



# PARTNERS FOR CHILDREN

SPRING 2022

## ALL BEHAVIOUR IS COMMUNICATION

By Rebecca Fenton, Program Co-Coordinator

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Despite young children and their families being the focus of my career, looking back I wish that this statement had been more at the forefront of my mind every day when raising my children. Sometimes, when you are in the throes of handling challenging behaviour and are dog-gone tired, it is easy to forget the facts and to default to quick fixes and emotional responses!

So, what does “All behaviour is communication” really mean? Young children do not get up in the morning and decide to engage in behaviour that is challenging in order to manipulate us or to give us a bad day. They are (sometimes without realizing it themselves) trying to tell us something, and it is our job to put our detective hats on and figure out what that is. This is true for all children, and even more true for children who have difficulty communicating. Imagine that you want to communicate something to someone else, but do not have the language or ability to do so.

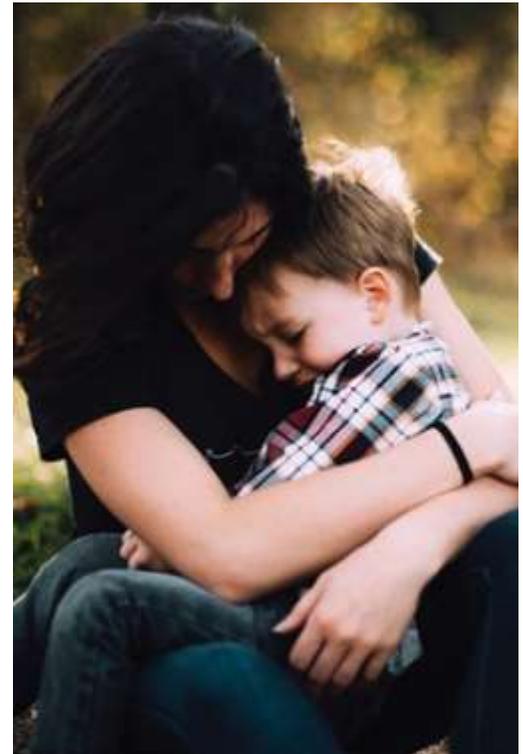


Photo credit Jordan Whitt on Unsplash

Children can be telling us so many different things, such as:

- I need a hug.
- I need attention.
- I am angry, sad, frustrated, scared, or any other emotion.
- I am hungry, tired, or need my diaper or pull-up changed.
- I don't feel in control.
- I don't feel good about myself.
- I don't know how to ask them to play with me.
- There is too much noise and light in the room.
- I don't feel safe.
- I feel left out.
- I don't like the way my clothes feel.
- I feel frustrated because I don't have the words to express my feeling.
- And so much more.

Our entire perspective on a behaviour situation can be

Continued on page 15.



# 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



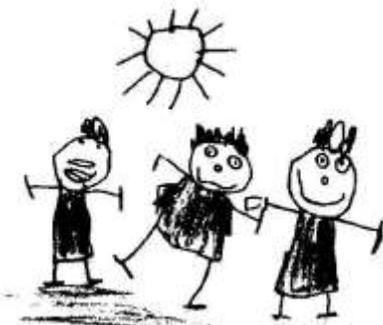
You may request a PDF version of this newsletter by emailing [newsletter@partnersforchildren.info](mailto:newsletter@partnersforchildren.info) or checking our website: [www.partnersforchildren.info](http://www.partnersforchildren.info)

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



Coordinators: Kate Swales, Rebecca Fenton

Copy Editor: Leslie Peters



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The views expressed herein are solely those of the authors and do not necessarily represent the official

policy of Partners for Children, NHEHD Yukon or the Public Health Agency of Canada.



# Community Websites

Autism Yukon  
[www.autismyukon.org](http://www.autismyukon.org)

Child, Youth and Family Treatment  
Services  
<http://www.hss.gov.yk.ca/cats.php>

Child Development Centre  
<https://cdc.yukon.ca/>

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

Early Learning and Child Care  
Program  
<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/  
Traditional Parenting Program  
<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>

Yukon Territorial Government COVID-  
19 information  
<https://yukon.ca/en/covid-19-information>





Promoting Mental Health in Young Children

Handle With Care is a **free program** for parents to:

- Meet** other parents and caregivers of young children
- Discuss** the ups and downs of everyday life
- Explore** solutions for dealing with stress and common parenting challenges
- Envision** ourselves and our child's future

**Wednesdays, May 11 – June 1**  
**10:30 am- 12:30pm**  
**Partners for Children, 108 Copper Road**

Register on **EventBrite** or contact your Family Resource Unit worker.



### Parent-Child Mother Goose

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

**Thursdays, April 28 to June 30**  
**Partners for Children, 108 Copper Rd**  
**10:30 – 11:30am**

Follow Partners for Children on FB and Register on **EventBrite** or with your Family Resource Unit Support Worker



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



# Love Grows

*A Parent-Child Mother Goose Favourite submitted by Jo Lukawitski*

Spring has finally arrived in the Yukon, and this has us thinking about growth.

*Love Grows* is a playful song taught in our Parent Child Mother Goose groups, and it has quickly become a favourite among parents and children alike.

We learned this song from our wonderful friends at the Kamloops Parent Child Mother Goose groups. You can find a link to Antoinetta singing it on the Kamloops Mother Goose FaceBook page.

## Love Grows

Love grows, one by one  
Two by two, and four by four  
Love grows, around in a circle  
And comes back knocking on your front door

In this song, little ones are introduced to the concept of counting; they learn a shape; they experience love, and they get to practice a gross motor skill – knocking and/or clapping.

If you like, you can also teach ASL signs to go along with the song.



Art by Jo Lukawitski



Love



Grows



Circle



One  
Two  
Four

Knocking

Sign language graphics from WikiHow and [babysignlanguage.com](http://babysignlanguage.com)



Summertime at the  
Pioneer Hotel in  
Shipyards Park



## Summer is fast approaching!

This summer, visit our Family Literacy Programming at our both of our summer locations: the **Pioneer Hotel** and the Heritage **Learning Garden**, in Shipyards Park. Visit a program, tour the garden, grab a free book, do a craft, and more!

Opening Day: June 6<sup>th</sup>

Closing Day: September 1<sup>st</sup>

Closed: June 21<sup>st</sup>, July 1<sup>st</sup>, August 15<sup>th</sup>

Watch our facebook page at <https://www.facebook.com/yukonfamilyliteracycentre> for further details and schedules for both these spaces!



# Leslie's Book Shelf...

## Quirky and common-sense books for Yukon children



While working for Autism Yukon over the years, I've had to do a lot of thinking about activism and my personal philosophy when it comes to advocacy. I've come to believe that we need to talk to children about active participation in our democracy from a very young age. One look at the world around us will convince us that we need change makers!

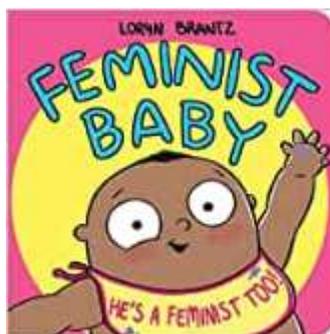
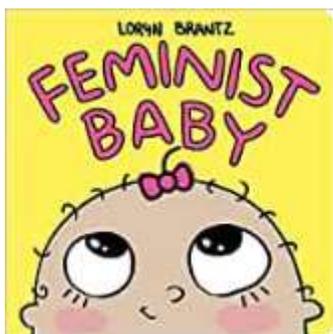
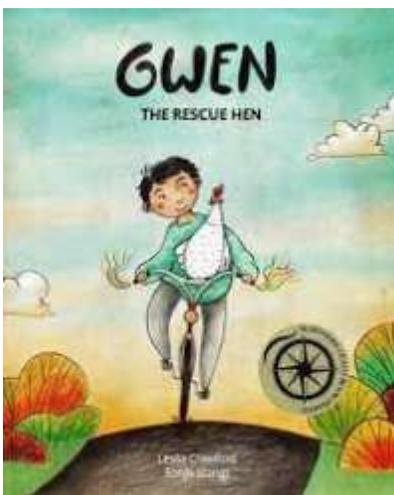
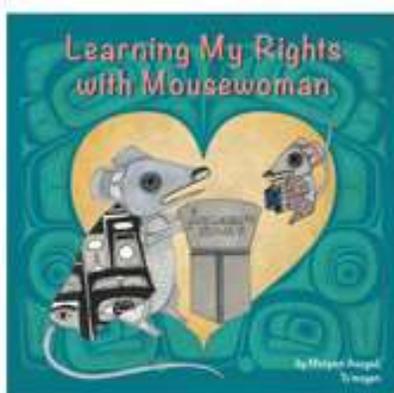
As a result, I've decided to highlight three great books that we can use to start the conversation with children.

### Learning My Rights with

**Mousewoman** is a sweet little board book that blends both children's rights and Indigenous culture and art. I love it Mousewoman figures in Northwest Coast Indigenous cultures, and is known to share her wisdom with children who need it. In this book, she says things such as, "I have the right to learn and the right to be curious" and "This is my body. I have the right to safe touch." Each page talks about a different right and the illustrations help to make the principles concrete and digestible for young children.

The author and illustrator is Morgan Asoyuf, Ts'msyen, and she says, "Empowerment and critical thinking are the gifts that we can give the next generations. Ensuring the safety of children allows them to thrive and reach their full potential."

**Gwen the Rescue Hen** is a book that manages to gently introduce children to animal activism and humane farming practices using humour and adventure. Gwen manages to escape living in a small cage, has several strange adventures, and ends up free-ranging on the property that belongs to the family of Mateo.



As a former chicken owner, this book truly tugs at my heart strings as I remember how beneficial it was for my children to raise chickens and to learn how to appreciate their food sources.

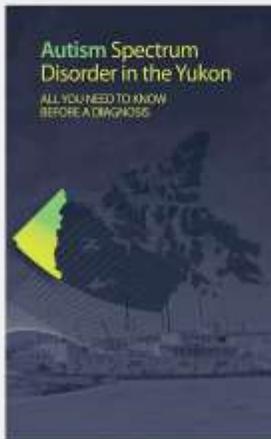
After reading this book with children, a great discussion could include knowing where our food comes from and learning how to question whether the food on our tables was raised in an ethical manner.

Written by Leslie Crawford and illustrated by Sonja Stangl, this book won a Northern Lights Book Award, and these two friends have also collaborated on another book: **Sprig the Rescue Pig**.

**Feminist Baby! And Feminist Baby! He's a Feminist too!** This witty set of board books gives positive examples of feminist philosophy as a way of thinking that isn't just for women. Feminists (male and female alike) can lead with confidence, humour and compassion. These books contain delightful sentences such as "Feminist Baby chooses what to wear and if you don't like it she doesn't care!" and "Feminist baby shoots for the sky; feminist baby knows it's o.k. to cry!"

Loryn Brantz is both author and illustrator and has won several awards, including two Emmys for her construction and design work for Sesame Street. She has also written **Feminist Baby Finds her Voice!** as well as some books for older girls.

Please remember that books can be ordered downstairs at Mac's Fireweed Books if they are not in stock in their lovely children's section.



(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://www.autismyukon.org/resources> or call 667-6406.



## 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.

To register, connect with Partners for Children - 332.5990  
[familyprogs@partnersforchildren.info](mailto:familyprogs@partnersforchildren.info)

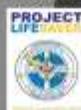


Autism Yukon and Yukon Search and Rescue present:

# 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



## Infant Massage

A FREE 5-week series for caregivers and their little ones ages 0-6 months.



Connecting with our children through touch.

Tuesdays, May 3 - 31  
10:30 am - 12:30pm  
Partners for Children, 108 Copper Rd

Snacks and massage oil provided. Register on [EventBrite](#)



CST French-language sessions coming later this year.  
*Contact Autism Yukon to be put on the waiting list for upcoming groups in English and French.*

## 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 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!**





# 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.*



welcomes pregnant parents and parents who have babies. Whitehorse welcomes families with babies up to one year old. Dawson has extended its program to include families with children up to two years, and Carcross welcomes families with children up to three years, as does Ross River. If you are pregnant or just had a baby, or if you know someone who is pregnant, consider a visit to your local CPNP site. They would be happy to see you!

## **In Whitehorse:**

Healthy 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 [sjfcprenatal@northwestel.net](mailto:sjfcprenatal@northwestel.net)  
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 [teenparentcentrecpnp@gmail.com](mailto:teenparentcentrecpnp@gmail.com)

**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!

The CPNP Programs use many different modalities: Healthy Moms, Healthy Babies, Traditional Parenting Programs, Lunch and Learn, Nutrition Heroes, walking clubs and more. CPNP programs support **pregnant parents and parents with young children**. This time of life can be one of the most difficult, tumultuous, transitional, and rewarding times in a person's life. A time when people need support!

The programs offer support in a number of ways: free drop-in lunches; a welcoming and inclusive atmosphere; 1:1 nutrition consultation; nutrition supplements; information and skill building sessions; fun prenatal and postnatal physical activities; breastfeeding support; encouragement to choose healthy lifestyle choices; opportunities for personal development; and opportunities for parents to build their support network through community referrals, and of course, meeting other parents!

There are nine CPNP sites throughout the Yukon. That's right! Support for pregnant families and new parents is available at four sites in Whitehorse. There are also sites in Teslin, Carcross, Dawson City, Watson Lake and Ross River. Each program

# New French Publications

*PCS-Partenariat communauté en santé  
(Yukon Francophone health network)  
recently published 2 magazines.*

## En Français :

Envie d'astuces pour vous engager pleinement dans votre rôle de parent? Curieux.euse d'en apprendre plus sur la parentalité positive?

Dans cette perspective, nous vous présentons ce dossier spécial sur la gestion des émotions et de l'anxiété, contenant une foule d'informations et de ressources que nous vous invitons à explorer en famille.

Consultez nos capsules « astuces » et « ressources » pour vous aider à retrouver et maintenir l'équilibre dans votre vie familiale.

Une section sur les ressources locales vous présente des services, programmes et activités parent-jeune offerts pour aller plus loin! Disponible en version papier ou en ligne. [pcsyukon@francosante.org](mailto:pcsyukon@francosante.org)

Revue en ligne: [https://issuu.com/pcsyukon/docs/au\\_coeur\\_des\\_emotions\\_des\\_enfants](https://issuu.com/pcsyukon/docs/au_coeur_des_emotions_des_enfants)

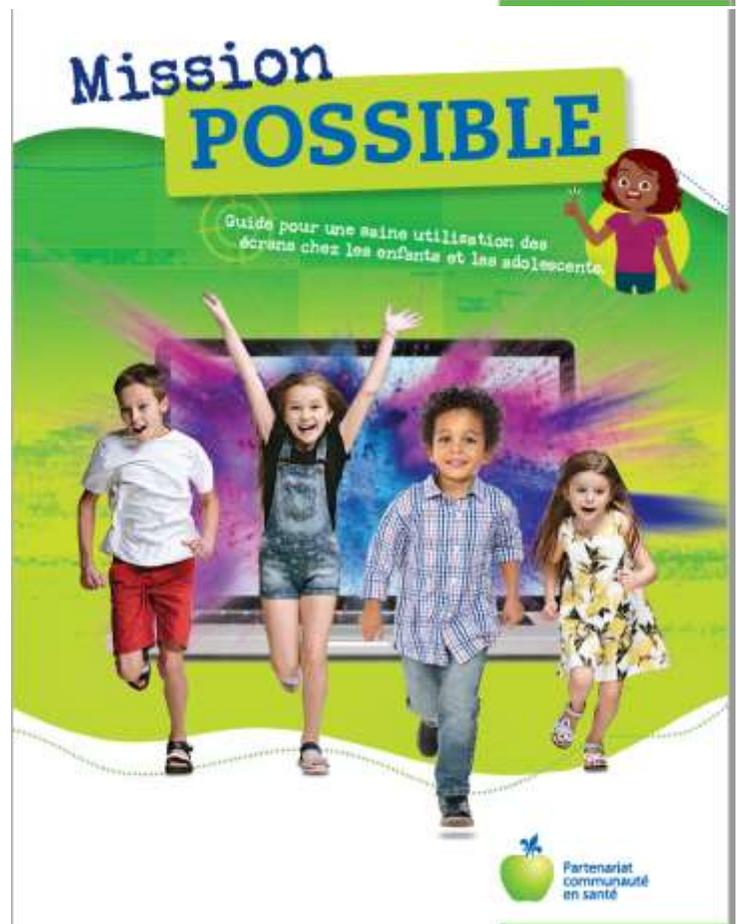
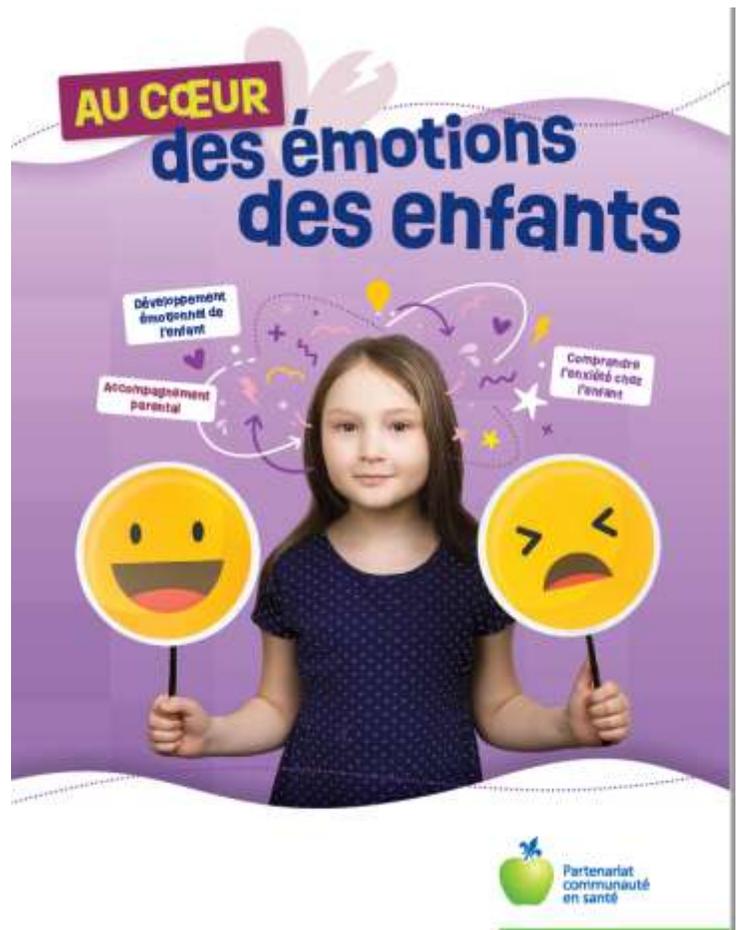
Mission possible- Les écrans font partie de notre quotidien alors comment les apprivoiser afin qu'ils nous soient utiles sans pour autant devenir le centre de notre vie?

Ce guide vous fournira des pistes de réflexion et des outils pour faire l'autoévaluation de l'utilisation des écrans dans votre foyer. Amusez-vous à tester vos connaissances à l'aide de quiz et relevez un défi pour découvrir votre seuil de technostress.

Consultez nos capsules « astuces » et « ressources » pour vous accompagner dans la gestion du temps d'écran et retrouvez l'équilibre travail/famille/écran tant recherché!

Une section sur les ressources locales vous présente des services, programmes et activités parent-jeune offerts comme alternatives aux écrans! [pcsyukon@francosante.org](mailto:pcsyukon@francosante.org)

Revue en ligne : [https://issuu.com/pcsyukon/docs/mission\\_possible-guide\\_pour\\_une\\_saine\\_utilisation](https://issuu.com/pcsyukon/docs/mission_possible-guide_pour_une_saine_utilisation)



# BÉBÉ EN SANTÉ, AVENIR EN SANTÉ

## VOUS OFFRE DES SERVICES CONFIDENTIELS EN FRANÇAIS

- 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



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

Pour participer au programme,  
écrivez-nous:  
[pcnp@lesessentielles.ca](mailto:pcnp@lesessentielles.ca)

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

Thank you to Louise Devost (10 years old) for creating three welcome posters and one general poster for the Partners for Children office! This wall art was the perfect addition to our décor!

-Partners for Children staff



# Learning Together



Looking for a fun activity to do daily with your young child?

Learning Together is a **free** early learning program for parents or caregivers and young children newborn to 5 years old to attend together. Enjoy play-based activities, crafts, snacks & more!

Join us at Elijah Smith Elementary School on school days.

**Mornings:** Indoor Fun 9:00 a.m. – 11:30 a.m.

**Afternoons:** Indoor Fun 1:00 p.m. – 2:30 p.m.

Due to COVID-19 protocols, please **pre-register** by calling the school at **667-5992** or online at [learningtogetherelijahsmith.weebly.com](https://learningtogetherelijahsmith.weebly.com)

You can pre-register right up to the start of each activity, or select any days of the week in advance, Monday to Friday. Max is 10 adult/child pairs per session.

**Come play and learn with us!**



# Community Spotlight: Carmacks and Haines Junction



*Partners for Children supports programs to embrace local culture.*

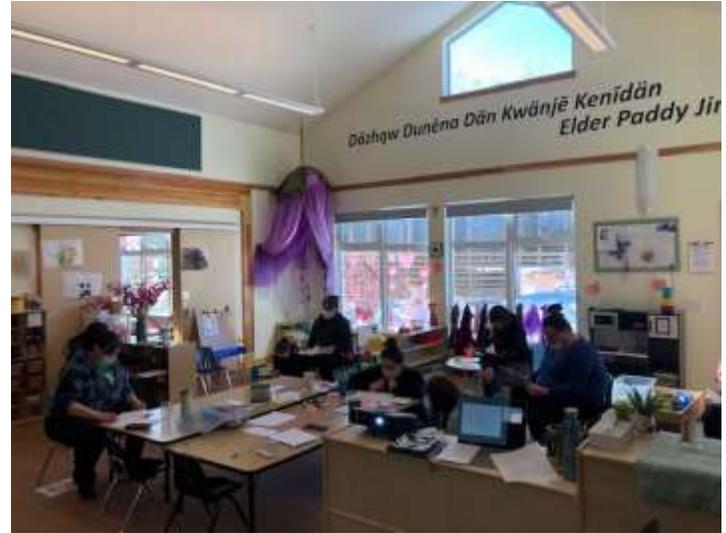
At the end of March, Partners for Children kicked off the first of four trips to Haines Junction and Carmacks for some special workshops!

BIG Thanks to the Shawkwunlee and Dune'na Zra Sunch'l Ku daycare centre programs in these communities for accessing funding from the Early

Learning and Child Care Unit at YG's Department of Education!

We have spent two days in each space working with these programs to explore locally relevant programming with their children and families.

Photos courtesy of Shawkwunlee Daycare



changed by focusing on what a child is trying to tell us and addressing that, as opposed to focusing on the actual behaviour. Our response to a behaviour will differ for every child and every situation. In the past, how to deal with specific behaviours tended to be done so in a prescribed manner – for example, “if a child bites, do this.” But this should not be the case today because all children are different and all children behave in certain ways for different reasons. There is no magic prescription or solution.

Continued from cover.

Acknowledging the child and what they are feeling is the best start. If you are angry about something and someone says to you “I can see you are angry”, you tend to immediately feel heard and cared for. Children are the same. Some professionals use the phrase, “Name it to tame it,” and it’s definitely a good start.

One final point you may have heard is that it is best to

## ***Behaviour Is Communication.***

ignore the child when the child displays undesired behaviours that are not hurting the child or someone else. Personally, I do not agree with this approach. Although it is important not to reinforce certain behaviours (potty words in toddlers, for example) with too much attention, if we truly accept that ALL behaviour is communication, then we should acknowledge the communication, keep our own emotions in check and try to determine the underlying message.

If a child is communicating a desire for attention, it’s a great idea to reframe it as a desire for connection. Then we can determine a way to provide attention and connection *before* the undesired behaviours begin.

This will help us to understand how to work with the child and the child’s environment in order to set the stage for success the next time the child feels the need to communicate their wants and needs.



## 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.



## The Child Development Centre has moved – again!

The sun is streaming in the windows in our newest therapy space at Copper Ridge Place! While it's been a busy time packing up and moving once again, we are happy in our new temporary space with all the windows and are welcoming the longer days. We are so thankful for adaptable, caring CDC staff and families. We know that change can be hard on everyone, especially the children that we work with who benefit from a predictable space to help them feel safe and secure. Hopefully your child will find some familiar things and definitely some familiar faces in our new space!

Copper Ridge Place will be the home for our therapy and direct work with children until at least October, 2022. We will continue to update families when we have information on a more permanent space. Our Therapeutic Preschool and Early Learning Program Supports team will remain at 509 Alexander Street until the fall and we still have some office space at 133 Industrial Road. While it is not ideal to be spread out across 3 locations, we are making the most of it and have settled as best as we can in to the new spaces.

### Our space at Copper Ridge Place – 60 Lazulite Drive

Our entrance at Copper Ridge Place is not at the front of the building. **It is around the back.** When you enter the complex, turn left and follow the CDC signage. Parking is around the back of the building, near our entrance. If you have trouble finding us, call us at 456-8182.



*Left: Our main entrance around back of the building, and signage to help you find your way.*

*Bottom left: Our play room*

*Bottom right: Physiotherapy space*



Continued next page.

## Does your child care centre or family day home have children with diverse abilities?

- Do you find it challenging to engage all children in activities?
- Do you have children in your program who struggle with following the daily routine?
- Do you feel equipped to support the unique needs of each child?

### Early Learning Program Support from the Child Development Centre can help.

The Early Learning Program Support (ELPS) team can spend two to three weeks supporting you and your centre as you support the needs of diverse learners. Our services are free, and you can stop them at any time.

#### How do we do this?

- We join alongside you in your group (we play, clean up toys, wash tables); we get to know you and your values, your routine, and the children in your care.
- **You tell us what you want support with** and how you want us to help.
- We can bring in fun resources and ideas, show you some strategies, provide coaching, or offer professional development designed just for you based on what you want.



Contact **Ashley Griffis** (early learning coordinator) to learn more!

Call: 867-689-7168

Email: [ashley.griffis@cdcukon.ca](mailto:ashley.griffis@cdcukon.ca)

Message us: [www.facebook.com/ELPScanHelp](https://www.facebook.com/ELPScanHelp)

**We are here to help – please reach out with any questions.**



Continued next page.

## Outdoor play is important!

It can feel challenging to take young children outside—from naps to mealtimes and sunscreen to mittens, a trip outdoors might feel like too much hassle. However, outdoor play has numerous benefits for your little one.

### What are some of the benefits of outdoor play?

Time spent outside can lead to better physical and mental health, improved sleep, and cognitive, social, and emotional gains for young children.

#### It creates opportunities for social interaction and collaboration

Outdoor play also provides a chance to practice social and emotional skills with other children, including problem solving, turn taking, self-control and safe risk taking. And outdoor play provides opportunities to develop empathy; for example, imagine one child encouraging another to try the slide or a child comforting another who has fallen.

#### It promotes physical health

Outdoor play is a great way to model the joy of physical activity. When children run, jump, climb, throw and kick balls, and ride toys that require balance, they also build gross motor skills and start developing a habit of being active.

#### It invites new contexts for learning

Being outdoors is a great way to learn: Pouring (and splashing!) water at an outdoor water table, building structures in the sandbox or mud, collecting leaves, watching a parade of ants, and playing pretend on a playground structure.

#### It may promote better sleep

Some research shows that children who play outdoors sleep better at night. This may be due to the physical activity, stress reduction, and exposure to natural light that come with playing outdoors.



#### It gives children a chance to take appropriate risks

Toddlers are all about challenging themselves to do new and difficult things—climb some stairs, venture a little farther away from a caregiver (still maintaining safety) and then return. Playing outside provides opportunities to run faster, climb higher, jump farther, and more—all under the watchful eye of a caring adult.

#### It anchors children to the real world

Talking with a child about an illustration of a bird in a picture book is good, but sharing the book and the experience in the real world is even better: "I wonder what that robin is looking for in the grass? Oh, look! It got a worm!" Children develop more comprehensive knowledge about their world when they have a chance to watch, observe, predict, and learn in the moment.

Adapted from the National Association for the Education of Young Children: [www.naeyc.org/resources/pubs/yc/may2019/outdoor-play-is-essential](http://www.naeyc.org/resources/pubs/yc/may2019/outdoor-play-is-essential)

If you have any questions about your child's development, contact us. Our services are free and confidential.

p: 456-8182

e: [info@cdcukon.ca](mailto:info@cdcukon.ca)

[www.cdcukon.ca](http://www.cdcukon.ca)

Facebook: [www.facebook.com/childdevelopmentcentreyukon](https://www.facebook.com/childdevelopmentcentreyukon)

# Early Years Program in the Communities

## *Early Years is taking shape in four Yukon communities.*



There are 13 families with 2 prenatal moms' in the program.

Ross River is very pleased Early Years is in their community. It really helps to incorporate traditional identity within the community and EY families, and learning from our Elders who are one of our first teachers.

There is an upcoming culture camp planned for either July or August. There will be, medicine making and teachings, moose hide tufting, Elders stories, carving, learning to make back packs, language components and basic survival skills.

Priscilla can be reached at [earlyyearsrrdc@gmail.com](mailto:earlyyearsrrdc@gmail.com) and 867 689-8061

**Mayo:** Bonnie Mervyn is the Early Years visitor.

Early Years is active in four Yukon communities with Early Years Visitors who live in their respective communities:

**Old Crow:** Bree Josie is the Early Years visitor.

There are 21 families with 26 children under the age of 5 plus 2 prenatal moms' in the program. This is all the eligible children in the community. The community has created an indoor play space where Early Years runs group gatherings and drop ins and has an office. The name is Nin K'ih Tsal: Little Tracks Play Space.

We have already seen that having this space is so important to the success of the program.

Parents have been so excited to bring their kids to play and discuss toolbox cards. See photo below with EY Program Assistant, Ashlynn Frost.

Early Years will be having a grand opening after Mother's Day.

With so many families active in the community we have hired Ashlynn Frost as a part-time program assistant to work with Bree. Ashlynn will be building her skills in Early Learning and Childcare and helping with the drop ins, group gatherings and grocery deliveries.

Bree can be contacted at [Bee.Josie@yfned.ca](mailto:Bee.Josie@yfned.ca) and 867 966-4655.

**Ross River:** Priscilla Shorty is the Early Years visitor.

There are 18 families with 18 children under 5 in the program.

We are working diligently on securing a designated home for the Early Years program in Mayo. We are looking forward to having an open house once we have an Early Years space!

In the meantime, Bonnie hosting campfire talks and introduces tool box cards that have generated a lot of discussion. As well, there has been ice fishing and fish fry's that families have enjoyed.

Bonnie can be reached at

[Bonnie.mervyn@yfned.ca](mailto:Bonnie.mervyn@yfned.ca) and 867 687-3410

**Pelly Crossing:** Amber Baker and Tanis Charlie are the Early Year visitors.

There are 10 families in the program.

Early Years is situated temporarily in the daycare in Pelly but we will be looking for a designated space in the near future.

Amber and Tanis can be contacted at

[earlyyears@selkirkfn.com](mailto:earlyyears@selkirkfn.com)

Mary-Jane Oliver is the Rural Coordinator for the communities and can be contacted at [mary-jane.oliver@yfned.ca](mailto:mary-jane.oliver@yfned.ca) and 867 334-8667. If you have questions about bringing the Early Years program to your community please don't hesitate to contact Mary-Jane!

# Early Years Program in Whitehorse Post-Pandemic

## *Drop-ins and Group Gatherings popular with parents of preschoolers*

In Whitehorse, drop-ins are every Tuesday and Friday from 9:30 a.m. to 12:00 p.m. Group gatherings and activities are scheduled at least once every two weeks. Gatherings include walking groups, sewing circles, sharing circles, workshops for families, cooking classes, and more. All gatherings and drop-ins take place at the Family Space (pictured, right), located at 207 Black Street. Snacks and meals are provided to families.

Six Early Years Visitors are walking alongside families through pregnancy and the first few years of their child's life. Parents and caregivers are also connecting with Elders and Knowledge Keepers through this program.

For more information about the program, contact Audrey-Ann Martin at C: 867-687-3401 or 867-667-6962 ext 117. For the schedule, consult the monthly calendar at [yfned.ca/earlyyears](http://yfned.ca/earlyyears).

Early Years Yukon is a partnership between the Yukon First Nations Education Directorate and the Martin Family Initiative.



Photos on pg. 18 & 19 courtesy of Audrey-Ann Martin

# 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

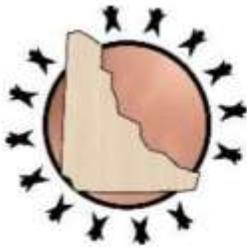
**Who can participate:**

- 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  
[www.yfned.ca/earlyyears](http://www.yfned.ca/earlyyears)

Or stop by our office:  
207 Black Street





## 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!



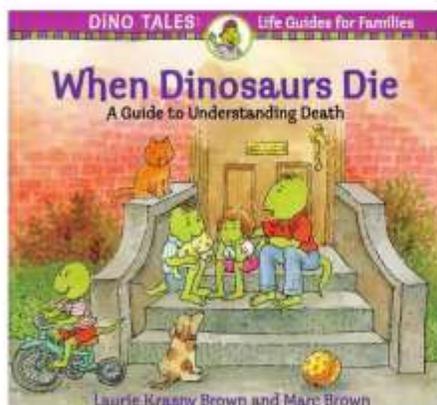
Call us at 867-393-9200  
 or 1-833-364-0509  
 Or email us at [family.preservation@cyfn.net](mailto:family.preservation@cyfn.net)

## From the Hospice Library... *When Dinosaurs Die*

Young children often have great curiosity surrounding death and dying. As parents and caregivers, it can be tricky knowing how to answer the big questions like why do people die? What does *dead* mean? What happens to someone's body after they die? They may also be coping with the big feelings that can go along with losing a loved one.

A favourite book in the Hospice Kids Corner offers sensitive and straightforward answers to some of these questions and can be a starting point for conversation around death and grief.

*When Dinosaurs Die: A Guide to Understanding Death* is an easy-to-read picture book in which dinosaur children learn about death, dying, and coping with loss and grief through relatable scenes.



The language is simple and accessible, avoiding flowery metaphors that can be difficult for children to understand.

The book tells several different stories of death and loss. These include the death of a small bird, the family's pet hamster, the children's father, and a beloved Grandfather.

The range of these examples help children learn about the many aspects of death: what it means to die, saying goodbye, attending the funeral (or not), different mourning customs, returning to school after a loss, understanding their feelings, honoring their memories and more.

The direct approach helps make the subject of death less mysterious. The answers to commonly asked questions are easy to understand.

Most importantly, this book can open the door to conversations about death and the feelings after the loss of a loved one, and how we can remember them after they have died.

### Kids Corner

This book - along with many others that can help children understand death and grief - is available for borrowing from our public lending library. The Kids Corner also has sensory toys like wiggle 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***





**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.**