



PARTNERS FOR CHILDREN

F A L L 2026

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The way prenatal humans, newborn babies, infants and young children are nurtured and cared for fuel how their body's cells and biological systems develop. When baby's/child's needs are met because their adult is responsive, it means they have less stress and can develop in a way that will help them manage regular life difficulties throughout older childhood and adulthood.

Healthy early child development matters because the first days and months lay the critical foundation for all future physical, cognitive, emotional, and social well-being.

Rapid Growth of Brains and Other Organs:

- **a child's brain develops faster from birth to age three than at any other time of life**
- **early experiences shape brain connections, which create pathways used for learning, problem solving and emotional control**

There are strong links between early stress and later health challenges. Children who experience chronic stress are more likely to experience behaviour trouble and learning challenges and are more vulnerable to infections and illness.

It is vital that parents and caregivers have comfortable access to supportive people and programs that help them feel good in their life and care-giving / parenting journey.

Healthy friendships, activities, caring groups throughout the community support healthy adults who can support health in children.

You are part of the 'we' in a village of "partners for children".

partners for children contact information

Cai Krikorian: 867-332-5990

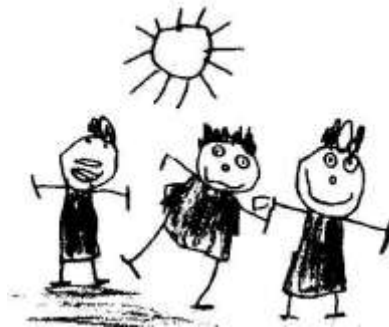
New Staff Person: 867-332-9458

Email: contactus@partnersforchildren.info

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



Visit our website at
www.partnersforchildren.info
And follow us on Facebook and Instagram
for all up-to-date information!



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

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

community websites

Autism Yukon

www.autismyukon.org

Big Brothers Big Sisters of Yukon

<https://yukon.bigbrothersbigsisters.ca>

Child, Youth and Family Therapeutics Team

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

Child Development Centre

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

Department of Education Early Learning and Childcare Branch

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

Early Learning Program, Yukon University

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

Family Law Information Centre

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

Fetal Alcohol Society Yukon

www.fassy.org

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://yukonlibraries.ca>



FAMILY PLACE

**108 COPPER ROAD,
WHITEHORSE**

Welcome families with children 0 to 6 years

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

A place for parents and caregivers to:

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



Registered programs at Family Place include:

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

Visit our website



www.partnersforchildren.info

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

Cai Krikorian at 867 332 5990
Kathryn Grimmert at 867 332 9458
familyprogs@partnersforchildren.org

PRE K PROGRAMS @MACBRIDE MUSEUM

MacBride offers unique educational experiences for your students. These programs are a fun way to engage students in exploring the Yukon's environment and amazing history. \$100/program

ALL ABOUT BEARS

Students will walk in the footsteps of these amazing creatures by exploring their habitats, food sources and survival mechanisms. The program also explains how people and bears co-exist safely.

ARCHAEOLOGY

This program explains how we learn about the past by examining the things people leave behind. Students will act as archaeologists to uncover real bones and artifacts in our dig box and learn about the history of the Yukon.

YUKON ANIMALS

This program is based on the MacBride Museum's wildlife collection. It looks at characteristics, adaptations and food sources of animals that live in the Yukon.

For more information contact: programs@macbridemuseum.com



Canadian Dental Care Plan

Accessible. Affordable. Essential.



Eligibility

To qualify, you must:

- ✓ not have access to dental insurance
- ✓ be a Canadian resident for tax purposes
- ✓ have an adjusted family net income of less than \$90,000
- ✓ have filed your tax return in the previous year

The Canadian Dental Care Plan (CDCP) will help make the cost of dental care more affordable for up to **9 million** eligible Canadian residents.

Oral health care is important to your overall health and well being. Regular visits reduce the risk of health problems.

In 2022, 1 in 4 Canadians reported avoiding visiting an oral health professional due to the cost. Every Canadian deserves accessible, affordable and essential dental care.



How to apply

Eligible Canadians of all ages can now apply for the CDCP.

You must meet all 4 eligibility requirements before applying.

Eligible Canadians can apply online at Canada.ca/dental, by calling 1-833-537-4342, or by visiting a Service Canada Centre.



For more details on the CDCP and eligibility criteria, visit Canada.ca/dental.



Government
of Canada

Gouvernement
du Canada

Canada

WELCOME TO

Healthy Babies, Healthy Futures

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

Home visits:
postnatal support

Breast feeding
education & support

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

Vitamin supplements,
vouchers & car seats

Baby item
lending
library

Maternity & baby
clothing exchange

Lending of hospital
grade pump

Free dietitian
Support

Wellness fitness &
group activities

Pre + Postnatal
education

Meet other parents

Peer support groups

Information &
support

Find & build
community



**THE VICTORIA FAULKNER
WOMEN'S CENTRE**

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



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

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

Écris-nous à pcnp@lesessentielles.ca

**JOIN US FOR A COMMUNITY OF PRACTICE
FOR EARLY CHILDHOOD EDUCATORS**

GATHER - CONNECT - INSPIRE



LAST THURSDAY OF EVERY MONTH, 5:30-7:30PM IN WH
OR JOIN THE ONLINE MEETING FOR RURAL EDUCATORS

for more info find us online at www.eceyukon.com



TPC

CHILD CARE SOCIETY

MOVIE NIGHT

SEPT
25
2026

Join us for a movie night in partnership with
the Yukon Literacy Coalition, to celebrate the
revival of the TPC Childcare Society's
CPNP Program!

A light dinner and snacks will be provided!
All ages are welcome

5:00 - 7:00 pm

At the Family Literacy Centre
1191 Front Street Unit 103



Yukon Literacy
Coalition



LDAY presents
Centre for Learning

BROADWAY AND BEYOND

**a benefit concert for brain injury
support and awareness**

starring Toronto's Robert Pilon

"Jean Valjean" (Les Miserables)

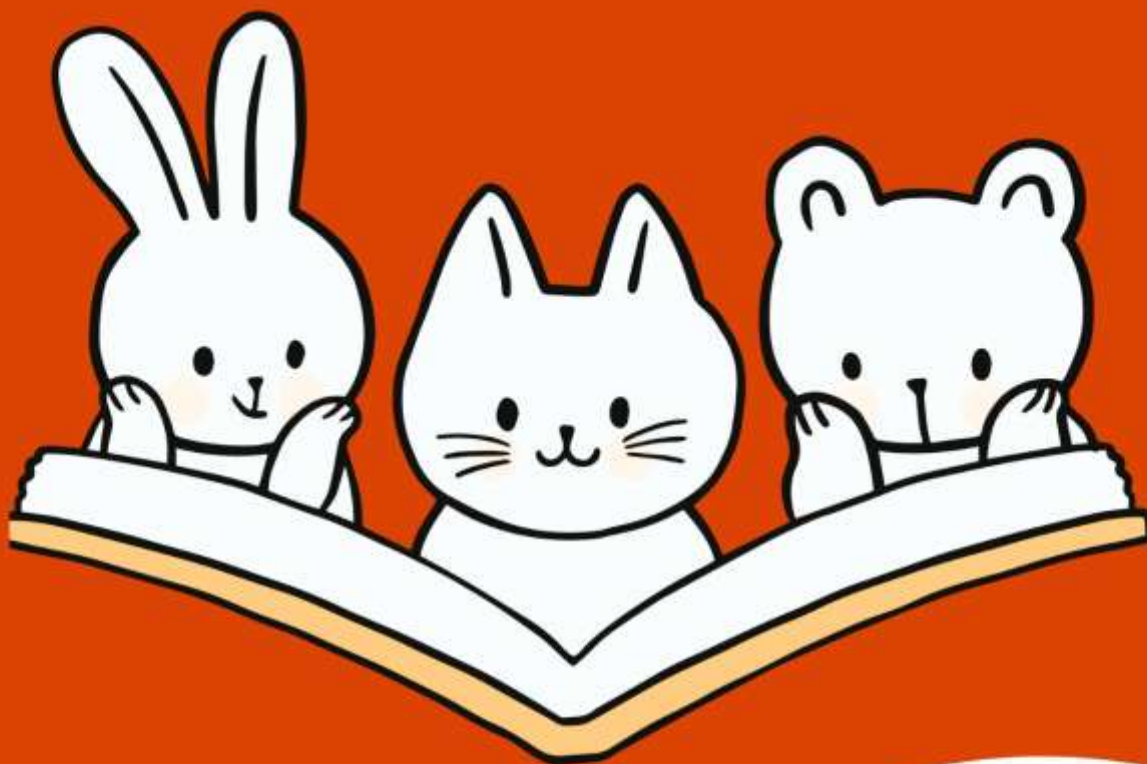
"The Phantom" (Phantom of the Opera)



NOVEMBER 14, 7:30 PM

reception @ 6:30 pm

Yukon Arts Centre
More info: LDAYukon.com



Story Time

Join us for songs, rhymes and stories
Tuesdays 10:30 to 11:30 am

August 25 to October 6

A free drop-in program for children ages 0-5 and their caregivers.
Healthy snack provided.

Whitehorse Public Library (upstairs)
1171 Front Street

For more information call 667-5239 or visit yukonlibraries.ca/events.



A Portrait of Mothers in Canada in 2026

This year's Mother's Day, the Vanier Institute recognized the vital contributions of mothers across Canada.

This Mother's Day, the Vanier Institute recognizes the vital contributions of mothers across Canada to the care and nurturing of future generations, while reflecting on how experiences of motherhood have evolved over recent decades. Today, women are having fewer children and are more likely to have them later in life. Mothers in Canada are also becoming increasingly diverse, shaped by immigration and shifting family identities. More mothers are raising children while participating in the paid workforce, and often while balancing additional responsibilities, such as caring for older adults. Experiences of motherhood continue to be shaped by gender norms, including mothers' disproportionate responsibility for childcare. Across the country, mothers demonstrate resilience and determination as they navigate complex priorities and evolving social contexts.

Women in Canada are having fewer children

The total fertility rate (TFR) in Canada hit a record low of 1.25 children per woman in 2024. The TFR has declined almost every year since 2008.^{a, 1}

Between 1994 and 2024, the average age of mothers at time of delivery increased almost every year, from 28.1 years to 31.8 years.²

Between 2021 and 2024, the percentage of people aged 15 to 49 who said they wanted at least one biological child in the future increased from 41% to 46%.³ Across age groups, the largest increase was among those aged 15 to 24 (from 53% to 64%).

Women are having children later in life than three decades ago

Between 1994 and 2024, the percentage of all live births that were to women aged 30 and older increased from 40.8% to 65.9%.⁴

Between 1994 and 2024, the percentage of first live births that were to women aged 30 and older (i.e., their entry to biological motherhood) increased from 27.9% to 56.0%.⁵

Between 1994 and 2024, the percentage of all live births to women aged 30 and older that were first births increased from 29.4% to 38.7%.⁶

Between 1994 and 2024, the age-specific fertility rate dropped for women aged 15 to 19 (from 25.1 to 4.0 live births per 1,000 women) and increased for those aged 35 to 39 (from 30.5 to 55.6 live births per 1,000 women).⁷

Mothers are becoming increasingly diverse

In 2024, over two in five newborns (42.3%) in Canada were born to a foreign-born mother (i.e., a mother who was born outside Canada), nearly doubling from 22.5% in 1997.⁸

In 2022, 85% of lone parents with disabilities were women and 75% of lone parents without disabilities were women.⁹ One study in Ontario found that approximately 16% of women in their reproductive years had a disability and about 14% of pregnancies are attributed to women who have a disability.¹⁰

In 2021, there were 46,780 same-gender couples comprised of women, nearly one-quarter (24.3%) of whom had children.¹¹

More mothers of young children are working for pay

In 2024, the labour force participation rate of mothers with youngest child aged 3 and under was 79%, up from 75% in 2020.¹²

Between 1997 and 2023, the employment rate for mothers living with one or more child aged 5 or under increased from 62% to 73%.¹³

Among different-gender couples in 2023, women were more likely to earn the majority of income in those without children than those with children (36.4% vs. 29.9%).¹⁴

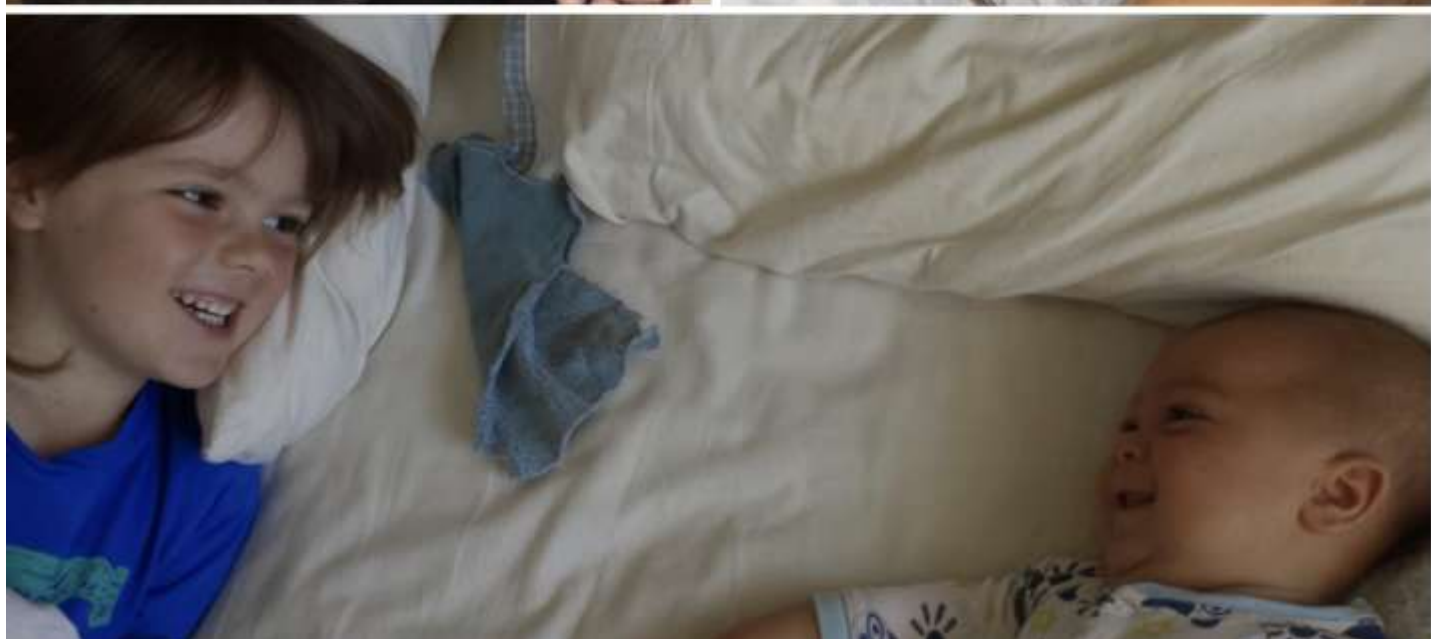
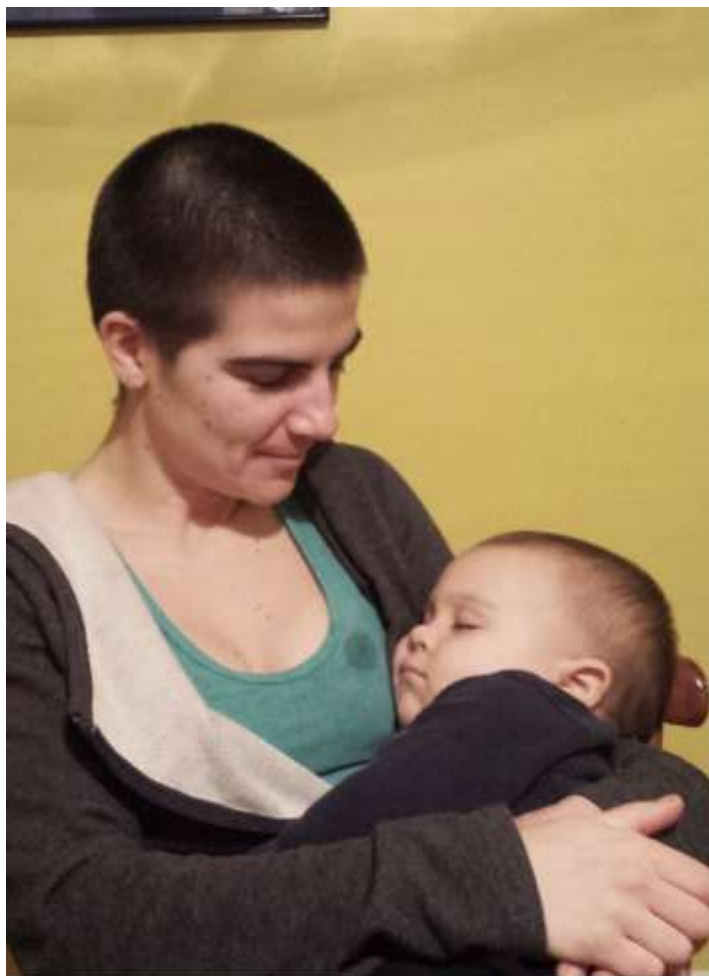
In 2022, mothers in Canada reported spending an average of 7.5 hours per day caring for their children, compared with 4.9 hours for fathers. In different-gender couples, fathers (64%) were more likely than mothers (46%) to report that child care was equally shared.¹⁵

In 2022, women were more likely than men to have provided unpaid care to both children and care-dependent adults—i.e., were “sandwich caregivers” (6.6% and 4.5%, respectively).¹⁶

[a] The exception was between 2020 and 2021, when [data show](#) that the total fertility rate increased from 1.41 to 1.44 children per woman—then resumed declining in following years.

Source Link:

<https://vanierinstitute.ca/resource/a-portrait-of-mothers-in-canada-in-2026/>



TWO THINGS CAN BE TRUE AT ONCE

Cai Krikorian
Family Programs Facilitator
Partners for Children

I have been reflecting on the concept that two things can be true at the same time. I wish I understood that when my children were infants. It would have been helpful knowing that it was ok that I was having many contradictory emotions at once. It would have been helpful to know they were true and it was ok. Here some of my moments and my emotions. At Partners for Children, it is a space where parents can also share their there moments of two things being true at the same time.

I found breast feeding hard at the beginning and felt lucky and proud that I was breast feeding, I felt in a rush to be done breast feeding but worried I would miss breastfeeding.

I was so tired and loved that my youngest napped in my arms but resented that I didn't get any time with just my oldest.

I was grateful that my children loved each other, but I also felt rejected when they preferred to play together and didn't need me. Yet, I was relieved to have a break.



partners for children



Supporting the Grieving Child

This is a free (online) workshop for early childhood educators, after-school program staff and other caregivers. Learn about:

- Simple, welcoming ways to support kids
- Signs of grief in children
- Talking with young people about death and grief
- Tips for activities that can help

This is not a grief support group – participants will not be asked to share anything personal.

Monday, October 5

5 -6 pm

online

For more information

info@hospiceyukon.net

867-667-7429

To register and get your zoom link

capture this code



**Hospice
Yukon**

Parent/Caregiver Workshops

All sessions are from 12 - 1 PM
via Zoom

Join these sessions hosted by the Child Development Centre to learn tips and strategies to support your child.

Supporting Children with Big Feelings
September 23

Toilet Learning
October 8

Raising Curious and Adventurous Eaters
November 4

Supporting Children with Big Feelings
November 18

Toilet Learning
December 2

Workshops are open to all parents/caregivers. You do not have to have a child involved with the CDC.



email: erin.brost@cdcyukon.ca to register

Sessions are free and are for all parents/caregivers with children up to age 5.

You will receive a zoom link via email.



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 five years of age and their parents or caregivers.

- Learn about your child's development and milestones 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 talking, sleeping, behaving or anything else related to development.

Visits are scheduled a few times a year. The sessions are free and your child at our centre, your home, or another location.

The Follow Along program is FREE and available in Whitehorse.

You can enroll your child anytime by filling out a referral form or calling 867-456-8182.

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fun and focused on play. We can see you
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ehorse and all Yukon communities.

l form at www.cdcyukon.ca/referral or



Child
Development
Centre

A non-governmental organization.
867-456-8182
www.cdcyukon.ca





Romp n Run is back this fall in Haines Junction!



**Starting October 1st until December from 10:00 to 11:30 am at the Mezzanine.
Fun, interactive and age appropriate 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.**

**New families please contact Lucie:
LlamasBravo.Lucie@gmail.com**



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

Is my child on-track to read?

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



Before starting kindergarten, my child can:

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



By the end of kindergarten, my child can:

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



By December of Grade 1, my child can:

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

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

www.LDAYukon.com

Rear-facing car seats must not be placed in front of an active airbag.



A properly installed car seat should never move more than one inch.





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

Be aware, take care.

Yukon

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

