



# PARTNERS FOR CHILDREN

FALL 2024

## INSIDE THIS ISSUE

- 2 PFC Contact Information
- 3 Community Websites
- 4 Thank You
- 5 Romp N Run
- 6 Welcome to PFC
- 7 Story Time at Library
- 8 PCMG Training
- 9 Strategies to Reduce Anxiety
- 10 Let's Shine A Light
- 11 Compassionate Parenting
- 15 Family Literacy Centre
- 14 YFNED Calendar
- 16 Temperament
- 18 PFC Sept Calendar
- 19 Yukon Family Mediation
- 20 Northern Nights/  
Les Essentielles
- 21 Hospice Yukon
- 22 Health Information
- 23 Canada Dental Plan
- 24 NHEHD Yukon

## TO WONDER...



Now don't roll your eyes as I start this, but when I was young and had a question about something like "why do we yawn?" I often had to wait until the next day at school when I could look it up in a book or encyclopedia. or until my next trip to the public library. While waiting I always had the opportunity to wonder what the answer might be.

Now that we have the internet we often have the answer at our finger tips within seconds, and quickly look up questions children ask and provide them with the results of our google search. But children are born wonderers and curious about what is happening around them. They notice so much more than we tend to as adults. When not nurtured or encouraged this sense of wonder can be lost.

According to the Get the Kids Outside website "Wonder is such an important feeling for our kids, preserving their innocence and helping them view the world around them with their "clear-eyed vision". That sense of wonder can in turn cultivate curiosity and questioning, appreciation and respect, imagination and creativity." (<https://getthekidsoutside.com/kids-wonder-and-awe/>)

All of these qualities that wonder inspires are things most of us hope for in children. What would the world be like if we didn't have curious people who come up with new creative and innovative ideas.



So the next time a child asks you a question:

- Ask them what they think the answer is. Let them guess and wonder for a while before trying to find the answer in a book or on the internet with them. Whether there answer is correct or not really doesn't matter.
- If there is more than one child present encourage them to share ideas with each other and watch the conversation grow .
- Open the door to other discussions and questions that might emerge from their wonder.

When we really listen and give children the space to share their questions, thoughts and ideas it is amazing the things that they will come up with!



# partners for children contact information

Cai Krikorian: 867-332-5990

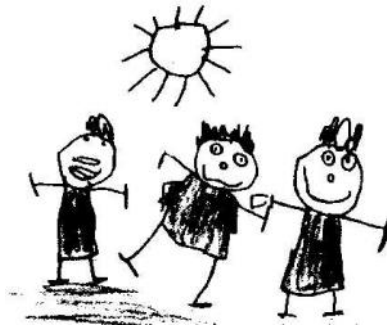
Kathryn Grimmett: 867-332-9458

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

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



Visit our website at  
[www.partnersforchildren.info](http://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](http://www.autismyukon.org)

## Big Brothers Big Sisters of Yukon

<https://yukon.bigbrothersbigsisters.ca>

## Child, Youth and Family Treatment Services

<https://yukon.ca/en/health-and-wellness/mental-wellness/get-counselling-and-support-families-youth-and-children>

## Child Development Centre

<https://cdcyukon.ca/>

## Department of Education Early Learning and Childcare Programs

<https://www.yukon.ca/en/early-childhood-learning-and-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](http://www.fassy.org)

## Hospice Yukon Society

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

## LDAY Centre for Learning

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

## Network for Healthy Early Human Development

[www.NHEHDYukon.org](http://www.NHEHDYukon.org)



## Partners for Children

[www.partnersforchildren.info](http://www.partnersforchildren.info)

## Recreation & Parks Association of the Yukon (RPAY)

<http://www.rpay.ca>

## Skookum Jim Friendship Centre

<https://skookumjim.com/programs/>

## Victoria Faulkner Women's Centre

<http://www.vfwomenscentre.com/>

## Volunteer Yukon

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

## Inclusion Yukon

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

## Yukon Child and Youth Advocate

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

## Yukon First Nations Education Directorate (YFNED) Early Years

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

## Yukon Literacy Coalition

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

## Yukon Public Libraries

<http://yukonlibraries.ca>



There are some big changes at Partners for Children!

Over the summer we said goodbye to two staff members and after a transition period this Fall will say goodbye to our Haines Junction Romp N Run Coordinator.

We want to thank Jo Lukawitski for her passion, hard work and dedication to Partners for Children over the past nine years, as a parent group facilitator and a trainer. She will be missed and we wish her the best in her new role.

Laura Gorecki has been coordinating our Romp N Run program in Haines Junction since 2017. She has done a fantastic job of growing the program and ensuring the programming is rich and diverse. Thank you Laura.

We also said goodbye to Marianne Goebel, our Family Resource Centre Coordinator after only a few months with us. She did a great job of getting the Centre programming up and running and we wish her all the best.



**Romp n Run is back for another season with new Program Coordinator Jessica Condon!**

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

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

**Fall session**

**October 1st to December 17th**

**Tuesdays and Thursdays**

**10 to 11:30 am in the**

**Haines Junction Arena Mezzanine**

**New Families please contact Jessica at  
[jbcondon79@gmail.com](mailto:jbcondon79@gmail.com)**



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





# We are thrilled to welcome and introduce our new Family Programs Facilitators:

## Cai Krikorian and Kathryn Grimmett

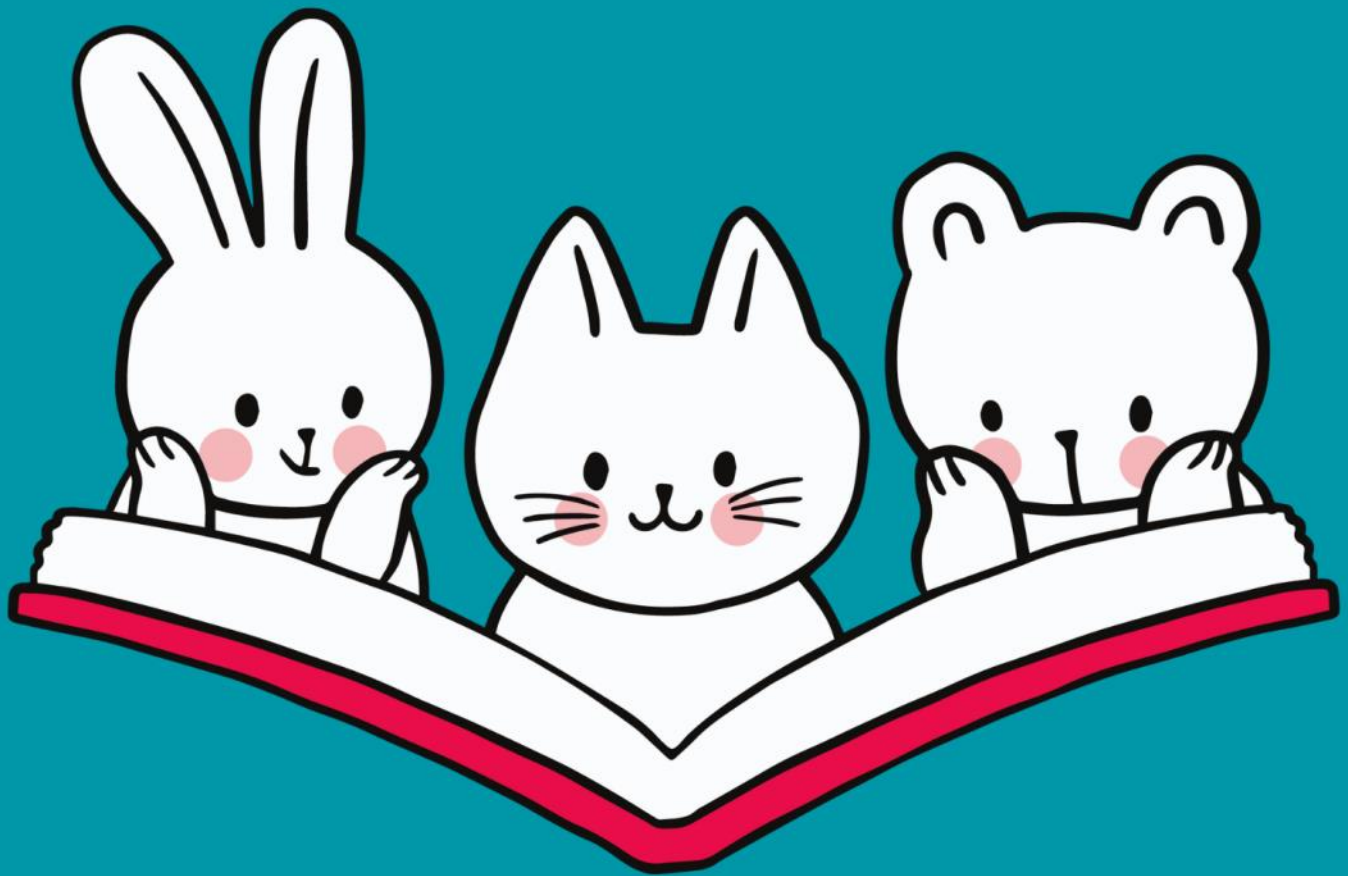


Hello I am Cai Krikorian, I am excited to join the Partners for Children team as the Family Programs Facilitator. In 2016, I finished my M.Ed in Early Children Education from UBC. This complemented all that I had learned leading Chickadees Playschool for over 10 years, the importance of building trusting relationships and working closely with families and their young children. I look forward to meeting you at our upcoming drop-in programs.

Hello,  
My name is Kathryn, I've been working with children and families for about 9 years now. I received my diploma in Early Childhood Education and Development in 2021, and now am working on my degree in Child and Youth Care with an Indigenous specialization. My passions in the field revolve around community building, collective care for families and children, learning through play, and land-based education. Outside of work and school I love hiking, snowshoeing, biking, painting, reading, and learning new skills. A skill that I am currently trying to build is foraging, which has mostly been berries and a few mushrooms so far.



Cai and Kathryn will both be running groups and spending time in the Family Resource Centre. Follow us on Facebook and Instagram to find out when the Centre is open.



WHITEHORSE PUBLIC LIBRARY PRESENTS

# STORY TIME

JOIN US FOR SONGS, STORIES AND FUN!

A free drop-in program for children (age newborn to 5 years) and their caregivers at Whitehorse Public Library, 1171 Front Street.

TUESDAYS 10:30-11:30  
OCT 1 - DEC 17



For more information call 667-5239  
or go to [yukonlibraries.ca/events](http://yukonlibraries.ca/events)

# New Parent-Child Mother Goose Trainees

Recently our new Family Programs Facilitators, Cai and Kathryn, completed their Parent-Child Mother Goose Training. They are looking forward to running Parent-Child Mother Goose groups as well as Mini Mother Goose sessions at the Family Resource Centre. Here are a couple of their favorite songs that they learned during their training!



## Cai's Favorite: Rig a Jig Jig

(Done while walking in a circle)

As I was walking down the street, down the street,  
down the street,

As I was walking down the street, hi ho, hi ho, hi ho.

My Mother Goose friends I chanced to meet, chanced  
to meet, chanced to meet,

My Mother Goose friends I chanced to meet, hi ho, hi  
ho, hi ho!

(Now facing the centre of the circle, moving into the  
middle then back out again)

A rig a jig jig and away we go, away we go, away we go,  
away we go.

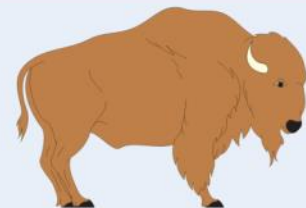
A rig a jig jig and away we go, hi ho, hi ho, hi ho!

## Kathryn's Favorite: Great Big Buffalo

Great big buffalo  
Coming 'round the mountain,  
Long, long ago.  
(Repeat 2x)

Long, long ago.  
Arg, arg, arg (while stomping feet).  
(Repeat 2x)

Great big buffalo,  
Coming 'round the mountain,  
Long, long ago.  
Arg, arg, arg (while stomping feet).



Cai and Kathryn are looking forward to singing and telling stories with you and your little ones. Hopefully you can give their favorites a try at home and learn some of your own favorites when they get to meet you in sessions.



# Strategies to reduce anxiety

## Make your child's day predictable

Establish structures and routines throughout the day. In the morning, discuss the upcoming day's schedule with your child and any potential changes.

## Prepare your child for upcoming activities and transitions

Let your child know what is happening next in your child's day, by saying things such as:

- When the timer rings, we will put away the toys and go for a bath.
- After 2 more turns, it will be time to put on our coat.
- In 5 minutes (then 3 minutes, 1 minute), we'll get ready for bed.

## Give appropriate choices to share control

Offering simple choices empowers your child and helps them feel less anxious. For example:

- Would you like to wear your red pants or blue pants today?
- Would you like to play on the swing first or have your snack first?
- Would you like to hold my hand or walk beside me?

Follow through with the choices that your child has made. It confirms that your child's decision is important to you as well.

## Questions about your child's development?

The CDC provides services to support children's development from birth to kindergarten in all Yukon communities. We can help answer your questions and provide therapeutic support in areas such as: movement, behaviour, sleeping, eating, toileting, sensitivities (to sound or touch) and speech/communication. Contact us!

## When your child is anxious or upset, speak simply and briefly

Get down to your child's level physically, by kneeling or sitting. Speak in a warm voice and use short phrases that can be repeated, such as:

- Stop and breathe
- Use your words



## Provide limits in a clear, confident, and firm tone of voice.

Your child will feel more secure when they know there are boundaries. Limits will help them know the difference between what is safe/appropriate and what is not safe/inappropriate. Expectations should be positive and specific. Tell your child what to do rather than what not to do. For example:

- Use your inside voice when playing in the house
- Feet on the floor please

## Provide frequent and genuine feedback of things your child is doing appropriately

Children do not know what they are doing appropriately unless you provide that feedback. Be specific, such, "You put your coat on" or "You worked hard to put your toys away".

## Let's shine a light on early learning and child care



Each month, as part of the Shine a light on early learning and child care campaign, we will share stories in the form of comic strips on social media. These stories will illustrate the expertise of child care workers and the important value of their work for parents, children and the community at large.

There is still time to send us your story. It may be selected to be made into a comic strip, like Mary's story.

### Early learning and child care for a better world

Early learning and child care workers help children develop cognitive, emotional and social skills—skills they'll use for the rest of their lives.

And yet, their wages don't reflect this expertise or the value of their work to our communities.

It's time to shine a light on early learning and child care.



## COMPASSIONATE PARENTING

### Listen & repair



#### **Be present and listen to your children so they can learn to solve problems and grow.**

- ↘ Children will make mistakes. What is important is what happens afterwards. Your choice as a parent is to **listen** and bring them back into the family or punish and push them away.
- ↘ Listen and then coach them **to understand the impact** of their actions, which will increase a respect for others and themselves. Encourage your children to take responsibility and give them a chance to offer genuine apologies.
- ↘ **Punishing your children only instills fear.** It may lead to just following "the rules," but they may not be motivated to change their behaviour.
- ↘ The only time repair and restoration is *not* used is when there is imminent threat to self or others.

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

Created by Stace Burnard, Heather Dundas and Lara Bode.



**Family  
Literacy  
Centre**

**The New Space:  
103-1191 Front St.**

*Come see  
us at the new  
space!*



**Fun, free, drop-in programs for you and your child!**

**FALL 2024:**

**Sept 3rd to Nov 30th**

*Drop-in Play: Sept 3rd-7th*

*Programs begin Sept 11th*


*Closed: Sept 9th, 10th & 30th*

*Oct 14th, Nov 11th*

No registration required.

Please stay home if  
you are sick.

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


 Yukon Family Literacy Centre

 @yukonfamilyliteracycentre



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

 Yukon Family Literacy Centre

 @yukonfamilyliteracycentre

**NEW LOCATION!**  
103 - 1191 FRONT ST.

★ *All programs are drop-in.* ★  
*Everyone is welcome!*

*All programs are based on adult-child participation and for ALL AGES!*

Mon/Tues/Weds/ /Fri/Sat 9am-12pm; 12:30-3:30pm  
Thurs 12:30-3:30pm

**Leaping Literacy (Monday 10:30-11:30)** Let's get physical! Join us for international stories and languages combined with movement. All ages.

*Calling all dads!*

**Dad's Drop-In (Monday 4:30-6:30)** Join us and our friends from the Family Resource Unit for dinner, activities, and more! All ages.

**Little Chefs (Tuesday 10:30-11:30)** Enjoy a blend of food, stories, and crafts. All ages.

**Sensory Play (Wednesday 10:30-11:30)** Explore your senses through a range of dynamic (and sometimes messy) stories, and activities. All ages.

**Coffee and Crafts (Thursday 1:00-3:00)** Join us for adult crafts and hot drinks. Let the kids play while you enjoy a fancy coffee or tea. All ages.

**Bond with Baby (Friday 10:30-11:30)** A mix of singing, signing, sensory, and social play with baby. All ages.

---

★ **All other times: Family Free Play Drop-in** Enjoy crafts, reading, painting, and more. When children play, they build skills crucial to healthy development. Playing together as a family fosters physical, social, cognitive, and emotional growth.

# SEPTEMBER 2024

THEME:  
**Every Child Matters**



## Early Years Family Space

The Early Years Family Space is located at 101 – 420 Range Road in Whitehorse.

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

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	<b>STAT HOLIDAY</b>	<b>DROP-IN</b> 11:00 – 2:00 pm Gross Motor Play			<b>DROP-IN</b> 11:00 – 2:00 pm Out door barnack day at Robert Service Campground	
8	9	10	11	12	13	14
		<b>DROP-IN</b> 11:00 – 2:00 pm Cranberry Picking		<b>DROP-IN LUNCH</b> 12:00 – 1:30 pm	<b>DROP-IN</b> 11:00 – 2:00 pm T-Shirt making day	
15	16	17	18	19	20	21
	<b>SEWING</b> 11:00 – 2:00 pm	<b>DROP-IN</b> 11:00 – 2:00 pm Every Child Matters pin project with Kelly Silverfox	<b>BABY MASSAGE</b> 11:00 – 12:30 pm <b>PARENTING WORKSHOP SERIES SESSION 1: Love Builds Brains</b> 4:30 – 7:00 pm	<b>DROP-IN LUNCH</b> 12:00 – 1:30 pm	<b>DROP-IN</b> 11:00 – 2:00 pm	
22	23	24	25	26	27	28
		<b>DROP-IN</b> 11:00 – 2:00 pm Every Child Matters pin project with Kelly Silverfox	<b>BABY MASSAGE</b> 11:00 – 12:30 pm <b>KIDS IN THE KITCHEN</b> 5:00 – 7:00 pm	<b>DROP-IN LUNCH</b> 12:00 – 1:30 pm	<b>DROP-IN</b> 11:00 – 2:00 pm CDC visit	<b>YFNED FEAST</b> at KDCC 12:00 – 2:00 pm
29	30					
	<b>CLOSED FOR NATIONAL TRUTH &amp; RECONCILIATION DAY</b>					

NOTE: Snacks, coffee and tea are provided during the drop-ins

NOTE: A meal will be provided during group gatherings

### Choose your words



*Chickadee parents convey important information to their fledglings using a variety of songs and sounds.*

#### **Our choice of words and how we say them are critical to how children respond.**

- ✦ Trust the power of language to heal, connect and build relationship with your children.
- ✦ **Show understanding with connective and restorative phrases** like “**What do you need?**” or “**How can I help?**” instead of accusatory demands like “*What are you doing?*” or “*Can you stop doing that?*”
- ✦ Be brief. Children don’t hear long sentences. Examples of short phrases:
  - To increase self-awareness, ask: “**Are you mindful or unmindful?**”
  - To put things in perspective, ask: “**Is this a big problem or little problem?**”

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

Created by Stace Burnard, Heather Dundas and Lara Bode.



# Behaviour

nobody's perfect

## Understanding Your Child's Temperament

**Temperament is the way people learn and respond to their world.** Children's temperaments can affect dads and moms in different ways. It is important to understand your child's temperament and find ways to work with it to support your child's healthy development.

**There are different kinds of temperaments.** Temperament explains why your child's reaction to something is different from another child's reaction. Some children are happy and excited by new things. Some are fearful or anxious in new situations. Some babies are active and never stop wiggling. Some are quiet and hardly cry at all. Some are noisy and cry often.

Your child's temperament has a big effect on their behaviour and is part of what makes your child special. Your child cannot change their temperament. You cannot change it either.

How you respond to your child can make a big difference. If you see your child as special, they will feel good.

**Dads and moms have temperaments too.** It is helpful to understand your temperament too. Just like children, parents may be quiet, loud, strong, sensitive, thoughtful or action-oriented. Everyone is unique. Your temperament may be very different from your child's and/or their mother's, or it may be just the same. It is important to understand how your temperament fits or does not fit and think of ways to

help each other. As a parent, you need to be open-minded, flexible and responsive to your child's needs.

No matter what your temperaments are, it is important to remember that your child needs a parent who understands them and makes them feel safe, secure, loved and understood.

**i** Temperament is part of what makes your child special.



For more information about *Nobody's Perfect*, or to download this document, please search "Nobody's Perfect Tipsheets" on [Canada.ca](http://Canada.ca).



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada



# Fun & Easy Activities

## Make a feelings chart

- One way to help each other understand temperaments is to talk about feelings with your child. Children learn how other people feel by talking about feelings. They learn to understand and respect other people's feelings when their own feelings are respected and understood.
- Draw or print pictures of facial expressions and label them including sad, happy, scared, mad, silly and frustrated. You may want to glue them on to cardboard to make a poster or cut them into small cards.
- When your child is young, you can use the pictures to help your child identify what they are feeling. You can also use the pictures to show your child how you are feeling. Use simple language like "When you helped me sweep—that made me happy."
- You can help your older child to use the pictures to understand how others are feeling in movies or books. Ask questions like "How do you think Spencer felt when he lost his toy?" or "How do you feel when you lose your toys?"



For more information about the Nobody's Perfect Parenting Program in Yukon contact Partners for Children at:

[contactus@partnersforchildren.info](mailto:contactus@partnersforchildren.info)

The Public Health Agency of Canada gratefully acknowledges the collaboration and expertise of Dad Central Canada ([www.dadcentral.ca](http://www.dadcentral.ca)) and their national network in the development of the *Nobody's Perfect* tipsheets for dads.

# September 2024

## PARTNERS FOR CHILDREN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 <b>Labour Day</b>	3 FRC OPEN 10 am-2:30 pm	4 FRC OPEN 10 am-2:30 pm Playdough	5 Staff Training	6 Staff Training	7 
8 	9 FRC OPEN 10 am-2:30 pm	10 FRC OPEN 10 am-2:30 pm 10:30-11:30 Mini Mother Goose Drop-in	11 	12 FRC OPEN 10 am-2:30 pm	13 FRC OPEN 10 am-2:30 pm Playdough	14 
15 	16 FRC OPEN 10 am-2:30 pm	17 10:30-11:30 PCMG Group at PFC***	18 10:30-11:30 PCMG Group at CDC***	19 FRC OPEN 10 am-2:30 pm 10:30-11:30 Mini Mother Goose Drop-in	20 FRC OPEN 10 am-2:30 pm	21 
22 	23 FRC OPEN 10 am-2:30 pm 10:30-11:30 Mini Mother Goose Drop-in	24 10:30-11:30 PCMG Group at PFC***	25 10:30-11:30 PCMG Group at CDC***	26 FRC OPEN 10 am-2:30 pm	27 FRC OPEN 10 am-2:30 pm	28 
29	30 National Day for Truth and Reconciliation	<b>LOCATED AT: 108 COPPER ROAD</b>				<p><b>*** Registered Group - Follow our Facebook page</b></p> <p><b>FRC - Family Resource Centre</b> (for parents of children 0 to 6) - stop in for a coffee, chat, ask questions, view resources</p> <p><b>Mini Mother Goose Drop-In</b> (for parents of children 0 to 6 - drop in for story and song time)</p> <p>Come and Meet our New Family Programs Facilitators Cai and Kathryn</p> <p> partners for children</p>

# YOU ASKED WE LISTENED!

Starting October 6th, 2024, the Family Resource Centre will be open on Sundays from 10am - 2pm.

If you have children ages 0 to 6 please stop by for a chat, connect with other parents in your community, ask questions, and access resources. We will have activities, snacks, coffee and tea ready as well.



# 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.*

## Northern Nights 2024 - A family-friendly celebration of the long nights coming to the Yukon

Kluane National Park and Reserve is putting on it's annual Dark Sky Festival, Northern Nights, at Mät'atāna Män (Kathleen Lake). Events will be happening from September 20th to 22nd, 2024. Each year has included events like live music, art and photography workshops, astronomy presentations, crafts, stories, and of course stargazing.

If you or your little ones are interested in learning more about our night sky and all that we can do to connect with it, be sure to check out the festival! It is recommended to dress for the weather and bring some camp chairs to sit on as seating is limited.

### BÉBÉ EN SANTÉ, AVENIR EN SANTÉ

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



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

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

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

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



Tu as déjà allaité et tu souhaiterais encourager et soutenir une maman de ta communauté? >>>

Deviens marraine d'allaitement avec Nourri-Source Yukon!



Écris-nous à [pcnp@lesessentielles.ca](mailto:pcnp@lesessentielles.ca)

# Hospice Yukon

## Making 'Tear Soup' with Children

Grief is 'all the feelings' as we adjust to the loss of anything or anyone important in our life.

'Tear Soup' is a recipe for healing after loss. The 'recipe' is based on a story book that shows what can be helpful – and not helpful – after a loss.

The story centers around an old wise woman named Grandy who heads to the kitchen to make a batch of her own 'Tear Soup'.

Grandy seasons her soup by adding memories - the good times and the bad times, the silly and sad times.

Here are some 'cooking tips' from the book that are helpful when we are helping children grieve:



- Encourage the child to **express** their feelings and **ask questions**.
- Show affection and let them know that they are **loved** and safe.
- Be **honest** with the child and give simple explanations.
- Remember that each child reacts differently to loss and may show **challenging behaviours**.
- Allow children to **act out their grief** in fantasy play and artwork.
- **Share** some of your **feelings** with a child to help them learn about grief.

Check [www.hospiceyukon.net/events](http://www.hospiceyukon.net/events) for workshops to support children, educators and caregivers

### Kids Corner

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



We also have a soft plush therapy dog and other toys to help children feel safe as they learn new emotional skills.

You're not alone in trying to support children coping with loss.

We can help you with books, online videos, resource people, and groups for children and caregivers.

Check [www.kidsgrief.ca](http://www.kidsgrief.ca) for many great tips for parents and educators.

We also have lots of helpful resources at [www.hospiceyukon.net](http://www.hospiceyukon.net) and our welcoming staff provide ongoing support to professional and family caregivers and teachers.

*Kids Grief Counselling*

*Kids Grief Support Groups*

*Lending Library*

*Professional Support*

*Public Education*

*409 Jarvis Street*

*Tel. 867-667-7429*



# WHOOPING COUGH

## Pertussis is circulating across Canada

Whooping cough is a very contagious disease of the lungs and throat. It is spread when the sick person coughs or sneezes the whooping cough bacteria into the air, where other people can breathe it in.

If you are exposed to whooping cough, it takes about 7 to 10 days to develop symptoms.

### Symptoms

Early symptoms are like those of a cold such as sneezing, runny nose, a low fever and a mild cough. The cough gets worse leading to longer spells of coughing that often end with a whoop sound when the person breathes in. The coughing may be so bad that it makes a person gag or throw up. This cough can last up to a month or two and generally occurs more at night.

### Treatment

- Whooping cough is generally treated with antibiotics from your health care provider.
- Treatment also helps to prevent others from getting sick. Early treatment is more effective.
- If you think you or your child might have whooping cough, call a health care provider. Tell the healthcare provider that you think you may have pertussis before going to the health centre.

### How to Prevent Whooping Cough

Immunization is the best way to protect against pertussis, along with regular hand washing and not sharing drinks, food, or cutlery.

- Talk to your local health centre today to see if your immunizations and your family's immunizations are up to date.
- Antibiotics may be offered to people at higher risk in households with someone who has pertussis.

*For more information about whooping cough disease, please contact your local Health Centre (local prefix)-4444, Yukon Communicable Disease Control: 867-667-8323, or call 811.*

## About 211 Yukon

211 Yukon was launched at the end of 2020 through the Emergency Community Support Fund of the Government of Canada.

211 is the information and referral service that connects residents of Yukon to critical human, social, community and government support. 211 helps you navigate the complex network of government and community programs and services to find the help you need in your unique situation.

This service is 100% free and confidential.

This website is the public online version of the database used by 211 Community Resource Navigators for the 211 telephone service. This up-to-date, accessible, searchable database provides comprehensive access to information about social, community, health and government services in Yukon. This website complements our telephone service, and if you are unable to find the information you need, just dial 2-1-1 any time to speak with a Community Resource Navigator.



# A Guide to the

# Canada Dental Benefit



Tooth decay is the most common, but preventable, childhood chronic disease both in Canada and around the world. Oral diseases frequently begin in the preschool years which is why it is so important to establish good oral hygiene behaviours in those early years.

The Government of Canada has implemented the interim **Canada Dental Benefit**, which is designed to provide some financial support to help Canadian families access dental care. With this benefit, families can start addressing some of the basic dental care that their young children need while the Government continues its plans to develop a long-term Canadian dental care program.

## ? WHAT is the benefit?

The interim Canada Dental Benefit provides payments **up to \$650** per eligible child under 12 years of age, per year for two years.

**\$650**

if the family's adjusted net income is under \$70,000

**\$390**

if the family's adjusted net income is between \$70,000 and \$79,999

**\$260**

if the family's adjusted net income is between \$80,000 and \$89,999

The benefit can be used for any dental care provided by any regulated dental professional.



## WHO can apply?

Parents/Guardians who:

- ✓ Have a child under 12 years of age, who does not have access to private dental care insurance.
- ✓ Have an adjusted family net income under \$90,000 per year.
- ✓ Have filed last year's income tax return—for more information on how to file a return, visit [Canada.ca/doing-your-taxes](https://Canada.ca/doing-your-taxes).
- ✓ Receive the Canada Child Benefit for each eligible child.
- ✓ Have or will have dental care expenses for each eligible child that have not been fully reimbursed under another federal, provincial or territorial government program.



## HOW can you apply?

Canada Revenue Agency (**CRA My Account**) will be the quickest, easiest and most secure way to apply for the Canada Dental Benefit. If you don't yet have a CRA My Account, you can register at [Canada.ca/my-cra-account](https://Canada.ca/my-cra-account).

You will need to **provide information** on the dental care visit, including the name of your child's dental care provider(s) and your employer information.

If you apply online and are signed up for **CRA direct deposit**, you can receive your payment within five business days!

If you're unable to apply for the Canada Dental Benefit online, **call 1-800-715-8836** to get your application started.

Make sure you have your Social Insurance Number, address, date of birth and a copy of your income tax return from last year.



## WHEN can you apply?

Parents can apply **starting December 1, 2022**, for dental care received by their eligible child back to October 1, 2022, so long as their child will still be under 12 on December 1. For the second payment, parents can apply starting July 1, 2023.

Visit [Canada.ca/dental](https://Canada.ca/dental) for more information, or call 1-800-715-8836



Government of Canada  
Gouvernement du Canada

Canada

# NHEHD Yukon

**We create programs driven by community and scientific information that supports healthy early child development.**

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

**Join the Network for Healthy Early Human Development today!  
Follow us on Facebook and Instagram**

**[NHEHDYUKON@GMAIL.COM](mailto:NHEHDYUKON@GMAIL.COM)**

