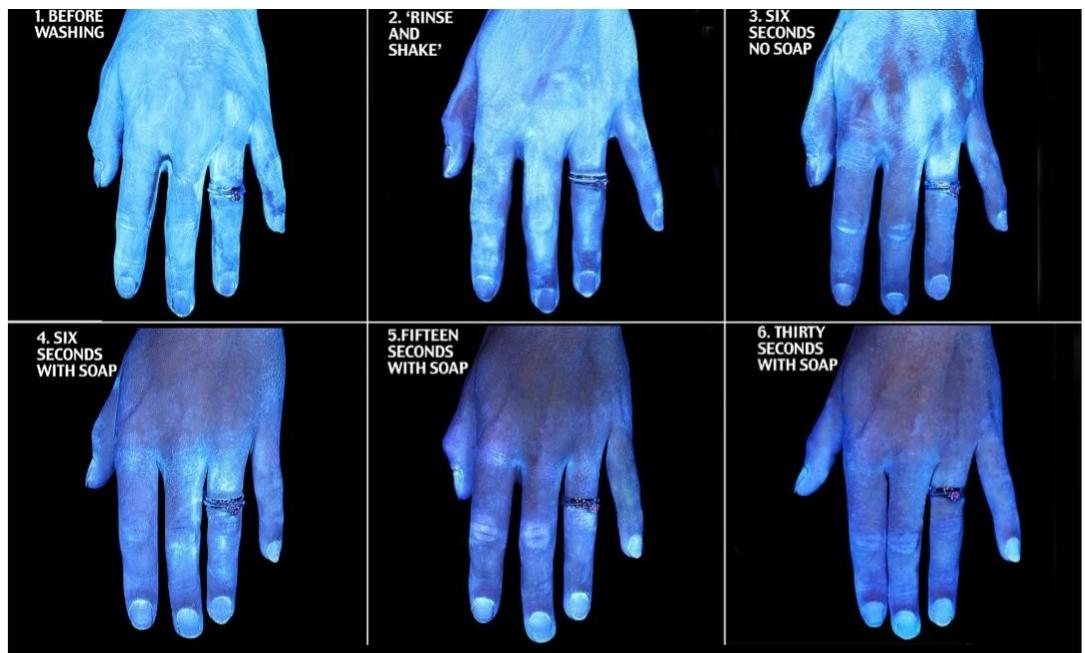
INSERT: A Corona Virus Social Story by Carol Gray



If you haven't heard by now, hand washing is a VERY important and effective way to stop the spread of germs.

People with training and education to offer higher quality child care use good hand-washing techniques as a normal part of the daily routine.

This image below demonstrates an exercise in understanding why using soap, warm water, proper scrubbing for 20 seconds all matters and leads to the reduction of illness. Hand sanitizer does not replace handwashing.



<https://www.reddit.com>

We recommend washing your hands with your child's hands upon drop off and pick up at the child care program. This may take an extra couple of minutes but could work into a nice transition of arriving and departing, while ensuring better health for your whole family.

A friend's child care program in Vancouver insisted on this procedure and found a dramatic drop in illness, which only makes sense.

Also, ask your child's teacher / caregiver what the handwashing routine is throughout the day. You should hear at least: 1. on arrival 2. before and after eating 3. after sneezing / blowing nose 4. after playing with pets 5. before and after cooking 5. after coming in from playing in the playground.

Katie Swartz

partners for children contact information

Phone: 1-867-332-5990

Email: ContactUs@partnersforchildren.info

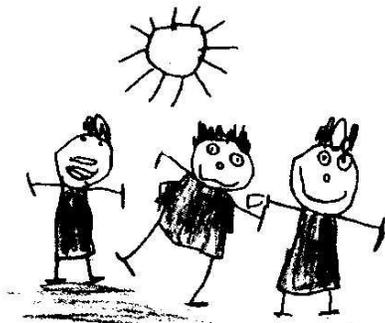
Mail: Partners for Children
108C Copper Road
Whitehorse, YT
Y1A 2Z6

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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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 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://cdc.yukon.ca/>

Early Learning and Child Care Program
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>

Sport Yukon
www.sportyukon.com

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/>



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



1993-2018

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



PROGRAM PARTICIPANTS REPORT:

Sources:
Public Health Agency of Canada. (2016). 2015-2016 Children's Programs Performance Measurement Tool (CPPMT). Internal Public Health Agency of Canada Report: unpublished. Office of Audit and Evaluation, Health Canada and the Public Health Agency of Canada. (2016).
Evaluation of the Community Action Program for Children, Canada Prenatal Nutrition Program and Associated Activities 2010-2011 to 2014-2015. Retrieved from <https://www.canada.ca/content/dam/phac-aspc/documents/corporate/transparency/corporate-management-reporting/evaluation/2010-2011-2014-2015-evaluation-community-action-program-children-canada-prenatal-nutrition-program-associated-activities/pub-eng.pdf>

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Public Health Agency of Canada / Agence de la santé publique du Canada

Canada

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.



Autism Yukon

Questions?

We're still open for phone or Zoom appointments! Our library is available as well: see the link on our website.

www.autismyukon.org

Or call 667-6406

THE WHITEHORSE HEALTH CENTRE IS STILL OPEN.

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

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

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

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

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



Yukon Child and Youth Advocate Office (YCAO)

2070 – 2nd Avenue, Unit 19

Phone: 867 456 5575

www.ycao.ca

"Young people have a voice."



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! **During COVID-19 restrictions, most CPNP programs have found creative ways to maintain connections and provide services!**

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 sjfcprenatal@northwestel.net

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

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

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

In Carcross: Contact (867) 821-4251 ext 8263

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

In Waston Lake: Contact (867) 536-2125 or wlcnp.capc@gmail.com

In Ross River: Contact amandamarymac1@gmail.com

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





Community Spotlight: Dawson City

By Tanja Westland, coordinator, Dawson City Healthy Moms, Healthy Babies

Healthy Families, Healthy Babies in Dawson City has been in operation since 1995. It is one of the original 4 CPNP/CAPC/AHS programs in the Yukon that began in hopes of improving the health of pregnant women, new parents and their babies, especially those who face challenges that put their health at risk, such as poverty, teen pregnancy, social and geographic isolation, substance use and violence.

The goals of the Canada Prenatal Nutrition Program, as stated on Health Canada's website; <https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/programs-initiatives/canada-prenatal-nutrition-program-cpnp.html>, are 1. to improve the health of women and their babies by increasing the number of babies born at a healthy weight while promoting and supporting breastfeeding, 2. to promote and create partnerships within communities to strengthen community capacity, 3. to increase support for vulnerable pregnant women and new mothers, and 4. to ensure culturally sensitive prenatal support for Indigenous women and recent immigrants.

All CPNP programs are encouraged to adapt their activities to meet the needs of the people in their community. Their programs may include nutrition counselling, free prenatal vitamins, food and food coupons, food preparation training, counselling in prenatal health and lifestyle, breastfeeding education and support, education and support on infant care and child development and referrals.

Since 1995, no CPNP in the Yukon has had a single dollar increase from the Federal Government, and while the needs of the surrounding families have only increased, some of CPNP's services and quality of programming have been forced to decrease. Since they rely heavily on outside funding, a lot of time is spent on grant and proposal writing, as well as fundraising, just to maintain their already-reduced level of family support services.

In Dawson City, we are no longer able to offer grocery food vouchers, free prenatal vitamins or freezer meal delivery, and our hours of availability are at a minimum in order to keep wage costs low. The salary we are able to offer our 2 employees does not reflect the flexibility, availability and required level of education and support required from our staff and so, like most support service providers, we have staff retention challenges. Food, rent and utilities continue to increase, and we have been forced to move many times and to further reduce our budget.

Dawson is an isolated community of around 2000 community members. Every year we have seen an increase in young families in need of the service, and yet we are just barely able to provide the basic supports. Over 25 years we have supported hundreds of children and their families. That means that the parents we are just now beginning to support are possibly the first grown infants of our program 25 years ago! It is embarrassing that we are doing

less for them than we were able to do for their parents.

The majority of our participants have no family in the area, so families here are forced to raise their children on their own—without the wisdom and support of close relatives. Without extended family to help relieve the stresses of infant and child care, programs like CPNP are important. They help parents to feel secure, supported and, more importantly, to develop connections with other families who can then share with, learn and help each other.



To view this calendar of virtual offerings, please visit the Dawson City Healthy Moms, Healthy Babies Facebook page.

While we aim to ensure healthy birth weights and good nutrition for moms and their babies, the real need is in reducing the feelings of isolation, particularly during pregnancy, post partum and during the long winter months. The value of the workshops, parenting classes, luncheons and interagency programming is embedded in the connections made between families during these events, rather than the actual content.

If the Liberal Party were to honour their platform agreement to match Federal funding, as most other provinces have already done for their CPNP programs, we would have the capacity to not only reintroduce our once-existing supports, we could target the needs we can't currently address.

If the Liberal Party were to honor their platform agreement to match Federal funding, as most other provinces have already done for their CPNP programs, we would have the capacity to not only reintroduce our once existing supports, we could target needs we are currently not able to address.

We could also offer extended hours, more in-home visits, drop-off programming, the ability to fly in specialists for families with children with disabilities, and community training. We could also pay our staff a wage that is more likely to encourage staff retention, and be able to send them to the training that is so important for their positions.

During this COVID-19 season, we have seen increased requests for support, not less, and this is evidenced by our Facebook page and the ways in which we have been able to continue our programs virtually.

I encourage all readers who have benefitted from any CPNP program, to speak up for this initiative and to let your local representatives know how valuable it has been for you, your family and your community. I was a participant myself just over 12 years ago, and as a single parent living in isolation with family on the other side of the continent, I can assure you that the participants with whom I grew as a parent continue to be my family 12 years later. My daughter and I owe much of our success to CPNP and to those early connections.

For the benefit of all the children in our community, and all communities of the Yukon, I hope that the Territorial Government follows through with its promise to match Federal funding, so that CPNP can continue to support all the families who are raising children without the village that we once had.

Leslie's Book Shelf...

Introducing quirky and common-sense books for Yukon children



Producing this issue of the **Partners for Children (PFC) Newsletter** has been challenging and inspiring.

It has been sad to see that many of our Yukon organizations have been required to reduce services in order to keep families safe. But it has been inspiring to find how many have taken creative risks and succeeded at providing connections and services despite the COVID-19 challenges!

As a result, the “content” part of this newsletter is a little shorter. To supplement, we have inserted a social story about the corona virus.

The term “social story,” was trademarked by a speech-language pathologist named Carol Grey in 1991. Social stories are “short descriptions of a particular situation, event or activity, which include specific information about what to expect in that situation and why.” (<https://www.carolgraysocialstories.com> and <https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx>)

Social stories were originally “invented” to help children with intellectual and neurodevelopmental disabilities to understand the world around them. Soon educators realized that these stories were great for everyone, not only those with disabilities!

These days, social stories are used to help children learn new skills such as tying shoes, to remember how to do something properly such as washing hands, and to process difficult emotions and events such as the death of a pet. Social stories are also great tools for introducing practical approaches to abstract concepts

such as “being kind” and “sharing.”

The arrival of a world pandemic is the perfect example of an opportunity to use a social story with children. The pandemic is a big deal, and parents and teachers are often unsure of exactly how much detail to share and how to be serious without frightening or confusing children.

We have inserted a social story about the corona virus.

A social story should:

1. Be simple and factual, without confusion between fantasy and reality (unlike all of the wonderful fairy tales and other lovely children’s literature that one can find on bookshelves).
2. Introduce one concept per page. One or two sentences per page is ideal.
3. Be fairly short (10 pages or less), so that it can be read many times over a few days as children process and think of questions.
4. Be personalized. The social story inserted in this newsletter is not personalized so that all of PFC’s readers can use and enjoy it. However, to replace the pictures with pictures of one’s own family and to insert local details would make it even better! Please feel free to do this.

We don’t need to make social stories more complicated for older or very intelligent children. We simply need to be prepared to answer their questions in a developmentally appropriate way. If children feel emotionally safe with their adult, they ask for as much information as they need at the moment. Then they process and ask for more information if desired.



Due to the COVID-19 pandemic, Hospice Yukon is currently closed for drop-ins. Telephone counseling and print resources are still available: please phone 667-7429. We look forward to serving you again in person as soon as possible. Please take good care.

Help prevent the spread of COVID-19...
by showing your kids the dos and don'ts
of sharing.

Don't share



a water bottle



a toy



a bike



a snack



playtime inside



Do share



a smile



favourite game and craft ideas



a 2-metre apart bike ride



video conference snack time



playtime outside, safely
distanced

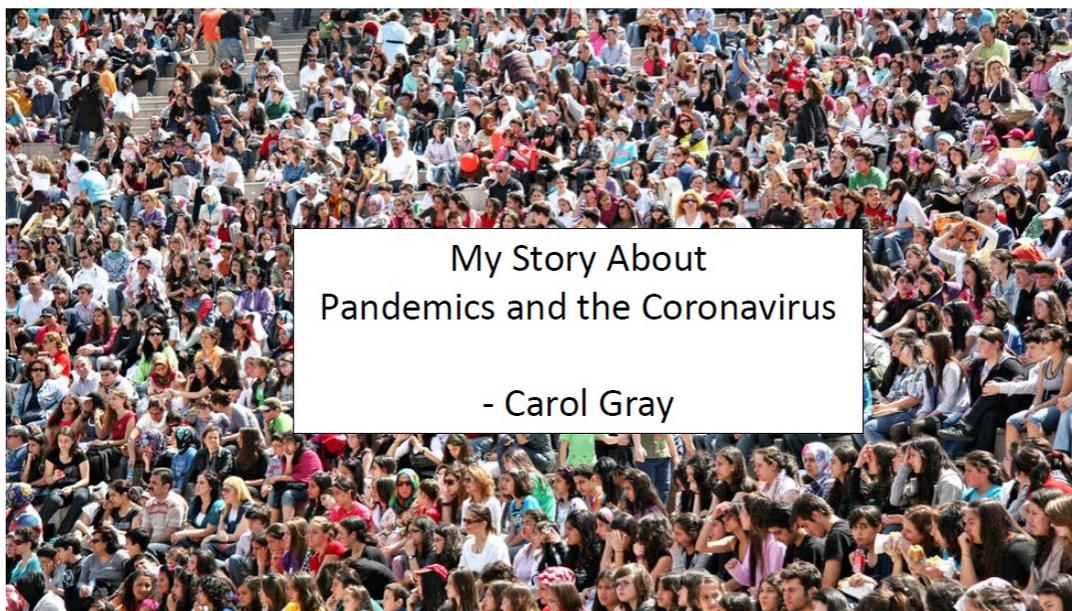
...and don't forget to make sure your kids wash their hands regularly.





Please pull out the centre pages of this newsletter to create a COVID-19 social story to read to children!

Page 1 of the booklet should look like this when properly detached:



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!

Please email for information
about how the group connects
during COVID-19 restrictions.

...d on the
...ur families'
...support,
...g and

...we meet on a monthly basis!

Meetings Held At:

Child Development Centre
1000 Lewes Blvd

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

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 on us every 2nd Wednesday from 10:00 am to 1:00 pm

Please call 633-7680 for
information about how the
group connects during
COVID-19 restrictions.



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 on the 2nd Wednesday of each month from 10:00 am to 1:00 pm

Please call 393-4948 for
information about how the group
connects during COVID-19
restrictions.

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 667-2970
- PPD Helpline at 1-800-944-4PPD(4773)
- postpartum.org/the-journey



Need extra support in your classroom?

ELPS can help!

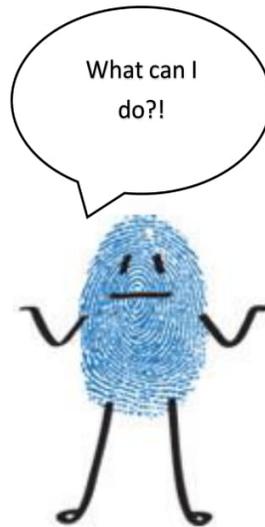
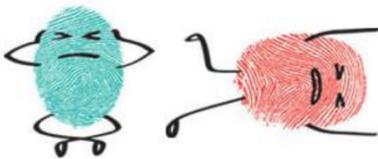
The early learning support program (ELPS) is a **FREE** service offered by the Child Development Centre to help support ECEs.

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?

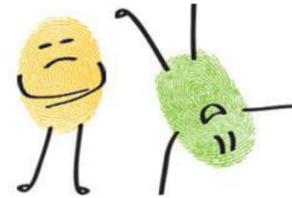


Are transitions feeling chaotic?

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

An update from the Child Development Centre

Creative solutions and video sessions allow the CDC to continue most of its programs.

Hello families and community partners,

This is just an update to let you know, that due to the current COVID-19 crisis, the Child Development Centre building will continue to be closed to the public for the duration of our program (June 16th) year as we try to do our part to stop transmission in the Territory.

Staff are continuing to work with children and families remotely, and we are still accepting new referrals.

Please do not hesitate to get in touch with your therapist or call the Centre (456-8182) if you need assistance.

We have had a few questions from families about kids and COVID-19. One of the frequent ones is about the impact of social distancing on social development. Our developmental therapist answered the question this way:

“We know from research into children’s social development, when children are young, families (parents and siblings) play the largest role in helping children learn social skills. Additional time with

families will help develop a child’s ability to interact with others.

“Playing together provides many opportunities to learn and problem solve together, which builds very important social skills. So keep playing!”



In addition, the CDC ELPS program can offer support to early childhood educators with

- Check-ins via phone, email, and video chat. These can be as frequent as ECEs want.
- Creating visuals for your classroom
- Creating various resources (social stories, solution kit, calm down kit, etc.)
- Lesson plan ideas (dramatic play ideas, circle time, indoor gross motor, process art, science experiments, feelings, social/physical distancing ideas, talking about COVID-19 with children).
- Offering professional development and Handle with Care sessions via Zoom
- Videos and resources via our **NEW** Facebook page.

We are really missing all the kids and families right now and looking forward to when we can welcome you into our building again!



UPDATE:

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

Stay safe and healthy, and keep in touch!

WHAT IS COVID-19?

AND HOW DOES IT RELATE TO CHILD DEVELOPMENT?

Doctors first discovered coronavirus disease 2019 (COVID-19) at the end of 2019. It is an illness related to the lungs. It's caused by a virus that can spread quickly from person to person and can be picked up from surfaces. In some people, it can be severe, leading to pneumonia or even death. Since COVID-19 is new, there is no cure or vaccine for it at this time.

Source: [CDC](https://www.cdc.gov)

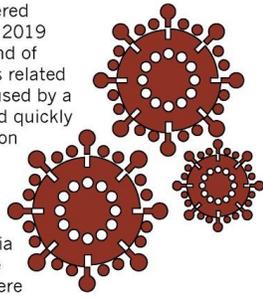
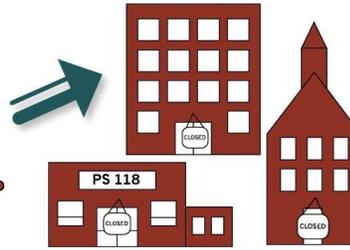


Illustration of coronavirus, magnified



Children can't go to school or daycare. Families may lose pay because adults can't go to work. These changes can be very stressful. That's why it's important to learn how stress can affect us. We can also learn what we can do about it.

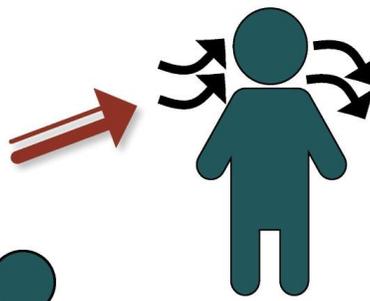
Because the virus spreads so quickly, many places have banned large groups of people. Schools, houses of worship, and workplaces are closed.

PROTECTING AGAINST INFECTION AND TOXIC STRESS

Losing a job would be stressful normally. So would having to homeschool at the drop of a hat. But these things are even more stressful when there's a dangerous virus in the world. It's important for all of us to stay away from others *physically*. This will help keep the virus from spreading in our communities. But it's also very important to stay connected to people we care about. This is true for children *and* adults.



Video chatting with a friend or loved one is a good example. Or saying 'hello' to a neighbor who's more than six feet away. These connections can make the stress feel easier to bear.



Taking a minute to close your eyes and breathe in and out can also help. That's because slow breathing tells your body's stress system to ease up a bit. This can help you respond better at even the most difficult times.

When we as adults feel better, it can help us connect better with the children we care for. This connection can help protect all of us, adults *and* kids, from the effects of stress. It also supports kids' healthy growth.



SUPPORTING FAMILIES THROUGH THE CRISIS, AND BEYOND

A worldwide virus is a stressful time for everyone. But the stress gets worse for those who were already dealing with things like poverty, racism, or violence. There are still resources that can help in these challenging times: crisis hotlines, food banks, and relief funds. There is no shame in seeking help if you need it.



We all want to build up the long-term wellbeing of children and families in our communities. That's why we as a society need to support responsive caregiving everywhere. This includes caregiving in homes, schools, and childcare centers. Together, this will allow us to weather whatever storms we come up against, now or in the future.

Center on the Developing Child  HARVARD UNIVERSITY
For more information: <https://developingchild.harvard.edu/covid19>

The Adventurous Fairy

A story about staying calm during hard times and the value of home
By Jo Lukawitski, family programs coordinator, Partners for Children



When telling this story, be sure to take advantage of the opportunity to practice deep breathing!

In the middle of a rose bush, in the middle of a rose, there lived a teeny tiny fairy. This fairy delighted in making new friends and discovering new places. She also loved to visit old friends and enjoyed spending time with all the nearby bugs and animals...so much so that she often lost track of time because she didn't ever want the fun to end.

One day, on one of her adventures, she flew farther than she had ever flown before. Caught up in singing her song as she flew, she flew and flew and flew, going farther and farther. Suddenly, she stopped singing and realized that she was lost, and the sun was beginning to set.

Quickly, it became dark, and she couldn't see her way. She had to trust her instincts to fly through the forest without getting her wings caught on the branches of the large trees. Although she was scared, she focused on her breathing and felt calmed. This gave her the courage to keep going.

Soon, it became cold, and she started to shiver. She was so cold, so cold! Her fingers and toes became numb, and she had to stop now and then to rub them together to stay warm. This made flying much slower. So slow that she thought she'd never get home.

Then there came a fierce wind, and flying became even more difficult. She couldn't move forward. With each movement forward, the wind blew her back into the same place.

At one point, the fairy tumbled around in the sky, lost and confused. She couldn't tell which way was the sky and which way was the ground. She felt so cold, alone and afraid, and she wished she could be close to her friends and family for a warm hug.

The fairy flew through the night, through the darkness, through the wind and the cold, all alone, not knowing when it would end.

Again, she reminded herself to breathe. She breathed in deeply, and suddenly—she began to notice the slightest hint of the smell of a rose!

At first it came like a whisper. She could barely catch the scent. She turned her body towards it, and focused all her attention on the direction that the lovely smell was coming from, moving ever so slowly towards it.

In the early morning, just as the first rays of sunlight were about to break, the fierce winds blew on and on, carrying the little fairy into a rose-scented ribbon of scent. She followed it, the smell of the rose growing stronger and stronger, until she could see the rose bush patch that was her home.

And she flew onward and found her own rose bush, and her own little rose, and climbed inside of it, safe and secure at last. The end.



Mothering Your Baby

Fridays, May 15 - June 19, 10 - 11:30am

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

Register before May 13 with:
Partners for Children 332-5990
Or Whitehorse Health Centre 667-8864



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



*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
24 months. Join us for rhymes, music and stories
Monday at 10:30 a.m. This is a free drop-in
Children must be accompanied by an adult.
call 667-5239.

ages 6 -
every
program.
For more info,



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
This is a free drop-in program.
Children must be
accompanied by an adult.
For more
info, call 667-5239.

**Register your child
book every month! for a free**

The Dolly Parton
Library is a
all Yukoners.
1 free book

Imagination
program available to
Children can receive
per month from birth to age 5.

**Closure of all
Yukon Public Libraries**

Due to health advisories about the
COVID-19 pandemic, all Yukon
Public Libraries are closed.

We're still available to help
with questions by phone at
867-667-5239 or
email Whitehorse.Library@gov.yk.ca

<p>Yukon Beaver Library Bur- Car-</p>	<p>Libraries: Creek Community wash Community Li- brary cross Community Library Carmacks Community Li- brary</p>	<p>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</p>
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CLOSED

until COVID-19 restrictions lifted.

Wonderful Websites

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

The Yukon's Child Development Centre (CDC) www.cdcyukon.ca has a new website. It's cute and has more information than ever before. Check it out!

Growing a Jeweled Rose is an AWESOME website full of wild, cool and unusual activities that involve kids and plants. Want to know how to grow a green tent with your children for summer play? Look no farther. What to do with old rubber boots? Here's a plan. There are so many ideas and how-tos on this website that it's almost mind-boggling. Get growing! www.growingajeweledrose.com/2013/03/outdoor-nature-gardening-activities.html





Hey! Did you hear? Parent-Child Mother Goose is on Zoom!!!

Join us by emailing or phoning:

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



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



Network for Healthy Early Human Development

Using
community &
scientific
knowledge

help
facilitate
projects

with a diverse
network of
people and
organizations

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

One important project is simply spreading the message that babies matter and are most important. "How are the children?" could be the first words from you as a neighbor or coworker.

Become a NHEHD!
Join the

Network for Healthy Early Human Development!

www.NHEHDYukon.org

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