

# PARTNERS FOR CHILDREN

FALL 2019



## INSIDE THIS ISSUE:

- 1 Letter from the Editor (PFC Coordinator)
- 2 PFC Contact Information
- 3 Community Websites
- 4 CAPC
- 5 Community Spotlight
- 6 Community Programs
- 7 Leslie's Book Shelf
- 8 More Community Programs
- 9 Hospice Yukon
- 10 CPNP Programs
- 11 Child Development Centre
- 12 Apryl Olsen CHILD Awards
- 14 Community of Practice
- 15 Partners for Children
- 16 Yukon Public Libraries
- 17 The Power of Dads
- 18 Developmental Assets Workshops
- 20 Family Literacy Centre
- 22 Whitehorse Health Centre, LDAY
- 23 Wonderful Websites
- 24 NHEHD Yukon



## Life Course Problems Related to Early Life

teen years 2 <sup>nd</sup> Decade	20's & 30's 3 <sup>rd</sup> /4 <sup>th</sup> Decade	40's & 50's 5 <sup>th</sup> /6 <sup>th</sup> Decade	60's + Old Age
• School Failure • Teen Pregnancy • Criminality	• Obesity • Elevated Blood Pressure • Depression	• Coronary Heart Disease • Diabetes	• Premature Aging • Memory Loss

If you have followed the last several editions of our newsletter, you will have seen a simplified story of how human brain development depends on daily life experience.

The more nurturing environment a baby and young children grow in, the better their chances are for an able life.

This means their brain and person will more easily cope with daily experiences. Making decisions can be based on thoughtful reflection instead of non-thoughtful reaction.

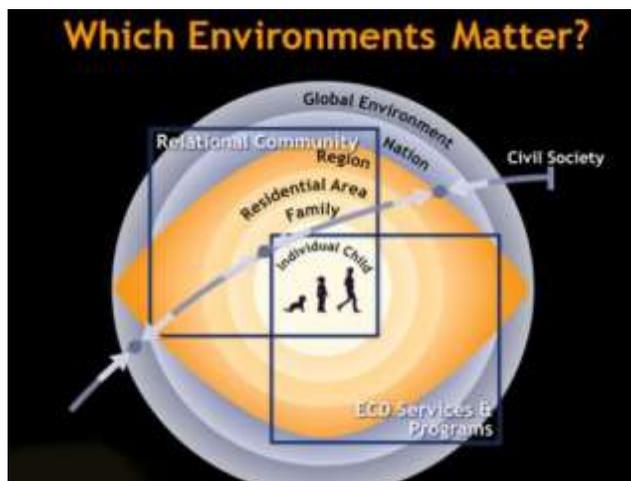
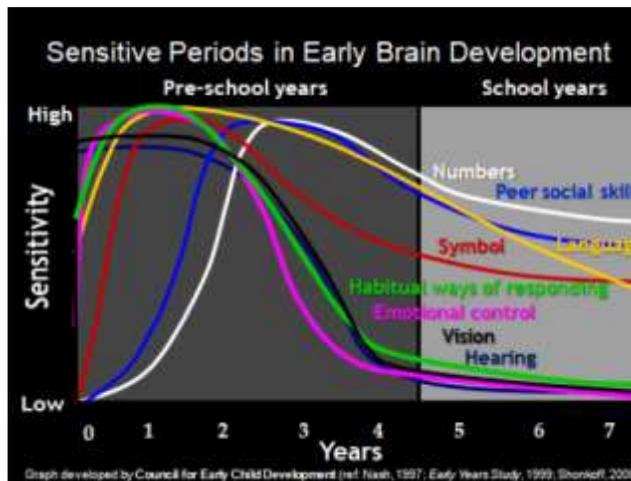
As adults, we become a person from this nature and nurture, depending on the ability of our adults to manage life, including the challenges of parenting.

Never in human history have children been raised solely by their parents. This complex experience requires a village of support: extended family, neighbours, business owners, governments...

If people of any community / territory / province / country want children to be able to be productive citizens, it means that every other person and system (systems are, after all created by persons) participate in a supportive way.

The care and raising of children is a micro-vision of what is happening on a larger scale.

Babies are our future adults. If a healthy society is the goal, there is no way around children not being at the centre. Decisions focused on business, justice, health all must consider children 1st.



*Katie Swartz*

# partners for children

## contact information

Phone: 1-867-332-5990

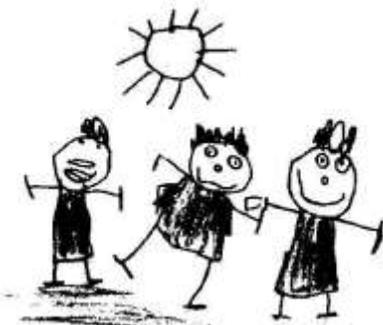
Email: [ContactUs@partnersforchildren.info](mailto:ContactUs@partnersforchildren.info)

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](mailto:newsletter@partnersforchildren.info) or checking our website: [www.partnersforchildren.info](http://www.partnersforchildren.info)

Managing Editor: Kate Swales

Copy Editor: Leslie Peters



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

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



# Community Websites

**Autism Yukon**  
[www.autismyukon.org](http://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](http://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](http://www.yukoncollege.yk.ca/programs/info/elcc)

**Family Law Information Centre**  
[www.yukonflic.ca/](http://www.yukonflic.ca/)

**Fetal Alcohol Society Yukon**  
[www.fassy.org](http://www.fassy.org)

**Hospice Yukon Society**  
[www.hospiceyukon.net/](http://www.hospiceyukon.net/)

**LDAY Centre for Learning**  
[www.ldayukon.com](http://www.ldayukon.com)

**Network for Healthy Early Human Development**  
[www.NHEHDYukon.org](http://www.NHEHDYukon.org)

**Partners for Children**  
[www.partnersforchildren.info](http://www.partnersforchildren.info)

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

**Traditional Parenting Program**  
[www.skookumjim.com](http://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](http://www.ycao.ca)

**Yukon Literacy Coalition**  
[www.yukonliteracy.ca/](http://www.yukonliteracy.ca/)

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





# Community Spotlight: C

C/TFN will pilot a new program for Carcross mothers and children starting in January.



# You are invited to register for CONNECTIONS

A Group for Women about Building Relationships

<p><b>WEEK 1</b> Learning About Healthy Relationships</p>	<p><b>Connections</b> was designed to provide an opportunity for women to explore their past and present experiences and to consider the impact on their relationships with life partners, parenting, wellness, and their children's development.</p> <p><b>Where:</b> the Learning Centre, Carcross</p> <p><b>When:</b> Tuesday evenings at 5:30 p.m., starting January 14.</p> <p><b>Who:</b> Any mother of any age is encouraged to register. Space is limited to 12 people, so it will be "first come, first served."</p> <p><b>What's included:</b> Supper will be provided. Childcare will be provided. Anyone who registers will also need to meet with group leaders once before the groups start (in December) for an intake interview.</p> <p><b>What's in it for me?</b> Improved relationships, more knowledge about families and children, a certificate of completion and a nice gift if you attend all eight sessions.</p> <p><b>Who will lead this group?</b> Leslie Peters and Christina Barrett, who received training through Mothercraft in Toronto. <a href="http://www.mothercraft.ca">http://www.mothercraft.ca</a></p> <p><b>To register</b> please make an intake appointment with Leslie Peters 821-4251 X8263 or email <a href="mailto:leslie.peters@ctfn.ca">leslie.peters@ctfn.ca</a></p>
<p><b>WEEK 2</b> What Happened When We Were Kids Matters Now</p>	
<p><b>WEEK 3</b> Recovering From My Past</p>	
<p><b>WEEK 4</b> Techniques for a Positive Relationship</p>	
<p><b>WEEK 5</b> Child Development and Behaviour</p>	
<p><b>WEEK 6</b> Building our own Self Esteem</p>	
<p><b>WEEK 7</b> Positive Parenting: Building Self Esteem in your children. (It's not what you think.)</p>	
<p><b>WEEK 8</b> Overview &amp; "I've got this."</p>	

**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](mailto: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](mailto:flic@gov.yk.ca)

Yukon Family Mediation Service is made possible by Justice Canada.



**JORDAN'S PRINCIPLE: DO YOU HAVE A NEED?**

Jordan's Principle ensures First Nation children receive the services they need.



**Step 1. Connect**

A request for services can be made for an individual child or a group of children. You can make a request in two ways:

- A. Call the CYFN service coordinator toll-free at 1-833-393-5200. We will assist you through the referral process and help you understand the scope of services eligible through Jordan's Principle.
- Or
- B. Email Indigenous Services Canada directly at [hc.nrjordan@principle-principe@indianmcc.ca](mailto:hc.nrjordan@principle-principe@indianmcc.ca)

**Step 2. Provide Information**

All requests for services will require:

- A. Name, date of birth, and status number of the child
- B. Service requested
- C. Estimated cost



**Step 3. Submit the Request**

The CYFN service coordinator will submit the request on your behalf to Indigenous Services Canada and help you navigate the process upon approval.

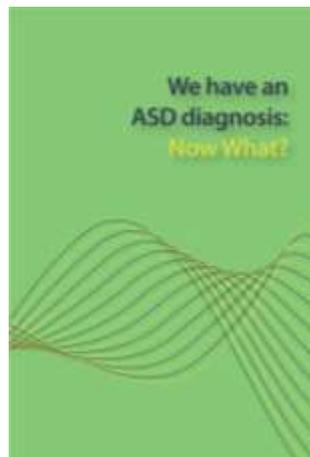
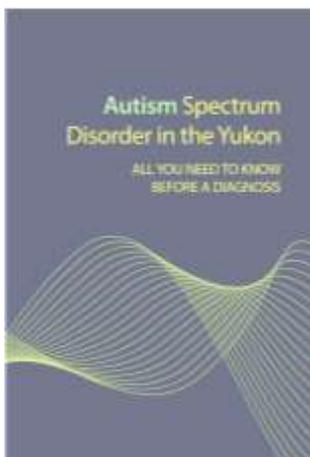
**JORDAN'S PRINCIPLE**  
 a better future starts today

Learn more at [cyfn.ca/services/jordanprinciple](http://cyfn.ca/services/jordanprinciple)



**Autism Yukon**

Two new publications available on our website  
[www.autismyukon.org](http://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...

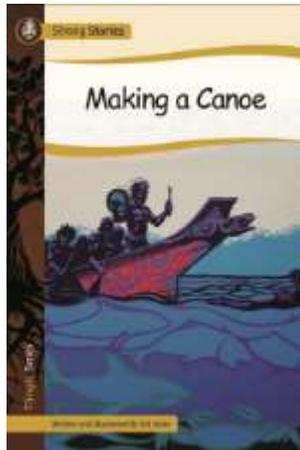
*Quirky and common-sense books for Yukon children*



This summer, I had the privilege of attending the Haa Kusteeyi 2019 celebration in Carcross. It's an annual celebration of the Tlingit nations. This year was especially exciting because C/TFN hired a master carver to help make a traditional dugout canoe.

When finished, the canoe was paddled out on Nares lake to greet others who had paddled to Carcross from Atlin, BC. It was an emotional and healing experience for many.

Coincidentally, while preparing for the celebration, I came across this Tlingit Series of books produced by Strong Nations Publishing, Inc. The books are written and illustrated by Bill Helin, a self-described "Tlingit artist, carver and storyteller,"

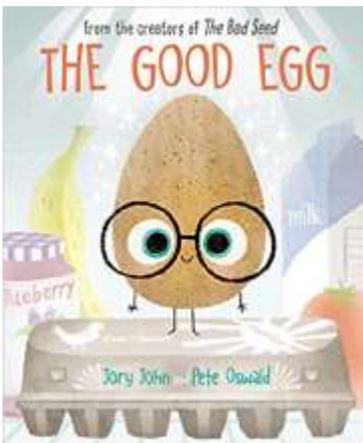


who lives in Nanaimo, BC.

I love these books. They read nicely out loud and tell it like it is. My favourite is Making a Canoe, which describes both the traditional and modern ways that dugout canoes are made. Other titles that I was able to purchase at Mac's Fireweed are Tlingit Storytellers, Making a Drum, and Tlingit Fishing.

Each of these books has a great combination of historical and modern pictures, as well as hand-drawn illustrations. They are perfect as early chapter books for grade two or three children. Younger children would enjoy having these books read to them as well. Children of all ages would enjoy learning about and relating to Tlingit culture!

Also available at [www.strongnations.com](http://www.strongnations.com)



It's no secret that I have a soft spot for books that are therapeutic but not preachy. After all, who doesn't like a good story that ends well?

The Good Egg, by Jory John and Pete Oswald (Harper Publishing) is a perfect example of a book that is both trauma sensitive and able to

describe the growth caused by difficult circumstance.

The main character, a cute brown egg, always tries really hard to be a good egg and to please those around him. He lives with 11 eggs "under one recycled roof." Sadly others around him aren't exactly "on their best behavior."

The book shows how he tries to take charge and "fix" those around him, much like the oldest child sometimes becomes "parentified" in a stressful home. Eventually, he is both physically and emotionally exhausted, and his head begins to "scramble." One morning he finds "cracks in his shell." As a result, he

makes the rash decision to leave home at night, and he wanders around, Forrest-Gump style (my interpretation). He learns self care (described in concrete, child-friendly words). The cracks in his shell start to heal. His head no longer feels scrambled. But, he also feels lonely for his carton.

Once he is whole again, he decides to return home. But he's careful about how he does it. He makes a plan not to worry so much. He's going to be good to others AND himself. He's not going to try to control and be responsible for what others do. He realizes that he doesn't have to be perfect.

Although this is somewhat of a serious subject, the actual book is really funny. For example, when his shell is cracking, someone has put a "kick me" sign on his butt. Another egg draws underwear on him with a crayon.

There are lots of egg puns and hilarious facial expressions that would also be good for teaching emotional literacy to children.

Even if you don't have an inner child to heal, you'll enjoy this book simply because it's eggciting. (Sorry.) I bought this book at Coles Bookstore.

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](mailto: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](http://www.rarediseasefoundation.org)

### Skookum Jim Friendship Centre

3159 3<sup>rd</sup> 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 667-2970
- PPD Helpline at 1-800-944-4PPD(4773)
- [postpartum.org/the-journey](http://postpartum.org/the-journey)

Yukon

## From the Hospice Library... *The Invisible String*

Books are a wonderful way to start conversations with young children. Hospice Yukon has a range of books in our lending library that can offer a good starting point in talking about death and grief, as well as bringing comfort when a loved one has died.

*The Invisible String* by Patrice Karst is a book in our library that explains a beautiful idea...that we are all connected to the ones we love by an invisible string. Whether our loved ones are sitting next to us, across the world, or have died, this invisible string keeps us connected through the love we feel. Through simple words and beautiful pictures, this book reminds children that they are never truly alone.

*"People who love each other are always connected by a very special String made of love. Even though you*

*can't see it with your eyes, you can feel it deep in your heart and know that you are always connected to the ones you love."*

Very young children have a limited ability to understand the finality of death. They may wonder where their loved one has gone, and whether or when they will return, so the idea of being forever connected to our loved ones can be a comforting thought. They can even 'tug' on the string whenever they are missing the loved one they are apart from, to remind them of the love they share.

Stop by Hospice to check out this book or the many others we carry geared towards children and youth. We also have a range of books and other resources to support parents, caregivers and teachers in their roles help children during times of loss and grief.

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.

This fall we are hosting several workshops for children, parents, teachers and caregivers:

### **Kids Create - Healing a Loss Through Creativity**

for children aged 5+ with a parent/caregiver to participate together  
Saturday October 5  
1:30-4pm, Hospice Yukon

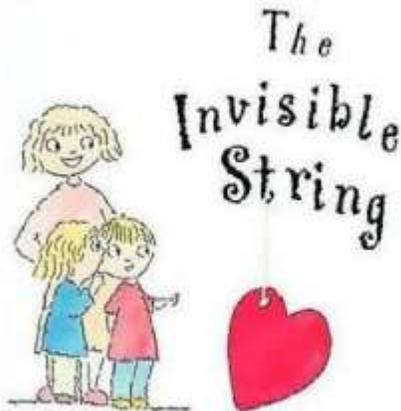
### **Supporting the Grieving Child**

for teachers and caregivers  
Tuesday November 5  
12-1pm, Whitehorse Public Library

### **Healing Rituals to do with Children**

for parents and caregivers  
Tuesday December 10  
12-1pm, Hospice Yukon

To register for any of these free workshops please phone Suzanne at Hospice: 867- 667-7429 or email [info@hospiceyukon.net](mailto:info@hospiceyukon.net)



[www.hospiceyukon.net](http://www.hospiceyukon.net)





# 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](mailto:cpnpwhitehorse@northwestel.net)

Skookum Jim Friendship Centre: contact Stephanie Asp at or [sjfcprenatal@northwestel.net](mailto:sjfcprenatal@northwestel.net)

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

Teen Parent Centre: contact Natalie Pringle at 667-8336 or [teenparentcentrecpnp@gmail.com](mailto:teenparentcentrecpnp@gmail.com)

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

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

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

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

In Ross River: Contact Amanda at [amandamarymacl@gmail.com](mailto: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!



# Child Development Centre Travel Schedule for 2019

*Families may self-refer to the Child Development Centre.*



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 September - December 2019

September	
9	Teslin
10-12	Faro, Ross River
12	Carcross
17	Carmacks
19	Haines Junction
23-26	Watson Lake
24-26	Pelly Crossing, Mayo
24-26	Dawson City

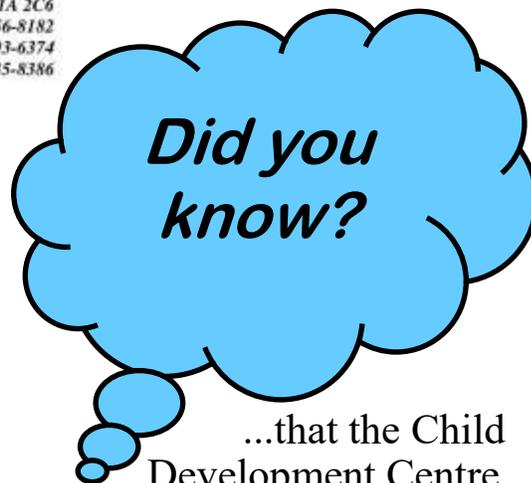
October	
8	Teslin
9	Carcross
16-17	Beaver Creek, Destruction Bay, Burwash Landing
22	Carmacks
24	Haines Junction
22-24	Old Crow-date to be confirmed

November	
5	Teslin
6	Carcross
12-14	Faro, Ross River
26	Carmacks
28	Haines Junction
26-28	Pelly Crossing, Mayo

December	
3	Teslin
4	Carcross
3-5	Dawson City
9-12	Watson Lake
17	Carmacks
18	Haines Junction

For further information, please call 867-456-8182 Ext 183 or 1-866-835-8386

Leona Corniere - Acting Program Coordinator; leona.corniere@cdcyukon.ca



...that the Child Development Centre is dedicated to helping families apply for and succeed in obtaining Jordan's Principle funding. This can help to provide equal access for Indigenous children!

To find out more, call 456-8182 and ask to speak with Brooke McKenzie, Jordan's Principle Coordinator.



## Yukon Child and Youth Advocate Office (YCAO)

2070 - 2<sup>nd</sup> Avenue, Unit 19

Phone: 867 456 5575

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

"Young people have a voice."

# NHEHD Yukon Launches Two New Awards

*Apryl Olsen Memorial CHILD Awards*

During its May Coffee House, NHEHD Yukon (The Network for Healthy Early Human Development Yukon) awarded the inaugural Apryl Olsen Memorial CHILD Awards to two worthy recipients.

Apryl Olsen was a dedicated early childhood professional who lived and worked in Mayo, YT. She sacrificed “above and beyond” for the children in Mayo, often to the point that she neglected her own self care.

She truly loved all of the children for whom she was responsible and voluntarily put in extra time to ensure that they received quality care.

As a result, when the NHEHD Yukon board was discussing the criteria for these awards, it was determined that the award needed to include both recognition and a gift that requires the recipient to spend some time on self care.

Apryl’s family was consulted during the process and gave their approval of both the awards and their criteria. Some of her family was able to travel to Whitehorse in order to be in the room while the awards were presented.

This first awards ceremony was emotional for many, and NHEHD Yukon anticipates honouring future recipients with the CHILD Awards in 2020.

Anyone who is interested in nominating someone for one of these awards may email [coordinator@partnersforchildren.info](mailto:coordinator@partnersforchildren.info) A call will also be put out to the general public in early spring, 2020.

A description of both awards is on the facing page.

The Individual who Works in Licensed Child Care award was presented to **Charlene Brown** of Duska Family Learning Centre. Here is what those who nominated her had to say:

“Charlene represents the heart of our centre. She has an infectious laugh and a playful sense of humor that makes her fun to work with. She relates personally, sharing her wisdom [and] ... imparts her wisdom with

Continued, next page.



Charlene Brown of Duska Family Learning Centre receives the Individual who Works in Licensed Child Care award, above. Davis McKay, social worker in Carmacks, receives the Individual who is a Champion for Children & Families award, below. Also pictured: Katie Swales.



**CHILD  
awards**

**Care**

**Helps**

**Individuals**

**Learn and**

**Develop**

# The Criteria Used for the 2019 Awards

The 2020 awards will be similar. Intake will be in April/May, 2020.



108c Copper Road  
Whitehorse, Yukon  
Y1A 2Z8  
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](mailto:NHEHDYukon@gmail.com) with Apryl Olsen CHILD Award in the subject line.

Deadline for 2019 submissions: May 15

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 2Z8  
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](mailto:NHEHDYukon@gmail.com) with Apryl Olsen CHILD Award in the subject line.

Deadline for 2019 submissions: May 15

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.

modesty...[She is] someone who appreciates her own blessings. She is an active mother and grandmother and wife. ... She transforms her classes with life size wall murals. ... Her energy and focus is youthful. Her loving style includes families at annual barbeques."

Testimonials from families include comments such as "The life skills she teaches such as baking and cleaning have carried ... [through into] the children's ... homes. Her hands-on activities in class and energetic circle time [are] a pleasure to watch. The music she loves always gets the kids into dancing and drumming. She says, 'It's a commitment you make.'"

"If someone deserves recognition for being a genuine person who gives more than anyone expects, it's Charlene."

Several individuals nominated **Davis McKay** for the Individual who is a Champion for Children & Families award.

Davis is a regional social worker in Carmacks and at the time of nomination had been in Carmacks for less than a year. During that time, he kept in regular

contact (almost daily) with the daycare to see how he could help them or help families in the community.

"Children see him and act like he is a rock star, running up and giving him hugs. (This is NOT the norm for social workers in the community.) He works with families to assist them with better parenting skills instead of making them feel like horrible parents and taking their children away." said a resident.

"Davis attends most community functions and is willing to give a hand wherever needed. He gives tremendous support to foster parents by going above and beyond to ensure the children in care have access to all of the things a child should have (bikes, beds, sports equipment)."

One person said, "I know this sounds like he is 'just doing his job,' but I have witnessed many others in his position and feel that he sincerely cares about the children in Carmacks and their best interests."

"Davis is a great guy and the daycare, families and young children in Carmacks are fortunate to have him in our community." ♦

# Community of Practice Gathering



**Date:** Friday September 27<sup>th</sup>, 2019

**Place:** NHEHDS Office – 108 Copper Road Whitehorse

**Time:** 6:30 to 8 p.m.

5:30-6:30 Coffee House – Come and mingle with colleagues and friends

6:30-8 p.m. Community of Practice – Our Topic this Month is

## Emergent Curriculum

### – Moving from Theory into Practice –

Do you wonder about Emergent Curriculum? Would you like to know more and have your questions answered? Then this month's interactive Community of Practice will be of interest to you! Email us with any burning questions you already have and we'll be sure they are addressed. [eceyukon@gmail.com](mailto:eceyukon@gmail.com)

**What to Expect: Conversation, Snacks, Fun,  
Relationship, Connection and Inspiration**

**Everyone Welcome!!**

**FRIDAY, SEPTEMBER 27TH**

**5:30 - 8:00 PM 108 COPPER ROAD**

**WHITEHORSE**

**COMMUNITY OF PRACTICE**

**POP-UP COFFEE-HOUSE**

**FOR THOSE IN**

**THE EARLY LEARNING**

**& CHILD CARE FIELD**

**LIGHT REFRESHMENTS, SNACKS, CHAT**

**FOLLOWED BY A COMMUNITY OF**

**PRACTICE MEET AT 6:30 - ALL WELCOME**

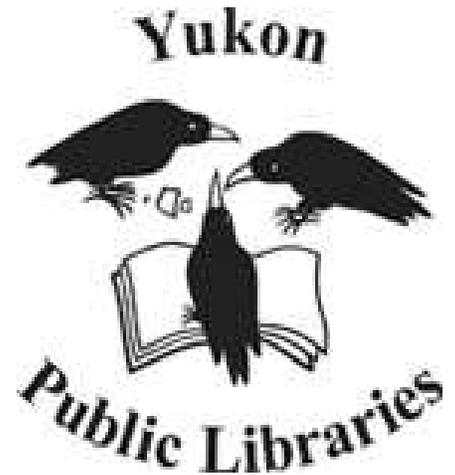
If possible, please help us prepare by registering

at [www.eventbrite.com](http://www.eventbrite.com) - search "ECE Yukon"



© 2011 Yukon Early Learning Centre

*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

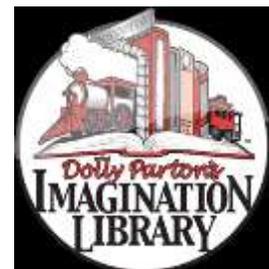
Wednesdays: 10:30 a.m. to 11:30 a.m. For children ages 2 - 4 years. Join us for rhymes, music, crafts and stories every Monday at 10:30 a.m. This is a free drop-in program. Children must be accompanied by an adult. For more info, call 667-5239.

### **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](mailto:info@yukonimaginationlibrary.ca)



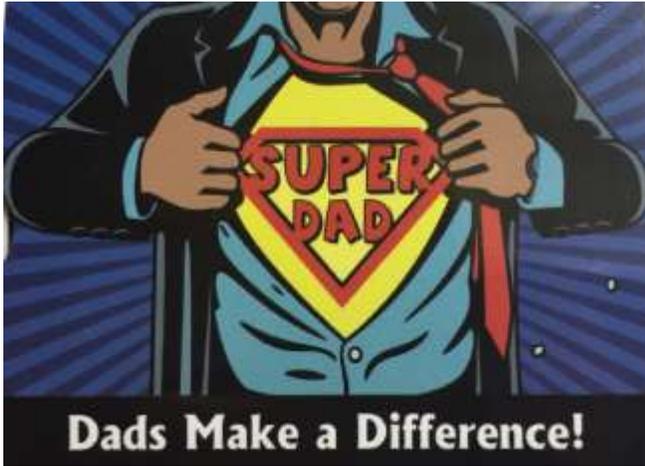
#### **Yukon Libraries:**

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

# The Power of Dads

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



Becoming a parent is a significant transition and a vulnerable experience for most of us.

While up to 80% of men will become fathers at some point in their life, it seems there are fewer resources and supports available to dads compared to those for new mothers.

This is something we're aware of at Partners for Children, and we try our best to make dads and other partners feel welcome at all of our parenting groups.

Not long ago, I attended the Canadian National Father Involvement Conference, and learned more about the powerful impact a father's involvement can have on his children and society.

### Children with positively involved fathers:

- ⇒ Have higher cognitive functioning
- ⇒ Are better problem solvers
- ⇒ Have higher IQs
- ⇒ Experience less psychological distress
- ⇒ Have greater tolerance for stress
- ⇒ Are more likely to have positive peer relations

### Father Facts

- ⇒ The average age of a new father in Canada is 28.3 years old.
- ⇒ On average, fathers spend 131 minutes per day caring for their children.
- ⇒ Fathers who are sensitive and supportive have children who develop better social skills and language, regardless of socioeconomic status, race and ethnicity.
- ⇒ Twenty-seven percent of new fathers in Canada claimed parental leave in 2014.

Partners for Children wants to know how we can better support dads in our community. We would love to get your feedback and to hear about your experiences as a new father.

Please take three minutes to do our online survey which can be found on our Facebook page or at: <https://www.surveymonkey.com/r/2DBRRNP>

### References:

- [www.dadcentral.ca](http://www.dadcentral.ca)
- [www.statcan.gc.ca/eng/dai/smr08/2016/smr08\\_208\\_2016](http://www.statcan.gc.ca/eng/dai/smr08/2016/smr08_208_2016)
- [www.onlinelibrary.wiley.com/doi/abs/10.1111/cdep.12275](http://www.onlinelibrary.wiley.com/doi/abs/10.1111/cdep.12275)



Photo credit: Kelly Sikkema, Unsplash

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



# UPCOMING WORKSHOPS

The Government of Yukon, in partnership with Big Brothers & Big Sisters of Yukon, will host a two-hour community workshop delivering Yukon's 40 Developmental Asset Model (See page 19, to the right.) in eight communities this fall. Participants will learn about the asset model and how this model can be used to improve the lives of the youth in their community.

Who should attend:

- caregivers,
- community leaders,
- community organizers,
- community members,
- educators,
- First Nation leaders,
- RCMP,
- social workers,
- youth and family serving organizations, and youth service providers.

Dates:

Dawson City, Klondike Institute of Art and Culture, Ballroom  
Tuesday, October 1, 6 p.m. to 8 p.m.

Carmacks, Recreation Centre  
Wednesday, October 2, 6 p.m. to 8 p.m.

Carcross, Community Club  
Monday, October 7, 6 p.m. to 8 p.m.

Faro, Sportsman Lounge  
Wednesday, October 16, 6 p.m. to 8 p.m.

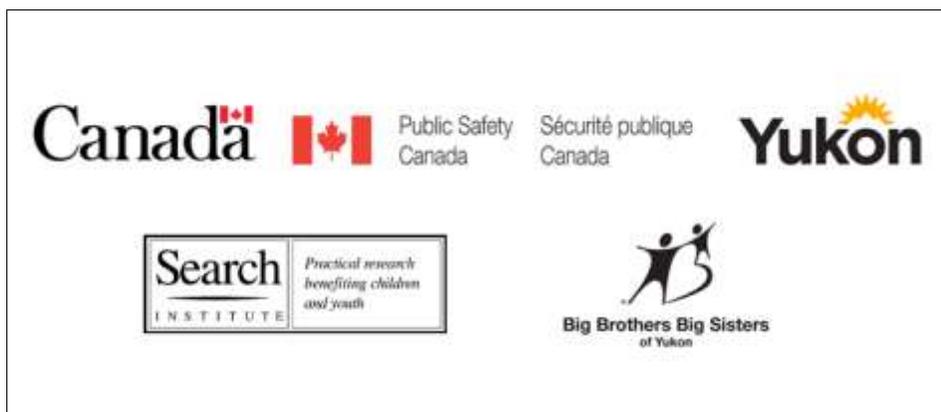
Mayo, Curling Club Lounge  
Thursday, October 17, 6 p.m. to 8 p.m.

Watson Lake, Curling Lounge  
Monday, October 21, 6 p.m. to 8 p.m.

Teslin, Rec Plex  
Tuesday, October 22, 6 p.m. to 8 p.m.

Haines Junction, Da Ku Cultural Centre  
Tuesday, October 29, 6 p.m. to 8 p.m.

Information from <https://yukon.ca/en/40-assets#workshops>



# Yukon's 40 Developmental Assets to positive youth development

Search Institute® has identified the following building blocks of healthy development – known as Developmental Assets® – that help young people grow up healthy, caring, and responsible. This set of 40 Developmental Assets® was adapted by the Youth Directorate with permission from Search Institute's original framework (© 1997 by Search Institute, www.search-institute.org. All rights reserved.) For more information on Developmental Assets® please visit [www.lionsquest.ca/our-approach/asset-building/](http://www.lionsquest.ca/our-approach/asset-building/) the definitions of these assets were adapted by the Youth Directorate with permission of Search Institute.

## External Assets

### Support



1. **Family support** | family life provides high levels of love and support.
2. **Positive family communication** | young person and his or her parent(s) communicate positively, and young person is willing to seek advice and counsel from parent(s).
3. **Other adult relationships** | young person receives support from three or more non-parent adults.
4. **Caring neighborhood** | young person experiences caring neighbors.
5. **Caring school climate** | school provides a caring, encouraging environment that respects the community's culture.
6. **Parent involvement in schooling** | parent(s) and community members are actively involved in helping the young person succeed in school.

### Empowerment



7. **Community values youth** | young person perceives that adults in the community value youth.
8. **Youth as resources** | young people are given useful roles in the community.
9. **Service to others** | young person serves in the community one hour or more per week.
10. **Safety** | young person feels safe at home, school, and in the neighborhood.

### Boundaries & Expectations



11. **Family boundaries** | family has clear rules, roles, and consequences, and monitor's the youth's whereabouts.
12. **School boundaries** | school provides clear rules and consequences.
13. **Neighborhood boundaries** | community shares the responsibility for the safety and well-being of the youth.
14. **Adult role models** | parent(s) and other adults model positive, responsible behavior.
15. **Positive peer influence** | young person's best friends model responsible behavior.
16. **High expectations** | parents, community members, and teachers encourage youth to do well.

### Constructive Use of Time



17. **Creative activities** | young person spends three or more hours per week in lessons or practice in music, theater, or other arts.
18. **Youth programs** | young person spends three or more hours per week in nature, sports, clubs, or other organizations at school, on the land, or in the community.
19. **Spiritual/Religious community** | young person spends one or more hours per week in activities of a spiritual or religious nature.
20. **Time at home** | young person chooses to spend quality time at home.

### Commitment to Learning



21. **Achievement motivation** | young person is motivated to do well in school.
22. **School engagement** | young person is actively engaged in learning.
23. **Homework** | young person reports doing at least one hour of homework every school day.
24. **Bonding to school** | young person cares about his or her school.
25. **Reading for pleasure** | young person reads for pleasure three or more hours per week.

### Positive Values



26. **Caring** | young person places high value on helping people.
27. **Equality and social justice** | young person respects self and others; places high value on sharing and cooperation.
28. **Integrity** | young person stands firm and acts on his or her beliefs, as well as respects other's beliefs.
29. **Honesty** | young person "tells the truth even when it is not easy."
30. **Responsibility** | young person accepts and takes personal responsibility.
31. **Restraint** | young person believes in making healthy, informed life choices.

### Social Competencies



32. **Planning and decision making** | young person knows how to plan ahead and make choices.
33. **Interpersonal competence** | young person has empathy, sensitivity, and friendship skills.
34. **Cultural competence** | young person has knowledge of own and other cultures, and feels comfortable with people from different backgrounds.
35. **Resistance skills** | young person can resist negative peer pressure and dangerous situations.
36. **Peaceful conflict resolution** | young person seeks to resolve conflict nonviolently.

### Positive Identity



37. **Personal power** | young person feels he or she has control over "things that happen to me."
38. **Self-esteem** | young person feels a connection to family and culture and has knowledge and pride of customs and traditional ways.
39. **Sense of purpose** | young person reports that "my life has purpose."
40. **Positive view of personal future** | young person is optimistic about his or her future.

## Internal Assets



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

 Yukon Family Literacy Centre  
 @yukonfamilyliteracycentre

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

## **MORNINGS** Monday to Saturday (10:30-11:30 am)

**Mon. Construction Zone • all ages** Children build and create together learning to problem solve and be inquisitive.

**Tues. Baby Senses • birth to 18 months** A world of sensory delights, songs, and rhymes for baby while caregivers have an opportunity to meet, chat, and share parenting experiences.

**Wed. Yukon Imagination Library Story Time • all ages**  
Enjoy classic YIL stories followed by an activity or craft.

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

**Fri. Animal Antics • all ages** Join us for stories, songs, exploration and discovery of all things animal. Featuring a different animal each week.

**Sat. 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, playdough, painting and more. Free play provides opportunities to practice physical, emotional, intellectual, and social skills which are crucial for healthy development.

*Join us for our Annual  
Christmas Party Dec. 23rd, 2019 11 am-1:30 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)*

*Open Sept. 3-7 for drop-in only.*

**Fall programs run**

**Sept. 9 to Dec. 21, 2019**

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

*The FLC will be closed Oct 12th - 13th,  
& Nov 11th 2019.*

## Baby's Day Out! At the Whitehorse Health Centre 9010 Quartz Rd.



**BABY'S DAY OUT** is held each Wednesday.

**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 be having.

## A Workshop Designed by



## ADULTS

Encouraging Words & Scattered to Skilled



**TUESDAY, OCTOBER 22 | \$5 | barcode 74428 | 6:00 pm - 7:30 pm**

**Encouraging Words:** "I CAN'T!" How do we respond to this attitude? How do we motivate children and youth to learn? Brain science helps us to understand how.

**WEDNESDAY, OCTOBER 23 | \$5 | barcode 74427 | 6:00 pm - 7:30 pm**

**Scattered to Skilled:** "I can't find it! Is that due today? Oops, I forgot!" If any of this sounds like someone in your family, come get some strategies for getting your "to do" list "to DONE!"

Register at [www.whitehorse.ca/alo](http://www.whitehorse.ca/alo)

“Children never, ever CHOOSE the meltdown, or any anxiety-related behaviour, in the same way that YOU would never, ever choose to have a meltdown in front of your family, colleagues or friends!

A meltdown is not a choice; it's a by-product of a brain that isn't coping with something.

And that brain needs to be showered in love, compassion and safety.

Not punishment, fear or shame.”

[www.allisondavies.com.au](http://www.allisondavies.com.au)

# Wonderful Websites



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

**Today's Parent** is a magazine that makes money from selling advertising; we can't deny that. So...their website tends to get a bit "materialistic" or "trendy" at times. Nevertheless, the general content is great, with lots of practical recipes, craft ideas, early childhood information and hot-topic discussion. Some parents genuinely appreciate the product reviews, as the Today's Parent staff try out such things as new sippy cups or educational toys and then give their opinion on how they perform. <https://www.todaysparent.com>

<https://developingchild.harvard.edu> One might expect that the **Harvard Centre for the Developing Child's** website would be lofty and heavy with educational jargon and difficult-to-read studies.

This couldn't be farther from the truth! Definitely professional and trustworthy, this website is also user-friendly and has great information, videos and infographics. It also includes suggestions about how you can make a difference in early childhood in your own town!

A screenshot of a website page. At the top, the title "What We Can Do About Toxic Stress" is displayed in a serif font. Below the title is a "Download PDF" button. A line of text reads "For more information about toxic stress, please scroll down below the infographic:". The main content area features a large infographic with the title "WHAT WE CAN DO ABOUT TOXIC STRESS" in large, bold, blue, 3D-style letters. Below this, the subtitle "FROM SURVIVING TO COPING TO RESILIENCE" is written in red, hand-drawn style letters. Underneath, a paragraph states: "Building resilience and strength in families and communities is one of the most important investments we can make as a society. But what does that mean?". Below the infographic, there is a section titled "5 teacher-approved apps to boost kindergarten skills" with a background image of children. To the right of this section is a "Trending" list with two items: "1 RECALL: Conigo Kids Water Bottles" and "2 Binge-watch after bedtime: What's new on Netflix Canada in September 2019".



# Network for Healthy Early Human Development Yukon

The Network for Healthy Early Human Development Yukon (NHEHD Yukon) is a community of concerned, conscientious citizens who are invested in promoting the healthy development of young humans in the Yukon.

We are interested in spreading information and informing policy that will help to make life better for all young children in the Yukon because children grow to be adults, and adults are our future fathers, mothers, employees, business owners, politicians, and next door neighbors. We want today's children to grow up to live ethical, fulfilling lives. This can only be accomplished if their infant, preschool and primary years allow their brains to grow and mature in safe, nurturing, growth-promoting environments.

Isn't there already a Yukon Child Care Association, you may ask? Yes, there is indeed, and NHEHD Yukon is proud to partner with, and support the YCCA. NHEHD Yukon is not a union of childcare workers (although we recognize the incredible value and importance of the Early Childhood field). We certainly hope to provide support, education and information to early childhood workers and to governments that write policy and fund early childhood education in the Yukon.

NHEHD Yukon is concerned with the healthy development of ALL children, whether in care, in the home, or in any other care arrangement. There is so much more to growing a healthy child than child care. We, as an entire community, must band together to support our most precious resource: our children.

scientific knowledge & help facilitate projects with a diverse network of people and organizations

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

...important... is simply spreading the... that... children could...

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

**Become a NHEHD!**  
[www.NHEHDYukon.org](http://www.NHEHDYukon.org)