

# PARTNERS FOR CHILDREN

SPRING 2019



## INSIDE THIS ISSUE:

- 1 Letter from the Editor (PFC Coordinator)
- 2 PFC Contact Information
- 3 Community Websites
- 4 YTM & Autism Yukon
- 5 Watson Lake Creative Playgroup
- 6 Parent Child Mother Goose Handle with Care
- 7 Leslie's Book Shelf
- 8 Romp N' Run, HJ
- 9 Hospice Yukon
- 10 CPNP Programs
- 11 Community of Practice Coffee House
- 13 Child Development Centre
- 14 Rare Disease Foundation
- 15 FASSY
- 16 Jordan's Principle
- 17 Yukon Public Libraries
- 18 Partners for Children
- 19 Mothering your Baby
- 20 Family Literacy Centre Summer Programming
- 22 Whitehorse Health Centre
- 23 Wonderful Websites
- 24 NHEHD Yukon



I came across this image on social media a couple of weeks ago, and it really stuck with me—I really like it. It shows the conditions for healthy development.

It appears to me that the adult is relaxed and may be looking after their self - some good self care. I see patience, calm, interest, healthy physical touch communicating love...

My imagination then sees a child that is also calm, feels safe, trusts their adult, whose whole body can take in the love and learning and develop in a good way.

Children require their adult's attention—phone away; calm, genuine enjoyment with each other, with healthy physical touch such as the picture below. These are very basic and very important needs for healthy brain development / learning.

There is  
no app  
to  
replace  
your lap

READ TO YOUR  
CHILDREN

Leading  
Steps  
Paediatric  
Clinic

ARTIST:  
KIM PARKHUST

*Katie Swales*

# partners for children

## contact information

Phone: 1-867-322-5990

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

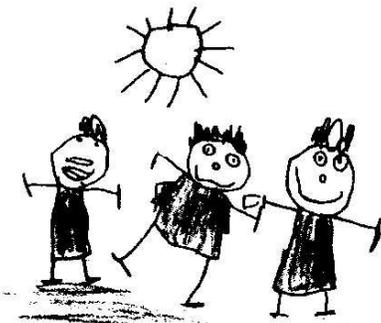
Mail: Partners for Children  
108C Copper Road  
Whitehorse, YT  
Y1A 2Z6



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

Managing Editor: Kate Swales

Copy Editor: Leslie Peters



Production of the Partners for Children newsletter is made possible by a financial contribution from the Community Action Program for Children (CAPC) through the Public Health Agency of Canada.

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

The views expressed herein are solely those of the authors and do not necessarily represent the official policy of Partners for Children program, NHEHDY or the Public Health Agency of Canada.



# Community Websites

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

**Child & Adolescent Therapeutic Services (CATS)**  
[www.hss.gov.yk.ca/programs/family\\_children/](http://www.hss.gov.yk.ca/programs/family_children/)

**Child Care Services Unit**  
[www.hss.gov.yk.ca/earlychildhood.php](http://www.hss.gov.yk.ca/earlychildhood.php)

**Child Development Centre**  
[www.cdcyukon.com/](http://www.cdcyukon.com/)

**Early Learning and Child Care Program**  
[www.yukoncollege.yk.ca/programs/info/elcc](http://www.yukoncollege.yk.ca/programs/info/elcc)

**Family Law Information Centre (FLIC)**  
[www.yukonflic.ca/](http://www.yukonflic.ca/)

**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)

**Many Rivers Counseling and Support Services**  
[www.manyrivers.yk.ca](http://www.manyrivers.yk.ca)

**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>

**Traditional Parenting Program**  
[www.skookumjim.com](http://www.skookumjim.com)

**Victoria Faulkner Women's Centre**  
[www.vfwc.net](http://www.vfwc.net)

**Yukon Association for Community Living (YACL)**  
[www.ycommunityliving.com](http://www.ycommunityliving.com)

**Yukon Child and Youth Advocate Office**  
[www.ycao.ca](http://www.ycao.ca)

**Yukon Literacy Coalition**  
[www.yukonliteracy.ca/](http://www.yukonliteracy.ca/)

**Yukon Public Libraries**  
<http://www.ypl.gov.yk.ca/>



# What's happening this summer at the Yukon Transportation Museum?

Your 3-5 year old will explore Yukon transportation through play, craft and songs.



## Wee Moves



Starts **May 25**.  
Call the YTM at 668-4792 to register.  
Spots are filling up quickly!

**Also coming up...** May 21st we switch to our **summer hours**: open every day from 12 noon to 6 p.m.

**May 25th** we have our opening BBQ from 12 noon to 2 p.m., and we'll also be pulling a vintage aircraft into the compound for children to explore during this event.

**May 25th** is also our first day of the summer Wee Moves Program, where 3-5 year olds can learn about transportation through play, craft, and song. This takes place from 2 p.m. to 4 p.m. most Saturdays throughout the summer. This program can fill up, so parents are advised to secure a spot at the YTM.

**Throughout the summer**, we're in the process of getting our interactive exhibit (our windlass) and our helicopter ride repaired, and we're hopeful that they'll be ready for **June!**

We also have a small **workshop** set up to have model ravens built. They will be put into our model train exhibit as part of a commemoration of 100 years of flight in the Yukon.

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

### Autism Spectrum Disorder in the Yukon

ALL YOU NEED TO KNOW BEFORE A DIAGNOSIS

We have an ASD diagnosis: Now What?

Wondering how to get an assessment?

Wondering what to do next after a diagnosis?

Our two new publications can help, and now they're on our website!

[www.autismyukon.org](http://www.autismyukon.org) Click on the "Autism in Yukon" tab, or call us at 667-6406.



# Watson Lake Creative Play Group

Watson Lake Creative Playgroup (WLCP) has been in the community of Watson Lake for over 40 years.

The playgroup started out in a couple of parents' basements with the idea of letting moms have some time for themselves for a few hours while someone watched the children. This became so popular that the principal at the Elementary School at the time (about 1979) offered them a classroom to use.

In 1989 they became a registered non-profit society. One parent was hired to be the "full time" worker, with other parents volunteering their time. Fees barely covered pay for the parent for 2 hours in the morning, and the rest of the time was volunteer.

This went on for a number of years and ran quite smoothly. The program was so popular that in 1993, the Board decided to write proposals for funding. In 1994, they received funding from the Public Health Agency of Canada (PHAC). WLCP was now able to hire two full-time staff and to offer the program for free to families of the community. The playgroup met in the Elementary School until 2008, when they had to relocate because of building issues. A great partnership had come to an end.

WLCP is now located in the Watson Lake Recreation Centre. The preschool program (ages 3 - 5) runs from 8:00 a.m. to 12:00 noon five days a week. They follow the school calendar, which means they are closed during the summer, as well as during other school holidays.

The main objective of Playgroup is to provide opportunity and a safe environment for the children to play, socialize with others, develop their skills, and to promote kindergarten readiness.

Shelly Weedmark is the instructor for the program and is in her 24th year with the group (seventeen years as instructor)! As low staff turnover is one of the quality preschool markers, they've definitely got this covered!

The Watson Lake Creative Playgroup continues to operate as a Community Action Program for Children (CAPC) funded by PHAC. If you live in Watson Lake and have preschoolers, you should definitely check out the Watson Lake Creative Playgroup!





## Parent-Child Mother Goose

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

Tuesdays, May 7 – June 25

10:30 – 11:30 AM

Whitehorse Public Library

To register your 0-5 yr old for this FREE Program contact Jo Lukawitski at:

Partners for Children

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

867-322-5990



Promoting Mental Health in Young Children

Handle With Care is a free program for parents to:

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

**Fridays, April 26 – June 7th**  
**Whitehorse Health Centre, 10am- 12pm**  
 Child minding and snacks provided

To register for this **free** program, contact your Healthy Families worker.



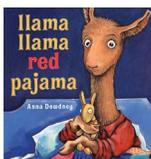
# Leslie's Book Shelf...

*Quirky and common-sense books for Yukon children*



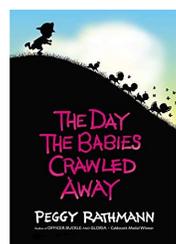
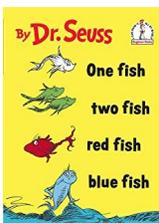
For this issue of the PFC Newsletter, I decided that, instead of telling readers about books that I like, it would be interesting to learn about books that other community members love reading with children.

I was pleasantly surprised at how excited parents, grandparents, aunts, and early childhood educators were to tell me about “go-to” stories that they choose. Each of these books would contribute to happy reading adventures this summer!



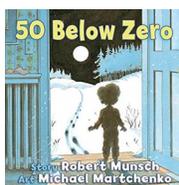
**Tara Wheeler**, director of Dune'na Zra Sunch'l Ku Daycare in Carmacks, recommends the Llama Llama books by Anna Dewdney because the words flow so nicely, and children love them too. Llama books are full of every-day childhood experiences.

**Glenys Baltimore**, mother and owner of the Claim Café, loves reading Dr. Seuss. Pictured is my favourite, One fish two fish red fish blue fish! All of the words in this book are primary level, but the humour and shades of meaning are almost endless.



**Maggie Powter** of Little Wonders Preschool introduced me to The Day the Babies Crawled Away, by Peggy Rathmann. Maggie likes this book because it has “beautiful rhythm, funny story with lots to chat about and really lovely illustrations.”

Former Yukoner, **Carlene Heppner (Kerr)**, mother and preschool teacher who hails from Prince George, BC, reads Robert Munsch stories to children because there are many chances to “do actions and make sounds.” I bet her audience loves her stories! Pictured is Munsch’s book 50 Below Zero.



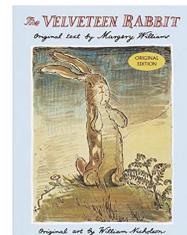
**Tina Savoie**, who received her ECD Diploma here in the Yukon and then moved to Quebec, operates an early childhood program there. She likes “Gerald and Rosie” books by Mo Willems, available in both English and French. Pictured is an adorable example where Gerald and Rosie find themselves in a book.

They feel like someone is looking at them, and then realizes it’s the “reader.”

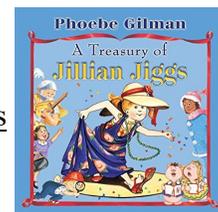


**Sherri Armstrong Morris**, a developmental therapist who ran the Super Kids social-emotional group at the Child Development Centre in years past and also helped to design the Handle with Care curriculum, suggests Morris's Disappearing Bag, by Rosemary Wells. This is a Christmas story that sympathizes with the youngest child.

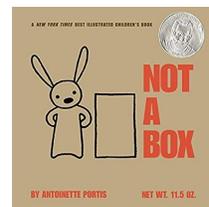
**Val Atkinson**, dedicated mother, grandmother and aunt, is attached to the trusted favourite, The Velveteen Rabbit, by Margery Williams and William Nicholson. This magical book can make anyone feel special.



**Danielle Evans**, director of the Shawkunlee Daycare Centre in Haines Junction, identifies with both the exasperated but understanding mother and the wild and creative Jillian in the Jillian Jiggs books, by Phoebe Gilman.



**Tanja Westland**, CPNP and Healthy Moms, Healthy Babies Coordinator, Dawson City, reads Stick Man and Gruffalo and Gruffalo's Child a lot. Pictured is Stick Man by Julia Donaldson and Axel Scheffler.



**Jennifer Bugg**, program director at the Child Development Centre, loves how the book, Not a Box, by Antoinette Portis, encourages and describes creative play. All one needs is a box!

Finally, **Ruthie Gabourie**, mother, grandmother and aunt, thinks that everyone needs to read I Need a New Butt, by Dawn McMillan. Read it, and you'll know why!



Unsure if you want to buy? Most children’s books can be previewed on YouTube. Simply search the title.



# Romp n' Run

PARENT AND TOT PROGRAM

*Every Monday & Wednesday.*  
**April 3rd – June 7th, 2018**  
*(no programs April 17, 22 & May 20)*

10:00am – 10:45am Programs  
*(see below for program details)*

10:45am – 11:30am Open free play

HAINES JUNCTION HOCKEY  
ARENA MEZZANINE

*Ages 4 and under. Parent or caregiver  
participation required.  
Healthy snack provided and coffee or  
tea available for adults.  
Children should wear comfortable clothes  
and bring clean indoor shoes.*

**PROGRAMS WILL INCLUDE:**

**Little Chefs** – Hands-on activities  
and games about cooking healthy  
food

**Parent & Tot Yoga** - Stretching,  
games and moving our bodies in  
fun ways

**Visits from the Child  
Development Centre** - Learning,  
activities and lots of fun



FUNDED BY



partners for children



For regular programming updates  
please join the Romp n Run Program  
Facebook group.

For more information email  
[laura.gorecki@gmail.com](mailto:laura.gorecki@gmail.com) or call  
867-335-2583

## From the Hospice Library... *One Wave At A Time*

We have a new favourite book in our Hospice lending library. Suitable for kids aged 5 and up, *One Wave at a Time - A Story about Grief and Healing* is a beautifully illustrated book about a young boy named Kai who's father has died. The book describes the different waves of emotion he goes through, talks about the ways he learns to cope with his emotions, and shows helpful things he and his family do together that help them feel better.

It is normal for children to feel all different kinds of emotions after someone close to them dies. They may feel very sad that the person is no longer here with them. They may feel scared that something bad will happen to another loved one. They may feel angry at the person for

leaving them. And they may feel guilt at not having somehow prevented the death. Helping children express the full range of their emotions is an important part of healing. This book helps to normalize all of the different feelings that can surface when a loved one dies... sadness, fear, guilt, anger, and even a lack of feeling.

It can be very healing to find tangible things to do that help the child express their feelings and remember the person who died. This book offers many ideas such as joining a grief group where you can talk openly about the loss, making and filling a memory box, creating a grief first aid kit filled with soothing things, reminiscing through telling stories and looking at photos, eating their favourite foods, singing their favourite songs, and more.

The story leaves us with a helpful lesson... while Kai is still missing his dad, he learns that he can handle the waves of emotion as they come:

*"when Mom cries now, I don't hide  
when Ben whines now, I don't  
(usually) yell, and when I spy a  
wave, I inhale slow."*

*The waves still come – sad waves,  
mad waves, flat waves and fear  
waves  
but when they roll in  
I surf them  
one wave at a time."*



Hospice has a range resources to support children and their parents and caregivers through end-of-life and grief. Stop by to see the books and CDs we have in our lending library for borrowing.

We also host evening and noon-hour offerings of *How to Talk to Children about Death and Grief*. Check our website to find out the next offering for this workshop.

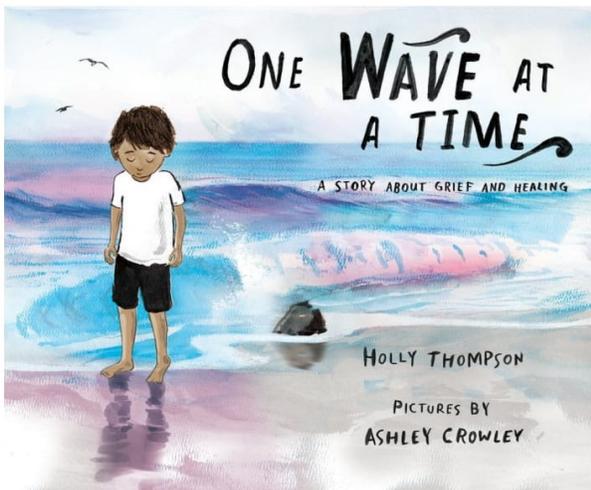
**Counselling**

**Lending Library**

**Grief Support Groups**

**Professional Support**

**Public Education**



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

Mon - Fri 11:30-3:00  
409 Jarvis St.  
Tel. 667 7429





# 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 choose healthy lifestyle choices; opportunities for personal development; and opportunities for parents to build their support network through community referrals, and of course, meeting other parents!

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

Each program 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 Megan McKenna at 667-4134 or [cpnpwhitehorse@northwestel.net](mailto:cpnpwhitehorse@northwestel.net)

Skookum Jim Friendship Centre: contact Bonnee Bingham at 633-7682 or [sjfcprenatal@northwestel.net](mailto:sjfcprenatal@northwestel.net)

Mamans, Papas et Bébés en santé at Les EssentiElles: Contact Sophie Huguet at 668-2663 x 820 or [pcnp@lesessentielles.ca](mailto:pcnp@lesessentielles.ca)

Teen Parent Centre: contact Ceilidhe Dabbs at 667-8336 or [teenparentcentrecpnp@gmail.com](mailto:teenparentcentrecpnp@gmail.com)

In Dawson City: Contact Tanja Westland at (867) 993-5149 or [cpnpdawson@northwestel.net](mailto:cpnpdawson@northwestel.net)

In Carcross: Contact Leslie Peters at (867) 821-4251 ext 8263 or [leslie.peters@ctfn.ca](mailto:leslie.peters@ctfn.ca)

In Teslin: Contact Jodi Jules at (867) 390-2532 ext 371 or [Jodi.Jules@ttc-teslin.com](mailto:Jodi.Jules@ttc-teslin.com)

In Waston Lake: Contact Roxanne Ladue at (867) 536-2125 or [wlcnpn.cpac@gmail.com](mailto:wlcnpn.cpac@gmail.com)

In Ross River: **Please forgive our mistake in the last issue!** We referred to the former coordinator as "the late Mary Dick," and, thankfully, Ms Dick is alive and well! For information about current program offerings, please contact Amanda at [amandamarymac1@gmail.com](mailto:amandamarymac1@gmail.com)

Eating delicious food together a big part of what happens at all CPNP sites. If you are a young mom struggling to afford nutritious food, please reach out to your local CPNP Coordinator. They can help!



www.shutterstock.com · 37922266

Friday, May 31st 2019

5:30 – 7:15 PM

108 Copper Road  
Whitehorse

Community of Practice  
Pop-Up Coffee-House

for those in our Early Learning  
& Child Care field

Light Refreshments & Snacks

Meet, Chat, Brainstorm Community of Practice

2019 Apryl Olson Memorial CHILD Award

NHEHD Yukon 2019 AGM 7:20



Travel Schedule  
 May and June 2019

May	
6 - 8	Faro and Ross River
8 - 10	Dawson City
14	Teslin
15	Carmacks
16	Haines Junction
14 - 16	Pelly Crossing/Mayo
21 - 23	Beaver Creek
23	Carcross
27 - 30	Watson Lake

June	
4-6	Old Crow

For further information, please call 867-456-8182 Ext 176 or 1-866-835-8386  
 Tammy Reis - Acting Program Coordinator; tammy.reis@cdcyukon.ca

**Skookum Jim Friendship Centre**

3159 3<sup>rd</sup> Avenue



- Healthy Lunches
- Health and Nutrition Education and Awareness
- Prenatal Supplements
- Lending Library
- Traditional Crafts
- Breastfeeding Space
- Gardening
- Monthly On-site Nurse
- Infant clothing exchange

*Love begins at home, and it is not how much we do....  
 but how much love we put in that action. - Mother Teresa*

**Healthy Moms and Babies**  
**Drop-in Lunch Wednesdays 12-3 pm**

Registration open to Prenatal and Babies up to One

ActiveLiving Online  
[whitehorse.ca/alg](http://whitehorse.ca/alg)

Whitehorse  
 THE WILDERNESS CITY

Active Living Guide

SPRING / SUMMER  
 2019

**NOW AVAILABLE!**



**Arts in the Park  
 Begins May 21!**

Founded in 1996 by Dereen Hildebrand and Steve Slade, Arts in the Park celebrates visual and performing arts, and takes place every summer in downtown Whitehorse. The 2019 season will run from Tuesday, May 21 to Friday, August 2, and will feature different acts with weekly visual artists every noon hour Monday to Friday. All of us at Arts in the Park and Music Yukon are proud to be a part of this free festival! (This information is adapted from the website, below.)

Find the schedule here:  
[www.music Yukon.com/artsinthepark/](http://www.music Yukon.com/artsinthepark/)



## Save the Date!

### The Child Development Centre Fundraiser

Walk For the Kids & Family Fun Day  
Saturday, June 1 11am - 2pm  
Shipyards Park



Put it in your calendar!

There will be lots of fun activities!

**More information and pledge forms will be available soon!**

**We will need families' help gathering pledges.**



**Yukon Child and Youth Advocate Office (YCAO)**

2070 – 2<sup>nd</sup> Avenue, Unit 19

Phone: 867 456 5575

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

**"Young people have a voice."**

Yukon  
Parent to Parent  
Resource Network



RARE DISEASE  
FOUNDATION

FONDATION DES  
MALADIES RARES

**Do you have or care  
for a child with a rare  
or undiagnosed  
condition?**

**SUPPORT~MENTORSHIP~EDUCATION**

[yukonfamilies@rarediseasefoundation.org](mailto:yukonfamilies@rarediseasefoundation.org)



Meetings Held At:  
Child Development Centre  
1000 Lewes Blvd

The number of Yukon families living and caring for a child with an undiagnosed or rare condition is larger than you might think!

Our parent group is based on the mutual desire to enhance our families' lives through connection, support, mentorship, networking and education.

We meet on a monthly basis!

Send us an email if you would like more information. We're happy to chat and to help you get what you need.

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



**fassy** Fetal Alcohol  
Syndrome  
Society Yukon

---

**For people parenting or caregiving  
for others who have FASD  
and need a place to talk openly**

Daytime group

The 2nd Wednesday of each month  
from 11:00 am to 1:00 pm with a lunch

Evening group

Third Thursday evening of each month  
from 6:30 to 8:00 pm



FASSY office  
205 Black Street



# Jordan's Principle News

*Anyone considering a Jordan's Principle application should not delay.*

## JORDAN'S PRINCIPLE: DO YOU HAVE A NEED?

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



### Step 1. Connect

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 CYFN service coordinator toll-free at 1-833-393-9200. 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 [hc.nrjordan'sprinciple-principedejordanrn.sc@canada.ca](mailto:hc.nrjordan'sprinciple-principedejordanrn.sc@canada.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 CYFN service coordinator will submit the request on your behalf to Indigenous Services Canada, and help you navigate the process upon approval.

**JORDAN'S PRINCIPLE**  
a better future starts today

Learn more at  
[cyfn.ca/services/jordansprinciple](http://cyfn.ca/services/jordansprinciple)



The Public Health Agency of Canada (PHAC) has extended Jordan's Principle funding into the 2019-2020 fiscal year.

In the Yukon, there are three ways to apply: Families may apply directly through PHAC. This can seem cumbersome, and the burden of proof is on the family.

There is also a Jordan's Principle Coordinator at the Child Development Centre, 456-8182, and at the Council of Yukon First Nations, 393-9200.

These coordinators can guide families through the application process and can help with ways to substantiate claims.

Applications can be made for specific children, groups of children, and sometimes even organizations, depending on the situation.

The purpose of Jordan's Principle is to ensure that First Nations Children receive equitable care when it comes to health and child development.

Jordan's Principle should be considered for physical, cognitive, emotional, and cultural programming. Trauma therapy may also be considered.

*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.*

## **Visit your nearest Yukon Public Library**

### **Baby Time - Storytime for Kids**

Whitehorse Public Library

Mondays: 10:30 a.m. to 11:30 a.m. For children ages 6 - 24 months. Join us for rhymes, music and stories every Monday at 10:30 a.m. This is a free drop-in program. Children must be accompanied by an adult. For more info, call 667-5239.



### **Toddler Time - Storytime for Kids**

Whitehorse Public Library

Wednesdays: 10:30 a.m. to 11:30 a.m. For children ages 2 - 4 years. Join us for rhymes, music, crafts and stories every Monday at 10:30 a.m. This is a free drop-in program. Children must be accompanied by an adult. For more info, call 667-5239.

### **Register your child for a free book every month!**

The Dolly Parton Imagination Library is a program available to all Yukoners. Children can receive 1 free book per month from birth to age 5.

Register online: <https://imaginationlibrary.com/ca/find-my-program/>



Register by phone: Yukon Imagination Library Coordinator  
867-334-6587 or Yukon Literacy Coalition 867-668-8698  
Email: [info@yukonimaginationlibrary.ca](mailto:info@yukonimaginationlibrary.ca)

#### **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

# The Importance of Being Goofy

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



Being a parent is full of responsibility; however as any parent will tell you, it can also be a lot of fun!

In Parent Child Mother Goose, a lot of our songs and rhymes are totally silly. They seem to make no sense at all, but they're fun to sing and dance to, and we all have a good laugh!

Sometimes being goofy is considered a waste of time, but if we think about it, there are a lot of benefits to goofing around with our children. The most obvious reason is to have fun, laugh and bond with our child.

Being goofy energizes the day and gets us out of the doldrums of routine and chores. It creates a break in the day to connect with our child in a pleasurable way. Getting our sillies out can also create a safe space for more serious topics to be discussed.

I know with my son, having a goofy time before doing homework usually makes the experience go more smoothly, and my son is calmer and more focused. We teach our children how to self-regulate this way.

When we make fun of ourselves and show a silly side, it proves that we aren't perfect, and that's ok. If we can take ourselves lightly and accept our flaws, we role model to our children that they can do the same. This is role-modelling self-acceptance and self-love.

Being silly is a creative way to go through the day and makes tasks like diapering a lot more fun! Give these songs a try the next time you are diapering or on a long car ride with wiggly children, and let us know what your favourite silly rhymes, songs and games are by posting on Partners for Children's FB page.



**Little Green Frog**  
(shut eyes and stick out tongue on every ummm ummm)

Umm! Umm! Went the little green frog one day  
Umm! Umm! Went the little green frog  
Umm! Umm! Went the little green frog one day  
So we all went Umm! Umm! Ah!



But we all know frogs go  
*Clap then jazz hands*  
La-Di-Da-Di-Da (repeat 2 times)  
We all know frogs go  
*Clap* La-Di-Da-Di-Da  
They don't go Umm! Umm!  
Ah!

## Yo, My Name is Jo

Yo, my name is Jo  
And I work in a button factory

One day my boss came up to me  
And said, "Yo man, are you busy man?"  
He said, "Turn the wheel with your right hand".

*Repeat adding more body parts, turning the pretend wheels to the rhythm of the song:*

Add your left hand  
Add your right foot  
Add your left foot  
Add your head  
Finally, add your tongue!



*End with all body parts tapping, stomping, turning imaginary wheels and in your silly, tongue-out way try singing:*

Yo, my name is Jo  
And I work in a button factory  
One day my boss came up to me  
And said, "Yo man, are you busy man?"  
And I said, "**Yes!**"

Parent Child Mother Goose is a FREE program offered in Whitehorse. Thank you to United Way for their support!



# Stay Sun Safe

## Cover up

Wear light-coloured long-sleeved shirts



Make sure they have UVA and UVB protection



Use a sunscreen with an SPF of at least 30 and reapply every two hours

Watch the time

Keep out of the sun between 11am and 3pm

[canada.ca/sun-safety](http://canada.ca/sun-safety)

## Mothering Your Baby



Thursdays, April 25 – June 6  
10 am – 12pm

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

Register at Whitehorse Health Centre  
667-8864



## Postpartum Depression

### Are you feeling?

- Anxious or having panic attacks
- Very sad, all or most of every day
- Out of control, isolated and alone
- Exhausted and cannot sleep or eat
- Worthless, overwhelmed, hopeless
- Guilty or having feelings of inadequacy
- Very irritable, frustrated, or angry all the time
- Worried about your baby's health and your own

If you are experiencing one or more of these symptoms, two weeks after or within a year of the birth/adoption of your child, you may have Postpartum Depression or Anxiety.

### What helps

- Talking to your doctor, community health nurse or a counsellor
- Taking one day at a time
- Give yourself credit. You are doing the best that you can

### Knowing

- Help is available
- It's not your fault
- The sooner you get help the sooner you will feel better

### For support please contact:

- A nurse at your local health centre
- Your family physician
- Counselling at Many Rivers 667-2970
- PPD Helpline at 1-800-944-4PPD(4773)
- [postpartum.org/the-journey](http://postpartum.org/the-journey)



## Summer Schedule 2019

June 17th to August 21st

All programs are based upon child-adult participation.

### Mornings at Pioneer Hotel • 10:30-11:30am

**Mon. Little Explorers • All Ages** Explore the outdoors and natural world through investigation and play.

**Tues. Fantastic Fibres • All Ages** Experiment with a variety of fibres through stories, crafts, and tutorials in fibre arts.

**Wed. 123, Rhyme with Me • 0-30 Months** Circle time with your baby or toddler: sing, make music, read stories, and have fun!

**Thurs. Family Free Play Drop-In • All Ages** Drop by for free play and fun child-parent activities including puzzles, crafts, play dough, painting, and more.

**Fri. Potluck Play • All Ages** Enjoy various hands-on activities inspired by stories such as crafts, painting, food, and play.

### Afternoons at Pioneer Hotel • 12:30-3:00pm

**Tues., Wed. and Fri. Family Free Play Drop-In • All Ages** Drop by for free play and fun child-parent activities including puzzles, crafts, play dough, painting, and more. Free play provides children opportunities to learn many skills crucial to healthy development, and to practice physical, emotional, intellectual and social skills.

**Mon. and Thurs. Closed to the Public.** Contact us to book a unique program for your literacy-based program or group.

### Arts in the Park • Wed. 12pm

Join us for Kids' Day at LePage Park for story time and the book bike.

We are also open during the **Fireweed Market** (Thursdays 4-6:00pm)



## Summertime at the Pioneer Hotel in Shipyards Park



Open Monday-Friday 10-12pm, 12:30-3pm

Open June 10th-14th for Drop-in only

Programs run June 17th - August 21st

Fun, FREE drop-in programs for you and your child. Everyone welcome!

Contact us to book a unique program for your literacy-based program or group.

Summer Kick-Off Party

June 6, 2019: 1-4 pm

Annual Closing Party

August 22, 2019: 1-4 pm

Join us!



@yukonfamilyliteracycentre

For more information, please call 668-6535 / 336-8577, or email [carriannemcphoe@yukonliteracy.com](mailto:carriannemcphoe@yukonliteracy.com)

## Baby's Day Out! At the Whitehorse Health Centre 9010 Quartz Rd.



**BABY'S DAY OUT** is held each Wednesday.

**BABY TALK**, which includes different topics weekly, is from 1:30 -2:15 p.m., and the **WEIGH AND MEASURE** is from 1:00 - 3:00 p.m. Parents may also chat with a nurse regarding any current concerns or questions.

**BREASTFEEDING SUPPORT GROUP** A weekly Breastfeeding drop-in support group is held every Monday from 1:00 to 3:00 pm. No appointment is necessary. This is an opportunity to chat with a nurse regarding any breastfeeding or feeding concerns or questions.

### **ON-CALL NURSE**

An on-call nurse is available daily 8:00-4:30 pm to assist with any breastfeeding or feeding concerns, just call 667-8865 or drop in.

### **LACTATION CONSULTANTS**

Lactation Consultants are available by appointment only after meeting with the on-call nurse to discuss the challenges you may be having.

## Did you miss the Pre-Kindergarten Health Fair?

Your child can still get their vaccines updated before kindergarten starts.

Come to the Whitehorse Health Centre where nurses will check height and weight, and update immunizations.

Please call us to make an appointment.

Whitehorse Health Centre – 9010 Quartz Road  
867-667-8865.



**Yukon**

# Wonderful Websites



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

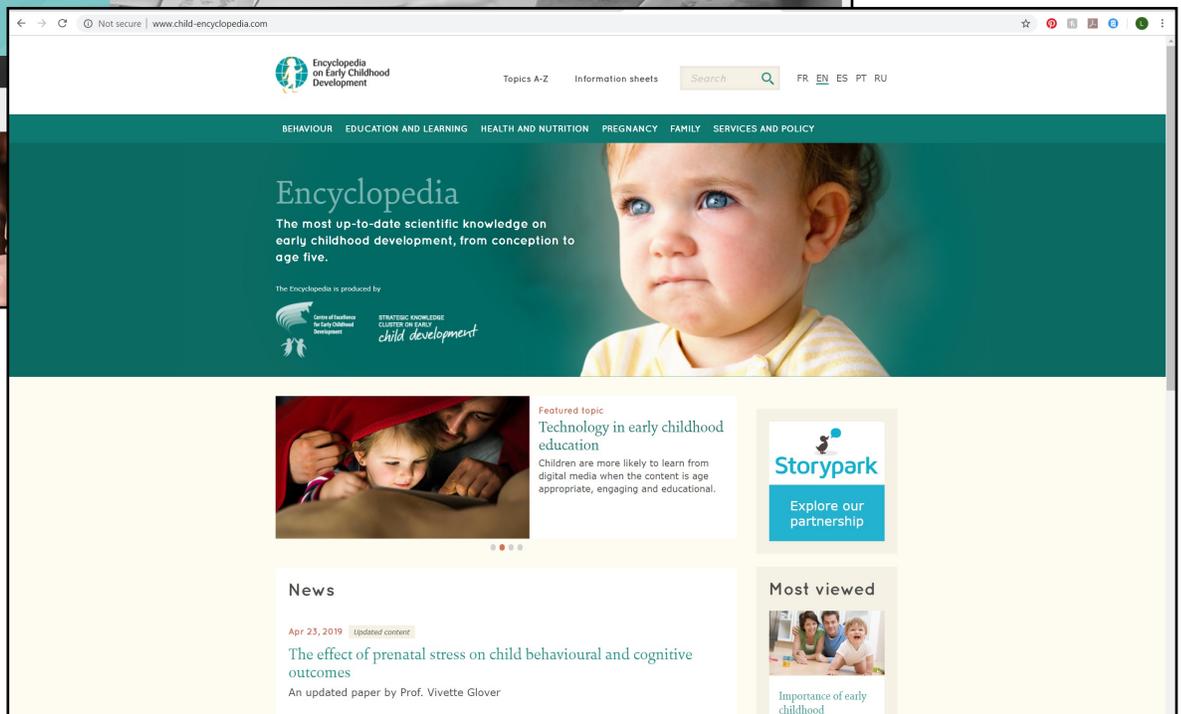
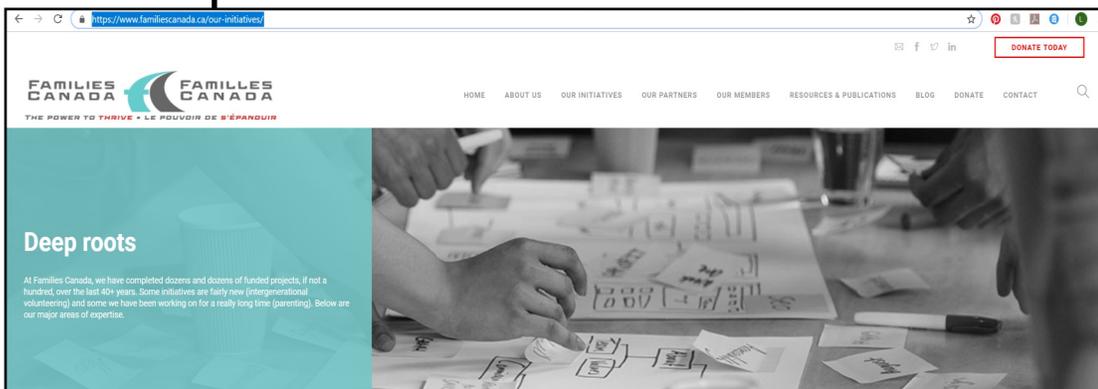
The following websites are a bit more academic than those suggested in the last couple newsletters, but we've heard that many of you have an appetite for this type of information as well!

The Families Canada website has all kinds of great information about topics such as financial literacy, children's rights, parenting, multi-generation relationships, food safety, play and more. You can join their virtual institute and their mailing list. There are also resources that can be ordered. [www.familiescanada.ca](http://www.familiescanada.ca)

[www.child-encyclopedia.com](http://www.child-encyclopedia.com) The Encyclopedia of Early Childhood Development is an exhaustive website which contains information on behaviour, education, health, nutrition, current trend topics, family, policy and more. For example, a recent article posted is "The effect of prenatal stress on child

behavioural and cognitive outcomes," by Prof. Vivette Glover.

Another is a study that was done on Head Start programs.





# Network for Healthy Early Human Development Yukon

The Network for Healthy Early Human Development Yukon (NHEHD Yukon) is a community of concerned, conscientious citizens who are invested in promoting the healthy development of young humans in the Yukon.

We are interested in spreading information and informing policy that will help to make life better for all young children in the Yukon because children grow to be adults, and adults are our future fathers, mothers, employees, business owners, politicians, and next door neighbors. We want today's children to grow up to live ethical, fulfilling lives. This can only be accomplished if their infant, preschool and primary years allow their brains to grow and mature in safe, nurturing, growth-promoting environments.

Isn't there already a Yukon Child Care Association, you may ask? Yes, there is indeed, and NHEHD Yukon is proud to partner with, and support the YCCA. NHEHD Yukon is not a union of childcare workers (although we recognize the incredible value and importance of the Early Childhood field). We certainly hope to provide support, education and information to early childhood workers and to governments that write policy and fund early childhood education in the Yukon.

NHEHD Yukon is concerned with the healthy development of ALL children, whether in care, in the home, or in any other care arrangement. There is so much more to growing a healthy child than child care. We, as an entire community, must band together to support our most precious resource: our children.

