



PARTNERS FOR CHILDREN

FALL | 2025

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The much anticipated newly revised Healthy Beginnings Guide is now up on our website. Check it out by clicking on the QR code or by visiting the Partners for Children website.



Healthy Beginnings

A Resource Guide
For Yukon Families with Young Children

Web version – smaller resolution with limited images. Hard copy may be available – contact us.

Cost: \$5.00 (but coming to you free of charge)

Network for Healthy Early Human Development Yukon
nhehdnyukon@gmail.com
Fall 2025



partners for children contact information

Cai Krikorian: 867-332-5990

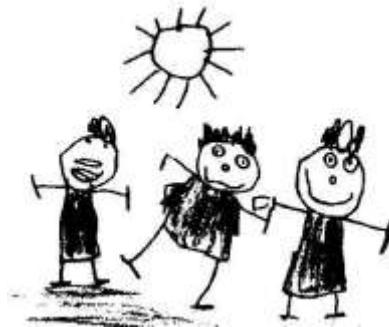
Kathryn Grimmett: 867-332-9458

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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/>

Inclusion Yukon

<https://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>



Crafting Together

Let's create!

A fun crafting group for families with children aged 2 and up.

Join us on any of the following Thursdays from 5:30 to 7 pm:

- September 11, 2025
- September 25, 2025
- October 16, 2025
- October 30, 2025
- November 13, 2025
- November 27, 2025
- December 11, 2025

Family Resource Unit Group Space, NVD Place,
201 4th Ave, Suite 330

A light dinner will be served. For more information, call the Family Resource Unit at 867-667-3745. No registration needed.

Presented on the traditional territories of the
Kwanlin Dūn First Nation and the Ta'an Kwäch'än Council.





Kathryn and Cai are excited for our fall programs at Partners for Children's family place. After re-opening in August, we have heard from many parents that they love dropping into our centre for long visits, to take a break, sit down and relax. Others have said they love being able to have a quick stop at our centre after running errands and being able to let their child move freely and play in a cozy and clean space, do a quick feed and diaper change before continuing with their day. We appreciate how many families are comfortable at the family place and use the space that best suits their family's needs. We have also heard how wonderful our clean, well-organized and stocked diaper changing station is. Parents really appreciate knowing that if they have forgotten something, they don't have to stress. We enjoy hearing from the parents who use our space and what aspects of our space make their lives easier. Stop in during our drop in hours and ask us about our registered programs. This fall we are offering Infant Massage, Parent Child Mother Goose, and You and Your Baby.

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

Lending of hospital
grade pump

Free dietitian
Support

Wellness fitness &
group activities

Pre + Postnatal
education

Meet other parents

Peer support groups

Information &
support

Find & build
community



**THE VICTORIA FAULKNER
WOMEN'S CENTRE**

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

HEALTHY BABIES, HEALTHY
FUTURES

SEPTEMBER

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	1 Centre Closed 	2	3	4 Dietician Day Drop in Lunch 12 - 2 pm	5	6
7 Drop in Lunch 12 - 2 pm	8 Stretching Food dollars Drop in Lunch 12 - 2 pm	9 	10 	11 Nurse Visit Drop in Lunch 12 - 2 pm	12	13
14 Drop in Lunch 12 - 2 pm	15 Autism Yukon Visit Drop in Lunch 12 - 2 pm	16 	17	18 Jen from CDC Drop in Lunch 12 - 2 pm	19	20
21 Drop in Lunch 12 - 2 pm	22 Magali from Mental Wellness Drop in Lunch 12 - 2 pm	23  New Comer's Dinner Registered 5:30- 7:30	24	25 Lunch @ Family Literacy Centre Drop in Lunch 12 - 2 pm	26	27
28	29 Family Resource Unit Visit Drop in Lunch 12 - 2 pm	30  Centre Closed				



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



CPNP@VFWOMENSCENTRE.COM

HAPPY FALL! JOIN US FOR DROP-IN
HEALTHY LUNCHEES AND ACTIVITIES ON
MONDAYS AND THURSDAY FROM 12PM-
2PM. STAY TUNED FOR REGISTERED
GROUPS THIS SEASON. NOTE NEW
COMERS DINNER THE 3RD TUESDAY OF
EACH MONTH THIS QUARTER. EMAIL
FOR MORE INFO.

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

Parents for Children's Family Place has a wide range of children's and parenting books available in their lending library. Kathryn has updated the lending library, ordering new books based on recommendations from our partners, families, and guest speakers.

Cai enjoyed S. Bear Bergman's Special Topics in Being a Parent, a book that has great visuals, practical information, and dives into the emotional side of being a parent, needing to take care of yourself, the importance of laughing, and the honest truth that you don't need to be perfect to be a good parent.

Another popular book is Karen Kleiman's Good Moms have Scary Thoughts. During our Drop in Programming, parents share their scary thoughts. Cai reflected on how they were ashamed of their scary thoughts, especially the graphic images they would have, and didn't realize how common scary thoughts are for parents. During another drop in this book was passed around, then parents openly shared their scary thoughts and the importance of saying these out loud and knowing that having scary thoughts does not mean we are bad parents.

There are so many great parenting books, and to be a good parent you do not need to read all the parenting books. Cai finds they need to avoid the impulse of reading every book trying to find the perfect way to parent. Instead they try to find a book that gives them a tidbit that might be helpful right now. One book that Cai was surprised to enjoy was Michaelleen Doucleff's Hunt, Gather, Parent. This was not a typical parenting book, but rather Doucleff taking you on her journey of struggling to parent her feisty child and feeling like a failure. Doucleff's honesty was so refreshing. Then Doucleff shares the field work she was doing traveling around the world with her child, learning from the different people who hosted her, and seeing her parenting and relationship with her child improve.

Come down to the lending library at the Partners for Children Family Place to check out these books and many more!





SJFC Prenatal Program

One of the longest running programs in Whitehorse 22+ years

*For expectant parents & for those with babies
up to 18 months old*

Free Diapers & Wipes

Monthly Gift card & Food hamper

Monthly educational and cultural programs

*Rides for parents in need: medical appointments,
shopping, and programs*

*Skookum Jim
Friendship Center*



Call Ronda (867) 633-7680 ext 1006

or email prenatal@skookumjim.com



TRADITIONAL PARENTING PROGRAM

Traditional Knowledge taught to our families

Learn traditional skills such as harvesting animals and plants, gathering medicines, homemaking, and on-the-land survival practices from local Elders, Knowledge Keepers, Elders in Training, and community families



Learn how to sew, bead and make patterns

Join us in our regalia and outdoor wear workshops for parents with kids 0-6 yrs old.

Come eat with us and learn, talk and laugh!

We offer various drop-in programs for parents, caregivers and youth. Bring your babies or young children—we can teach them as well.



Planning projects the group is interested to learn

Personalized and client-based programs are available

For more info contact our Traditional Parenting Coordinator, Temira Vance at traditional.parenting@skookumjim.com (867) 633-7680 ext 1005

The Follow Along Program

Your child's early years are important.
Learn about milestones and how to support your child's development.

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.
- Get 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. We can see you and your child at our centre, your home, or another location if requested.

The Follow Along program is FREE and available in Whitehorse and all Yukon communities.

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



Child
Development
Centre



A non-governmental organization.
867-456-8182
www.cdcyukon.ca

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 ecyukon@gmail.com or find us [online](#)

Halloween Safety



Halloween count-down begins! Very soon the little ghosts and goblins will take to the streets! Do your best to make this a safe Halloween. Thinking about safety in advance will make all the difference!

Here are some tips that can help your child have a safe Halloween:

- Trick or treaters should be accompanied by an adult and only visit familiar homes.
- Children should be instructed never to enter into a house they are trick or treating at and to avoid dark or deserted looking homes.
- The Halloween costume should be safe and should not be flammable. Also make sure that the costume is not too long as a child can easily trip on it.
- Teach your children to stay away from strangers, to refuse to approach or climb inside cars and to stay away from stray animals.
- Never leave your child's loot bag unattended.
- Be careful of moving cars and obey traffic lights. Stay on one side of the street at a time; When you have finished trick or treating on one side of the street, then carefully cross and do the other side. You should not be criss-crossing back and forth across a street.
- Avoid dark Halloween costumes as your young trick or treaters need to be fully visible in the dark. Carrying fluorescent bags, wearing glow in the dark stickers and reflective material or tape will help make your child more visible in the dark. Bringing along a flash-light is helpful too.
- Halloween masks can prevent a child from seeing well and this can be quite dangerous, especially at night when it is dark to begin with. Creative, non-toxic make up is better.
- Halloween candles (like in Jack-O-Lanterns) should not be left lit at home unattended while you are out trick or treating. Battery powered lights can safely do the trick instead.
- Remember to instruct your trick or treaters not to eat any of the Halloween treats they collect before an adult has inspected them. If anything is not wrapped, looks suspicious, torn, opened or tampered with, throw it away. Eat homemade treats only if you know the giver.



Boundaries & respect



Wolf pups quickly learn their role in the pack and what is acceptable behaviour.

Never overlook the crossing of important boundaries, such as safety or lack of respect.

-  **Always follow through on your word.** Otherwise, you communicate to your children it is okay to not listen to you. If you don't follow through, your children won't respond to or respect your requests.
-  All groups require a caring leader and a family is no different. **Strong leadership provides an anchor** for the group to feel comfortable, and if you don't assume the role, your children may rise to the alpha position.
-  You must set the limits and boundaries. **Offer your children choices** within these restrictions, and you will empower them with a sense of control and they can develop decision-making skills.

This is the eleventh hint in the Compassionate Parenting – Lessons from our Forest Friends Booklet.

Created by Stace Burnard, Heather Dundas and Lara Bode.

COMPASSIONATE PARENTING

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.

This is the twelfth hint in the Compassionate Parenting – Lessons from our Forest Friends Booklet.

Created by Stace Burnard, Heather Dundas and Lara Bode.

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

**Deviens
marraine
d'allaitement**
avec
Nourri-Source Yukon!



**les
essentielles**

Écris-nous à pcnp@lesessentielles.ca

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 sècheuse, 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



WHITEHORSE PUBLIC LIBRARY PRESENTS--

STORY TIME

WITH PARENT-CHILD MOTHER GOOSE FACILITATORS
MEREDITH AND RACHEL.

A free drop-in program for children (ages 0-5) and their caregivers at
Whitehorse Public Library, 1171 Front Street (in the meeting room).

TUESDAYS 10:30-11:30
AUGUST 26 - OCTOBER 21, 2025

JOIN US FOR SONGS, RHYMES, STORIES AND FUN!

For more information call us at 667-5239 or go to yukonlibraries.ca/events

HEALTHY SNACK PROVIDED.

Yukon

Community Travel Schedule

September to December 2025

We offer services in Whitehorse, and also travel to all Yukon communities.

September

10	Carcross
10	Carmacks
11	Haines Junction
15 to 18	Dawson City
16	Teslin
22 to 25	Watson Lake
23	Haines Junction

October

6 to 9	Faro/Ross River
7 to 9	Pelly Crossing/Mayo
15	Carcross
15	Carmacks
week of Oct 20 th	Old Crow
21 to 22	Atlin
21	Teslin
23	Haines Junction
30	Haines Junction

November

3 to 5	Burwash Landing/Destruction Bay/Beaver Creek
12	Carcross
13	Carmacks
18	Teslin
20	Haines Junction
24 to 28	Dawson City
24 to 27	Watson Lake

December

1 to 3	Pelly Crossing/Mayo
1 to 4	Faro/Ross River
week of 8 th	Old Crow
10	Carcross
11	Carmacks
11	Haines Junction
16	Teslin

Please note dates are subject to change.

The Child Development Centre provides services to support children's development from birth to kindergarten.

We help answer your questions and provide support in areas such as: movement, behaviour, sleeping, eating, toileting, sensitivities (to sound or touch) and speech/communication.

Our services are available to all Yukon children. You can contact us with questions – big or small – about your child's development. All of our services are provided for FREE.

How to sign-up/refer:

Choose the way that works best for you!

- Fill out a form at www.cdcyukon.ca/referral



- Call us at 867-456-8182
- Email info@cdcukon.ca



Helping Kids Thrive

Discover positive parenting strategies, ways to organize family life, and how to nurture motivation in kids ages 4 to 12.

When:

Thursday, October 23: Scattered to Skilled (5 to 7 pm)

Discover tools for helping your family get organized and share responsibility. You'll get strategies for getting "to-do" lists "to-done" with less nagging!

Thursday, November 20: Encouraging Words (5 to 7 pm)

Discover ways to motivate and foster a growth mindset in children and youth. Encourage a willingness to take on challenges in school, sports, and life.

Tuesday, December 16: On Track for Reading (5 to 7 pm)

Brains are fascinating and diverse. Since reading is not a natural skill, some brains find it easier than others. Discover the skills your child needs to become a fluent reader, and what supports are available if your child is struggling.

What:

Free workshops facilitated by the Learning Disabilities Association of Yukon (LDAY) in partnership with the Family Resource Unit to support and empower parents and caregivers caring for children or youth. Registration required for each session.

Where:

NVD space, 4201 4th Ave - Suite 330

Registration:

Contact the Family Resource Unit at 867-667-3745 or Emma Thirkell Family Resource worker by phone or text at 867-332-7518 or email emma.thirkell@yukon.ca

Presented on the traditional territories of the Kwanlin Dūn First Nation and the Ta'an Kwāch'an Council.



Hospice Yukon

Storytime and Resources for Kids' Grief

Two new books in our free lending library can help young children understand tough themes.

Walking Grandma Home has simple language and gentle images to tell a young boy's story of when grandma is dying at home.



All the Pieces: When a Loved One Dies from Substance Use shares the story of a child who has confusing feelings and learns to welcome loving memories as part of the puzzle.



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 early October 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



Mind

nobody's perfect

Play Is the Way Your Child Learns

- **Children learn when they play.** When she is playing, your child is learning about the world and her place in it. She learns how to do new things. She finds out how to get along with other people. Playing helps her show her feelings and become more sure of herself.
- **Children need to explore.** Let your child try to do things for himself. He will learn more by doing than by hearing you explain things. Give him time to explore and discover on his own. Make sure his surroundings are safe to explore. Keep him away from danger, both indoors and outside.
- **Limit screen time.** Children learn most when they play actively with other people and with real objects. Your child does not learn as much sitting in front of a screen. This includes activities like watching TV, using a computer, playing with a cell phone and playing video games. These screen based activities are not recommended for children under 2 years of age.
- **Give your child new experiences.** Stimulate your child's learning by adding new things to play with. Introduce your child to new people and new situations. Make time every day for play both indoors and outdoors. Take your child to parks and playgrounds.

i Play is how your child learns. Play changes as your child grows. Your child needs to play right from birth.



For more information about *Nobody's Perfect*, or to download this document, please search "Nobody's Perfect Tipsheets" on Canada.ca.



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

Fun & Easy Activities

Going on a Treasure Hunt

Before taking a walk in your neighbourhood, make a list of things that you might find on the way. If your child is very young, three or four things will be enough. For example, you can look for a tree leaf, a white flower, a twig and a grey rock.

If your child is older, make the list longer and more specific. Talk about what is on your list before you go out. Make sure that the things on your list are in season and can be found in your neighbourhood.

Take a bag with you when you leave. When you find each object, put it in the bag and check it off your list. When you get home, put your treasures on a tray. Talk to your child about where you found them and what other things you saw on your walk. An older child will be able to tell you a story about your neighbourhood treasure hunt.



Program providers: Please use this space to input your organization's information.

Exploration Bags

You can play guessing games with your child using a bag and some objects you find around the house. For each game, tell your child to close his eyes or tie a scarf over his eyes. Now he has to use his ears, his nose or his fingers to guess what you put in the bag. Take turns guessing.

- **Listening** – Put things in the bag that you can use to make noise. For example, keys you can jingle, paper you can crumple, a pen you can click. Take each object out of the bag and make a noise. Can he guess what is making the noise?
- **Smelling** – Collect some small bottles, like pill bottles. Put something that smells strongly in each one. If it is liquid, put some on a cotton ball and put it in the bottle. Here are some ideas: peanut butter, banana, vinegar, onions and cinnamon. When your child pulls a bottle out of the bag, open it. Let him smell the bottle without looking. Can he guess what is making the smell?
- **Touching** – Put things in the bag that have different textures. For example: a pot scrubber, a sponge, and tissue paper. Name one of the items in the bag and ask your child to pull it out without looking. Give your child the name for each texture: scratchy, soft, bumpy, stiff. You could also name the texture first. Can your child find something smooth in the bag?

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

