



# Child Development Centre

FALL 2011

## From My Window

### IN THIS ISSUE

#### BOARD OF DIRECTORS

Chair

Shanna Epp

Treasurer

Leah Davy-Ryckman

Director

Allen Murray

Director

Dan Curtis

Director

Donna Rowland

Director

Dale Stokes

Director

Rick Smith

Director

Karen Wenckebach

Director

Wendy Close

Nicole Jack

Director

The fall has come and gone and, with snow on the mountain tops, we are well into the swing of things here at the Child Development Centre. Once again we started the year off with over 600 children enrolled with us in Whitehorse and the communities. Kids and families are in and out of the building and staff are busy making home visits and traveling to the communities. The Integrated Therapeutic Preschool has begun and we are running another "Chatter Bugs" group for children working on their speech and language skills.

We are very excited that our website has been updated – so be sure to check it out at [www.cdcyukon.ca](http://www.cdcyukon.ca). There is lots of new information, links to other organizations and handouts for caregivers. There is also a sign up on the home page if you would like to receive this newsletter through your email.

Our 5 Year Strategic Plan was completed in the spring and the board and staff are starting to work on our long term goals. We had lots of input from community members, parents, and staff, so we are confident that we have a good plan in place. The staff spent our first professional development day looking at family centered services and developing our communication skills.

Well, that it for now. Stop by anytime if you have questions and be sure to check out our library – lots of great books for kids and parents too.

~Alayne

<b>From My Window</b>	<b>1</b>
<b>Comings &amp; Goings</b>	<b>2</b>
<b>The Book Mark</b>	<b>2</b>
<b>Parent Story</b>	<b>3</b>
<b>Research Ramblings</b>	<b>4-5</b>
<b>From the Mouths of Kids</b>	<b>5</b>
<b>Outreach Schedule</b>	<b>6</b>
<b>Team Updates</b>	<b>6</b>
<b>Group Information</b>	<b>7</b>
<b>Staff Spotlight</b>	<b>7</b>
<b>Membership Form</b>	<b>8</b>



## Comings and Goings

We have had a few staff changes this fall. We wish our finance manager, Audry Early, a happy retirement – a well-deserved one at that. We welcomed Sherry Dubé into this position in August. Ruby Simons, who worked for us in Carcross, also retired and off for new adventures. We also said good bye to Megan Brady, our preschool teacher, who has left to do some traveling and explore education

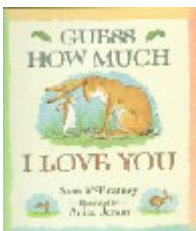
opportunities. Joanie Pelletier was accepted into medical school and has moved back to Quebec – we hope to see her back here as a practicing physician one day! Several people finished up term positions including Pam Taylor, Kathleen Dolan, and Jessica van Wylick and we wish them well in their new positions. Carole Kroening and Janine Privett are back after a leave – Rosemary Plaskett and Sarah Sage are also

back for a short stint to fill in for a leave. A big welcome to our new employees Amanda Dalley (SLP), Jenn Bugg (preschool teacher), and Maryève Vermette (OT).

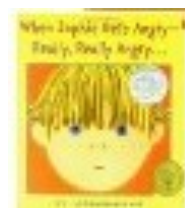


## The Book Mark

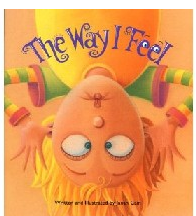
Check out these great books in our library all about emotions:



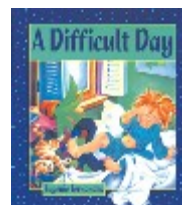
Guess How Much I Love You



When Sophie Gets Angry;  
Really, Really Angry



The Way I feel



A Difficult Day



If You're Angry and You Know It!

Find these and more like them in our library!

## Parent Story

**B**rendan Nash is my 5 year old son who is filled with love, energy, enthusiasm, and the perfect amount of mischief. His favourite things in life are being together with family, playing outside, going swimming, and watching the Weather Channel. He has just recently begun Kindergarten at Elijah Smith Elementary School.

Brendan was diagnosed with Autism shortly after his 3<sup>rd</sup> birthday in April of 2009. When Brendan's mother and I were initially coming to terms with the diagnoses, we underwent all of the panic and fears that I am sure that all parents with similar circumstances do in these situations. However, it soon became apparent that we were not alone in our struggles.

Besides being blessed with very supportive families, we were also lucky enough to get Brendan involved with the Child Development Centre and all of its wonderful programs. Brendan got to work with many great, qualified staff at the CDC, and was involved in the Centre's Preschool Program for two years. While Brendan was often very timid and shy at the day care he attended, the structure and support of the CDC Preschool Program and staff were a perfect fit for Brendan and he really enjoyed everything and made such great progress in his two years there.

Besides utilizing the CDC and all of its great resources, Suanne and I have tried other therapies for Brendan, including dietary changes (no gluten or dairy), "Applied Behavioural Analysis", and "Reference and Regulate" and they have all helped in their own way.

In the summer of 2010, I had researched getting an Autism Assistance Guide Dog as not only was Brendan fascinated by animals, but many of the challenges that Brendan has faced over the years are precisely what these dogs are trained to help with, so I quickly put together an application to their Program later that summer.

We received a call in the Spring of 2011 from the Lion's Club of Canada Guide Dog Program to give us the news that they had found a good match for Brendan. This was excellent news! Shortly after Brendan's retirement from the CDC Preschool, I flew to Oakville, Ontario to their Dog Training facility where I got to meet and train with Roscoe, our new 1.5 year old Black Lab puppy who has been with us since the end of June.

Roscoe has been a blessing and Brendan's overall happiness is very noticeable. Roscoe helps Brendan (and his parents) feel safer while being in high traffic areas (Brendan is a bolter), he lays with Brendan at night (Brendan often struggles with

both falling asleep and waking up for hours at a time), he helps with the transition process that has long been a challenge, and he has helped to curb the jealousy issues that Brendan has had with his younger brother, among many other things. But most of all, Roscoe has been a friend. The bond the two are building is wonderful to see, and we consider ourselves blessed to have Roscoe in our lives.

For those wishing to learn more about the Lions Club Dog Guide Program, please visit [www.dogguides.com](http://www.dogguides.com) or if you have any questions for use we would be glad to help.

Chris and Sue Nash



## Research Ramblings *By Leona Cornière, Registered Psychologist*



### Handle with Care: Promoting Mental Health of Young Children

**H**andle with Care: Promoting Mental Health of Young Children' is a research project that I have been involved with during the past several years. The Handle with Care project began in 2002 with collaboration between Bonnie Pape at the national office of the Canadian Mental Health Association and Nancy Cohen at the Hincks-Dellcrest Centre in Toronto. The initial project funded by Human Resources and Social Development Canada, had two products: a summary of recent literature (*Handle with Care: Strategies for Promoting the Mental Health of Young Children in Community Based Child Care*) and a bilingual resource booklet for early childhood educators in the field.

The second phase of the project from 2004 to the present, involved a national training initiative under the leadership of the Hincks-Dellcrest Centre. The training program for early childhood educators emphasizes the important role they play in promoting children's mental health. A train-the-trainer program was piloted with 36 participants from all provinces and the

Yukon. Preliminary evaluations suggest the program is increasing early childhood educator's knowledge, enhancing their practice, and having positive impacts on the children.

The current project funded by the Public Health Agency of Canada has involved adapting the Handle with Care materials so they are appropriate for both families, caregivers, and those working in early childhood settings. Nancy Cohen and Bonnie Pape have worked with representatives from four sites, Manitoba, Ontario, PEI, and the Yukon, to complete this phase of the project. Yukon representation has included Sherri Armstrong, from Family Supports for Children with Disabilities, and I. In addition to working on the training manual, we recently trained 25 people from the Yukon, in collaboration with Partners for Children, to facilitate sessions for parents and caregivers. This 3-day training workshop was an amazing experience for everyone.

The next phase of the project will tell us how well the activities work in helping parents and caregivers promote the mental health in young children. During the next month a research coordinator and assistants will be hired in the four sites. These people will be trained and supervised by staff from the

Hincks-Dellcrest Centre. Each site will offer sessions for parents and caregivers in their community which will be facilitated by the individuals who recently completed the training. The research assistants will interview the participants before and after the sessions to determine the effectiveness of the activities. Sherri and I are very excited to be part of this project in view of the benefits it has brought and continues to bring to parents and caregivers in the Yukon.

Here are the four main topics with some example of activities:

1. Building trust and attachment
  - The Attachment Mobile Story
  - 'Listening to Baby' video
  - Attachment Bingo
  - Postcards from Home
  - Name Stories
2. Building and enhancing self-esteem
  - The Family Pie
  - Thoughts of Self-Appreciation
  - Temperament
  - Have You Filled a Bucket Today?
  - You are a Star!
3. Expressing Emotions
  - Teddy Bear Feelings

## Research Ramblings cont'd

- Emotion Cube
- Emotion Book – I Feel....
- Hooked on a Feeling
- Emotion Feet

As you can see from the names of the activities, the program is designed to be fun, interactive, and informal. Other components of the program include parent and caregiver self-care, as well as reflection (e.g., how can I use this information with my own family or group of children that I work with?).

### 4. Relationships with Other Children

- Family Nest
- In Our Family
- Fable of the Porcupine
- Community Web
- Puppets Practice Peace

Stay tuned for notices about the sessions which will be open to registration for parents and caregivers.

## From the Mouths of Kids

**M**y 4-year-old daughter asked me, “Mom, how old will you be on your birthday?”

Me: Thirty

Her: Oh man! It’s too exhausting to count that high!



**O**ne of our development therapists was doing a screen with a little boy. One of the items on the screen is walking up stairs but since there were no stairs there she said “well, there’s no stairs so I guess I can’t see how good you can climb up steps.” Without hesitation or speaking, the boy immediately pushed a child’s chair up against the child sized table. He climbed up onto the chair, onto the table, then onto the low level window sill and jumped down. “There!” he said triumphantly. Great problem solving skills!

## Outreach Schedule

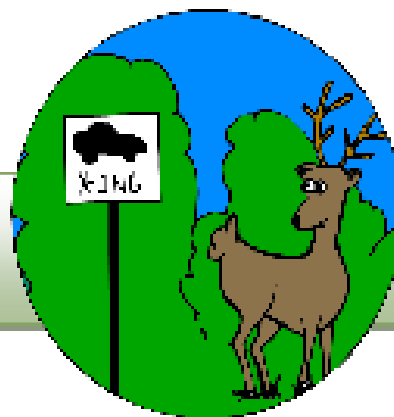
### November

8	Teslin
9	Carmacks
15-17	Faro and Ross River
28-30	Dawson City
28-Dec 1	Watson Lake
30	Carcross

### December

1	Haines Junction
6-8	Old Crow
6-8	Pelly Crossing and Mayo

## Team Updates



### TESLIN

Once a month Debra (developmental therapist), Karen (speech language pathologist) and Brooke (physiotherapist) climb into the Envoy and head south to spend the day in Teslin. We are very happy to report our Program Assistant Corinne is back with us this year and provides support to the K-4 kids attending Teslin school. Every trip to Teslin holds a day jammed packed with visits. We meet with children and families at the daycare, in their homes...or wherever works best for them. One thing the Teslin team is really excited about is that we've already started working with CPNP to plan joint luncheons and parent information sessions. We love these opportunities to meet families in a more informal setting!

## Group Information

### CHATTERBUGS LANGUAGE GROUP

The Chatterbugs Language group occurs several times over our program year. The group focuses on the development of children's speech-language skills through play, books, and songs. Some of the skills covered are social language, sentence structure, understanding and expression of concepts/questions, pre-literacy skills, narrative development and vocabulary.

Children participate in small group and individual activities led by the speech language pathologist and program assistant. Newsletters with details of group activities and some suggestions for activities to try at home are sent home monthly. There are usually 7-8 children attending this group for 8-9 weeks. Rosanne Bloom-Pereira, speech language pathologist, and Claudia Alge, program assistant, will be finishing up with the current group at the end of October.

What does a typical Chatterbugs morning look like?

- Dramatic play
- Small group instruction
- Gym & circle time
- Snack time
- Story time
- Small group instruction
- Craft/sensory time
- Home time



## Staff Spotlight...Sherry Dubé



I joined the CDC team in August as the Finance Manager. I have worked in Accounting/Finance positions for the past thirty years. After living in Montreal and

Vancouver, I moved to the Yukon in 1989 and this has been home ever since. In 1993 my daughter, Aimee, was born and we became involved with the Child Development Centre when she was just 4 weeks old. I am very happy to be working at the Centre which provided such valuable services to myself and my daughter. I am quite

busy with my now teen-aged daughter's activities and I volunteer with her Special Olympics figure skating lessons. In my spare time I enjoy camping, reading, traveling, playing tennis and photography.

## Mission Statement

*We work with families and community members to provide early supports and therapeutic services to Yukon children from birth to school age.*



As a member of the Child Development Centre Society, you help bring services to children with special needs.

**Thank you for taking the time to send your \$10.00 membership fee to:**

**Child Development Centre  
PO Box 2703  
Whitehorse, YT Y1A 2C6**

### **Child Development Centre Membership Registration**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**\$10.00 enclosed**

**A tax deductible receipt will be issued for memberships.**

**Thank you.**