

PARTNERS FOR CHILDREN

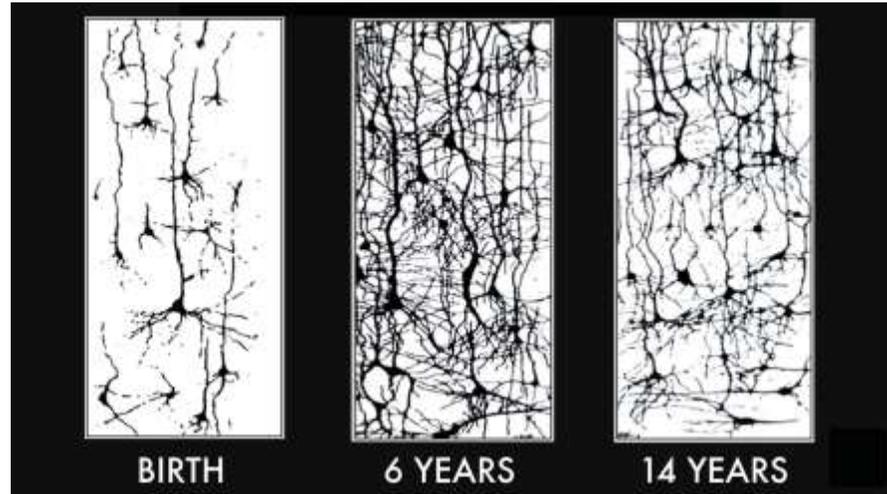
FALL 2018



A 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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This person becomes relatively healthy able to make thoughtful decisions & participate thoughtfully in the world.

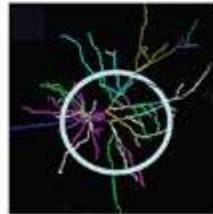
The human brain rapidly develops after birth—this is how we ‘become’ our culture & experiences.

A baby crawls, then walks & gets into everything = exploration of environments that are safe, secure, nurturing & loving = neurons multiply & connect.

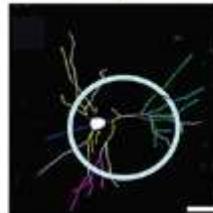
As the child grows older, they spend more time doing things they feel comfortable & good in, which keep strong neural connections while the less used experience fade away (like a muscle).

Persistent Stress Changes Brain Architecture

Normal



Toxic stress



Toxic stress leads to functional differences negatively effecting:

learning,
memory,
aspects of executive functioning
Increased anxiety,
impaired memory
mood control
(difficult to have positive social

relationships) ...

all lead to a weak foundation for later learning, behavior, and health.

An infant / toddler / preschooler who has been growing in an environment of toxic stress will have fewer neurons and neural connections (compared to the top 3 slides), which lead to functional human differences.

Stay tuned for more in the January '19 issue!

References at bottom of on pg. 2

Katie Swabz



Partners for Children Contact information

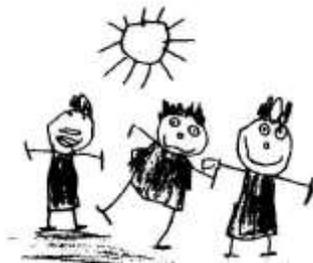
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- Shonkoff, J. et al (2012). The lifelong effects of early childhood adversity and toxic stress. *Pediatrics*.142(4).
- <https://developingchild.harvard.edu/resources/inbrief-science-of-ecd/>

Yukon 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

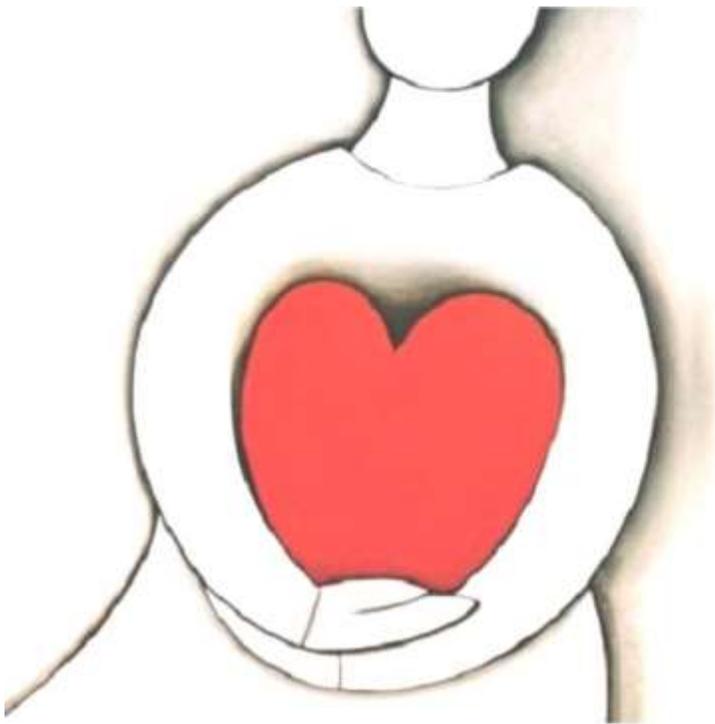
Yukon Literacy Coalition

www.yukonliteracy.ca/

Yukon Public Libraries

<http://www.ypl.gov.yk.ca/>





Kids Create

Healing a Loss Through Creativity

This is an afternoon for kids and their parent/caregiver to remember a beloved person or pet who has died.

Trained Hospice volunteers will lead them through simple crafts, drawing, and optional show and tell.

Kids are encouraged to bring photos and other small mementos for their memory boxes.

This program is most appropriate for ages **7 to 12**. Children attend with an adult and participate in the workshop together.

A healthy snack will be provided.

The connection between the head, the heart, and the hand helps kids express deeply held feelings.

Expressing loss through creative experiences is an important part of healthy grieving and can teach children positive coping skills that will last a lifetime.

Saturday October 27

1:30 – 4:00pm

To see if this is a good fit for your child, please call: 667-7429



www.hospiceyukon.net



Kudos to Carcross

Check out their children's play area in the Carcross Commons.

Have you had a chance to visit Carcross recently? The children's play area in the Carcross Commons deserves praise.

It includes consideration of local history and culture, use of natural materials, is appropriate for all levels of physical development, and is placed in an area where families can gather and build community.

Well done! (Photo: playgroundology.wordpress.com/)



Early Childhood Education Bursaries Now Available!

Yukon residents who are pursuing (or are interested in pursuing) Early Childhood studies at a recognized, accredited post-secondary institution in Canada and who meet one of the following criteria are eligible to apply for a bursary for part-time or full-time studies:

- those entering the Early Learning and Child Care profession without any training;
- those working towards their Diploma in Early Childhood studies while working in the profession;
- those holding a Diploma in Early Childhood studies and who wish to pursue further education in this area of study.

Bursaries can be up to \$2000 each, and students may qualify for more than one bursary! For more information, go to <http://www.hss.gov.yk.ca/ecebursary.php>

Romp n' Run

PARENT AND TOT PROGRAM

Every Tuesday & Thursday,
October 2nd - December 20, 2018

10:00am - 10:45am Programs
(see below for program details)

10:45am - 11:30am Open free play

HAINES JUNCTION HOCKEY
ARENA MEZZANINE

Ages 4 and under. Parent or caregiver participation required.
Healthy snack provided and water is available for adults.
Children should wear comfortable clothes and bring clean indoor shoes.

PROGRAMS WILL INCLUDE:

Dance & Movement - Explore movement through music, instruments, nursery rhymes and lots of fun.

Wiggle, Giggle & Move - Games, activities and lots of wiggling and giggling.

Boogie, Stomp & Clap - Explore the fun of making and moving to music.

Parent & Tot Yoga - Stretching, games and moving our bodies in fun ways.

FUNDED BY



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

This workshop would be great for early childhood professionals as well!

REDUCING ANXIETY IN THE CLASSROOM

Presenter: Jessica Minahan, M.Ed, BCBA

author of "The Behavior Code: A Practical Guide
to Understanding and Teaching the Most Challenging Students"

December 7, 2018

9am - 4pm

Beringia Centre

With up to one in four children struggling with anxiety in this country, overwhelmed adults are in need of a new approach as well as an effective and easy-to-implement toolkit of strategies that work.

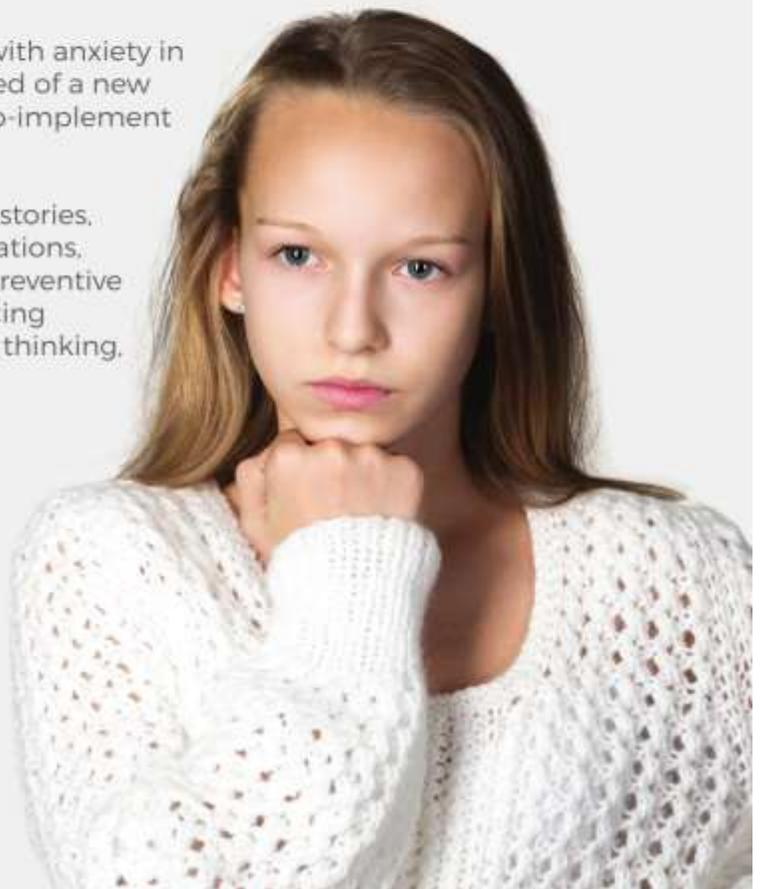
Through the use of case studies, humorous stories, and examples of common challenging situations, participants will learn easy-to-implement preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, accurate thinking, and self-monitoring.

Cost includes lunch & snacks: \$194
Register: LDAYukon.com

Presented by:

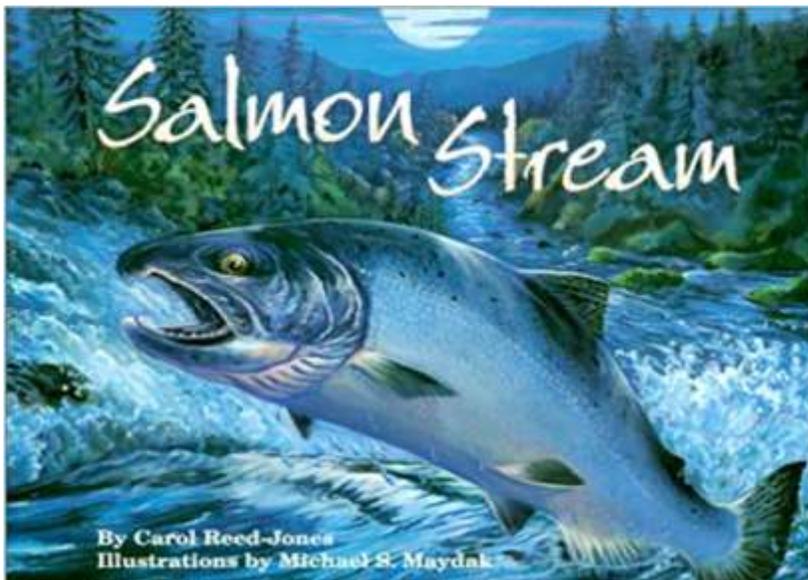


Autism Yukon



Leslie's Book Shelf...

Quirky and common-sense books for Yukon children



colors as they change habitats, and swim hundreds of miles.”

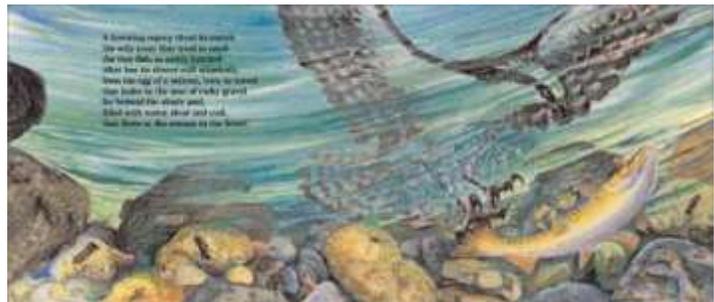
As a result, children become excited about protecting salmon and helping them to make it back home to their own special creeks—maybe even in the Yukon!

“Salmon Stream won a Teacher’s Choice Award; was named an Outstanding Science Trade Book by the NSTA and the Children’s Book Council; and was a 2002 nominee for

Salmon play a big part in Yukon culture. Many Yukoners grow up with memories of spending time at fish camp, yearly pilgrimages to Haines, visiting the fish ladder each autumn, or releasing salmon fry as part of an elementary science project.

Having a good book to accompany these memories is even better! Often children’s science books can be a little dry, but not so with Salmon Stream. This poetic book was written by Carol Reed-Jones in 2001 and beautifully illustrated by Michael Maydak. I have many fond memories of reading this free-verse text to my children while they yanked the book from side to side to get a better look at the pictures.

Reed-Jones does a great job describing the salmon’s adventurous life cycle. “They hatch in fresh water, hide from predators in rocky gravel, change



Salmon Stream

"The salmon come home at the end of their lives.
They spawn, and each little egg that survives
will start the cycle all over again
with the coming of the rain,
and silver smolt will discover the sea,
and turn to salmon swimming free,
and tiny fish will one day hatch
(with their dinners still attached)
from the eggs of a salmon, born to travel.
that hide in the nest of rocky gravel
far beyond the shady pool,
filled with water, clear and cool,
that flows in the stream in the forest."



Healthy Moms, Healthy Babies

at the Victoria Faulkner Women's Centre



The Healthy Moms, Healthy Babies program at the Victoria Faulkner Women's Centre supports **pregnant parents and parents with babies up to one year of age**, during a time which can be one of the most difficult, tumultuous, transitional, and rewarding times in a person's life. A time when people need support!

The program offers support in a number of ways: free drop-in lunches on Thursdays; 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!

The Healthy Moms, Healthy Babies program is funded by the Canada Prenatal Nutrition Program (CPNP) through the Public Health Agency of Canada and there are 8 CPNP sites throughout the Yukon. **That's right! Support for pregnant families and new parents is available at four sites in Whitehorse and one each in Teslin, Carcross, Dawson City and Watson Lake.** Each program welcomes pregnant parents and parents who have had a baby in the last year. Dawson has extended its program to include families with children up to two years.

If you are pregnant or just had a baby, or 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 the coordinator at 667-4134 or cpnpwhitehorse@northwestel.net

Skookum Jim Friendship Centre: contact Bonnee Bingham at 633-7682 or sifcprenatal@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 Martina Smarch at (867) 821-4251 ext 8263 or martina.smarch@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.capc@gmail.com

Eating delicious food together is a big part of what happens at Healthy Moms, Healthy Babies at Victoria Faulkner Women's Centre and at all CPNP sites.

A Night Out at Healthy Moms, Healthy Babies

Submitted by Megan Brady

I began participating in the Healthy Moms, Healthy Babies Program when my son was 3-months-old. Immediately, I felt a warm welcome from staff and a soft understanding of the challenges of parenthood. Since then, I've regularly attended programming and lunches offered twice a week by staff, Megan and Joanne. I am continuously impressed with their ability to foster an inclusive space that offers connection and nourishment. It can be hard cooking with an infant, and it can be equally difficult to socialize – at Healthy Moms, Healthy Babies, I can do both.

The benefits of this program are two-fold. First, eating healthy meals encourages parents to address a primary self-care need and promotes well-being in their infants. Second, parents are able to experience connection. In turn, this leads to resource sharing, experiencing a sense community, and obtaining valuable health education.

For example, a few weeks ago, I learned how to make a simple pizza dough and was able to take it home to use that evening. Not only did I leave with the dough, but Joanne had also prepared ingredients for toppings to take home as well. I left that day with a new recipe, food for supper, and felt great about the laughs and conversation I'd had with other mothers about our babies. I have really enjoyed participating in Healthy Moms, Healthy Babies and know others feel the same. Great work Megan and Joanne!



This is the pizza that I made that night!

Another Quick Pizza Idea:

For those days when you have a busy night and a crying baby!



Picture from bettycrocker.com

Instead of fiddling around with a doughy pizza crust, buy some tortilla shells from the grocery store and make a quick thin-crust pizza in no time flat!

Don't forget to pile it high with lots of nutritious veggies. Or shake it up with a margherita pizza using mozzarella balls, fresh basil, sundried tomatoes and a little drizzle of balsamic vinegar.

Go southwestern with BBQ sauce and some shredded chicken (Buy one of those pre-cooked chickens at Wykes Independent!). Dip in ranch dressing.

Feeling earthy? Buy a mushroom medley, add some prosciutto, bacon and parmesan, and drizzle with truffle oil.

Submitted by Alayne Squair, Executive Director, Child Development Centre

The Child Development Centre

(CDC) received extra funding from the Early Learning and Child Care Bilateral Agreement to support two exciting new projects.

The Early Learning and Support (ELPS) project is designed to support early learning centres around group dynamics and challenging behaviours. We have hired Lauren MacDonald as an Early Learning Program Support worker who will be working with Barb Hansen, early childhood therapy assistant, to deliver this project in Whitehorse and the communities.

Lauren and Barb have been busy meeting with childcare centres to talk about the project and gather ideas on what this project might look like. We recognize that different centres will have different needs, and we would like to make this program as flexible as possible. Our aim is to work collaboratively with early childhood educators to identify challenges and to help develop and implement a plan to target these challenges.

We can offer support with behaviour guidance and prevention, work together to evaluate the classroom environment and its effect on behaviour, give practical ideas to add sensory, language, and motor activities into play, and help review daily schedules to encourage participation.

We are really excited about this project and hope it will be one more thing that will help meet the needs of children in Yukon.

The second project that received funding is Handle with Care (HWC). HWC is not new to the Yukon. Leona Corniere, our child psychologist, was one of the original authors of this program, and the CDC has been supporting our families and training facilitators (along with other organizations), for the past few years.

This most recent funding will enable Handle with Care to expand throughout the Yukon and support more families, as well as early childhood programs. Emily Paweska, our HWC Program Coordinator, describes these changes on page 11.



Jordan's Principle News

Submitted by Brooke McKenzie, Jordan's Principle Coordinator

The Child Development Centre has received funding from the Council of Yukon First Nations (CYFN) to help support families and agencies in making applications to Jordan's

is not limited to services in education, health, early childhood services, recreation, and culture and language" - First Nations Caring Society

Principle. We can also help connect families with services or help order equipment once it has been funded.

What is Jordan's Principle?

Jordan's Principle is a child-first principle named in memory of Jordan River Anderson, a First Nations child from Norway House Cree Nation in Manitoba. Born with complex medical needs, Jordan spent more than two years unnecessarily in hospital while the Province of Manitoba and the federal government argued over who should pay for his at home care. Jordan died in the hospital at the age of five years old, never having spent a day in his family home. Jordan's Principle aims to make sure First Nations children can access all public services in a way that is reflective of their distinct cultural needs, takes full account of the historical disadvantage linked to colonization, and without experiencing any service denials, delays or disruptions because they are First Nations.

"Jordan's Principle ensures that all First Nations Children can access public services when they need them.... This includes but

What is substantive equality and how does it relate to Jordan's Principle?

Requests can be made both on the basis of an identified gap in service OR substantive equality.

"Jordan's Principle applies to all public services, including services that are beyond the normative standard of care to ensure substantive equality. Substantive equality seeks to address the inequalities that stem from an individual's particular circumstances, taking into account historical, geographical and cultural needs and circumstances in an effort to help put them at the same position as others. It is all about safeguarding the best interests of the child." – CYFN website

Who is eligible?

All First Nations children (0-19 years old) who live on or off reserve. A referral to Jordan's Principle can be made for a single child or a group of children. Requests for reimbursement can be made dating back to April 2009.

What information is required for the application?

a. child's name

(Continued on page 20.)

What's New with Handle with Care?

Submitted by Emily Paweska, Handle with Care Program Coordinator, Child Development Centre

Since 2011, Handle with Care has been gaining much momentum throughout the Yukon. The program combines hands-on interactive strategies and discussion to promote the positive mental health and well-being of children from birth-6 years.

Handle with Care focuses on the four building blocks of positive mental health; Trust and Attachment, Promoting and Enhancing Self-Esteem, Expressing

Emotions and Relationships with Others. It is a strength-based approach which allows this program to be meaningful for parents, caregivers, and anyone involved in the lives of children. With focus on the importance of self-care and self-reflection, Handle with Care supports parents and caregivers' own strengths, resources and problem solving skills.

As part of a pilot project with funding from the Early Learning and Child Care Bilateral Agreement, the Child Development Centre has hired a Handle with Care Program Mentor. I was fortunate to be offered this exciting role to provide programming opportunities to early childhood educators and caregivers throughout Yukon communities. My goal is to deliver the program in a way that best suits the needs of individual childcare centres and community members. I will then offer mentoring in how to incorporate Handle with Care activities and principles into direct work with children. I have been connecting with individuals from various programs and working to collaborate with other community members trained to deliver Handle

with Care to use it in ways that best meet the needs of each community. As a trained Handle with Care facilitator, I have had the opportunity to apply my knowledge and experience while working within the early childhood field. I feel so

fortunate to continue to bring this dynamic program to the Yukon!

In late spring, I teamed up with Debra Kapaniuk, a developmental therapist and trained Handle with Care

master facilitator, to co-facilitate a Handle with Care program specifically tailored to early childhood educators. We had a total of fifteen participants from four centres within Whitehorse. We offered one hour sessions, once per week for a period of four weeks. Participants reported value in the opportunity to exchange experiences and ideas, as well as the sharing of resources. We all agreed sessions could have continued well beyond the one-hour mark as the discussion was so rich.

Follow-up mentoring was offered to centres who participated, which provided me the great opportunity of visiting each centre and working directly with early childhood educators and children to incorporate some Handle with Care concepts and activities into their program.

Remelyn Bagaslao, one of the participants, shared the following; "Handle with care conducted by Emily and Debra helps me a lot as a caregiver, especially as a mom. I am now confident that I am doing the right thing in taking good care and teaching my preschoolers in the daycare. Letting



them feel that they are loved, cared and valued. I appreciated the different strategies I learned in guiding and showing the kids how to express themselves. Learning about letting the kids to feel secure and trusting relationships also made me reflect the importance of being a mom for my children and also a teacher. Thank you for giving me the opportunity to experience this training!”

Spring was a busy time as I once again teamed up with Debra, as well as Healthy Families to co-facilitate a Handle with Care parent group in Pelly Crossing. It was a great experience to connect with some members of the community. Discussion was rich and we shared ideas about how to infuse First Nations culture into the program. We closed our fourth session with a wishing well activity in which each participant shared a hope for the future. It was unanimous, we all hoped to see Handle with Care continue in Pelly! With trained facilitators in the community and support from the Child Development Centre, we look forward to making this happen.

In addition to this exciting project; Debra Kapaniuk and Leona Corniere designed and implemented a Handle with Care Yukon website. The website provides detailed information about the Handle with Care program, as well as additional resources and children’s books. Anyone interested in participating in Handle with Care programming can find out about upcoming opportunities within the Yukon.

The website also offers a facilitator’s area, including FAQs, as well as facilitator forms, handouts and resources for various Handle with Care activities. Others who have completed the facilitator training are invited and encouraged to join the facilitator forum, where we have opportunity to connect with other trained facilitators throughout the territory. The website will allow us to collaborate and share ideas, activities and Handle with Care programming success stories. We are thankful for the opportunity to connect with other passionate individuals to continue to share the benefits of Handle with Care.



You can visit the website at www.handlewithcareyukon.ca





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



**Yukon Child and
Youth Advocate
Office (YCAO)**
2070 – 2nd Avenue,
Unit 19
Phone:
867 456 5575
www.ycao.ca

**"Young people
have a voice."**

Advocating for children
and youth receiving
Yukon Government
Services

OR

For children who are
eligible to access and
receive government
services.

Do you support a child with Autism?

Do you need some teaching tips? Do you want training, but you don't have time to return to college? Struggling with behaviour challenges?

Autism Yukon can help.
Call: 667-6406



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:

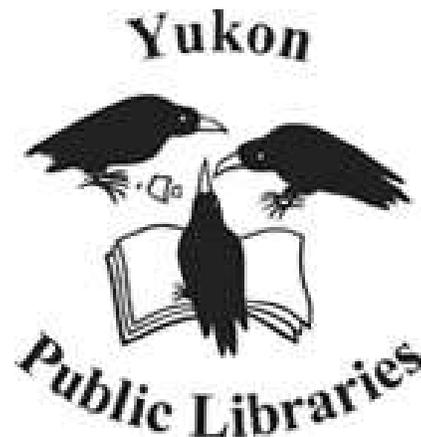
- A nurse at your local health centre
- Your family physician
- Counselling at Many Rivers 667-2970
- PPD Helpline at 1-800-944-4PPD(4773)
- postpartum.org/the-journey



Public Libraries aim to provide books, audiovisual materials and other resources to meet the needs of Yukoners of all ages.

We also provide fun and informative programming for children and adults, and safe, healthy community meeting places.

Visit your nearest Yukon Public Library to see what we can offer you!



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.

Fall Community Author Tour - Yasuko Nguyen Thanh

Sat Sept 29 Tagish Library 1:00 pm
Teslin at 5:00 pm

Mon Oct 1 J.V. Clark School (Mayo): 9:40 – 10:10 am (Kindergarten: 14 children) and 10:30 – 11:00 am: Grades 1 – 5 (24 students). **Geared towards school children but open to the public.

Tues Oct 2 Dawson City Library at 7:00pm

Pelly Crossing Library (1:15 – 1:45 - group one and 1:50 – 2:20 - group two)
**Geared towards school children but open to the public.

Wed Oct 3 Haines Junction Library, 7 pm

Thurs Oct 4 Watson Lake Library, 7 pm



Community Libraries in:
Beaver Creek—Burwash—
Carcross—Carmacks—
Dawson City- Faro—Haines
Junction—Mayo—
Old Crow—Pelly Crossing—
Ross River— Tagish—Teslin—
Watson Lake—Whitehorse

Are you thinking about a **BIG** for your **LITTLE**?

Big Brothers Big Sisters of Yukon is an organization that helps create and support mentoring relationships between children and adults

Our BIGS are screened volunteers who have completed:

- An application process
- An interview
- A police and home safety check
- Safety training for working with children and youth

If you have a child as young as 6 years old who would benefit from having a mentor give us a call at **668-7911** or visit **yukon.bigbrothersbigsisters.ca** to learn more and start the application process



Big Brothers Big Sisters
of Yukon

With the support of a Big Brother or Big Sister imagine who your child will become!



REDUCING ANXIETY IN KIDS

Presenter: Jessica Minahan, M.Ed, BCBA

author of "The Behavior Code: A Practical Guide
to Understanding and Teaching the Most Challenging Students"

December 8, 2018

10 am - 1 pm

Beringia Centre

Up to one in four children is struggling with anxiety. Without intervention, these children are at risk for poor performance, diminished learning, and social/behaviour problems in school.

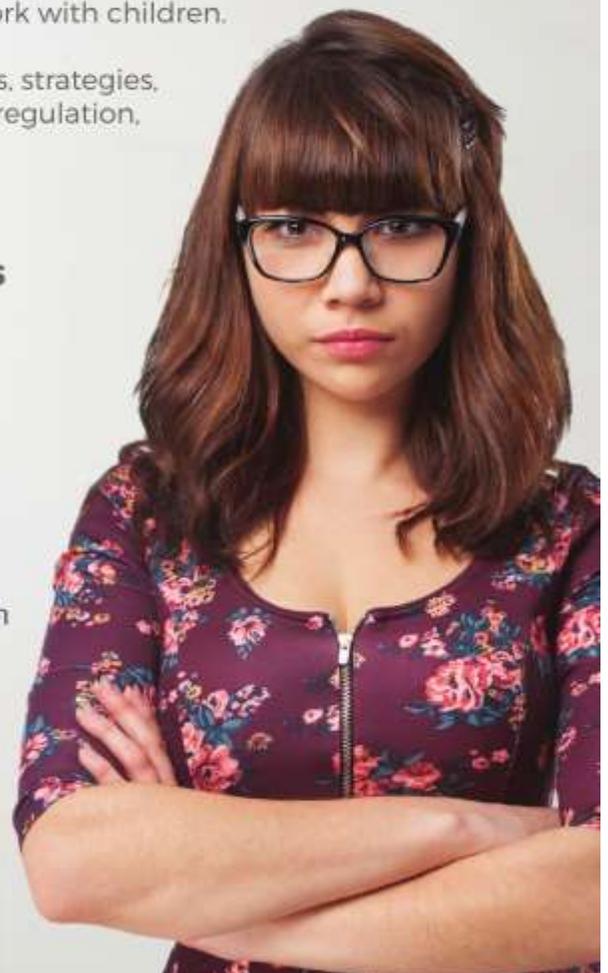
Join guest speaker Jessica Minahan for this workshop for parents of children of all ages, and community members who work with children.

Jessica will present easy-to-implement preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, executive functioning, and self-monitoring.

Cost: \$32, includes snack and handouts
Register: LDAYukon.com



Presented by:





THANK YOU

- 👏 GP Distributing
- 👏 Wykes Independent Grocer
- 👏 Grimm's Meats
- 👏 Old Dutch
- 👏 Pacific Bottle Works

for your generous support, donations and general ability to have fun at the BBQ Fundraiser this year.

Community-minded businesses like you enable Autism Yukon to meet our members' needs!



Supporters of Quirky Kids



This is a parent/supporter networking group organized by parents for parents or supporters of young persons with but not limited to those with special needs, challenging conditions or disabilities.

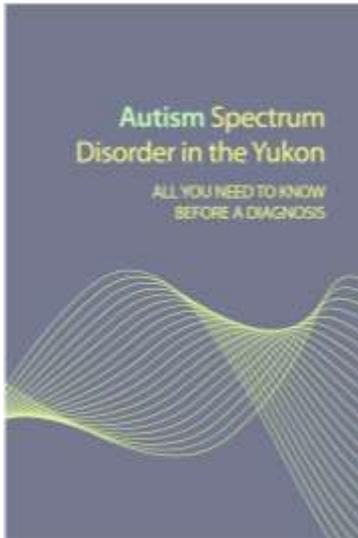
Supporters of Quirky kids hosts monthly meetings and moderates a closed Facebook group called Supporters of Quirky Kids (Yukon).

For more information contact:

Nicole Beaudry: beaudry_nic@yahoo.com (Quirky kids in subject line)

A New Yukon Developmental Diagnostic & Support Clinic!

A Clinic for school-aged children has been established as a result of collaboration between the Office of the Medical Officer of Health, Disability Services, Health and Social Services, and Autism Yukon.



Call Autism Yukon, 667-6406, for a copy of this new booklet.

Name: Disability Services Developmental Diagnostic and Support Clinic

What will this clinic do? The Developmental Diagnosis and Support Clinic will provide a publicly funded diagnosis for children ages 5 through 19.

More information: The Developmental Diagnostic and Support Clinic is a service of the Yukon government's Department of Health and Social Services. The clinic is made up of a multi-disciplinary team that includes a pediatrician, psychologist, occupational therapist, speech language pathologist, child/youth and family counsellor, and clinic coordinator. They will be qualified to provide Autism Spectrum Disorder diagnostic services to children and youth, as well as referrals to appropriate supports and services for children, youth and their families.

**Referrals to this clinic can be made by: Parents and caregivers
Physicians • Department of Education • Disability Services
Social Workers • Autism Yukon • Individuals over 16 years of age**

A diagnostic coordinator will complete an intake assessment before a full ASD diagnostic assessment. The diagnostic coordinator will also work with the family to organize assessments. A family may also be referred for other assessments besides autism if needed or recommended. All participation is voluntary.

Cost: Free Website and Contact Information: Website: www.hss.gov.yk.ca/disabilities_children.php Address: 3168 3rd Avenue, Second Floor, Whitehorse YK Phone: (867) 667-3626 Email: ryan.gerolami@gov.yk.ca



To live in an environment that has to be endured or ignored rather than enjoyed is to be diminished as a human being." - Sinclair Gauldie



LDAY on the Road!

LDAY staff and AURORA Workshop facilitators will be travelling to Haines Junction, Carcross, and Dawson City this fall.

Would you like LDAY to visit your community?
Connect with us at 668-5167 or ED@LDAYukon.com

(Continued from page 10.)

- b. child's age
- c. child's location
- d. child's First Nations status number or proof of eligibility
- d. service(s) required
- e. length service(s) required
- f. any supporting information (e.g., prescriptions, notes)

Local service coordinators can help to put together and even find all the information required for the application.

How can I make a referral to Jordan's Principle?

Referrals can be made by families or anyone who has consent from the families. This could be educators, doctors, nurses, Healthy Family workers, friends, or community members. Families can contact the federal focal point directly, or can work with the Jordan's Principle Service Coordinators at either the Council of Yukon First Nations or the Child Development Centre. Service coordinators can help with the applications as well as the follow up.

Child Development Centre Services Coordinator
Brooke McKenzie at 867 456 8182 Ext. 190
brooke.mckenzie@cdc yukon.ca

CYFN Jordan's Principle Service Coordinators
Nicole Benneke at 867 393 9200 Ext 9216
nicole.benneke@cyfn.net

Chantel Blysak at 867 393 9200 Ext 9229
chantel.blysak@cyfn.net
Toll Free at 1-833-393-9200

Federal Contact:
hc.nrjordanprincipleprincipedejordanrn.sc@canada.ca

What if a request is denied?

If a request is denied by Jordan's Principle, families have up to one year to appeal the decision.

What can be requested?

Each application is assessed based on the child's unique needs and circumstances. Some of the things that have been approved locally include:

- Private therapy
- Respite
- Counselling
- Sports camps and lessons
- Sensory equipment
- Taxi services to medical appointments, therapeutic services, or community programming
- Cultural programming
- Tutoring
- Ipad and apps to be used for communication purposes

Community Visits:

The CDC Jordan's Principle Service Coordinator has also done several community visits. So far Watson Lake, Carcross, Carmacks, Pelly Crossing, Faro, and Ross River have had visits. CYFN has also completed a number of community visits. During these community visits, we meet both with families to discuss individual applications and community members or professionals to discuss needs in the communities.

More community visits are planned for this year. If you are interested in having a Jordan's Principle coordinator connect with your community, contact either the CDC or CYFN.

Links:

- First Nations Child and Family Caring Society: <https://fncaringsociety.com/>
- Jordan's Principle info from Health Canada: <https://www.canada.ca/en/indigenous-services-canada/services/jordans-principle.html>
- CYFN info on Jordan's Principle: <https://www.cyfn.ca/services/jordansprinciple/>



Partners for Children

For information about family programs offered through Partners for Children (including Parent-Child Mother Goose, Handle with Care, Mothering your Baby, Supported Childcare Worker training modules & more), please contact Jo Lukawitski, Family Programs Coordinator, FamilyProgs@partnersforchildren.info



Journaling with Children: Make a “Family Adventure Journal.”

By Leslie Peters

Journaling with children can be a great chance to bond with and get creative with children. It’s also a chance to practice pre-literacy and emerging literacy skills without the children feeling like they are “doing schoolwork.” Other life skills are included as well: planning, prioritization, problem solving and collaboration.

Here are seven tips to ensure success:

1. Make the process

democratic. Have a family meeting and decide on the format together. Choose about three items that must be included for each adventure. For example, you could decide, “Each entry must include one picture, one drawing, and three highlights.” Depending on the ages of your children and how complicated that you want to get, other things that your family may want to include are: descriptive paragraphs, links and tips for next time.

2. Delegate. Give each member of the family a job. For very young children it may be cutting or gluing or drawing a picture. Older children may have their own ideas concerning their contributions.

3. Display the journal in a prominent spot and look at it often. Children will gain a sense of family pride if the adults think that the journal is important and valuable. In the book, *The Whole Brain Child*, prominent neuropsychologist, Dr. Siegel, explains how beneficial it is for children’s brains when they recount important events (both traumatic and fun) in discussion with adults.

4. Journal both planned adventures and unplanned adventures. Of course include a family trip to Disney or the weekend camping trip to Kusawa. But don’t forget to include the day “Johnny broke his hand playing hockey in the back yard.” Or when “the car broke down at Liard Hot Springs, and the whole

family had to hitch a ride.”

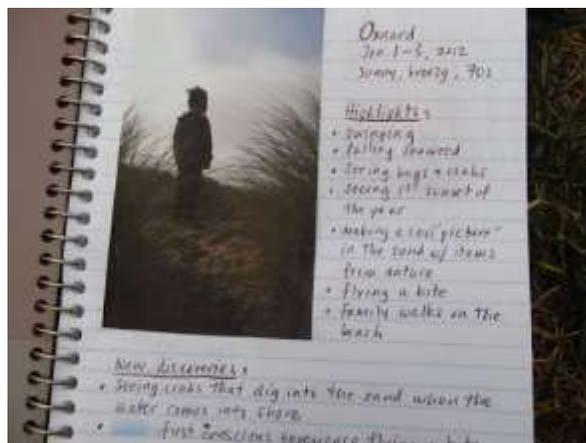
5. Don’t try to control the outcome.

Journaling a family quest to hike the Chilkoot Trail would be a perfect adventure entry. As a parent, taking children over the Chilkoot Trail is a momentous event. It’s full of historical artifacts and geology lessons. If, while journaling this wonderful adventure, the children’s “highlights” are the dead bird that they found and who snored the loudest, and if they mention absolutely nothing about the Gold Rush, leave it be. Children’s perceptions are their realities, and they are little humans who have the right to their own determination of importance. As the adult, however, feel free to make *your* highlight all of the wonderful Gold Rush artifacts that you saw. As children get older, your highlights will become intertwined with theirs as well. Furthermore, by allowing them to have control over their creative process, you will gain some wonderful insight into your children’s emotions and learning styles as well.

6. Embrace the mess. Being creative is rarely a linear process. It feels more like a ball of yarn that needs to be unraveled. Sometimes children will want to save plants or other things to press into the journal. Sometimes there will be 10 iterations of a drawing. Frustrated tantrums might happen. It’s all part of it. And it can become another memory to discuss while looking at the journal a couple of years later. Be willing to keep the pages “half done” on the table for a couple of days. Important work is happening!

7. Have fun! Laugh a lot. Drink hot chocolate. Rarely is a mistake permanent. Pictures can be reprinted. Food spills can be covered up or incorporated into the art. Children (and adults) can learn to say “oops,” and “I’ll improve on that next time.”

(Photos and some ideas: www.goexplorenature.com/)



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 to attend.

Baby Talk features key issues of interest to new parents with a different topic running each week. Some of the issues include immunizations, growth and development, introducing solid foods, breastfeeding, safety, key health topics. Suggestions from families are incorporated whenever possible.

Baby's Day Out is held each Wednesday. Baby Talk is from 1:30 -2:15pm and the Weigh and Measure is from 1:00 - 3:00 pm. This is also an option to self-weigh your 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 October Topics:

| | |
|------------|-----------------------------|
| October 3 | Breastfeeding |
| October 10 | Newborn care/ Sick child |
| October 17 | Parent-Child Interaction |
| October 24 | Brian Development |
| October 31 | Immunizations |

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. .



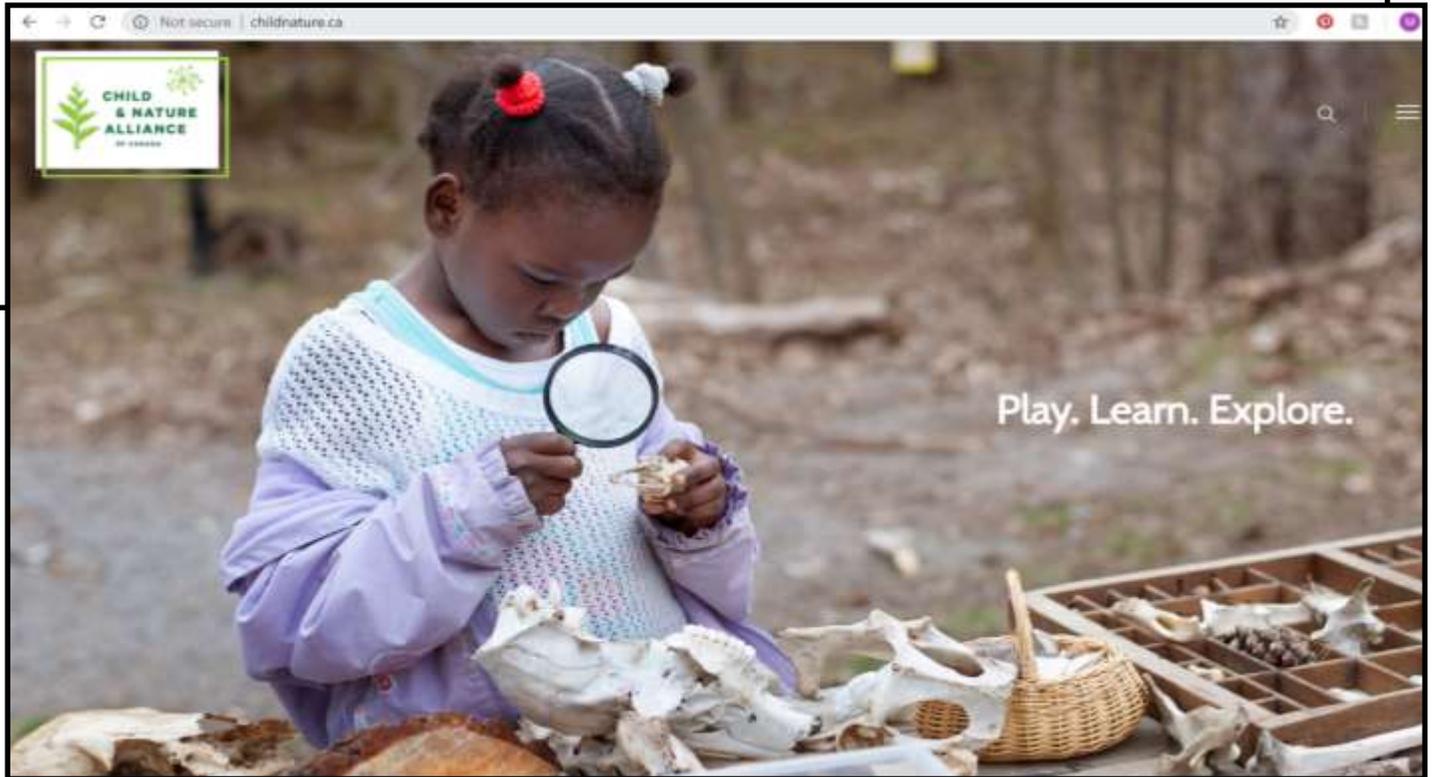
Wonderful Websites

This section of the Partners for Children newsletter will bring some trusted websites to you each month.



This issue, we are celebrating the return to school with some websites that are great For Early Childhood Educators (and parents, too, of course!). naeyc.org has a plethora of articles, resources and other information for professionals who work with children.

childnature.ca is the official website of the Child and Nature Alliance of Canada. Their aim is to foster meaningful connections with the outdoors for children. They believe all children should have the opportunity to play and learn in forests, parks, meadows and mud puddles and work to connect children and youth with nature through policy, research, and practice. Check it out!





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