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Laughter “draws people together in ways that

trigger healthy physical and emotional changes in the body. Laughter strengthens immune systems, boosts mood, diminishes pain, and protects from the damaging effects of stress. Nothing works faster or more dependably to bring the mind and body back into balance than a good laugh. Humor lightens burdens, inspires hope, connects us to each other, and keeps us grounded, focused and also helps to release anger and forgive sooner” (<https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm>).

How many times a day do you laugh? If you laugh more than 18 times a day then you are laughing more than the average adult. Now what about children – they laugh on average about 200 times a day. These days we could all do with a bit more laughter in our lives. I believe young children laugh a lot because they spend much of their day playing, and play is what young children should be doing with their time.



Play is crucial for development, and while playing, children learn, no matter what they are playing. There will be plenty of time for structured learning as they get older and enter the formal education system. I believe play should be the main part of a child’s day until they are about 8 years of age. For those concerned about academics, remember that a child is always learning through play.

Let the children **explore**, experiment, try new skills, ask questions, and learn to problem solve with others. Let them wonder, let them make choices and be in control. Encourage their creativity – who cares if the rabbit they drew is green or if the dog they made has 6 legs. With all that is happening in the world, don’t we need out-of-the-box thinkers?



Check out this great video called “Alike” at <https://www.youtube.com/watch?v=kQjtK32mGJQ> Play boosts children’s self-confidence and self-esteem and helps them become resilient. Observing children’s play can be a magical experience. If they invite you to play with them, then have fun and laugh while letting them ask the questions and guide the experience.

So, I say let the children play and have **fun** and laugh! And as adults let’s try to get a little more play and laughter back into our lives.



partners for children contact information

Phone: 1-867-332-5990

Email: ContactUs@partnersforchildren.info

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



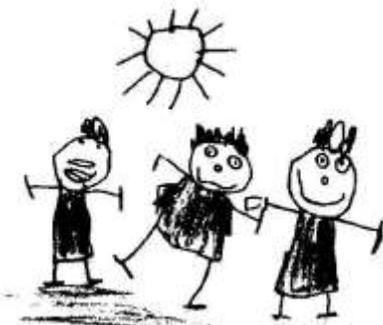
You may request a PDF version of this newsletter by emailing newsletter@partnersforchildren.info or checking our website: www.partnersforchildren.info

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



Coordinators: Kate Swales, Rebecca Fenton

Copy Editor: Leslie Peters



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



Community Websites

Autism Yukon
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

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/
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

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

Yukon Literacy Coalition
www.yukonliteracy.ca/

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

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





Parent-Child Mother Goose

2022 in-person groups, Winter, Spring & Fall

Follow us on FaceBook and Eventbrite to get notifications and to register.

www.eventbrite.com

www.facebook.com/partnersforchildren

e. familyprogs@partnersforchildren.info

p. 332-5990



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



Anxiety
CANADA

TOWN HALL SERIES

UNCERTAINTY
DURING COVID-19

TUNE IN LIVE!

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▶

Lavender's Blue

A Parent-Child Mother Goose Classic submitted by Jo Lukawitski

Most little ones have a favourite rhyme or lullaby that they ask for again and again. In our Parent Child Mother Goose groups, we get to hear which ones rise to the top of the greatest hits chart, and it's interesting to see that many are the songs and rhymes that go back a long time.

Lavender's Blue

Lavender's Blue is an English traditional folk song and nursery rhyme from the 17th Century. It has been adapted and recorded many times over with many variations.

Some say there are as many as thirty verses to the song, and even variations of each verse. It's a great example of how diverse and popular one song can be.

We know one family who sang this song for over two hours to sooth their sick child. Sometimes, it's the only thing that works, and as desperate parents, we'll do anything for our little ones!

According to www.dictionary.com the origins of "dilly" come from shortening either the word "delightful" or "delicious." On its own, the dictionary definition of the word is "something or someone regarded as remarkable or unusual."

We love the word's use in the song because it's silly, and it verifies for children that we don't always have to make sense.



Art by Jo Lukawitski



**Lavender's Blue
Dilly Dilly
Lavender's Green
When I am King
Dilly, dilly
You'll be my Queen
Who told you so?
Dilly, dilly
Who told you so?
I told myself
Dilly, dilly
I told me so**

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

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!



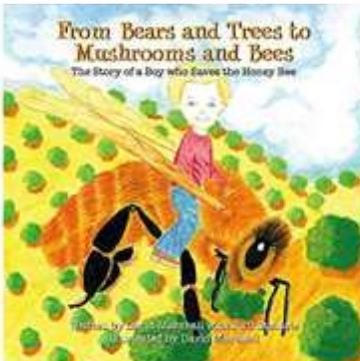
Leslie's Book Shelf...

Quirky and common-sense books for Yukon children



The winter months are a great time to snuggle up with a book and blanket—especially this year with all of the Omicron restrictions. Many Yukoners use the winter months as a time to prepare for summer gardens and sunny adventures.

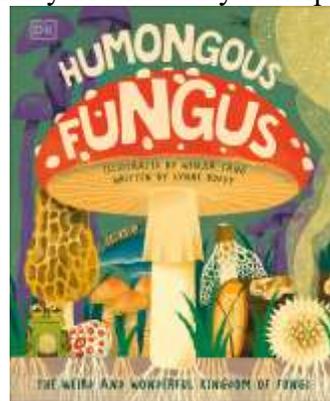
With this in mind, I've gathered some books that will get children thinking about the inter-connected wonders of nature and how important it is to be mindful of how we affect the world around us.



The first book, **From Bears and Trees to Mushrooms and Bees: The Story of a Boy who Saves the Honey Bees**, is a delightful book about a boy named Max who spends the summer with his farmer grandfather.

Concerned about the decline of honey bees, they study into it and learn about how bees use medicinal mushrooms to fight disease. They devise a way to help their local bee population.

Written by David Marshall and Paul Stamets and illustrated by David Marshall, this delightful book would be a perfect gift—especially if accompanied by Yukon-made beeswax food wraps from the High Five Beeswax Co. and some honey from local companies Bee Whyld Yukon or Yukon Raw Honey. Or you could make your own beeswax wraps here: <https://homesteadandchill.com/diy-homemade-beeswax-wraps/#:~:text=Alternative%20Recipe%20Option%3A-,Combine%201%2F4%20cup%20beeswax%20pastilles%2C%202%20tablespoons%20of%20pine,Hang%20immediately%20while%20still%20wet.>



Another great book to get children anticipating forrest hikes is **Humongous Fungus: The Weird and Wonderful Kingdom of Fungi**, written by Lynne Boddi and illustrated by Wenjia Tang. The art in this

book is beautiful, and the information is both scientific and intriguing, with paragraphs such as

“Fungi break down waste and help plants and animals grow—but they can also destroy buildings and turn ants into zombies! From tiny microbes to the largest living thing, this is a world of strange shapes, magical colors, and fascinating science.”

Do you know what the hat thrower fungus does? How about earpick fungus? Read this book and find out!

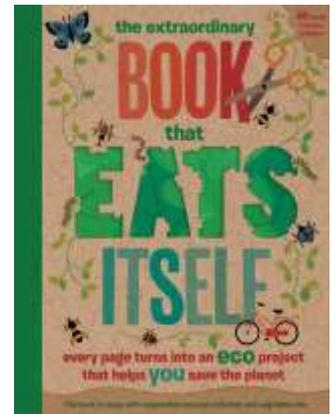
Everyone knows penicillin is from mold, but did you know they use fungi to make statins and steroids? I didn't until I read page 47.

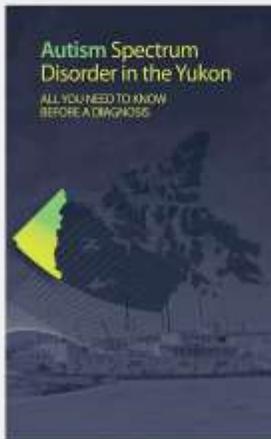
The next book might just well be the coolest book on the planet. **The Extraordinary Book that Eats Itself** is an eco friendly book, and it's true that “each page turns into an eco project that helps you save the planet.”

Steven Hayes and Penelope Arlon, authors, and Pintachan, illustrator, create projects that will occupy children's time, inspire them to save the planet, and produce zero waste. Warning: you may end up building a wormery, going plastic free, turning down your heat a degree or two (well--maybe not when it's -40C!) and making your own home-made fan.

Finally, a collection of children's nature books would be incomplete without including a rousing book about bugs. In the book, **The Bug Club**, Elise Gravel includes all kinds of interesting facts about both the insides and outsides of many different kinds of bugs.

Perhaps an escape-proof bug jar will be next on your shopping list, because bug-hunting tips are included, as well as bug-themed activities for the entire family.





(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.



Jordan's Principle ensures First Nation children receive the services they need.

Step 1. Contact

A request for services can be made for an individual child or a group of children. You can make a request in two ways:

- A. Call the CFN service coordinator toll free at 1-888-885-4228 or email jordan.principle@cfncan.ca. We will assist you through the referral process and help you understand the scope of services eligible through Jordan's Principle. Or,
- B. Email Indigenous Services Canada directly at canadaindigenes@indigenes.gc.ca or servicesindigenes@indigenes.gc.ca

Step 2. Provide Information

All requests for services will require:

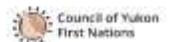
- A. Name, date of birth, and status number of the child
- B. Service requested
- C. Estimated cost

Step 3. Submit the Request

The CFN service coordinator will submit the request on your behalf to Indigenous Services Canada, and help you navigate the process upon approval.



Learn More: cfn.ca/services/jordansprinciple

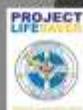


Autism Yukon and Yukon Search and Rescue present:

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



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



Caregiver Skills Training



Autism Yukon

2022

ABOUT THE PROGRAM

Do you know or have a child, 2 to 7 years 11 months of age, with autism or another developmental delay who has difficulty communicating and/or engaging with others? The virtual **Caregiver Skills Training (CST)** program may be a good fit!

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

This program is open to anyone in Yukon, Atlin, B.C., or Lower Post, BC., who has a stable internet connection. Autism diagnosis is not required.

THIS PROGRAM WILL FOCUS ON:

1. Helping children become and stay engaged
2. Shared engagement in daily routines
3. Understanding and promoting communication
4. Preventing and teaching alternatives to challenging behaviour
5. Teaching new skills and problem solving

If interested or for more information,
please contact Rebecca at
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.



Each program 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 cnpwhitehorse@northwestel.net
Skookum Jim Friendship Centre: contact sjfcprenatal@northwestel.net
Mamans, Papas et Bébés en santé at Les EssentiElles: Contact 668-2663 x 820 or

pcnp@lesessentielles.ca

Teen Parent Centre: contact 667-8336 or teenparentcentrecnp@gmail.com

In Dawson City: (867) 993-5149 or cnpdawson@northwestel.net

In Carcross: (867) 821-4251 and ask for the health & wellness department.

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

In Waton Lake: (867) 536-2125 or wlcnpn.capc@gmail.com

In Ross River: 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.



Mamans, Papas et Bébés en santé PCNP

- services en français
- soutien à l'allaitement
- repas-répit mensuels
- prêt de matériel
- services de relevailles
- centre de ressources
- lieu d'accueil et d'écoute
- dons de vêtements bébés et maternité



Vous habitez à l'extérieur
de Whitehorse?
Profitez de nos
services-conseils à
distance et nos
activités en ligne!

pcnp@lesessentielles.ca

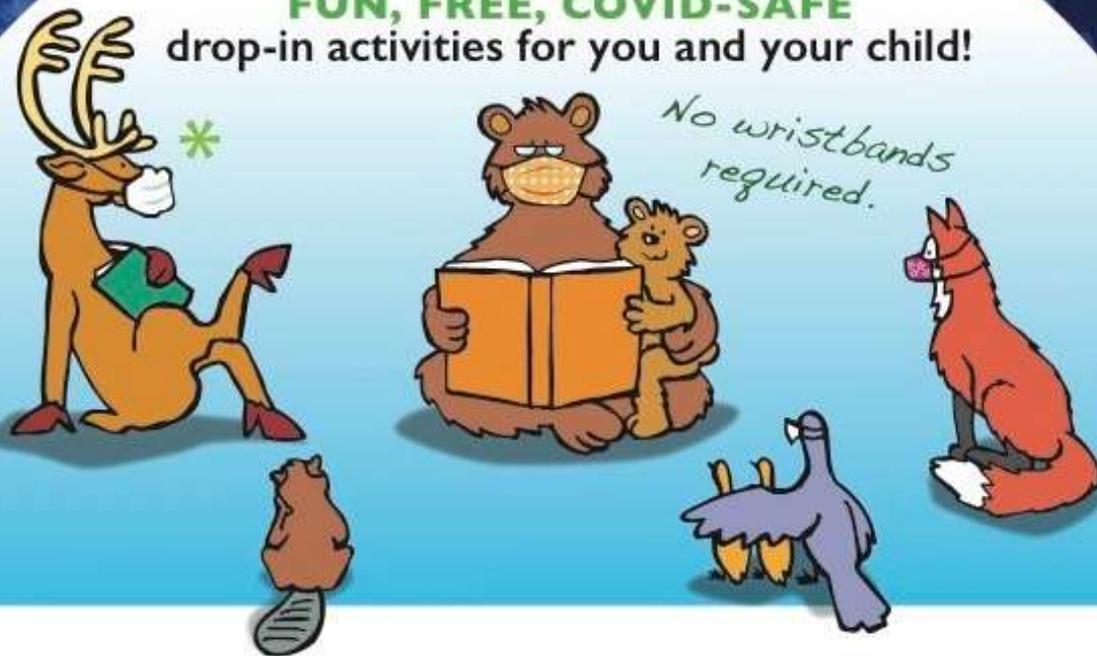
 les
essentielles



Family Literacy Centre

(Upstairs in the Canada Games Centre)

FUN, FREE, COVID-SAFE
drop-in activities for you and your child!



Come visit!

- Monday, Tuesday, Wednesday & Friday: 9am - 12pm, 1pm - 3:30pm
 - Thursdays: 1pm - 3:30pm
 - Saturdays: 10am - 2 pm
- (Closed for lunch on weekdays, 12-1pm)*

- Stay home if you are sick
- Practice physical distancing
- Sanitize hands frequently
- * At time of printing this schedule, masks are required for ages 5 and up.



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

 Yukon Family Literacy Centre

 @yukonfamilyliteracycentre

Winter hours run from
Jan. 4th - March 19th, 2022

www.yukonliteracy.com



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

f Yukon Family Literacy Centre
@ yukonfamilyliteracycentre

All programs are based on child-adult participation.

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

Jan. 4th - March 19th, 2022

	Mornings 9am – 12pm	Noon 12 – 1pm	Afternoons 1 – 3:30pm
Monday	<i>Drop-In Play</i>	CLOSED Cleaning and Lunch	<i>Drop-In Play</i>
Tuesday	<i>Drop-In Play</i>		<i>Drop-In Play</i>
Wednesday	<i>Drop-In Play</i>		<i>Drop-In Play</i>
Thursday	Reserved for group use (closed to public)		<i>Drop-In Play</i>
Friday	<i>Drop-In Play</i>		<i>Drop-In Play</i>
Saturday	10am – 2pm <i>Drop-In Play</i>		

Spotlight Out on the Land: Learning Together

Submitted by the Family Literacy Centre



**Yukon Literacy
Coalition**

Literacy this week

We are a society of people dedicated to improving the quality of life of all Yukoners. We do this by building the foundational skills required for lifelong learning; acknowledging that we are all adapting to an ever-changing world.

Reading Footprints

Identifying animal tracks is a fun skill to add to your toolkit if you are someone who enjoys spending time outdoors. Knowing which critters you are sharing a space with and how close you are to them can become a great way to ensure a safe interaction or observation of the natural occupants of the landscape. Having a good understanding of the prints themselves and the direction they are moving can make for a more engaging interaction with animals in a natural setting.



With winter upon us, the snowy ground acts as a canvas for these tracks. A story begins to reveal itself if you look closely; you can picture the squirrel traversing the snow-covered trees, or the ravens rummaging around looking for morsels of food. A great way to distract yourself from the frigid temperatures is to observe the ground and create the narrative of what you see. If you are lucky, you may even find the critter that left the tracks in the first place. If you do happen to find them keep your distance and respect their personal space. Some critters are more welcome to observers than others but remember to practice safe and considerate low impact travel.

Yukon Literacy Coalition
Suite 207, 100 Main Street, Whitehorse, Yukon Y1A 2A8
Ph: 867-668-6535 Email: yukonliteracy@yukonliteracy.com
www.yukonliteracy.com



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 – 2nd Avenue,
Unit 19
Phone:
867 456 5575
www.ycao.ca

YOUNG PEOPLE HAVE A VOICE!

Vaccines Work.



Talk to your healthcare provider about recommended vaccinations.

What is the Child Development Centre?

The Child Development Centre is a non-profit organization that provides free services in Whitehorse and all Yukon communities to children from birth to age 5 and their families. Services include physiotherapy, speech language therapy, occupational therapy, psychology and developmental therapy.

If you have any questions about your child's development, please contact us. We can help!

www.cdcyukon.ca

Main line: 867-456-8182 or 1-866-835-8386

Outreach Schedule to Yukon Communities January to March 2022

The Child Development Centre travels regularly to Yukon communities to provide services. Below is our outreach schedule from January to March 2022. Please note that the schedule is subject to change due to COVID recommendations.

January	
11	Carmacks
12	Carcross
13	Haines Junction
9 - 12	Watson Lake
17 - 19	Dawson City
17 - 20	Faro & Ross River
19	Teslin
24 - 28	Old Crow
25 - 27	Pelly Crossing & Mayo

February	
9	Carcross
10	Haines Junction
15	Carmacks
17	Teslin
28 - March 3	Watson Lake
28 - March 3	Faro & Ross River

March	
3	Haines Junction
8	Carmacks
9	Carcross
24	Teslin
29 - 31	Pelly Crossing & Mayo
29 - 31	Dawson City



Playing through the winter freeze



Physical activity is beneficial to children's health and development. When the days are dark and cold, it can seem like a challenge to keep young children active. Read below for information and ideas on staying active during our Yukon winters!

The Canadian 24-hour Movement Guidelines recommend

- At least 3 hours of movement in a variety of physical activities throughout the day for children age 1 to 4.
- Preschoolers age 3 and 4 should have at least 1 hour of their recommended 3 hours of play be more energetic play.
- Children not be restrained (such as in a car seat or stroller) for more than 1 hour at a time, and not sit for extended periods.
- More movement is better!

Benefits of physical activity in children

- Keep their heart and lungs strong and healthy
- Become more flexible
- Develop strong bones and keep a healthy body weight
- Lower their risk of several diseases and health problems later in life (high blood pressure, diabetes)
- Improve their mood and self-esteem
- Do better in school
- Provides a great foundation for an active lifestyle as a teenager and an adult

Ideas for active indoor activities

- Tag, hide and go seek, Simon says, hopscotch, skipping
- Pillow fights, jumping on the bed
- Play "chase" with the dog
- Build and play in a fort
- Have a dance party, sing songs
- Chase and pop bubbles
- Help with household tasks (e.g. carrying groceries, sweeping)
- Do yoga poses (e.g. Yogarilla® cards)
- Build an obstacle course and run through it
- Walk like animals (e.g. bear, crab, elephant, snake, frog)
- Stepping over or into obstacles (e.g. boxes, pillows, laundry basket)
- Walk on a rope or a balance beam
- Going up and down stairs, stepping up and down on a bench



Continued next page.

Limit screen time – the Canadian Paediatric Society recommends

- For children under two years old - screen time is not recommended.
- For children two to five years old - limit screen time to less than one hour a day.
- For children older than five - limit screen time to less than two hours a day.

Ideas for active outdoor activities

- Walking, hiking, sledding, skating, skiing, dog sledding
- Tag, hide & go seek
- Have a snowball fight
- Build a snow fort or igloo
- Build a snowperson, make "snow angels"
- Carry firewood
- Shovel snow
- Explore the great outdoors!



Other resources

Canadian Society for Exercise Physiology - 24-hour Movement Guidelines: <https://csepguidelines.ca>

Centre of Excellence for Early Childhood Development - information on physical activity in children: <https://www.child-encyclopedia.com/physical-activity>

ParticipACTION - information on benefits of being active and how to encourage children have more movement in their early years: <https://www.participaction.com/en-ca/benefits-and-guidelines/early-years-0-to-4>

Caring for Kids – information on screen time for parents from Canadian paediatricians: <https://caringforkids.cps.ca/handouts/behavior-and-development/screen-time-and-young-children>

Child Development Centre
www.cdcyukon.ca
867-456-8182

The Early Years Provides Regular Programming

Drop-ins and Group Gatherings popular with parents of preschoolers

The Early Years program, started by the Yukon First Nations Education Directorate (YFNED) in 2021, has been growing, and young families are starting to become aware of the types of support that are available.

There are drop-ins on Tuesdays and Fridays from 9:30 to 12:00 noon. There will also be new bi-weekly group gatherings starting on February 9.

At that point, “if we can’t meet in person due to the pandemic, the group gatherings will still happen, but we will switch to a Zoom version,” says Audrey-Ann Martin, Early Years Program Manager.

Acknowledging that the first few years are the most important years in a child’s life, The Early Years program aims to “build on community strengths so that parents have the tools that they need to be their first and best teachers.” Supporting parents during

these years can result in “better child health , well-being and learning outcomes at school and in life.”

The Early Years program also assigns Early Years Visitors who walk with families through pregnancy and first few years of their child’s life. Parents are also connected with elders.

Early Years Yukon is a partnership between YFNED and the Martin Family Initiative.

Those who would like more information can call Audrey at the Yukon First Nation Education Directorate: C: 867-687-3401 P: 867.667.6962 X 117.

Interested families may also request their monthly calendar of events which also includes special days and opportunities as they arise..

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:

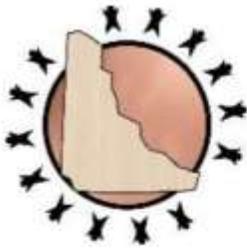
- Indigenous moms, dads and caregivers with kids between 0-5 years of age living in Whitehorse, Mayo, Pelly Crossing, Old Crow, or Ross River.

To get involved, contact:
(867) 667-6962 ext.123
earlyyears@yfned.ca
www.yfned.ca/earlyyears

Or stop by our office:
207 Black Street

YFNED YUKON FIRST NATION EDUCATION DIRECTORATE

The Early Years
A Martin Family Initiative



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



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.



A Nobody's Perfect and Mother Goose program
Head, Heart and Hands

A **FREE** program for caregivers with children aged 0-5 yrs old.



- Head:** Learn stories, songs, rhymes and positive parenting tools
- Heart:** Bond with your baby and other parents and caregivers
- Hands:** Share practical parenting tips and work through challenges together

Winter 2022, dates TBD
Partners for Children, 108c Copper Road
A light lunch will be provided.

Register on **EventBrite**



Come and see the new 'Kids Corner' at Hospice Yukon

At Hospice Yukon we are always looking for ways to better support Yukoners through loss and grief, including the youngest members of our community.

We regularly hear from our adult clients that they appreciate the warm and homey atmosphere at Hospice Yukon. Recently we created a 'Kids Corner' to help young children feel more welcomed and supported as well.

Some of the features in our new Kids Corner include:

'Selkirk' the therapy dog.

Our newest staff member is a beautiful stuffed dog with a weighted belly and paws. Holding Selkirk feels a bit like holding a real puppy, with its comforting weight, and very soft fur. Selkirk waits patiently on his soft mat until he is needed to comfort someone.



Sensory and Emotion Toys

These include a 'zen sands' falling sand frame, with its calming and soothing motion of the sand as it trickles down. We also have squishy balls for busy hands, as well as 'wiggle seats' to sit on, and a set of 'emotion eggs' that encourage children to identify, name and express their feelings.

Books

We have a wonderful and ever-expanding selection of books in our lending library both for kids, as well as for adults supporting kids. Books are a great place to start difficult conversations, and can be sources of comfort and information in our efforts to support children through loss and grief.

Some of our favourites include:

I Miss You: A First Look at Death
by Pat Thomas

When Dinosaurs Die: A Guide to Understanding Death
by Laurie Krasny Brown

The Memory Tree
By Britta Teckentrup

Lifetimes: The Beautiful Way to Explain Death to Children
By Bryan Mellonie and R. Ingpen

We are grateful to the children in the 2020-2021 grade 4 French Immersion class at Selkirk Elementary who raised and donated the money that allowed us to create the Kids Corner. We look forward to further developing this important part of our services, and welcome your thoughts and feedback on ways you think we can better support young children.

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 care for.

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 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

**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.**