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## CHILDREN AND RISK

*By Rebecca Fenton, Program Co-Coordinator*

Risky play in young children is often misunderstood as it is felt to be too dangerous. Parents, child care practitioners and policy makers, of course, instinctively want to protect child(ren) from any actions that may harm them, but are we too restrictive? I know as the mother of three girls that I was at times guilty of uttering things like "be careful, don't climb too high," but then also know that because we lived in a rural area that they played a great deal in the woods, so I hope that a balance was struck.



So what is Risky Play? According to BridgeWay Family Centre it is "...play that incorporates safe risks relative to a child's age, size, motor skills, and comfort level – [and it] is important to a child's development... Risky play is not about doing something dangerous, but about moving past uncertainty to try something exciting. Risky play is different for every child, depending on their age and comfort level...Children are intelligent enough to know their limits; they will not intentionally put themselves in harm's way."



What can risky play look like:  
Climbing things – trees, hills, play sets, etc.  
Roughhousing/rough and tumble play  
Exploring different places  
Going fast – running, skating, biking, boarding  
Playing with different implements  
Making and building things  
Balancing on different materials  
Learning to use developmentally appropriate tools

Risky Play has been shown to have great benefits for children including helping them become more self-confident, helping them learn to plan, problem solve and work as a team, and to develop resiliency and risk management skills. Dr. M. Brussoni's research has shown that a reduction in the risk of injury can also result from engaging in risky play.

*Katie Swartz*



*R. Fenton*



Continued on page 8.

# partners for children contact information

Phone: 1-867-332-5990

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

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



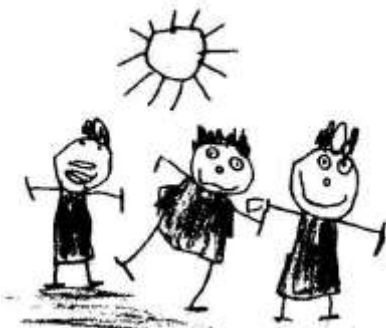
You may request a PDF version of this newsletter by emailing [newsletter@partnersforchildren.info](mailto:newsletter@partnersforchildren.info) or checking our website: [www.partnersforchildren.info](http://www.partnersforchildren.info)

You may also request to have it mailed by Canada Post.



Coordinators: Katie Swales, Rebecca Fenton

Copy Editor: Leslie Peters



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The Partners for Children newsletter is edited and produced through the Network for Healthy Early Human Development Yukon (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](http://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-programs>

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](http://www.fassy.org)

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

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

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

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



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

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

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

Volunteer Yukon  
<https://www.volunteeryukon.ca/>

Inclusion Yukon  
<https://www.inclusionyukon.org/>

Yukon Child and Youth Advocate  
[www.ycao.ca](http://www.ycao.ca)

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

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

Yukon Public Libraries  
<http://yukon.ca/en/libraries>

# Mothering Your Baby



## A group for moms with babies under the age of 1 Fall, Winter and Spring

Mothers and their babies are invited to join us for sharing, connection, information and fun! We'll discuss the ups and downs of new parenthood, our journey into our identity as a mother, our changing bodies, lives and relationships, and all that YOU want to talk about.

Register with Partners for Children – 332.5990  
[familyprogs@partnersforchildren.info](mailto:familyprogs@partnersforchildren.info)



Victoria Faulkner  
Women's Centre



Canadian Mental  
Health Association  
Mental health for all





# Leslie's Book Shelf...

## *Quirky and common-sense books for Yukon children*



I love wild harvesting. I remember my mom taking me raspberry picking in gravel pits. I remember blueberry picking and becoming so engrossed in it that I stood on a red anthill while harvesting. When I discovered that I was getting bitten “all over,” my dad decided that spraying me down with the cold garden hose was the best course of action. I remember discovering that “lowbush cranberries were better than the lingonberries that they sell at IKEA—hands down!” And then there are the less-famous berries like crow berries (They make a mean pie!) and soap berries (Think tart, frothy cream.).



There's something special about berry picking with those whom we love, and this book, **Berry Song**, by Michaela Goade captures the mood perfectly. She remembers picking berries with her grandmother as they sang and thanked the land. The illustrations look as delicious as the berries would taste, and each drawing is labelled with both the Tlingit and English words. Published by Little, Brown and Co.



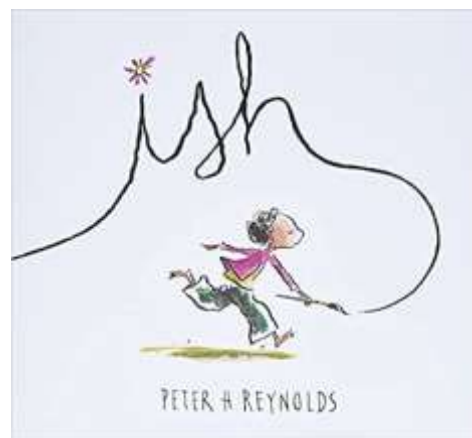
**The Hike**, by Alison Farrell, is about three girls who leave from their back door and go on a hike up a mountain—just like we do in the Yukon!



They bring their dog, have some great adventures, take along a sketchbook, and enjoy learning about nature. Some of my favourite memories with my children are from hikes that

we took together. If I ever have grandchildren, I'm definitely reading this book with them! Published by Chronicle.

**Ish** by Peter H. Reynolds, is the perfect story for a child—or anyone who is a perfectionist, who struggles with rigid thinking or simply wishes they were a better artist.



The main character, Ramon, repeatedly crumples up his drawings because he thinks they aren't good enough. One day he finds out that his little sister has been retrieving them, saving them, and making a “gallery” of his art. When he sees it all on the wall, he realizes that his drawings are kind-of cool. Reynolds is also famous for writing the book, “The Dot.” Published by Candlewick Press.

“This is one of my favorites,”  
Marisol said, pointing.  
“That was supposed to be a  
vase of flowers,” Ramon said,  
“but it doesn't look like one.”  
“Well, it looks nice. ISH!”  
she exclaimed.





(Upstairs in the Canada Games Centre)

**FUN, FREE, DROP-IN**  
programs & activities for you and your child!



Come  
visit!



Mon./Tues./Wed.: 9am-12, 12:30-3pm

Thursday: 12-3pm


Friday: 9am-12, 12:30-3pm

Saturday: 10am-2pm

- Stay home if you are sick
- Practice physical distancing
- Sanitize hands frequently
- \* Current covid-19 protocols will be followed

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

 Yukon Family Literacy Centre

 @yukonfamilyliteracycentre

Fall session runs from  
Oct. 1st to Dec. 23rd, 2022


[www.yukonliteracy.com](http://www.yukonliteracy.com)

Closed: Oct. 8 & 10, Nov. 11



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

 Yukon Family Literacy Centre

 @yukonfamilyliteracycentre

*All programs are based on child-adult participation.*

**Check out our Facebook page for program details,  
updates and Pop-Up Activities/Workshops**

### Programming for October & November:

**Move and Groove!** • Mondays, 9:30am-10:30am

Wiggle and giggle together in this active program that combines music and movement for children and parents to do together.

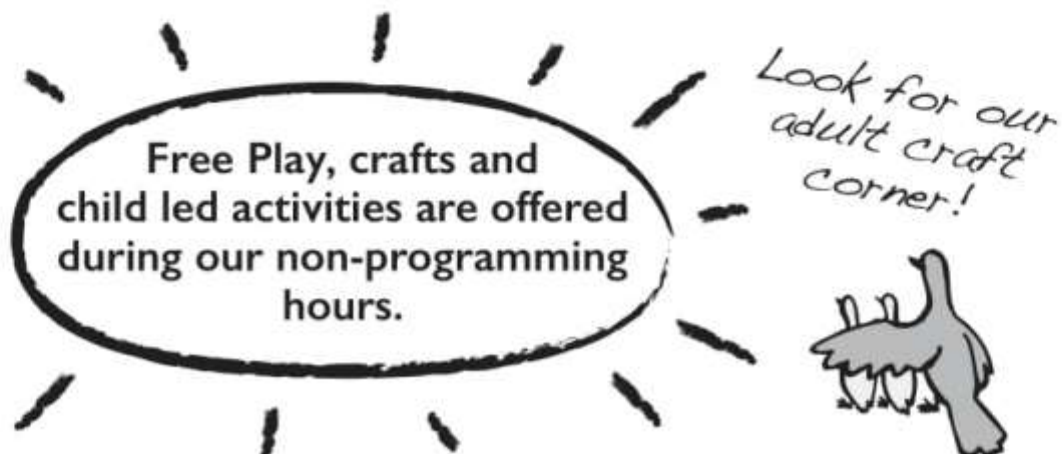
**Sensory Science** • Wednesdays, 9:30am-10:30am

In this hands on program, we will explore all of our senses together. It might get mucky!

**Mini Mozarts** • Fridays, 9:30am-10:30am

Clang, bang, sing, and play! Magical music-making for you and your little ones!

**December will be Drop In Play, combined  
with Christmas Crafting Extravaganza!**







(Cliquez [ici](#) pour la version française)



(Cliquez [ici](#) pour la version française)

**Autism Yukon's Info Booklets  
are now available in  
French AND English!**



Autism Yukon

Check them out at  
<https://autismyukon.org/service/>



Continued from cover...

According to Playful Childhoods in Wales we can support children's need for risky play by:

- Letting children make their own judgments.
- Thinking before saying "no" – are we just saying "no" out of habit?
- Taking a common-sense approach – being too overcautious can cause children to become scared in different situations.
- Weighing up whether the benefit of challenging or scary play is greater than the potential for harm.
- Remembering that the child is (statistically) at greater risk of getting hurt within their own home.
- Remembering that accidents happen – we can't make children totally safe all the time.

I personally feel that Risky Play needs to be better understood by those living and working with young children and those developing policies. As can be seen in the vast amount of research in this area and in observations of programs that embrace risky play (e.g. forest and nature schools) the benefits to children are immense, and these children are having great fun exploring new places and trying new things on a daily basis.

Here is a great interview to listen to - <https://disconnect.pinecast.co/episode/b1a0b3c8/risky-play-an-interview-with-dr-mariana-brussoni>

What are your thoughts?

References:

<https://bridgewaycentre.ca/learning-is-worth-the-risk/>  
<https://www.cbc.ca/natureofthings/features/risky-play-for-children-why-we-should-let-kids-go-outside-and-then-get-out>

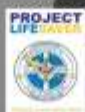
<https://www.playfulchildhoods.wales/how-to-support-your-childs-need-for-risky-play>

Autism Yukon and Yukon Search and Rescue present:

# Is your loved one at risk of becoming lost?

Consider signing up with Project Lifesaver:  
A frequency-based program to help find individuals with disabilities and/or dementia.

Call Autism Yukon to find out more. | 867.667.6406





# Parent-Child Mother Goose



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



A FREE group for caregivers and little ones ages 0-5 yrs.

Tuesdays, September 20 – Nov 22  
Partners for Children, 108 Copper Rd  
10:30 am – 11:30am

Follow Partners for Children on FB and  
Register on **EventBrite** or with  
Healthy Babies Healthy Futures, VFWC

# Parent-Child Mother Goose



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



A FREE group for caregivers and little ones ages 0-5 yrs.

Thursdays, September 15 – Nov 17  
Partners for Children, 108 Copper Rd  
10:30 am – 11:30am

Follow Partners for Children on FB and  
Register on **EventBrite**. Some spaces  
reserved for families who work with the CDC.  
If this is you, please call 456-8182 ext. 190.





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

*Libraries also provide fun and  
informative programming, safe,  
healthy, breast-feeding-friendly  
community spaces, library tours and  
room rentals.*

#### **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

Picture (above): From Yukon Public Libraries' Facebook page: Isabelle Pringle Library Librarian Linda and her pups spread the word about story time at the Carcross Community Library one summer. Follow Yukon Public Libraries Facebook page for the latest updates.



**Yukon Child and  
Youth Advocate  
Office  
(YCAO)**

**2070 – 2<sup>nd</sup> Avenue,  
Unit 19  
Phone:  
867 456 5575  
[www.ycao.ca](http://www.ycao.ca)**

**YOUNG  
PEOPLE  
HAVE  
A  
VOICE!**

Thank you



For your support!  
We couldn't do it  
without you.  
Partners for Children

# CAREGIVER SKILLS TRAINING (CST)



Do you know or have a child, 2 to 7 yrs 11 months of age, suspected or diagnosed with autism or another neurodevelopmental condition who has difficulty communicating and/or engaging with others?

Do you live in the Yukon, Atlin or Northern B.C., and have a stable internet connection?



Autism Yukon, in collaboration with McGill University, is offering a 12 week-long program that consists of 9 weekly group sessions for parents as well as three virtual home visits.



## Sessions focus on:

- Communication, engagement and daily living skills
- Using playtime, routines and home activities as opportunities for children to learn and develop skills



You will be invited to:

- Complete an initial interview and to discuss your participation
- Consent to participate in the research study
- Commit to attending weekly research and/or intervention sessions

Groups fill up quickly, so please contact us to have your name put on a waiting list for future groups. Groups in French being offered later this year.

Interested or want more information? Please contact Rebecca at [projectcoordinator@autismyukon.org](mailto:projectcoordinator@autismyukon.org)







# Yukon CPNP Programs

*Canadian Prenatal Nutrition Programs (CPNP) are funded by the Public Health Agency of Canada (PHAC) and can be tailored to meet individual community needs.*

The CPNP Programs use many different modalities: Healthy Moms, Healthy Babies, Traditional Parenting

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 Babies, Healthy Futures at Victoria Faulkner Women's Centre: contact 667-4134 or [cpnpwhitehorse@northwestel.net](mailto:cpnpwhitehorse@northwestel.net)  
Skookum Jim Friendship Centre: contact [tracy.whalen@skookumjim.com](mailto:tracy.whalen@skookumjim.com)  
Mamans, Papas et Bébés en santé at Les EssentiElles: Contact 668-2663 x 820 or [pcnp@lesessentielles.ca](mailto:pcnp@lesessentielles.ca)  
Teen Parent Centre: contact 667-8336 or [teenparentcentrecnp@gmail.com](mailto:teenparentcentrecnp@gmail.com)

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

**In Dawson City:** (867) 993-5149 or [cpnpdawson@northwestel.net](mailto:cpnpdawson@northwestel.net)

**In Carcross:** (867) 821-4251, contact Dayle Benoit. Please note: this program cannot accommodate Whitehorse residents.

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

**In Watson Lake:** (867) 536-2125 or [wlcnpn.cape@gmail.com](mailto:wlcnpn.cape@gmail.com)

**In Ross River:** [amandamarymac1@gmail.com](mailto:amandamarymac1@gmail.com)

Eating delicious food together is a big part of what happens at CPNP sites. If you are struggling to afford healthy food, please reach out to your CPNP Coordinator. If you have questions about discipline or your relationship with your children, CPNP Coordinators will help you to find the answers in a non-judgmental environment. They can help, or they will find someone who can!

French program for new parents  
*The CPNP program is available in the Yukon for  
Anglophones and Francophones.*



# BÉBÉ EN SANTÉ, AVENIR, EN SANTÉ

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

- Repas-répit bi-mensuels et repas congelés à emporter
- Soutien à l'allaitement maternel et accès au réseau d'entraide Nourri-Source Yukon
- Accès à un centre de ressources (livres, DVD) sur différents thèmes de la périnatalité
- Prêt de matériel: tire-lait, coussin d'allaitement, porte-bébé
- Réseau d'échange de vêtements
- Lieu d'accueil et d'écoute
- Service de relevailles (aide à la maison après la naissance)
- Accès aux services d'une diététiste certifiée
- Vitamines pré et postnatales gratuites
- Réseau de parents francophones
- Accès gratuit à une machine à coudre, une laveuse et une sècheuse

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

Pour participer au programme,  
écrivez-nous:  
**[pcnp@lesessentielles.ca](mailto:pcnp@lesessentielles.ca)**  
(867) 668-2636  
3089, 3ème avenue  
Whitehorse, Y1A 5B3





# FAMILY RESOURCE UNIT EVENTS AND ACTIVITIES

## FAMILY EVENT AT SHIPYARDS PARK

Wednesday, October 5, 2022 - 5 pm to 7 pm - Shipyards Park

The Family Resource Unit is hosting their monthly family event at Shipyards Park. Please join us for fresh air and fun activities for families with children of all ages. Transportation will be available and a light dinner will be served.

## FAMILY EVENT AT THE CANADA GAMES CENTRE

Saturday, November 5, 2022 - 1 pm to 3 pm - Canada Games Centre

The Family Resource Unit is hosting their monthly family event at the Canada Games Centre (CGC). Please join us at the flexihall for fun activities for families with children of all ages. Transportation will be available and refreshments will be served.

## HOLIDAY OPEN HOUSE

Sunday, December 4, 2022 - 1 pm to 4 pm - NVD Place 4201 4th Avenue Suite 330 Whitehorse

Please join the Family Resource Unit for our Holiday Open House! Crafts and family fun activities for families with children of all ages. This monthly event will be held at the Family Resource Unit Group Space. Transportation will be available and refreshments will be served.

For more information, please contact the Family Resource Unit: Donna Light: 332-4997 or [donna.light@yukon.ca](mailto:donna.light@yukon.ca)

## DADS MATTER

SIX sessions, all on Wednesdays: September 14, 21 and 28, and October 5, 12 and 19 - 5:30 pm to 7 pm

Family Resource Unit Group Room, NVD Place (old Canadian Tire), 4201 4th Ave, Suite 330

A group for dads, grandfathers, stepdads, uncles, foster fathers...all male caregivers are welcome! Come join us to talk about parenting and meet other caregivers. Light meal will be provided and transportation will be available if needed. This is a free event but capacity is limited, so register early.

For more information and registration, please contact the Family Resource Unit:

Ante Tokic: 867-336-0795 or [ante.tokic@yukon.ca](mailto:ante.tokic@yukon.ca), or call the Family Resource Unit: 867-667-3745

## EXPECTING PARENTS DROP-IN GROUP

EIGHT sessions, all on Tuesdays: September 6 and 20, October 4 and 18, November 1 and 15, December 6 and 20  
11:30 am to 1:30 pm - Family Resource Unit Group Room, NVD Place (old Canadian Tire), 4201 4th Ave, Suite 330

We're excited to announce a new drop-in group for expecting parents in Whitehorse. Join us on the first and third Tuesday of every month for expecting parent information. Each event includes a presentation or activity, free lunch and the chance to meet other expecting parents.

Upcoming Events:

- September 6: Healthy Babies, Healthy Futures (CPNP) presentation and making belly butter to bring home.
- September 20: Child Car Seat Safety Program Information Session

For more information, please contact the Family Resource Unit: Randi: 332-5054 or Kaitlin: 332-6475





# Community Spotlight: Dawson City and Carcross

*Apryl's Awards presented to community leaders.*



## Apryl Olsen Memorial C.H.I.L.D. Award

**Caring Helps Individuals Learn and Develop**

This award was created and named in honour of our friend and colleague Apryl Olsen who was a resident of Mayo. She was a beautiful and caring person who helped to create the Network for Healthy Early Human Development Yukon (NHEHDY), which has the goal to improve the lives of Early Childhood Educators and Children throughout the Yukon. She loved her families and their children – all those who she worked with in her community.



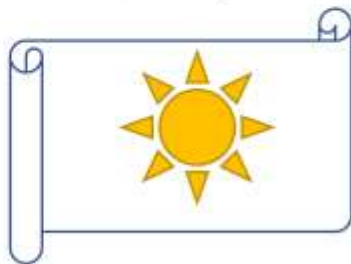
It is our intent to carry forward Apryl's spirit in our work. Each year we ask for nominations to fill two awards – one is for people who carry out amazing work in licensed child care centres, and the other is for people who are amazing volunteers in their community – people who care and do great work with children and families.

In May, 2022, we were privileged to grant three Yukoners these two awards:



Jennifer Suttis, award recipient with  
1 of 3 nominators, Courtney Jackson-Decelle

**Jennifer Suttis of Dawson City**  
*Recognition of her Commitment to Love & Care for Children & Families as nominated & supported by her peers – an Extraordinary Yukon ECE*



**Felishia & Gary Johnson of Carcross**  
*Recognition of their Commitment towards Change Making & Support that Improves Lives of Children and Families, as Nominated by Colleagues in their Community.*

The Network for Healthy Early Human Development Yukon would like to again thank Jennifer, Felishia and Gary for their commitment to investing in the health of our most vulnerable. Also great thanks to the nominators who recognize and value their efforts and took the time to put their names forward.





# Yukon Family Mediation Service

**This free mediation service helps parents who are separating or divorcing to resolve conflicts and focus on the best interests of the children.**

This service is available for all Yukon communities. An impartial, trained mediator can help you make joint decisions about:

- ✓ parenting arrangements and responsibilities; and
- ✓ financial matters, such as child and spousal support.

**LEARN  
MORE**

Yukon Family  
Mediation Service  
at **867-667-5753**  
or email  
**flic@yukon.ca**

Yukon Family Mediation Service is made possible by Justice Canada.





# OCTOBER 2022

THEME: **CELEBRATING EARLY YEARS' 1 YEAR ANNIVERSARY!**

## Early Years Family Space

The Early Years Family Space is located at 207 Black Street, in Whitehorse.

To register for the Group gatherings, please send an email to [EarlyYears@yfned.ca](mailto:EarlyYears@yfned.ca) or phone 867-667-6962 ext. 123.

Group gatherings and drop-ins are open to parents, caregivers, children and extended families!



**yfned** YUKON FIRST NATION  
EDUCATION DIRECTORATE



**The Early Years**  
A Martin Family Initiative



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4 Drop-in 9:30 am to 12:00 pm	5 *Recipe box day Group gathering Cooking class 5:00 to 7:00 pm	6	7 Joint Drop-in with the Child Development Centre 9:30 am to 12:00 pm	8
9	10 EARLY YEARS SPACE IS CLOSED	11 Drop-in 9:30 am to 12:00 pm	12	13	14 Drop-in 9:30 am to 12:00 pm	15
16	17 Sewing Drop-in 5:00 to 7:00 pm	18 Joint Drop-in with Boreal Clinic 9:30 am to 12:00 pm Dinner with families 5:00 to 7:00 pm Share ideas/feedback about the EY Program	19 *Recipe box day	20	21 Drop-in 9:30 am to 12:00 pm	22
23	24	25 Drop-in 9:30 am to 12:00 pm	26 Group gathering Prenatal/Postnatal workshop with Registered Nurse 5:00 to 7:00 pm	27	28 Drop-in 9:30 am to 12:00 pm Special Halloween!	29 EARLY YEARS 1 YEAR ANNIVERSARY! 10:30 am to 2:00 pm Brunch and activities at Atááshédít!
30	31			NOTE: Snacks, coffee and tea are provided during the drop-ins	NOTE: A meal will be provided during group gatherings	



# THE EARLY YEARS

**LOVE  
BUILDS  
BRAINS**

The Early Years program supports young Indigenous parents and caregivers to ensure they have the tools they need to be their children's best and first teachers.

#### Participants have access to:

- An Early Years Visitor to walk beside you through pregnancy and the next five years
- Weekly family visits
- Early Years Family Centre for sharing, reading, playing, beading
- Elder-guided sharing circles
- Fun and practical workshops

#### Who can participate:

- Indigenous moms, dads and caregivers with kids between 0-5 years of age living in Whitehorse, Mayo, Pelly Crossing, Old Crow, or Ross River.

#### To get involved, contact:

(867) 667-6962 ext. 123  
[earlyyears@yfned.ca](mailto:earlyyears@yfned.ca)  
[www.yfned.ca/earlyyears](http://www.yfned.ca/earlyyears)

Or stop by our office:  
207 Black Street



**YUKON  
FIRST NATION  
EDUCATION  
DIRECTORATE**



**The Early Years**  
A Martin Family Initiative





# Emotional Regulation/Self-Regulation

## What is emotional regulation?

Emotional regulation, sometimes referred to as emotional control or self-regulation, happens whenever a child experiences a strong emotion and is able to manage the emotion in order to continue with their day. It shows that the child is able to cope with strong feelings. However, it is important to note the child still has these strong feelings, but they have found ways to cope with them.

## What do difficulties with emotional regulation look like?

- Frequent temper tantrums. These may be short-lived or take a long time to resolve.
- Overreacts to small problems (e.g. when the child's zipper gets stuck, the child throws themselves to the ground screaming).
- Frequent mood changes (e.g. during circle time the child is first silly, then anxious, and then discouraged).
- Becomes overly anxious or over excited and unable to complete a task or to cope with the situation.
- Becomes very upset or frustrated when they do not know how to do something or how to answer a question.
- May not admit to not knowing how to do something or how to answer a question.
- Slow to recover from disappointments, even little ones.



## What is developmentally appropriate emotional regulation?

A child's ability to regulate their emotions increases with age and can fluctuate depending on the child's mood, hunger, sleepiness and interest. If your child is hungry or sleepy, managing their emotions will be difficult.

A preschool child who has developmentally appropriate inhibition can usually:

- Recover fairly quickly from a disappointment or change in plans.
- Can use non-physical solutions when another child takes a toy they were playing with.
- Can play in a group without becoming overly excited.

A preschool child will likely struggle with:

- Tolerating criticism from an adult (e.g. reprimand from early childhood educator).
- Dealing with perceived "fairness" without becoming upset.
- Adjusting their behaviour quickly depending on the situation (e.g. calming down after outside playtime).

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### **How can you encourage emotional regulation to develop?**

- Regulate the environment by building in regular routines – especially around mealtimes, bedtimes, and naptimes.
- Label your feelings and those of your child. You can also add how your emotions feel in your body (e.g. I am mad. My face feels hot. My fists are tight).
- Read stories about feelings and how children can cope with them. Talk about the characters and what they did that worked.
- Practice making mad, scared, and sad faces in the mirror. Talk about how your body feels and what you could do to feel calmer.
- Model and support good coping skills. These may include using deep breathing, using positive self-talk (aloud so your child can hear it), or taking a walk or other break.
- Prepare your child by talking with them about what to expect before you enter a new situation.
- Talk to your child about what they can do if they feel overwhelmed.
- Give your child a script to follow for difficult situations (e.g. When your zipper gets stuck, you can take a deep breath and say "Mom I need help").

**The Child Development Centre can help if you need support helping your child regulate their strong feelings. Call us at 456-8182 or complete a referral form online at [www.cdcyukon.ca/referral](http://www.cdcyukon.ca/referral). We provide services to children and families in ALL Yukon communities!**



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# Outreach Schedule

September to December 2022

## September

7	Carcross
7	Haines Junction
13	Teslin
13 to 15	Dawson City
13 to 15	Pelly Crossing/Mayo
20 to 22	Faro/Ross River
21 to 24	Watson Lake
22	Carmacks
26 to 28	Old Crow
27 to 29	Destruction Bay/Burwash/Beaver Creek

## October

6	Carmacks
12	Carcross
13	Haines Junction
18	Teslin

## November

8	Teslin
9	Carcross
10	Haines Junction
14 to 17	Watson Lake
15 to 17	Dawson City
17	Carmacks
21 to 23	Old Crow
22 to 24	Faro/Ross River
29 to December 1	Pelly/Mayo

## December

5 to 7	Old Crow
6	Teslin
7	Carcross
8	Haines Junction
14	Carmacks

### For more information contact:

Brooke McKenzie  
Program Coordinator

#### email

[brooke.mckenzie@cdcyukon.ca](mailto:brooke.mckenzie@cdcyukon.ca)

#### phone

867-456-8182 ext 161  
or 1-866-835-8386



If you are going through any kind of stress, trauma, or physical challenge,  
if you are feeling tired or sluggish,  
the key is to look for things that will lighten your load.  
Say yes to everything that lightens your load.  
That is the biggest form of self-love that you can do right now,  
and that means allowing yourself to receive.

~ Anita Moorjani



Image from FB Page: The Soul Journey with Sarah Moussa

Submitted by Jo Lukawitski  
Family Programs Coordinator,  
Partners for Children



## CYFN's Family Preservation Services

Family Preservation Services is a department of the Council of Yukon First Nations (CYFN) that focuses on providing support to Yukon First Nations and Indigenous families. The Family Preservation team is available to help families navigate Yukon Government's complex Family and Children's Services system and offer them support in times of need.

We recognize that Yukon First Nations and Indigenous families, extended families and communities are in the best position to make decisions about their children and youth. Alongside Yukon First Nations and Indigenous families, parents, children and youth, CYFN's Family Preservation Services team will work with them in a respectful way, building on their strengths to achieve their goals.

### *Client Services:*

Our friendly team is here to help and support families. Our Family Preservation Case Workers and Family Support Workers can help in various ways, whether it's providing support for visitation and access, at meetings or in court, or assisting in finding housing or transportation. Those needing support are encouraged reach out to learn more about how our team can help.



Mary Billy Smith and grandson Greg Smith (CAFN)

### *Cultural Programming:*

Connection to family, community and culture is fundamental for Yukon First Nations and Indigenous families and children and youth in care. Our programming can help guide and support them in making these important connections. Our Family Preservation Programming team hosts cultural programming opportunities year-round, including: traditional medicine making, drum making, ice fishing, salmon smoking, tanning and canning, tufting, painting, and dry meat making. We also organize summer and harvest family camps. These events are instructed by Yukon First Nations knowledge keepers and Elders. If



you know children and youth in care who would like to participate in these monthly

Cultural Connections events, reach out and come join the fun!



Call us at **867-393-9200**

or **1-833-364-0509**

Or email us at **[family.preservation@cyfn.net](mailto:family.preservation@cyfn.net)**



# When We Want to Help a Grieving Child

It can feel scary when we don't know how to help a grieving child. We don't want to make it worse for them, and we don't know how to make it better.

At Hospice Yukon we know there are lots of ways to help children cope with loss. Adults can **create safe moments** for children to ask questions and talk about their feelings. We can trust children to ask what they need to, express their changing emotions, or choose to engage at another time.

There are lots of ways we can **let children take the lead** in their own grief and healing. Kids have lots of natural curiosity and we can make space for their questions. Depending on the age and experiences of the child, there can be lots of questions! It's ok when we don't know the answers – we can “wonder with” the child, which reassures them that their questions are welcome and normal.

Including children in **funerals and rituals** can be helpful ways for them to feel supported in their loss. Rituals can be as simple as lighting a candle near a photo, or reading a favourite memorial card at bedtime for a while.



Ceremonies that include people from outside the family can reassure the child that death is a natural part of life, and that they are part of a wider community of people who care.

Making things – **using creativity** to express feelings and memories – is a powerful way for children to make choices in times of grief. Children are naturally creative and there are many ways to use play, drawings, music, crafts, writing and other expressions to create safe space for loss.

Children are curious and direct, and we adults can feel uncomfortable with their openness. A child's repetitive questions can make us nervous, wondering “why don't they understand?” and “**what is normal?**” Repeating questions and asking for the story of “what happened” over and over is a normal way for children to absorb the changes and get used to the new reality.

We don't have to do this alone. There are wonderful **resources to help us** support children coping with loss, including books, online videos, resource people, and groups for children and caregivers.

At Hospice Yukon we can help you connect with supports, including specialized resources for helping children cope with traumatic deaths.

You don't need to become an expert. Showing **love**, staying **honest**, and letting the **child take the lead** are the most important ways we can journey with children in grief.

## Kids Corner

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

The Kids Corner also has sensory toys like wobble seats and squishy balls, a stuffed therapy dog to cuddle, and books to help parents and caregivers.



Visit us on our website, or in person, to learn more about the books, programs and services we have to support you and the children you love.

**Kids Grief Counselling**

**Kids Grief Support Groups**

**Lending Library**

**Professional Support**

**Public Education**

**409 Jarvis Street**

**Tel. 867-667-7429**

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





**NHEHD Yukon stays true to its mission.**  
*Email [coordinator@partnersforchildren.info](mailto:coordinator@partnersforchildren.info) for more information.*

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

**One important project is simply spreading the message that babies matter and are most important.  
They are our future and our hope.**

**“How are the children?” could be the first words from you as a neighbour or coworker.**

**Become a NHEHD!  
Join the  
Network for Healthy Early Human Development!**

**[nhehd yukon@gmail.com](mailto:nhehd yukon@gmail.com)**

**Using  
community &  
scientific  
knowledge**

**help  
facilitate  
projects**

**with a diverse  
network of  
people and  
organizations**

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