



PARTNERS FOR CHILDREN

WINTER | 2026

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Happy New Year: 2026! WE THOUGHT WE WOULD SHARE SOME PARTNERS FOR CHILDREN 2025 STATS With You!



**At our Family
Place (108 Copper
Road) in 2025 we
had:**

- **2078 Parent Visits**
 - **1566 Visits from children 0-18 months**
 - **549 Visits from children 18 months - 3 years**
 - **241 Visits from children 3 to 6 years**
 - **65 Visits from children over 6**

The best environments for brain development are **nurturing, stable, and stimulating**, balancing predictable routines with opportunities for exploration, play, and social interaction, while also incorporating natural elements and proper nutrition to build strong neural connections for cognitive and emotional growth.

Key features include responsive caregivers, safe spaces, healthy food, sleep, and exposure to nature, all of which foster resilience and executive functions like self-control and attention.

Nine months in the womb then in days and months after birth, the large majority of brain development takes place. Our program provides and promotes the best environments for all babies and young children, through their adults and community.

partners for children

contact information

Cai Krikorian: 867-332-5990

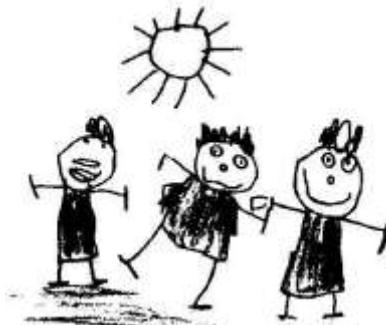
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Y1A 2Z6



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



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

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

community websites

Autism Yukon
www.autismyukon.org

Big Brothers Big Sisters of Yukon
<https://yukon.bigbrothersbigsisters.ca>



Child, Youth and Family Treatment Services
<https://yukon.ca/en/health-and-wellness/mental-wellness/get-counselling-and-support-families-youth-and-children>

Child Development Centre
<https://cdcyukon.ca/>

Department of Education Early Learning and Childcare Programs
<https://www.yukon.ca/en/early-childhood-learning-and-program>

Early Learning Program, Yukon University
<https://www.yukonu.ca/programs/early-learning-and-child-care>

Family Law Information Centre
<https://yukon.ca/en/family-law-information-centre>

Fetal Alcohol Society Yukon
www.fassy.org

Hospice Yukon Society
www.hospiceyukon.net

LDAY Centre for Learning
www.LDAYukon.com

Network for Healthy Early Human Development
www.NHEHDYukon.org

Partners for Children
www.partnersforchildren.info

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

Skookum Jim Friendship Centre
<https://skookumjim.com/programs/>

Victoria Faulkner Women's Centre
<http://www.vfwomenscentre.com/>

Volunteer Yukon
[https://www.volunteeryukon.ca/](http://www.volunteeryukon.ca/)

Inclusion Yukon
[https://www.inclusionyukon.org/](http://www.inclusionyukon.org/)

Yukon Child and Youth Advocate
www.ycao.ca

Yukon First Nations Education Directorate (YFNED) Early Years
www.yfned.ca/earlyyears

Yukon Literacy Coalition
www.yukonliteracy.ca/

Yukon Public Libraries
<http://yukonlibraries.ca>

Do you work in the early learning and child care field?
Do you have children who attend a program?
Ask your child care provider to join our

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



**LAST THURSDAY OF EVERY MONTH, 5:30-7:30PM
AT YAEP BOARD ROOM (2ND/BLACK STR)**



for more info email us at eceyukon@gmail.com or find us [online](#)

care sector? Join us!

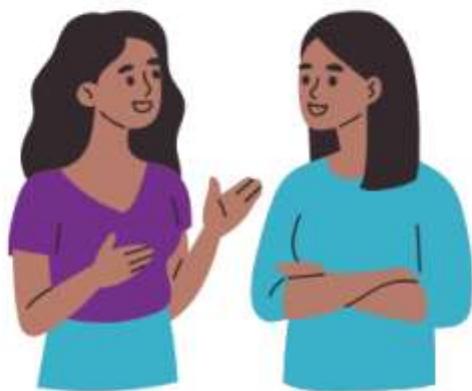
?

's teacher if they know they can... Join Us!


Educators Matter:
Workforce Policy for Quality
Early Learning and Child Care


Child Care Now
Un Enfant Une Place

Yukon educators, we want to hear from you!



**WORKFORCE QUALIFICATIONS VIRTUAL
FOCUS GROUPS**

7:00PM - 8:15PM local time

Between January 15 - February 11th, 2026

Early language skills in infants

Babies are wired to communicate long before they can talk. Play gives them a chance to practice sounds, gestures, and early turn-taking, while strengthening your relationship.

General strategies to support language development

- Be animated: Use facial expressions, big smiles, and varied tone to keep baby engaged.
- Be face-to-face: During feeding, diaper changes, and play, let your baby see your face. Get down on their level when possible!
- Talk during daily routines: Narrate what you are doing and name objects and people.
- Imitate baby's sounds/actions: If your baby coos, coo back! Add another sound or word to build interaction.
- Interpret gestures and sounds: Act as if their sounds and gestures have meaning and respond.
- For example, if your baby says "Da" you might respond with "Daddy, yes there's daddy!"
- If your child shakes their cup, you may respond: "milk... yes, your milk is all gone."
- Pause and wait: Give your baby time to "answer" before you continue talking.
- Create opportunities for communication: Offer choices, hold up two toys, and wait to see how your baby responds.



Sign up for the Follow Along program at the Child Development Centre

The Follow Along program is for children from birth to three or four years old and their parents or caregivers.

- Learn about your child's development and milestones and what to expect next as your child grows and develops.
- Be provided with fun ideas for activities to try at home.
- Have a chance to ask questions about how your child is moving, talking, sleeping, behaving, or anything else related to their development.

Visits are scheduled one or two times a year, depending on the age of your child. Visits are fun and focused on play.

The Follow Along program is **FREE** and is available in Whitehorse and all Yukon communities. Visits take place at our centre, your home, or another location if requested.

You can enroll your child anytime by filling out a referral form at www.cdcyukon.ca/referral or calling 867-456-8182.



A project of the Childcare Resource and Research Unit

Do you work in the early learning and child care sector?

Do you have children who attend a program?

If you're curious to learn or understand more:

Search the Online Document Catalogue

WHAT IS THE ONLINE DOCUMENT CATALOGUE?

CRRU's Online Document Catalogue contains excerpts and links to thousands of resources relevant to ECEC and related research, policy and practice in Canada and internationally. Use the search form above, or browse one of the lists below.

The Online Document Catalogue is continually growing. New materials are added each week and featured on the homepage as "What's new this week". The catalogue listings include links to the full-text of materials where publicly available; where access is restricted links are provided to abstracts as well as purchase and subscription options.



32 Heath St W.
Toronto ON Canada
M4V 1T3

Telephone: 416-926-9264
Office hours: Monday to Friday, 9am to 5pm.

Research, policy & practice

Research, policy and practice materials include: scholarly research, policy studies and briefs, government and NGO reports.

Child care in the news

Child care in the news is an archive of news articles about ECEC in Canada and abroad.

Video & audio

This is a list of online video and audio resources related to ECEC in Canada and internationally.



FAMILY PLACE

108 COPPER ROAD,
WHITEHORSE

Welcome families with children 0 to 6 years

Come enjoy our infant, toddler and
preschooler friendly space.

A place for parents and caregivers to:

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



Registered programs at Family Place include:

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

Visit our website



www.partnersforchildren.info

Follow the Partners for Children
Facebook and Instagram for our schedule

Cai Krikorian at 867 332 5990

Kathryn Grimmett at 867 332 9458

familyprogs@partnersforchildren.org



Partners for Children would like to give a big shout-out and *THANKS* to the Whitehorse Lions Club for a generous \$3,800 donation towards supporting our Parent-Child Mother Goose program and also a new white board installed in our programming space!

AND thank-you to our *Yukon community* for supporting the Lions' on-line auction—businesses, bidders, volunteers—together you have supported the well-being of at least 36 different parents 40 children! This seemingly small act has great impact improving family health and child outcomes into the future. Bravo Yukon!

Parent-Child Mother Goose
Discover the power and pleasure of rhymes, songs and stories



Crafts and Kids' Grief

Making crafts with your child can be a gentle way to remember loved ones and make room for emotions.

There's no "right way" to feel grief, and as a caregiver you can trust your instincts about what might be appropriate for the child in your care.

Creating a memory jar or box can be a way of helping a child name special moments..



Using colours can be a simple way to ask about feelings - like "when I use this red it reminds me of feeling angry - what colour do you choose today?"



You're not alone - we can help you support children coping with loss.

Kids Corner

We have many great books to help children and youth understand death and grief, and anyone can borrow them from our library.



Our Kids Corner has a soft plush therapy dog and cat and other toys to help children feel safe to explore tough topics.



Caregivers are welcome to drop by with a child during office hours (11:30am to 3pm) to explore new stories and skills.



Free counselling is available at Hospice Yukon for children and youth who experience grief due to death or life-limiting illness in the family.

Check www.kidsgrief.ca for many great tips for parents and educators.



Join us in April for **Supporting the Grieving Child**, a free webinar for caregivers and teachers.

Check out the 'Events' tab at www.hospiceyukon.net for upcoming offerings.

Kids Grief Counselling

Kids Grief Support Groups

Lending Library

Professional Support

Public Education

409 Jarvis Street

Tel. 867-667-7429

 **Hospice Yukon**



Romp n Run is back for another winter season!

Romp n Run is for children 4 and under and their parents and caregivers.

20-30 minutes of fun, interactive and age appropriate programming for kids and parents. A healthy snack after the programming; coffee/tea for the adults. Open playtime follows with lots of equipment/toys for tumbling, moving and exploring. Parental participation and supervision is required.

**Winter session
beginning January 13th
Tuesdays and Thursdays
10 to 11:30 am in the
Haines Junction Arena Mezzanine**

**New Families please contact Lucie at
llamasbravo.lucie@gmail.com**



Romp N Run is provided and funded by Partners for Children with additional support from the Village of Haines Junction.





DRAG STORY TIME

WHEN

January 18
March 8
April 12
@ 2-3pm

WHERE

At the Guild Hall
27 - 14th ave.
(Porter Creek)

WHAT TO EXPECT

Stories geared to kids
3-7 years old.

Snacks and stories!

Admission by donation.

**ALL AGES WELCOME AT THIS
FAMILY-FRIENDLY EVENT**



Is my child on-track to read?

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



Before starting kindergarten, my child can:

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



By the end of kindergarten, my child can:

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



By December of Grade 1, my child can:

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

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

www.LDAYukon.com



les essentielles

BÉBÉ EN SANTÉ, AVENIR EN SANTÉ

DES SERVICES EN
FRANÇAIS **GRATUITS** POUR
LES FAMILLES PENDANT
LA PÉRIODE PRÉNATALE
ET POST-NATALE



- Lieu d'accueil et d'écoute
- Repas-répits bi-mensuels, goûters et repas congelés à emporter
- Prêt de matériel: tire-lait, coussin d'allaitement, porte-bébé...
- Bibliothèque de ressources sur la périnatalité
- Friperie pour bébé et maman
- Réseau de parents francophones
- Remboursement des frais de relevailles (aide à la maison après la naissance)
- Accès aux services d'une diététiste certifiée
- Vitamines pré/postnatales gratuites et vitamines pour bébé
- Accès à une laveuse, une sécheuse, une douche et une machine à coudre
- Soutien à l'allaitement maternel et accès au réseau d'entraide Nourri-Source Yukon

Offert dans le cadre
du Programme canadien
de nutrition prénatale (PCNP)
de l'Agence de la santé
publique du Canada

Pour devenir
membre du programme,
écrivez-nous :
pcnp@lesessentielles.ca

(867) 668-2636
3089, 3^{ème} avenue
Whitehorse, Y1A 5B3



Public Health
Agency of Canada
Agence de la Santé
publique du Canada



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

Deviens
marraine
d'allaitement
avec
Nourri-Source Yukon!

Écris-nous à pcnp@lesessentielles.ca

les essentielles Nourri-Source



Healthy Beginnings

A Resource Guide For Yukon Families with Young Children Fall 2025

NHEHD YUKON



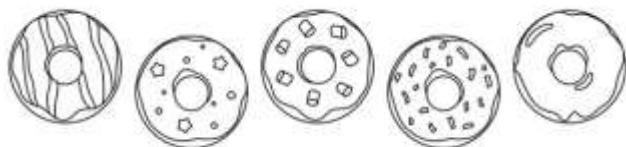
To find the guide on-line, use the QR code or visit www.partnersforchildren.info



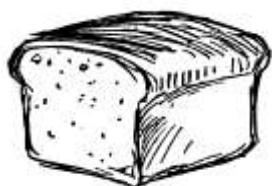
This winter Cai has been enjoying making fresh buns for Partners for Child's Infant Massage program that Kathryn leads. It is wonderful to offer new parents a program on loving touch with their babies, connection in a peaceful space and fresh baked rolls, with dairy free options available.

This is a recipe that Cai learned from their Nana.

Cai tells the story, "When I was a child, I would spend a week or two each summer with my Nana and my many cousins. If we were lucky on a cool day, after my Nana finished her coffee, she would decide it was time for us to help her make bread. We didn't get excited about the bread, we were excited about the leftover dough after the loaf pans were full. With the extra dough, Nana would tell us to roll the dough and make a donut shape, then she would mix cinnamon and sugar and we would try and get as much sugar to stick to our dough before she dropped each of our creations into the scalding oil. Removing golden brown fresh donuts. We all knew which donuts were ours and once they cooled we would all enjoy the fresh donuts and then run outside to play."



Cai was surprised how much their two children loved hearing this story, while Cai taught their two children how to make bread. Cai would let them help pour the flour, mix the dough, roll out the dough and then put their favorite ingredients in such as cheese, olives and pepperoni. This became a beloved tradition for Cai and their kids on cold days stuck at home. Cai enjoys sharing this story while baking bread for the families at Partners for Children.



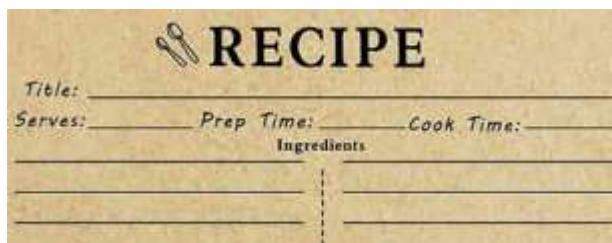
This is Cai's Nana's recipe:

Ingredients.

2 cups warm water
¼ cup sugar
1tbsp instant yeast
3 ½ cups flour, possibly ½ a cup more
1 tsp salt

Possible filling

Option 1: apple slices and sugar and cinnamon
Option 2: sun dried tomatoes, basil, sliced olives
Option 3: pizza sauce, pepperoni, cheese
Or make up your own filling idea with what you know your children enjoy



In a large bowl, mix 2 cups warm water with ¼ cup sugar and 1 tbsp instant yeast. Let sit for 2 minutes and watch the yeast become foamy.

Add 1 cup flour and 1 tsp salt, stir with a spoon. Add another 1 cup flour, stir with a spoon, Add another 1 cup flour, stir with a spoon. If the dough still looks wet and is really sticking add another ½ cup flour. The dough will be slightly sticky. Put ¼ cup cooking oil in a bowl, transfer the dough into oiled bowl, flip the dough over so oil is on top and bottom of the dough. Cover the bowl and put in a warm place to warm.

After 1 hour, or when the dough has doubled in size, roll the dough out on a floured surface into a rectangle. Spread your filling onto the dough rectangle. Roll the dough along the long edge of the rectangle forming a dough log. Slice the dough log in 5 cm slices. Put on a greased cookie tray, and let rise for another 1 hour or until doubled in size. Bake for 20 minutes at 325 or until golden brown.

ENJOY!



WELCOME TO

Healthy Babies, Healthy Futures

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

Home visits:
postnatal support

Breast feeding
education & support

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

Vitamin supplements,
vouchers & car seats

Baby item
lending
library

Maternity & baby
clothing exchange

Meet other parents

Lending of hospital
grade pump

Peer support groups

Free dietitian
Support

Information &
support

Wellness fitness &
group activities

Find & build
community

Pre + Postnatal
education



THE VICTORIA FAULKNER
WOMEN'S CENTRE

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

HEALTHY BABIES, HEALTHY FUTURES

JANUARY

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

2	3	4	5	1	NO LUNCH	2	3
4	5	6	7	8	NO LUNCH 12-1pm Dietitian Day	9	10
11	12	13	14	15	NO LUNCH 12-1pm Visit from CDC	16	17
18	19	20	21	22	NO LUNCH 12-1pm Lunch @ Family Literacy Centre	23	24
25	26	27	28	29	NO LUNCH 12-1pm Footprint Day	30	31

PHONE: (867) 667-4134
505 HANSON STREET
WHITEHORSE, YT

CPNP@VFWOMENSCENTRE.COM

HAPPY NEW YEAR FOLKS! COME JOIN
US FOR LUNCHES ON MONDAYS AND
THURSDAYS. DIETITIAN APPOINTMENTS
ARE VIRTUAL THIS MONTH SO EMAIL US
IF YOU WOULD LIKE TO BOOK A PHONE
CALL FOR JANUARY 8TH

DROP BY OUR OFFICE TO BROSE
DONATIONS OR COME FOR A VISIT AND
SUPPORT. OFFICE HOURS ARE
MONDAY-THURSDAY FROM 9AM-3PM



These are the last two hints in the Compassionate Parenting – Lessons from our Forest Friends Booklet.

Created by Stace Burnard, Heather Dundas and Lara Bode.

Build resiliency



To build resiliency in your children, help them develop skills to overcome adversity.

- ❖ Resiliency comes from seeing yourself as independent, empowered and successful. Provide opportunities for success through finding what your children's gifts are and supporting them.
- ❖ Be proactive and watch for signs of agitation in your children. If you catch it before they are out of control, they can calm themselves and successfully adjust their behaviour before it escalates.

Resiliency comes from accepting the mistakes we make

- 🐾 **You can't teach someone to swim when they are drowning.** Develop and practice managing strategies before they are needed. Have a preferred calming technique like "**stop & breathe**" or a confidence booster phrase like "**You can do hard things.**"
- 🐾 Use distraction to shift your children's attention away from emotional struggles when things are not going their way. The distraction of a shared laugh or a tickle will allow them to feel and manage their stress with more ease.
- 🐾 If a full-blown escalation does happen, remember that an activated brain cannot easily process language. It is best to repeat a short restorative statement like "**I am here,**" or "**We are safe.**"

Community matters



Beaver families rely on each member to contribute and live peacefully together.

Strengthen your family bonds to build healthy community.

The desire for connection is innate. Your **children want to belong** and contribute to something larger than themselves. If they don't engage or if they retreat, it is because *they don't know how to join in*. Support their involvement in the family by deliberately drawing them in with words and touch, and by being emotionally present.

Each family member must have compassion for and responsibility to others in the family unit. **Show your children how their actions can have positive or negative impact on others.**

For more information about this resource visit:
www.cloudberrywellness.com/family-connections

Together we can do so much

- Everyone has needs and when you take time for yourself, you will confirm to your children that your needs also matter.
- You have the opportunity to build relationship in every moment. There will be numerous **bids for connection** each day by your children, and not all of them will be positive. Will you move toward your children even when they have hurt you, or react and push them away? If you believe **your children are doing the best they can**, it will be easier to come together. Be generous and assume everyone is always coping in the best way they can in that moment.
- The family you build together will be bigger than the sum of its parts.

NHEHD Yukon

By utilizing endless scientific information that describes healthy early child development, we create small projects to meet our purpose.

**By simply spreading the message that babies matter and are most important is our #1 project to date.
They are our future and our hope.**

Could you make “How are the children?” the first words from you to your neighbours or coworkers? Try it!

Become a NHEHD

+

Join the Network for Healthy Early Human Development today!

NHEHDYUKON@GMAIL.COM

