



We continue our Deeper Dive into “Why Brain Development in Early Childhood Matters” and what the term “Early experience gets under the skin” means.

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The Stress-Brain Loop

chronic stressors such as

- inadequate sleep
- poor nutrition
- emotional distress
- lack of loving touch
- missing trust in care

Increases glucocorticoids

Decreased regulation of cortisol

Cellular changes in hippocampus

The **hippocampus** is a small organ located within the brain and forms an important part of the system that regulates emotions.

The **hippocampus** is associated with memory. The organ also plays an important role in spatial navigation.

Decreased:

Attention
Perception
Short-term memory
Learning
Word finding
Emotional control

If a child lives in chronic stress, they will behave in challenging ways. If then, they are punished for “bad behaviour,” the stress cycle continues. Soon those little ones grow to be older where they become troubled and in trouble.



partners for children

contact information

Phone: 1-867-322-5990

Email: ContactUs@partnersforchildren.info

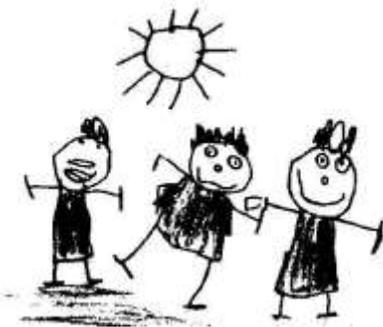
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You may request a colour PDF version of this newsletter by emailing newsletter@partnersforchildren.info or checking our website: www.partnersforchildren.info

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



Community Websites

Autism Yukon
www.autismyukon.org

Child & Adolescent Therapeutic Services (CATS)
www.hss.gov.yk.ca/programs/family_children/

Child Care Services Unit
www.hss.gov.yk.ca/earlychildhood.php

Child Development Centre
www.cdcyukon.com/

Early Learning and Child Care Program
www.yukoncollege.yk.ca/programs/info/elcc

Family Law Information Centre (FLIC)
www.yukonflic.ca/

Fetal Alcohol Society Yukon
www.fassy.org

Hospice Yukon Society
www.hospiceyukon.net/

LDAY Centre for Learning
www.ldayukon.com

Many Rivers Counseling and Support Services
www.manyrivers.yk.ca

Network for Healthy Early Human Development
www.NHEHDYukon.org

Partners for Children
www.partnersforchildren.info

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

Traditional Parenting Program
www.skookumjim.com

Victoria Faulkner Women's Centre
www.vfwc.net

Yukon Association for Community Living (YACL)
www.ycommunityliving.com

Yukon Child and Youth Advocate Office
www.ycao.ca

Yukon Literacy Coalition
www.yukonliteracy.ca/

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



From the Hospice Library... *Lifetimes*

How can we help children understand death? When a relative, friend or pet dies, young children often have many questions. Books are a wonderful way to start these important conversations.

Lifetimes is a staple in the Hospice lending library, and is a book for children of all ages, even parents. It explains the cycle of life and death through simple text and beautiful images. It can be shared with children at any time - not just in times of loss.

It explains the cyclic nature of life and death for animals, plants and people in a matter of fact, beautiful

and poignant way. Butterflies, flowers, birds, ants, fish, trees, rabbits and people; they all have a lifetime and no matter how long or how short that lifetime might be all lifetimes have a beginning and an ending with living in between.

"There is a beginning and an ending for everything that is alive. In between is living.

All around us, everywhere, beginnings and endings are going on all the time.

This is true for all living things. For plants. For people. For birds. For fish. For Trees. For animals. Even for the tiniest insect.

Nothing that is alive goes on living forever. How long it lives depends upon what it is and what happens while it is living.

There are lots of living things in our world. Each one has its own special lifetime."

Engaging children on the topic of death may seem

difficult, but it is one of the best things we can do to prepare them for the inevitable losses they will experience in life.

Hospice also offers an evening called *How to Talk to Kids about Death and Loss*. We cover information about how children grieve at different ages and stages, and how best to approach the topic with children of different ages. For more information about our next offering, check our website www.hospiceyukon.net

We have many books and other resources in our Hospice lending library geared towards supporting parents in helping children understand death and grief. Stop by to browse the many books and DVDs we have for you to borrow.

Counselling

Grief Support Groups

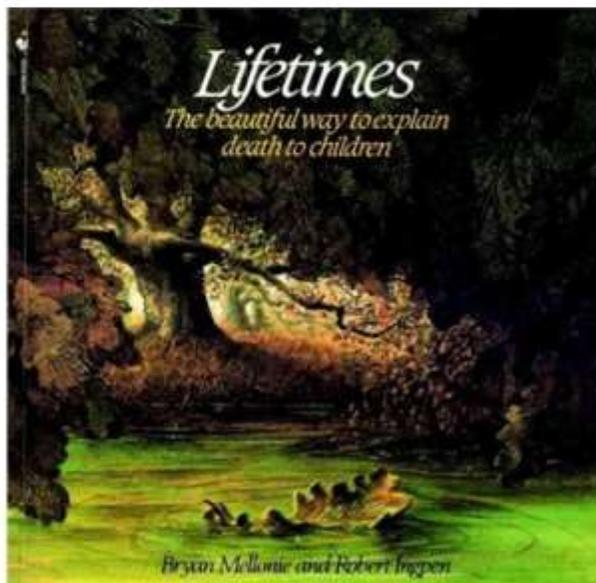
Lending Library

Healing Touch

Vigil Support

Professional Support

Public Education



www.hospiceyukon.net

Mon - Fri 11:30-3:00
409 Jarvis St.
Tel. 667 7429



Early Childhood Programming at the Yukon Transportation Museum:

Your 3-5 year old will explore Yukon transportation through play, craft and songs.



Wee Moves



Boys & Girls Clubs
of Yukon

Sundays 2-4pm - January 27, February 24, March 31, April 14
Fresh from scratch snacks provided
Visit goYTM.ca/weemoves for all the deets! Spaces are limited



Wednesdays, February 20 - April 24
10:30 – 11:30 AM

With elders at Whistle Bend Place

To register your 0-5 yr old for this FREE
Program contact Jo Lukawitski at:

Partners for Children
familyprogs@partnersforchildren.info
867-322-5990

Parent-Child Mother Goose

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



Victoria Faulkner
Women's Centre



Make the City of Whitehorse a More Child-Friendly City

Give your opinion to City planners who will be writing a new City of Whitehorse Plan.



WHITEHORSE 2040
OFFICIAL COMMUNITY PLAN

The City of Whitehorse is looking for input into how to design their new City Plan!

Partners for Children feels strongly that all early childhood citizens should have direct access to natural play spaces.

Direct access to outdoors (not simply a nearby park) makes it much more likely that employees will allow children to explore nature sensorially (not from a stroller) every day.

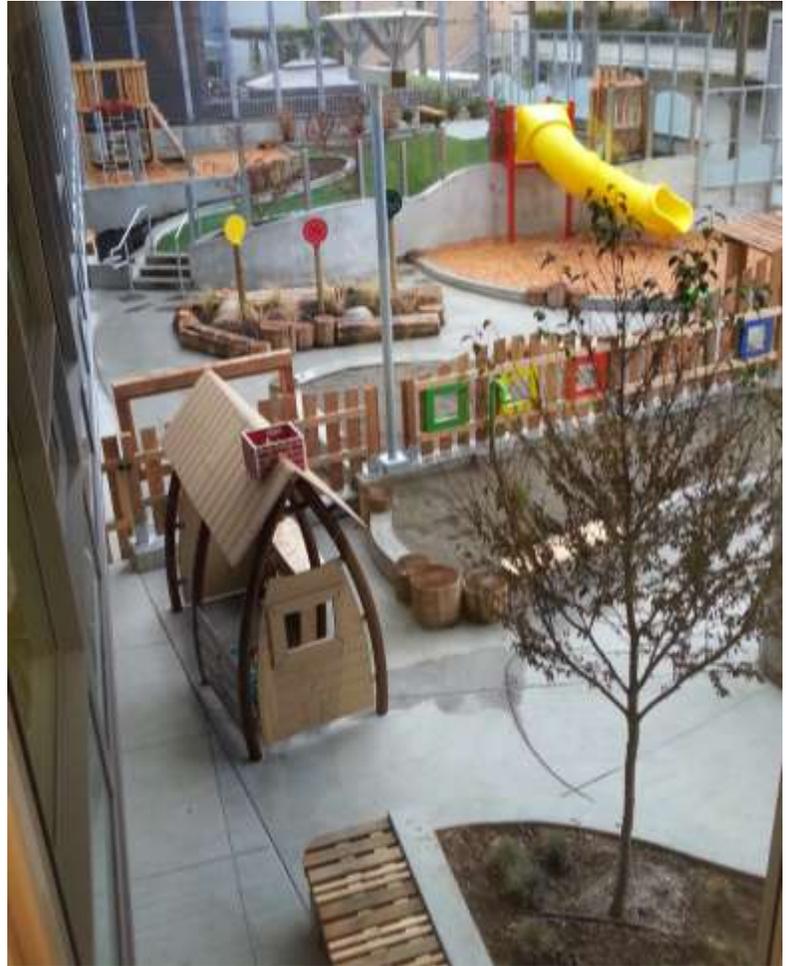
Touching the different textures of nature causes the neurons in children's brains to explode in development, which means that these neurons will be available for later learning when they start school!

To participate in the survey, you can go to the City of Whitehorse website and click on "Whitehorse 2040."

To the right, the top picture is of the outdoor play space attached to a Vancouver Society of Children's Centres' daycare located downtown Vancouver—where real estate is expensive. The City of Vancouver has created zoning regulations and bylaws which incentivize daycares and development corporations to provide such spaces for children. Kudos to Vancouver!

You may want to visit the daycare in Haines Junction (Make an appointment!) to see their new, beautiful natural outdoor play area. It contains a little hill, a mini waterfall, places for art, music and shelter, places to climb and more—all with a Yukon theme.

Included with this article are a few other images of daycare "back yards." Some have used expensive daycare design companies, but some have simply made a few changes



to their existing back yards to make them natural and accessible.

The picture, below is of a natural play space for a preschool in Washington State.



THE TRUTH ABOUT ACEs

WHAT ARE THEY?

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

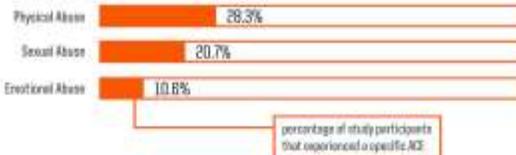
The three types of ACEs include

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
Physical	Physical	Mental Illness	Incarcerated Relative
Emotional	Emotional	Mother treated violently	Substance Abuse
Sexual		Divorce	

HOW PREVALENT ARE ACEs?

The ACE study* revealed the following estimates:

ABUSE



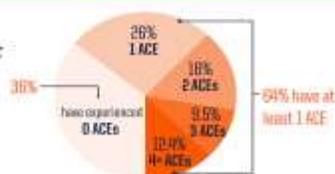
NEGLECT



HOUSEHOLD DYSFUNCTION



Of 17,000 ACE study participants:



WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:

BEHAVIOR				
Lack of physical activity	Smoking	Alcoholism	Drug use	Missed work
PHYSICAL & MENTAL HEALTH				
Severe obesity	Diabetes	Depression	Suicide attempts	STDs
Heart disease	Cancer	Stroke	COPD	Broken bones

Leslie's Book Shelf...

Quirky and common-sense books for Yukon children



When my children were young, their books seemed to be divided into three categories: non-fiction books such as Inside the Human Body, story books such as Little Red Riding Hood, and “teach a moral principle” books, such as Don't Quit; It's easier than you think!

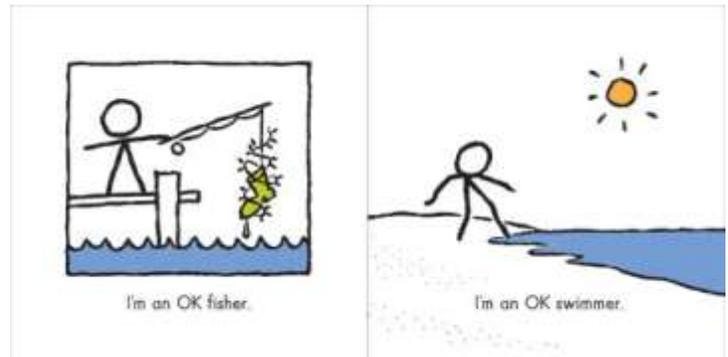
Of course, given a choice, they always headed for the story books or visually-pleasing non-fiction books. These choices were by far more creative and entertaining. When it was mom's turn, I was the only one who ever chose the preachy books.



Fortunately, these days, children's authors have found a way to be creative AND install good ideas into young brains. A great example is the ok book. It really grabs children's attention and promotes positive self

esteem without using the typical self esteem language.

As you can see from the title of the book, the word, “ok,” when shifted on its side, is a stick figure. (It's



interesting how many children draw pictures with the word “ok” on them for the next few days after being exposed to this book.)

Throughout the ok book, our little genderless stick figure tries out lots of things. Sometimes things go well. Sometimes not. No matter what happens, our main character continues to try new things.

Whenever I read the ok book to children, we pause and discuss what's happening. “How would they feel if this happened to them?” Children often volunteer to discuss what they are good at, and also, things that they are not-so-good at. We talk about how we're “ok with that.”

The final sentence reads, “One day, I'll grow up to be really excellent at something. I don't know what it is yet ... but I sure am having fun figuring it out,” I hope that Yukon's children can have fun figuring it out too.

Anchoring

When you say “goodbye” to your child, anchor him/her to another caregiver by crouching to the child's eye level, explaining where you are going and when you will return.



Then physically place your child's hand in the hand of the person who will be providing care, so that the caregiver may acknowledge the transfer of care. Attachment experts believe that this will strengthen attachment and will help to relieve anxiety.

Romp n' Run
PARENT AND TOT PROGRAM

Haines Junction

FUNDED BY

INHEHD YUKON LOTTERIES YUKON JUNCTION ARTS & CULTURE

For regular programming updates please join the Romp n Run Facebook group.

For more information email laura.gorecki@gmail.com or call 867-335-2583



Yukon CPNP Program Report

Canadian Prenatal Nutrition Programs (CPNP) are funded by Health Canada 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 Megan McKenna at 667-4134 or cpnpwhitehorse@northwestel.net

Skookum Jim Friendship Centre: contact Bonnee Bingham at 633-7682 or sjfcprenatal@northwestel.net

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

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

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

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

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

In **Watson Lake**: Contact Roxanne Ladue at (867) 536-2125 or wlcnpn.ccapc@gmail.com

In **Ross River**: Amanda MacEachern
amandamarymac1@gmail.com

Eating delicious food together is a big part of what happens at all CPNP sites. If you are a young mom struggling to afford nutritious food, please reach out to your local CPNP Coordinator. They can help!



www.shutterstock.com · 37922266



New Program in Ross River

Amanda MacEachern walks in some big footprints.

Ross River has a Canadian Prenatal Nutrition Program (CPNP) program once again.

Presently they hold weekly dinners for expecting and new moms. As they are a small community, the new CPNP Coordinator, Amanda MacEachern, encourages other moms with older children, elders, and other supportive women to

come on out and join the moms for dinner.

“We hope to build a strong circle of support,” she says. Ross River has not had an active CPNP program since the late Mary Dick was coordinator.

“At that time it was a ground-breaking, nationally-recognized program,” says MacEachern. She hopes to honour Ms Dick’s memory by following in her footsteps.

“I divide my time between numerous jobs, one being an early childhood therapy assistant for the Child Development Centre for the k4 class,” she says. “My time is limited, but I hope to really expand the program, and to encourage and support others to feel confident to run CPNP or other related programs, and we want to use an organic, Kaska-centered approach.”

Carcross CPNP Program Active Again

Weekly lunches to start in March

Carcross also has a new CPNP Coordinator. Leslie Peters hopes to start Wednesday lunches in March.

“We want our lunches to be informative, and, of course, yummy,” she said. “But, most of all, I believe that community building should be fun. All throughout history, mothers have bonded over food and fun. It should be no different today.

“Of course we have serious issues to discuss. But it’s also time to relax, laugh and to enjoy our children.” In the mean time, Leslie plans to visit other CPNP locations to learn from them.



“We want to have a program that is responsive to the unique needs of Carcross,” she said, “but we also want to find out about what works for others.” She is particularly interested in the Traditional Parenting Program at Skookum Jim’s: “I’ve heard great things about them,” she said. “I can’t wait to see what they do.”



Whitehorse Program has a new Coordinator

Megan McKenna plans for busy days at Victoria Faulkner Women’s Centre (VFWC).

“Our program is extremely busy,” explains McKenna. “We welcome all, but we ask that our participants register in advance.” Healthy Moms, Healthy Babies provides support for expectant moms and parents with infants up to one year. Lunches are Mondays and Thursdays at 11:00. To register for this program, email cpnpwhitehorse@northwestel.net or call 667-4134.

VFWC also provides a safe place for women throughout the week and has a women’s advocate on staff. For more information, you can go to their website: www.vfwomenscentre.com/

Connect to Redirect!

Submitted by Tammy Reis, Developmental Therapist

In the book, The Whole Brain Child,

by Daniel Siegel and Tina Payne Bryson, there are many wonderful strategies. The first one really helps caregivers to solve a lot of problems in and out of the home.

Strategy #1: Connect to Redirect!

Our brain has many different parts with many different functions. As caregivers, you can play a very important role in promoting the healthy, integrated development of your child's brain.

"Integrated" means that each part of the brain is able to do its own job and work together with the other parts to perform well as a whole. When your child is having a "meltdown" or "tantrum" because you said "no" to his request for a cookie before dinner, he is not using his brain in an integrated way.

We know the brain has two sides. The left side helps with logical, rational thinking and putting our thoughts into sentences. The right side helps us experience emotions and read non-verbal cues. Both are important to problem-solve and to negotiate life.

When your child is caught up in a strong emotional reaction, perhaps because he really wanted that cookie, he is in his right brain, unable in the moment to connect to his left brain. While his response may seem over-the-top to you, to your child, whose brain is developing, it is devastating that he or she can't have that cookie.

You may be tempted in the moment to tell him all

of the reasons why a cookie before dinner is off limits (a left brain response).

However, as Siegel and Bryson so clearly point out in their book, "when a child is upset, logic won't work until we have responded to the right brain's emotional needs" (pg. 24). Instead, they suggest the strategy: "Connect to Redirect."

First, you need to meet your child where he/she is at (right brain) and connect with a right brain response (e.g. "You are so mad! You really want a cookie!"). Acknowledging your child's feelings, along with a gentle touch, empathic facial expression, and a nurturing voice will help you connect with your child and help your child to feel understood.

Once you have connected to your child's right brain, you can then appeal to the left brain logic and re-direct with an explanation and plan (e.g. "You can have a healthy snack now. After dinner, you can have a cookie for dessert.")

This approach will help your child to learn to use both sides of his/her brain in an integrated way.

For more information on how to use this strategy, read The Whole Brain Child by Daniel Siegel and Tina Payne Bryson. It's a really great book. It's written in an easy-to read, conversational style, and it's nice and short!

Copies of the book are available on loan from the CDC and Whitehorse Public Libraries or to buy at Mac's Fireweed Books.

Travel Schedule:



If you would like to meet with the Child Development Centre staff while they visit your community, please call 867-456-8182 Ext 176 or 1-866-835-8386 and ask for Tammy Reis, Acting Program Coordinator; tammy.reis@cdcyukon.ca

January

10 Haines Junction
15 Teslin
16 Carmacks
17 Carcross
22-24 Ross River and Faro
28-31 Watson Lake
Jan 30-Feb 1 Dawson City

February

7 Carcross
12 Teslin
13 Carmacks
14 Haines Junction
18-20 Old Crow
19-21 Pelly Crossing and Mayo



Jordan's Principle News

Anyone considering a Jordan's Principle application should not delay.

Health Canada's fiscal year end is March.

Specific information has not been given to the provinces and territories about the future of this funding program.

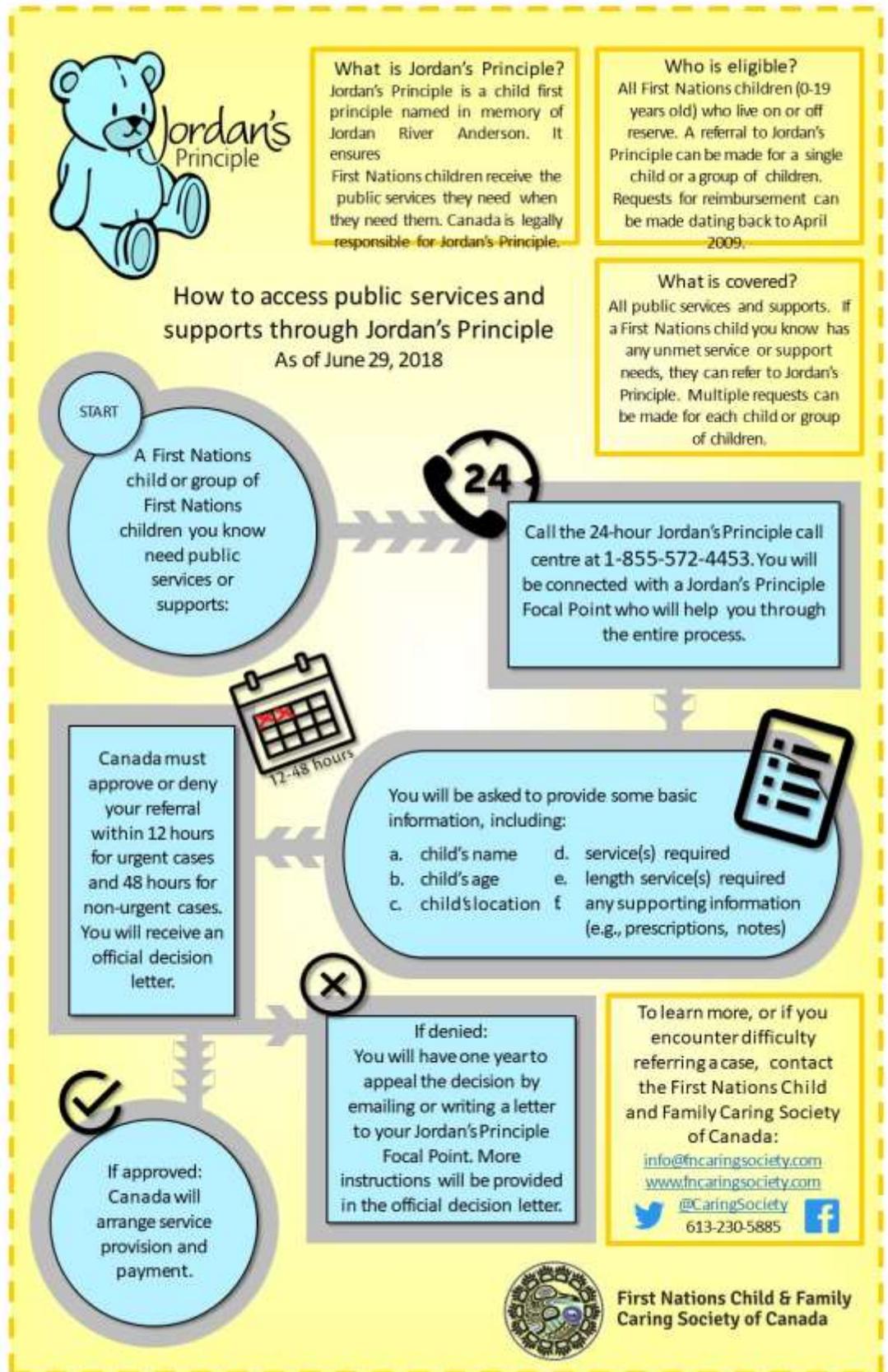
Therefore, if you know of a First Nations Child who could benefit from funding for health, education or development, please contact Brooke McKenzie, the Jordan's Principle Coordinator at the Child Development Centre, as soon as possible.

Brooke has had several applications approved, and she can help you fill out your application.

Her phone number is 456-8182.



Jordan River Anderson lived and died in the hospital while federal and local governments argued about who would pay for his health services. He was never allowed to go home. Jordan's Principle was created in his memory so that this would not happen to more First Nations children.



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



Meetings Held At:
Child Development Centre
1000 Lewes Blvd

www.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.



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

The 2nd Wednesday of each month
from 11:00 am to 1:00 pm with a lunch

Evening group

Third Thursday evening of each month
from 6:30 to 8:00 pm



FASSY office
205 Black Street

Skookum Jim Friendship Centre

3159 3rd Avenue



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

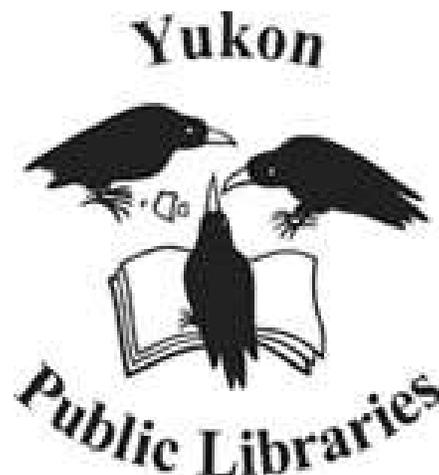
*Love begins at home, and it is not how much we do....
but how much love we put in that action. - Mother Teresa*

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

Registration open to Prenatal and Babies up to One

*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 for children and adults, and
safe, healthy, breast-feeding-friendly
community meeting places.*



Visit your nearest Yukon Public Library

Baby Time - Storytime for Kids

Whitehorse Public Library

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



Toddler Time - Storytime for Kids

Whitehorse Public Library

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

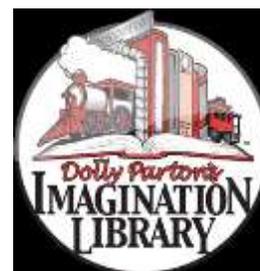
Register your child for a free book every month!

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

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

Register by phone: Yukon Imagination Library Coordinator
867-334-6587 or Yukon Literacy Coalition 867-668-8698

Email: info@yukonimaginationlibrary.ca



Yukon Libraries:

Beaver Creek Community Library
Burwash Community Library
Carcross Community Library
Carmacks Community Library
Dawson City Community Library
Faro Community Library
Haines Junction Community Library

Mayo Community Library
Old Crow Community Library
Pelly Crossing Community Library
Ross River Community Library
Tagish Community Library
Teslin Community Library
Watson Lake Community Library
Whitehorse Community Library

The Greatest Chief, or “Why the baby says, ‘Goo Goo.’”

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



No matter what our age, we all love hearing a great story. In Parent Child Mother Goose we have seen the peaceful pleasure that hearing a story can bring to stressed parents. Often there is laughter followed by people telling their own stories that relate to the one shared in the circle. It can remind us of other stories from long ago, perhaps told to us by our own parents and grandparents, or stimulate deeper, more serious discussions of common parenting issues.

Telling stories in Parent Child Mother Goose makes the program a richer experience and can be like a gift or a medicine. A humorous story told to an exasperated parent of a tantrum-ing toddler or exhausted parent to a newborn gives them the sense that they are not in it alone, and we connect through universal, shared experiences. Along with being enjoyable and soothing to listen to, stories invite imagination and creativity in dealing with practical problems. When used skillfully they can also be used by caregivers as a positive parenting tool.

“The Greatest Chief” is a story I love as it illustrates the depths to which we go in order to keep our little ones happy. As parents, often our prized activities, habits and routines are let go, or as in this story, taken off, in order to keep the baby happy. Showering every day can become every second day, eating slowly or enjoying a coffee while it’s hot can turn into a rushed experience. We shift and change our ways of being in response to our little ones’ needs, and slowly, as our children grow, we can bring back our old habits, routines and ways of being to fill ourselves up again.

The Greatest Chief is a story from a traveling storyteller named Floating Eagle Feather. He collected his stories as he traveled, and this one came from the Northeast Coast First Nations tradition. As you’ll see, it has meaning all over the world.

In keeping with oral tradition, when I tell the story, I also modify it a little to make it comfortable for both me and my audience.

The Greatest Chief or Why the Baby Says “Goo, Goo!”

There was once a great chief who had done everything, seen everything and was very, very proud. He walked through his village boasting, “I am the greatest chief of all.”



Floating Eagle Feather

An old woman heard the chief saying these things one day. She came up to him and said, “No. You are not the greatest chief. I know a chief greater than you.”

The great chief was astonished. He said, “What? There is no greater chief than I. Who is this chief who claims to be greater than I am?”

The old woman said, “Mmmm. Well, if you come to my house tomorrow at noon, I will introduce you to this great chief.”

The chief went home and slept very soundly in order to gain strength and beauty during the night. In the morning he did his work. As noon approached, he put on his finest clothing, tied on his medicine bundles, put eagle and hawk feathers in his hair and bracelets and beads around his arms.

When he was finished, he knew that he would surely win whether it was a fight of strength or a fight of beauty.



He went to the old woman’s house and called out, “Old woman, grandmother, it is noon. I am here and ready to meet this chief.”

“Come in; come in,” she said.

The great chief walked in and saw the old woman sitting against the wall. A baby was crawling around on the ground in front of her. There was no one else in the house.

“Well,” said the great chief. “I see that the chief who

thinks he is great has not come yet.”

“Oh yes,” said the old woman, “He is here.” She motioned toward the baby. “This is the greatest chief.”

“What do you mean?” The chief shouted. “Are you trying to play a trick on me? This is just a baby!”

The baby was frightened by the chief’s angry voice and started to cry. The chief stopped shouting. He was flustered by the crying. The old woman quietly watched the baby and the chief.



beads and bracelets. The baby stopped crying.

“You see,” said the old woman. “Even you, the Great Chief, had to stop talking to take care of the baby. You had to take off your finery and make sure the baby was happy before you could do what you wanted to do.

The baby won the battle. In any hut, in any home, the baby is always the greatest chief because everyone does what the baby asks. And everyone loves the baby. So, it is the baby who is the greatest chief.”

The chief said, “You are right, old woman, grandmother. You and the great baby chief have taught me well. I accept your words.”

The chief put his beads and bracelets back on. He tied on his medicine bundles and put the eagle and hawk feathers in his hair. Just as he turned to leave, the baby looked at him and said, “Goo! Goo!” And the chief knew this was the baby’s victory cry.

And so it has been ever since. Babies all over the world say, “Goo goo! I am the greatest chief of all. Goo goo!”

The baby kept on crying. The chief crouched down beside the baby. He pulled out his eagle and hawk feathers and brushed the baby’s cheeks with them. The baby kept crying.

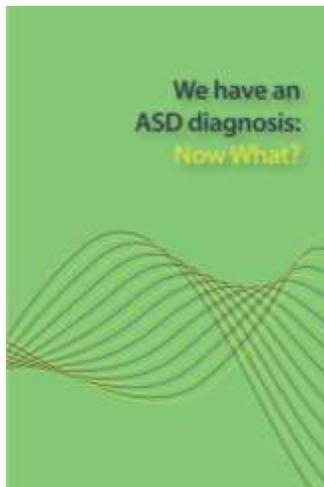
He untied the medicine bundles and held the herbs under the baby’s nose. The baby kept crying. Finally, he took off his beads and bracelets and jingled them by the baby’s ear.

The baby felt the soft brushing of the feathers, smelled the sweet herbs and heard the sounds of the



Autism Yukon has recently published a new handbook. Anyone may stop by, become a member, and ask for a book!

**108 Copper Rd.
667-6406
www.autismyukon.org**



Yukon Child and Youth Advocate Office (YCAO)
2070 – 2nd Avenue,
Unit 19
Phone: 867 456 5575
www.ycao.ca
"Young people have a voice."



Don't forget to get your **flu shot** at your local health centre or pharmacy!



(Upstairs in the Canada Games Centre)

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



Come visit!



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

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

Winter programs run
Jan. 7th to Mar. 9th, 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, or
 Yukonfamilyliteracycentre

Groups are welcomed to use our space. To reserve, please call 668-6535 / 668-8698



MORNINGS Mon/Tues/Wed & Fri (10:30-11:30 am)

Mon. Baby Sing and Sign • *up to 18 months* Through fun songs, rhymes and activities, you and your baby can learn and practice basic baby sign language.

Tues. Little Chefs • *2 years and up* Enjoy a blend of stories, food and cooking activities.

Wed. Hooked on Stories • *all ages* Explore storytelling using hands-on, interactive play.

Fri. Northern Tales • *all ages* Enjoy stories, crafts and activities about life in Northern cultures. This program will help children begin to build their own context and learn about the diversity of the northern world they live in.

AFTERNOONS Mon. to Fri. (12:30-3:00 pm)

Family Free Play Drop-in • *all ages*

Puppet shows, dress up and role-playing, crafts, playdoh, painting and more. During free play, children learn many skills that are crucial for healthy development: physical and manual skills, intellectual skills and social skills.

SATURDAYS (10:00 am-2:00 pm)

Family Free Play Drop In • *all ages* Choose your own Adventure from a variety of fun, interactive family friendly play stations.

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

Baby's day out

At the Whitehorse Health Centre
9010 Quartz Rd.



Baby's Day Out includes a weekly Baby Talk Session that is open to all parents and caregivers.

Baby's Day Out is held each Wednesday. Baby Talk is from 1:30 -2:15 p.m. and the Weigh and Measure is from 1:00 - 3:00 p.m. Parents may also self-weigh their baby and chat with a nurse regarding any current concerns or questions.

All Baby Talk sessions are held at the Whitehorse Health Centre, located at 9010 Quartz Road in Whitehorse. If you have any suggestions for new topics, please contact us at (867) 667- 8864.

Baby's Day Out Winter Topics

January 2 Breastfeeding
January 9 Crying & Sleep
January 16 Parent-Child Interaction
January 23 Newborn Care/Sick Child
January 30 Brain Development
February 6 Breastfeeding
February 13 Immunizations
February 20 Parent-Child Interaction
February 27 Cancelled
March 6 Breastfeeding
March 13 Nutrition
March 20 Parent-Child Interaction
March 27 Adjustment to Parenthood

BREASTFEEDING SUPPORT GROUP

A weekly Breastfeeding drop in support group is held every Monday from 1:00-3:00 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 you may be having. .

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

Yukon

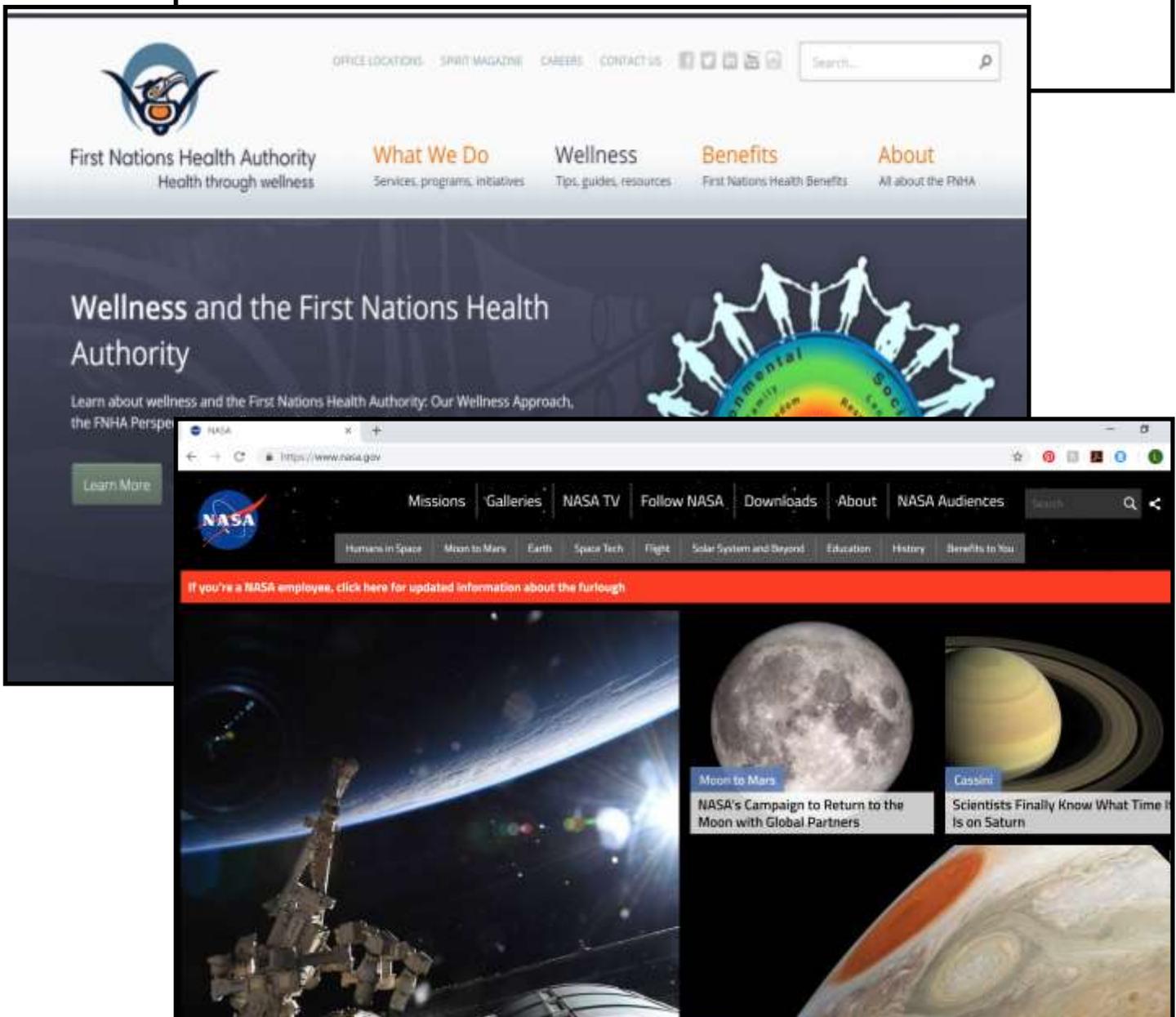
Wonderful Websites



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

Have you ever wondered how to can salmon for the winter months? What about your work-life balance? How to prevent SIDS? How to integrate modern and traditional fatherhood? Sex after baby? Well the BC First Nations Health Authority has you covered with their amazing website full of resources. <http://www.fnha.ca/>

There isn't enough room on this page to describe all of the wonderful things you can find on the NASA website. Images of the day, blogs, ways to get involved, downloadable aps and images, stuff for teachers and more! There's something for everyone on the NASA website. www.nasa.gov





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

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

...e important... is simply spr... the... hat... es... er... e... n... could... a... her...

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

Become a NHEHD!
www.NHEHDYukon.org