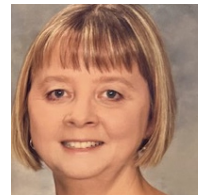




PARTNERS FOR CHILDREN

WINTER 2021

This January I said goodbye to my youngest daughter as she settled into her new residence at the University of Victoria (UVIC). As I returned to the Yukon and my self isolation, I asked, as most parents do, “Where did all the time go?”



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Three children raised, and it seems the time just flew by. Of course, when in the throes of looking after children, when they are young, this day can seem a long way off. Although there is no question that COVID is a terrible thing, I was grateful to have her home more often over the last few months.

I think many of us thought that 2020 was going to be a slow year, but found that that time flew by as well. And 2021 certainly has been interesting so far. What a year this is shaping up to be! Will it fly by as well? Will the vaccine be successful in stopping or significantly slowing this virus? When can we get back to a somewhat ‘normal’ life? When can we travel again, especially to see our loved ones who are far away? So many questions. So many emotions. So much change. So much loss.

I wonder how young children of today will describe this time in their life to their grandchildren in 50 or 60 years-time? It is my hope that many children will remember this as a time when their family ate dinner together more often, when family game night happened more often, when they played outside more often, when our negative impact on the environment lessened, when world conflict declined, and a time when they learned to be appreciative of their life and things that they may have previously taken for granted.



Many families in the Yukon have also struggled during this time. Some family situations have been made much worse by this pandemic. Let's hope and strive together for better days to come. If you are struggling, please reach out for help! There are many Yukon non-profits that would love to provide guidance and support. If you need a referral, please let us know.

We as parents and adults play a large role in how our young children will remember this time. If we dwell on the negative aspects, which I know can be hard to avoid when things are tough, our children learn to focus on the negative. The children around us intently watch our words and actions. They feel our stress, they sense our emotions, they hear what we say and they watch what we do.

The more structure, consistency, positivity and time we can give young children, the more likely they will be to arrive on the other side of this pandemic with a healthy and positive attitude. And hopefully a greater capacity to deal with the next difficult time that comes our way.

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

Untitled by Kitty O'Meara (2020)

Rebecca Fenton

partners for children contact information

Phone: 1-867-332-5990

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108C Copper Road

Whitehorse, YT

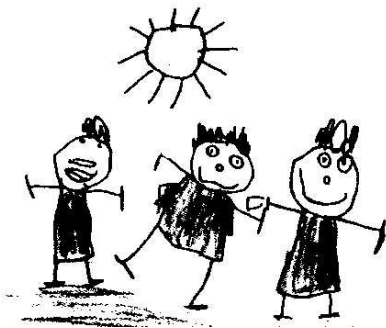
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You may request a PDF version of this newsletter by emailing newsletter@partnersforchildren.info or checking our website: www.partnersforchildren.info

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

Acting Coordinator: Rebecca Fenton Copy Editor: Leslie Peters



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The Partners for Children newsletter is edited and produced through the Network for Healthy Early Human Development Yukon (NHEHD).

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

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



Community Websites

Autism Yukon
www.autismyukon.org

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

Child Care Services Unit
www.hss.gov.yk.ca/earlychildhood.php

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

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 Office
www.ycao.ca

Yukon Literacy Coalition
www.yukonliteracy.ca/

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

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





Romp n' Run

PARENT AND TOT PROGRAM

The Haines Junction Romp n' Run is officially opening again.

Haines Junction Romp n' Run is thrilled to welcome back children four and under and their parents and caregivers. After being inactive since March 2020, we are so happy to be back wiggling and having fun together.

Romp n' Run is held every Wednesday from 10 am to 11:30 am in the Haines Junction Arena mezzanine. We hope to return to twice a week in March if things go well.

Due to Covid-19 restrictions the program now requires pre-registration to attend. Please email laura.gorecki@gmail.com for more information.

Thank you to those that fund and support our program: Partners for Children, Yukon Lotteries and the Village of Haines Junction.



New Yukon Program: No Diagnosis required!

Autism Yukon launches CST for children who need support with communication.

This spring, there will be a new Yukon program for parents of children ages two through nine years old who need support with language and social skills—no matter what the reason!

Parents with children who are on waiting lists for either a diagnosis or to be seen about speech and language delays are also eligible for this program.

The Caregiver Skills Training (CST) program consists of nine weekly group sessions for parents. The facilitators will also visit the families' homes for three home visits.

Areas of focus are

- helping children become and stay engaged
- shared engagement in routines
- understanding and promoting communication
- preventing and teaching alternatives to challenging behaviour
- teaching new skills and problem solving.

The goals of this program are

- to help children with communication
- to provide parents with the confidence and knowledge needed to support their children's development
- to provide a way for parents to make connections.

CST has been developed in conjunction with the World Health Organization and McGill University. It is funded by the Public Health Agency of Canada (PHAC).



The program developers feel strongly that rural and remote communities should have early years programs that work for them. During the weekly groups, Autism Yukon will be asking for feedback about how to

improve the program and to create something that meets the needs of Yukon caregivers.

Autism Yukon expects the first group to start in March, so interested parents should call soon.

The facilitators will be Karen Rach, speech-language pathologist, and Rebecca Fenton,

acting coordinator for Partners for Children and project coordinator for Autism Yukon.

For more information and/or to register for this program please contact Rebecca at projectcoordinator@autismyukon.org.

Caregiver Skills Training (CST) Program: Scaling up to Underserved Communities

Alaa Ibrahim¹, Jinan Zeidan¹, Anita Kiafar¹, Afiqah Yusuf¹, Stephanie Shire², Pamela Dixon³, Keiko Shikako-Thomas¹, Andy Shih³, Chiara Servili⁴ & Mayada Elsabbagh¹

¹McGill University • ²University of Oregon
³Autism Speaks • ⁴World Health Organization

PURPOSE: Showcase a collaborative initiative that is scaling up a newly developed early intervention model for neurodevelopmental conditions like autism, with special attention to underserved communities.

About the WHO Caregivers Skills Training Program

Developed by an international team (including the World Health Organization (WHO) and Autism Speaks) and implemented in over 30 different countries



Offers community professionals ongoing support from a national trainer



Focuses on caregivers of 2-9 year old children with suspected or diagnosed with neurodevelopmental conditions like autism

Addresses widespread shortage of evidence-based interventions for autism especially geographically, economically, and socially disadvantaged communities



Empowers caregivers with knowledge, skills and resources, which improves the wellbeing of both caregiver and child

Partners for Children programs fill up quickly!

Parents are encouraged to put their name on the waiting list in order to aide with planning.



Saiid Bel, Unsplash

Parent-Child Mother Goose 2021 live and Zoom offerings

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.



Yukon Child and Youth Advocate Office (YCAO)

2070 – 2nd Avenue, Unit 19

Phone: 867 456 5575

www.ycao.ca

"Young people have a voice."

1000 Hours Outside arrives in the Yukon

By Fiona Tunmer, early childhood educator and NHEHDs board member



Many of us welcome the New Year with a resolution centered around our health – establishing a nutritional diet, scheduling sweaty workouts, or prioritizing self-care. For the past 2 years, I have resolved to increase my vitamin N (nature) levels by completing the 1000 Hours Outside Challenge (1KHO). Last year, I achieved a grand total of 949 hours regardless of the global

pandemic and a cross-country road trip.

The 1KHO Challenge all started with a Southeast Michigan family and a simple goal to surpass their virtual screen time with the beauty of the high-definition outdoor world. Soon their family mission became a global movement designed for any child or adult in any environment.

This Challenge is a self-governed endeavour. Simply print off one of their lovely tracking sheets from their website and mount it to the fridge. Use your favourite colours to bring one of the squares to life for every hour spent outside. Striving to meet this challenge has encouraged me to change my habits. I take longer walks home and read more books under the shade of the trees. The time spent outside does not always have to be grandiose adventures – though I applaud and admire it.

I highly encourage Yukoners to join the 1000 Hours Outside Official Facebook Group as it is the most awe-inspiring and globally inclusive group of nature lovers. If 1000 hours is too daunting, start with 100 hours. This equally noble goal is excellent for younger children or as a classroom challenge. I dare my fellow early childhood educators to take up the 100 Hours Outside Challenge! Let us compete and support one and another to incorporate more nature

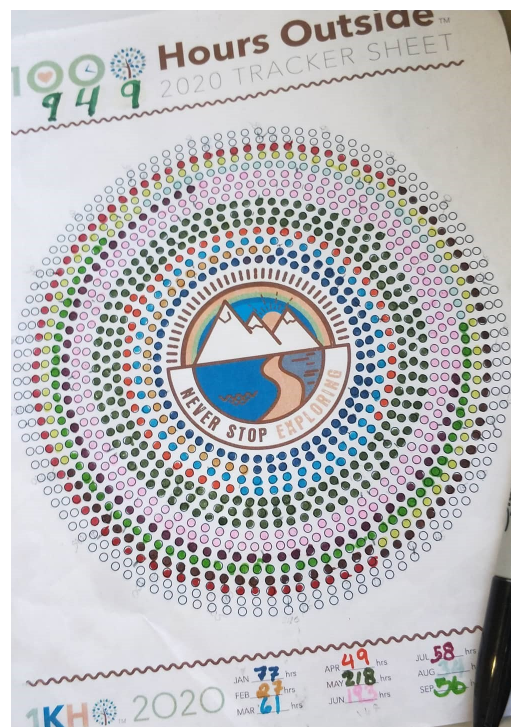
into our lives.

Consider nature as an extension of the our walled classroom--with its limitless loose parts and endless possibilities. There is nothing we educators cannot modify and teach outside. Pause a moment and consider it. Gross motor movement – easy. Fine motor leaf lacing – save it for the mitten free weather. Even technology can be taken outside with child-proof cameras and nature ID apps like iNaturist and eBird.

Multiple studies indicate that increasing outdoor play is becoming more challenging with all our indoor creature comforts. A report by Nature Canada (The Health Impacts of too much Screen Time, 2019) illustrates that 87% of pre-school children are spending more time on screens and other sedentary indoor activities.

The report stresses the positive benefits of spending time in nature. Outdoor time strengthens physical and mental health, develops self resiliency and critical social skills. Families can schedule and screen time and maximize local nature pockets.

I enjoy scheduling more outdoor adventures with the children than ever before, and I can't wait for the day that our classroom achieves their first 100 hours outside. In the meantime, be sure to take a nature break. Your mind, body and soul will thank you.



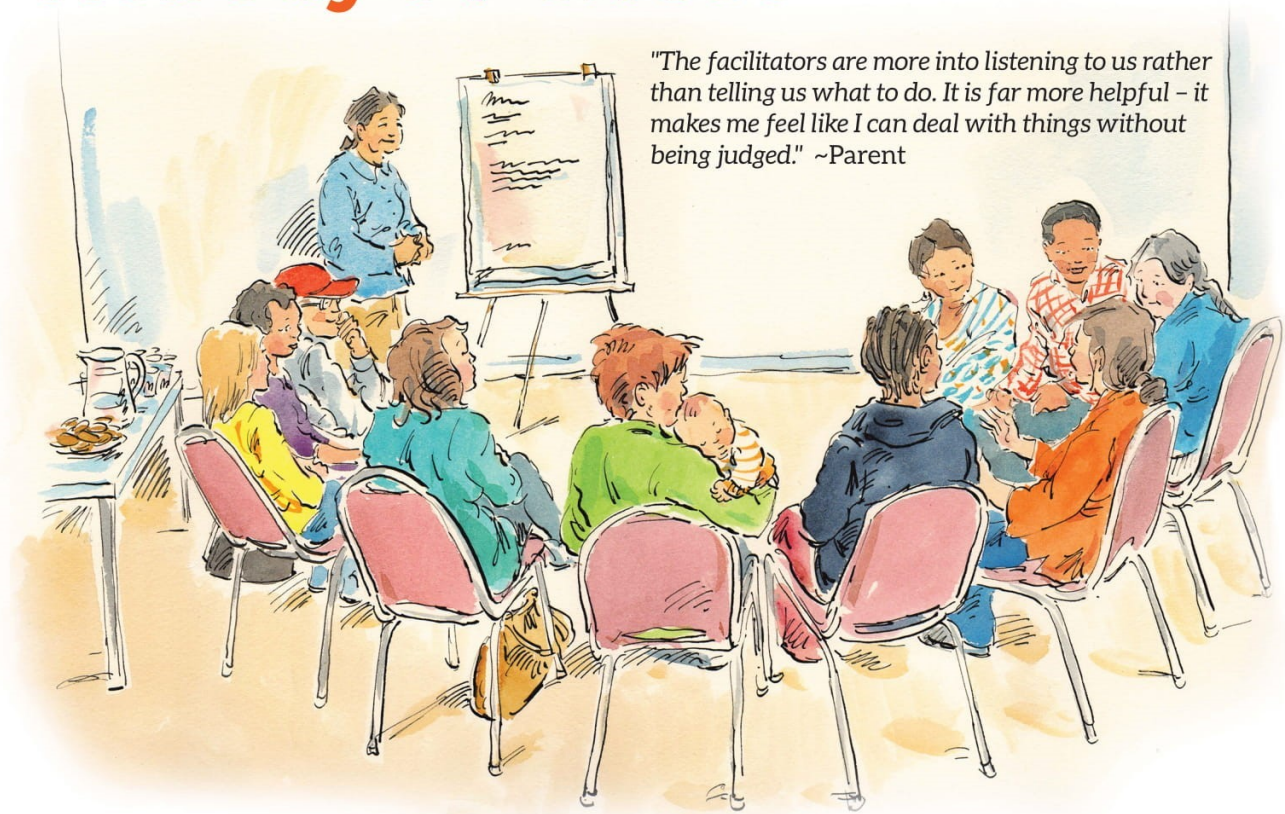
Fiona's 949 hours in 2020

(The tracking sheet pictured here was downloaded and copied with permission from the 1000 Hours Outside Website.)

References

- <https://www.1000hoursoutside.com/>
- <https://naturecanada.ca/wp-content/uploads/2018/12/NOV-23-FINAL-Contact-Info-Nature-Canada-report-Screen-Time-vs-Green-Time.pdf>

Nobody's Perfect



"The facilitators are more into listening to us rather than telling us what to do. It is far more helpful - it makes me feel like I can deal with things without being judged." ~Parent

MEET with other parents of young children. **SHARE** questions and ideas about being a parent. **DISCUSS** real-life parenting situations. **DISCOVER** positive ways of parenting. The sessions are free, interactive and fun!

Free for parents with children aged 0-5 years old
6 sessions: February 3, 10, 17, 24; and March 10, 17
10 a.m. to 12 p.m. at the Whitehorse Health Clinic

To register, please contact:

Jo Lukawitski, Partners for Children Program at 867-332-5990
or Family Resource Worker Yoko Oda at 867-332-1803

COVID-19 prevention and safety measures will be in place for this group.

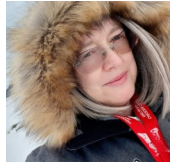


partners for children



Leslie's Book Shelf...

Quirky and common-sense books for Yukon children

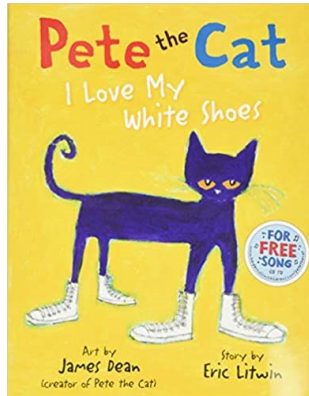


“How to develop resilient children” has been studied quite a lot in recent years. Now that we’re in the midst of a pandemic, many families’ lives have been unexpectedly altered. We hope that we are protecting our children from the toxic stress that can damage their growing brains.

One thing we know is that mindset has a lot to do with resilience. And a popular children’s book series does a great job of describing growth mindset in a fun, musical way.

Pete the Cat knows how to handle change! He acknowledges it, shifts, and moves on, signing about it as he goes.

In *Pete the Cat: I Love my White Shoes*, he gets new white shoes, but keeps stepping in different coloured disasters, which, of course, change the colour of his shoes. How he adapts is inspiring. He learns to keep



going “no matter what you step in.”

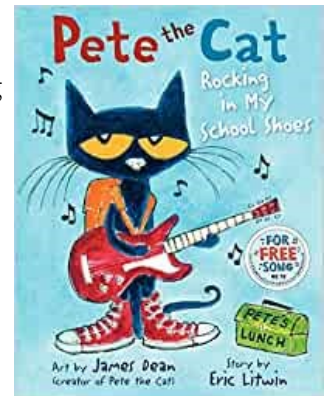
The second book that I’d like to mention is *Pete the Cat: Rocking in my School Shoes*. Pete has new school shoes—he’s going to school for the first time! Lots of unfamiliar, noisy and even scary things happen. But, of course, he uses his resilient brain and “rocks it.”

Pete the Cat books can be used to start a conversation with children about change and anxiety. We can talk about how we will “walk through things” and “name them to tame them.”

I’ve included Youtube links to musical readings of *Pete the Cat*. Children love to flip through the books as they sing along to these jazzy tunes.

https://www.youtube.com/watch?v=fj_z6zGQVyM&t=25s

<https://www.youtube.com/watch?v=hCkdSB1TptU>



Were you pregnant in Canada in the last ten years?

Did you feel heard and respected when receiving care?



Share your story today:

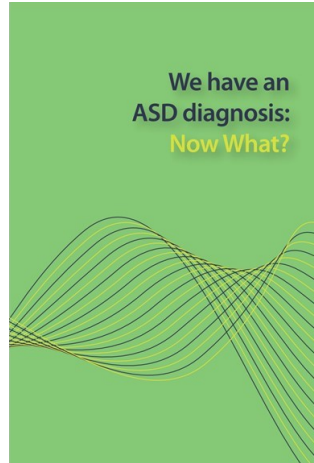
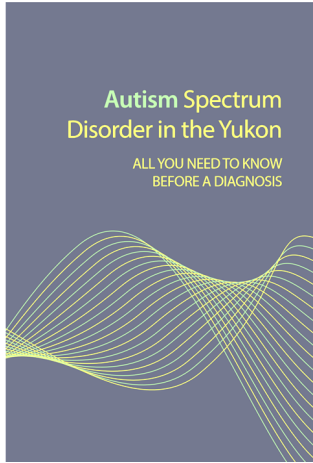
www.respcct.ca

THE RESPCCT STUDY
RESEARCH EXAMINING THE STORIES OF PREGNANCY AND CHILDBEARING IN CANADA TODAY



Autism Yukon

Questions?
www.autismyukon.org
Or call 667-6406



Yukon

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. An impartial, trained mediator can help you make joint decisions about:

- Parenting arrangements and responsibilities
- Financial matters like child and spousal support

To learn more, contact the Yukon Family Mediation Service:

Phone: 867-667-5753

Email: fic@gov.yk.ca

Yukon Family Mediation Service is made possible by Justice Canada.



Mothering Your Baby

Fridays, January 29 – March 5, 2021

Moms and their babies (birth to 1 year) are invited to join our Mothering group for sharing, connecting, information and fun!

Register with:
Partners for Children 332-5990
familyprogs@partnersforchildren.info



Mamans papas et bébés en santé

Services confidentiels en français
Accès aux services d'une diététicienne certifiée
Soutien à l'allaitement
Repas-réjouis mensuels
Ateliers touchants la périnatalité
Prêt de tire-lait électrique
Réseau d'échange de vêtements de grossesse et de bébé
Accès à un centre de ressources (livres, DVD)

NOUVELLE ADRESSE
3089 3ÈME AVENUE À WHITEHORSE
867-668-2636

les essentielles

Love Builds Brains: a review



Submitted by Jo Lukawitski, family programs coordinator, Partners for Children

Watching my daughter draw this picture, I marvelled at how she showed what healthy, loving, secure attachment can look like between child and parents. Connection, self-regulation, resilience, and well-being – these themes are on my mind as I’m reading--and loving--Jean Clinton, M.D.’s book *Love Builds Brains*.

This book couldn’t have come at a better time. As we are in the throes of a pandemic, so many are wondering how social distancing, mask wearing, and social isolation will affect our little ones. After all, according to Clinton, a child’s primary job in their first six years of life is to learn how to form close and secure relationships with adults and peers.

The back-and-forth encounters of warm, nurturing, responsive, face-to-face experiences help a child learn important social skills. How does this happen if children can’t see each other’s faces, let alone have a play date?

The research on infant/early years mental health is clear: what happens in early life affects later development, and the impact of stress experienced early on can impact a person’s life long into adulthood. But Clinton’s book and research give us hope. She talks about the brain’s ability to shift and change with the environment and every encounter – an ability called neuroplasticity.

We now know that the brain is capable of change and is enhanced by experience. Even if early experiences haven’t been the greatest, new experiences can rewire the brain. There is hope. But this hope depends on building relationships. Babies, children and youth need

relationships that focus on connection, belonging and empowerment.

With regards to little ones six and under, parents and caregivers can do so much, even if only at home with the family. Family relationships matter the most to

little brains. Healthy brain pathways are built by face-to-face interactions, talking to your child, reading to your child, and listening to what your child has to say in return.

It’s about picking up cues and having back-and-forth interactions, a serve-and-return conversation that builds those big, healthy highways in the brain.

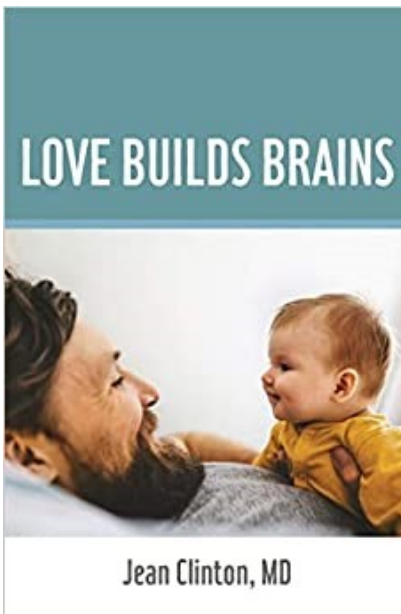
And as things return to a new normal, it would seem critically important that parents, caregivers, educators, and decision-makers understand what we can do to mitigate the impacts of COVID-19. We need to strengthen interdependence among families by creating a collective network of supports through home, extended family, play groups, community clubs, libraries, care centres, preschools and schools.

We are, after all, hard wired to connect, and it is these social-emotional connections that develop into a long-term sense of belonging not only in children but also adults. The feeling of togetherness allows us to relax and find meaning and purpose. Connection protects us from the chaos!

It is this focus on progress and connection, not perfection, that supports parenting at any time, not

only during a pandemic.

Support the Yukon by ordering from local bookstores!



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





Yukon CPNP Programs

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

The CPNP Programs use many different modalities: Healthy Moms, Healthy Babies, Traditional Parenting 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 make healthy lifestyle choices; opportunities for personal development; and opportunities for parents to build their support network through community referrals, and of course, meeting other parents!

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

Each program welcomes pregnant parents and parents who have babies. Whitehorse welcomes families with babies up 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 Moms, Healthy Babies at Victoria Faulkner Women's Centre: contact 667-4134 or cpnpwhitehorse@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 teenparentcentrecpnp@gmail.com

In Dawson City: (867) 993-5149 or cpnpdawson@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 Waston Lake: (867) 536-2125 or wlcnp.cpc@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!



*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.*



***Most Yukon libraries are open again, with some
new COVID-19 adaptations. Please contact your
local library to see what is going on in your town!***



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

Apryl Olsen Memorial CHILD Awards
Care Helps Individuals Learn and Develop

TWO AWARDS AVAILABLE:

**Individual Who Works in Licensed Child Care
&
Individual Who is a Champion for Children & Families**

Nominations Due April 9, 2021

Apryl was a beloved friend and a dedicated member of the Network for Healthy Early Human Development Yukon starting with its inception in 2010.

Apryl's passing was a very sad event for all of us who knew and loved her. In the months that followed, during our meetings we discussed how we could honour her memory and spirit in a way that was focused on supporting others – something that Apryl was very gifted at doing for so many people.

By creating two CHILD awards, we would like to memorialize Apryl's work with families by supporting other exceptional child care professionals in the Early Learning field.



Do you know a dedicated Yukoner who works to improve the lives of young children and families through change making and support? Perhaps someone who may not recognize the toll stress takes in their own life and could use a little caring of their own self?

Write us a one page typed (250 words) description of a person you would like to nominate with the heading **CHILD Nomination for an Individual who is a Champion for Children & Families** at the top of the document. Describe why you think this person is deserving of this CHILD Award.



Do you know a dedicated Yukoner in a licensed child care program, who honours young children through authentic, meaningful care? Perhaps someone who may not recognize the toll that stress and hard work is taking on them, and maybe could use a little caring of their own self?

Write us a one page typed (250 words) description of a person you would like to nominate with the heading **CHILD Nomination for an Individual who Works in Licensed Child Care**. Tell us why you think this person is deserving of this CHILD Award.

- Include your name, email and contact phone number;
- The name, place of employment, community and contact information of your nominee;
- Contact information for two additional individuals that can attest to the attributes you describe.

Email your nomination documents to NHEHDYukon@gmail.com with Apryl Olsen CHILD Award in the subject line.

Need extra support in your classroom?

ELPS can help!

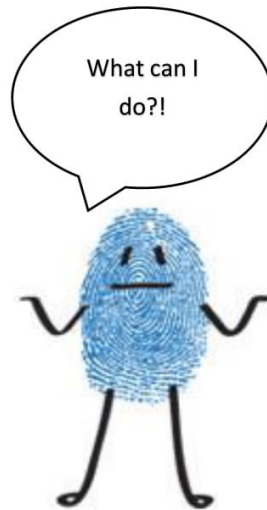
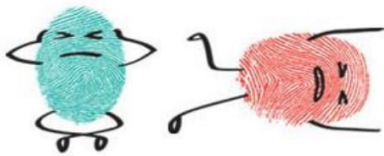
The early learning support program (ELPS) is a **FREE** service offered by the Child Development Centre to help support ECEs.

Are you experiencing challenging behaviours?

Need some new ideas for programming?

Is the room set up just not working for your group?

Not sure if the daily schedule is meeting the needs of the children in your care?

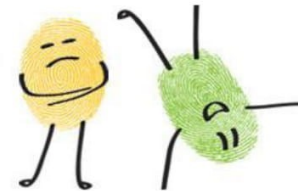


Are transitions feeling chaotic?

Have you been wanting to use visuals in your classroom, but don't have the time to create any?

Are you looking for ways to add movement or sensory activities into the day?

Feeling a circle time lull?



We work collaboratively with you to

- Identify areas in which you would like support.
- Develop a plan to target these areas.
- Help you implement the plan in ways that make sense to you and your program
- Provide follow up where you can continue to ask questions and get support.

This process is flexible and can change to meet the needs within your group.

If you feel ELPS may be a helpful for you in your role as an Early Childhood Educator, please contact Lauren or Janine at the Child Development Centre.

Early Learning Program Support

Lauren MacDonald & Janine Fryer

Phone : (867) 456-8182 x 201 or x 162

Fax: (867)393-6374

Toll Free: 1-866-835-8386

Email: Lauren.MacDonald@cdcyukon.ca

Janine.Fryer@cdcyukon.ca

How is my child doing?

Attention Parents!

Are you interested in completing an online developmental screen for your child?

The ASQ-3 (The Ages and Stages Questionnaire, 3rd edition) is an online, parent/guardian completed questionnaire that asks questions about 5 different areas of a child's development: Communication, Fine Motor, Gross Motor, Personal-Social and Problem-Solving skills. The questionnaire typically takes approximately 30-45mins to complete.

Once parents have completed the questionnaire, the results are sent to the ASQ-3 Project Administrator at the Child Development Centre. The Child Development Centre assures confidentiality for families. Although the results will identify areas of strength for a child, as well as possible areas of support, please note that the CDC will not be interpreting or using results in any way. **Results will be sent directly to parents by mail** and information will then be deleted from the CDC system. Parents will also be provided with handouts on specialized activities to support their child's developing skills.



Parents: to begin the ASQ-3 questionnaire about your child, please access the following URL by typing it into your Internet Browser:

<https://www.asqonline.com/family/dae85f>

We look forward to your participation in the ASQ-3!

Sincerely,

*ASQ Project CDC
1000 Lewes Boulevard
Whitehorse, Yukon Y1A 3H9
867-456-8182*



(Upstairs in the Canada Games Centre)

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



Come visit!



Monday, Tuesday, Wednesday, Friday, Saturday:
9:30am - 11:30am, 1pm - 3pm

Thursdays: 12-3pm

- Ages 5 & over must wear masks
- Do a COVID self-assessment before entering
- Practice physical distancing
- Sanitize hands frequently
- Stay home if you are sick
- Have fun!



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

 Yukon Family Literacy Centre

 @yukonfamilyliteracycentre

Winter hours run from
January 4th - March 13th, 2021

www.yukonliteracy.com

The Family Literacy Centre at the CGC

COVID or NO COVID, readers must read!



What is Family Literacy?

Adults have work to do every day whether it is in a formal setting with a paycheque, raising children, or living day to day life.

Children also have work to do. Their work is to learn the skills that will be used for their entire life. These skills include walking, talking, social and emotional learning, and higher-functioning skills such as reading, writing and numeracy.

These are just a few of the abilities we depend on as we go through life from being a tiny newborn through childhood and eventually onto our adult lives.

We take literacy seriously in the most fun way possible, at the Family Literacy Centre. Literacy is not only sitting down to read a book. Literacy gives kids the tools to express themselves. Singing songs and saying rhymes both help with language development. Imaginative play helps build vocabulary, empathy and verbal skills. Drawing, painting and creating helps children learn about making marks and representing ideas.

The best and most natural place a child will play is within the day-to-day life of a family setting. When you look closely at tasks such as cooking, shopping, conversing, cleaning, bathing, bedtime routines, nature walks etc., you will see these all include aspects of learning and brain growth. Family Literacy skills are built naturally when children, no matter what age, are included in a family's normal life

activities.

If you want your child to be a life-long learner, then it's important to model positive attitudes towards reading and learning. Children learn through play, so their daily work is to play and play and play, and through that play they will learn all these needed skills and more.

What is the Family Literacy Centre?

Located on the second floor of the Canada Games Centre, visitors will come in and view a large and welcoming space filled with colourful rugs, comfy couches, puppets, dress up costumes, a painting easel, blocks, puzzles, a wide array of toys for all ages, creative crafts, and books aplenty.

The Family Literacy Centre (FLC) is free of charge to enter, and designed to entice families, groups and individuals to play and learn together. We define 'family' very loosely, a family can be parents, grandparents, siblings, cousins, friends and more.

Programs relevant to all stages of childhood, along with open ended play time, are offered on a drop-in basis.

By engaging with your children in play, you model to them that learning is fun, and it motivates them to keep on playing in so many different ways.

The FLC is a key contributor to family and community literacy. Yukon families have come to recognize it as a vibrant centre with open doors to everyone.

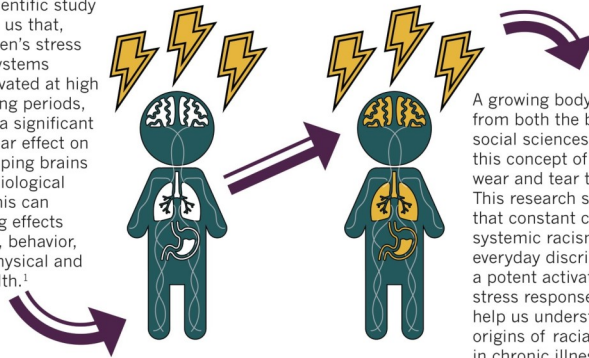


Due to Covid-19 restrictions, there have been some temporary operational changes, but the FLC is still a busy hub of activity and learning.

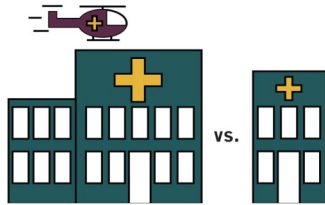
For more information on the Yukon Family Literacy Centre's current schedule, visit yukonliteracy.com or like our 'Yukon Family Literacy Centre' Facebook page, or call 668-8698 /668-6535.

HOW RACISM CAN AFFECT CHILD DEVELOPMENT

Years of scientific study have shown us that, when children's stress response systems remain activated at high levels for long periods, it can have a significant wear-and-tear effect on their developing brains and other biological systems. This can have lifelong effects on learning, behavior, and both physical and mental health.¹

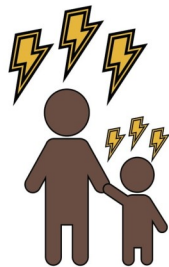
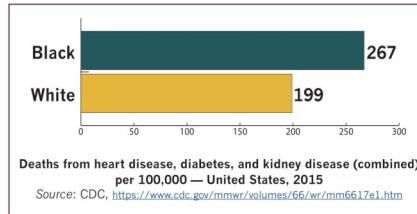


A growing body of evidence from both the biological and social sciences connects this concept of chronic wear and tear to racism.² This research suggests that constant coping with systemic racism and everyday discrimination is a potent activator of the stress response. This may help us understand the early origins of racial disparities in chronic illness across the lifespan.



The evidence is overwhelming: Black, indigenous, and other people of color in the U.S. have, on average, more chronic health problems and shorter lifespans than whites at all income levels.³

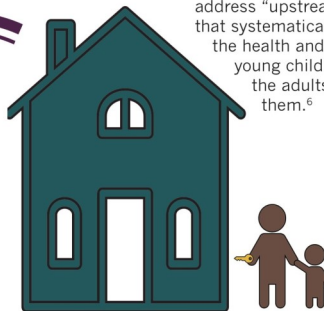
People of color receive unequal treatment when they engage in systems like health care and education, and also have less access to high-quality education and health services, economic opportunities, and pathways to wealth accumulation.⁴ All of these reflect ways in which the legacy of structural racism in the U.S. has created conditions that disproportionately undermine the health and development of children and families of color.



Multiple studies have documented how the stresses of everyday discrimination on parents or other caregivers, such as being associated with negative stereotypes, can have harmful effects on caregiving behaviors and adult mental health.⁵ And when caregivers' mental health is affected, the challenges of coping with it can cause an excessive stress response in their children. But we can prevent lasting harm if we work together.

To address these challenges, we must not only provide needed services for all young children and families, but also create new strategies to address "upstream" inequities that systematically threaten the health and well-being of young children of color and the adults who care for them.⁶

This means actively searching for and reducing unseen, restrictive biases in ourselves and in economic and social policies through initiatives such as fair hiring and lending practices, housing and home ownership programs, anti-bias training, and community policing initiatives.⁷



It's clear that science cannot address these challenges alone. But science-informed thinking combined with expertise in changing entrenched systems and the lived experiences of families raising young children under a wide variety of conditions can be a powerful catalyst of more effective strategies.⁸



Every ECE comes with their own strengths, experiences, and knowledge, wanting what is best for the children in their care.

Handle with Care provides the opportunity for Early Childhood Educators to come together and participate in discussion and interactive activities promoting the mental health of children from birth to six years old.

It is a collaborative process focusing on the essential components of early social-emotional health...

Attachment – “When I feel calm and secure, my brain can grow in a healthy way”

Self-Esteem – “When you accept me for who I am and are interested in what I do and what I like, I know I’m special”

Expressing Emotions – “When you acknowledge my feelings I can acknowledge them too”

Relationships – “When I feel comfortable, capable and confident, I can have a friend and be a friend”

Delivery of the program is entirely flexible to meet the needs of each individual Early Learning Program.

For more information on Handle with Care, please contact:

Janine Fryer or Lauren MacDonald, Early Learning Coordinators
Child Development Centre
Janine- 867-689-7178
Lauren- 867-689-7168

The Feelie Heart Story

Feelie Hearts are small, hand-sewn plush hearts that are made by Hospice Yukon volunteers. They are a great way to teach children about healthy grieving. This is the story of how they came to be one of the services we offer to those grieving the death of a loved one.

Dr. Rachel Remen, doctor and author of *Kitchen Table Wisdom*, tells a poignant story from her practice as a caregiver for those who live and die with cancer. One of her patients, a young mother of thirty-seven, had died of breast cancer. Dr. Remen met with the grieving husband and his four-year-old daughter, Kimmie.



"We sat in silence watching Kimmie as she gently patted my cat. Feeling herself watched, she looked up. With a smile, she abandoned the cat and climbed into my lap. Reaching into her tiny pocket, she took something out and put it into my hand. It was a small stuffed velvet heart, obviously handmade. I looked at her father. 'It's a feelie heart,' he said. 'She never goes anywhere without it.' A friend had sent it from a grief center that serves children whose lives have been touched by death. Small enough to put into a pocket and take to school to hold and rub, these soft little hearts give children permission to hold their own hearts tenderly and to grieve. To remember that they were loved and know that they can love. Children carry them for as long as they need to, finding comfort in the softness when thoughts of their loss might overwhelm them."

The Feelie Heart Story has reached far and wide. These little handmade hearts are now

used in many places around the world by children, adults and health professionals.

Hospice Yukon volunteers make hundreds of Feelie Hearts each year and they are available at Hospice at no charge. Like a snowflake, each one is unique.

Easily tucked into a coat pocket, pencil case or desk drawer, they remind us of our losses, of the love we have given and received, and remind us to hold our own hearts tenderly.

If you know of a child in your life who could use a Feelie Heart, please pop in to Hospice to get one. We also have kits available to make Feelie Hearts.

Kids Grief Counselling

Kids Grief Support Groups

Lending Library

Professional Support

Public Education

409 Jarvis Street

Tel. 867-667-7429

www.hospiceyukon.net



Wonderful Websites

This section of the **Partners for Children** newsletter brings some trusted websites to you each month.

To Do Canada is an organization that exists to help bored Canadians. Their website has ideas for families that are age specific, location specific and more.



The page referenced today suggests 30 science experiments to do at home. They're cheap, informative and guaranteed to dispel boredom for house-bound children. Check them out! <https://www.todocanada.ca/30-science-experiments-to-do-at-home-with-kids/>

Cold kids? Need to send them outside to burn off some steam? **CBC Kids** has a section specifically devoted to winter information, ideas and survival. <https://www.cbc.ca/kidscbc2/the-feed/frigid-facts-on-being-out-in-the-cold>

We particularly like “Four Fun Things You Can Freeze!” —and the fact that they mention the Yukon when they list the “coldest places ever recorded.”

30 Science Experiments to Do at Home with Kids

Published by To Do Canada On March 19, 2020 [Leave a response](#)



CBC Kids

Explore Videos Games

Explore All

6 frigid facts about being out in the cold!

LIST IT!

When it gets cold outside and the snow is falling, it can be fun to head out and build some snowmen, throw some snowballs or even go tobogganing. Did you ever wonder about what happens to your body when you're out in the cold weather?

More cool posts!

WINTER
WOULD YOU RATHER?
Would You Rather: 10 frosty questions for winter

MAKE & DO
4 fun things you can freeze

AWESOME INVENTIONS
5 cool ways to keep warm in the great outdoors



NHEHD Yukon

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!
www.partnersforchildren.info



NHEHD Yukon (Network for Healthy Early Human Development Yukon) maintains a Facebook and Twitter page. Posts are about child development and Yukon child advocacy.

NHEHD sponsors Partners for Children (PFC), and PFC also maintains a Facebook page. PFC's programs and events are announced here.

NHEHD is also a member of a national organization, the Canadian Association for Young Children (CAYC). CAYC also has a Facebook page where one can find links to resources and national early childhood news.

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