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# Child Development Centre

Newsletter

December 2020

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## Christmas Cards Still Available!

Christmas Cards are still available to purchase to support the work with do with children and families! Only \$10.00 for a pack of ten cards created by some of our past clients (images of the cards are below)! Come get them at the front desk! **Available until Friday, December 18!!!**





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## Meet Joanne Heyes, Developmental Therapist

When I had my son almost seven years ago, I took part in the CDC's Follow Along program. I really enjoyed having those twice a year-check-ins with the amazing Developmental Therapists at CDC. Thankfully my son was able to attend the CDC preschool program for two years and again I was so impressed with the program and staff. I really liked the CDC and had only good things to say over the years. So, I was very grateful this summer



when a Developmental Therapist position came up and I received the job offer. It was like a dream come true! I enjoy working with families and take a

collaborative and supportive approach in my work. I completed my Masters of Couple and Family Therapy at the University of Guelph in August 2008. I am passionate about looking at the big picture of how are we impacted by many aspects like our culture, socio-economic status, history, family relationships, power, privilege. I have been privileged to work and learn in many different areas of therapy in my career over the past 12 years, including counselling positions for Yukon Government, Kwanlin Dun Health Centre, Nimco's and Associates and the communities of Watson Lake and Teslin. I enjoy learning and growing in my work and the diverse and supportive team here at CDC. In my personal time I love spending time in nature with my family, friends and dogs. I am originally from Ontario and although I miss my family and friends there, I am so grateful to live, work and play in the beautiful and diverse Yukon!

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## **Helping Children Cope with the Covid-19 Pandemic**



It has been almost one year since Canada has had its first case of Covid-19. Since that time, we've experienced a long period of uncertainty with people feeling various levels of stress throughout.

Parenting young children at this time may have its challenges. Whether you are trying to balance working at home with child care, missing important supports due to social distancing and other safe six requirements, or managing more sick days both for you or your children, these disruptions to our routine can be difficult.

One of the most important things you can do as a parent or caregiver to support

your child during this challenging time is to tune in to your own emotions and stress level. How are you coping with the changes to your routine, missing loved ones, or the fear of you or loved ones getting sick? Children pick up on and respond to the emotional states of their caregivers. If children are experiencing big feelings, they will calm down faster in the presence of a calm, supportive adult. If you are experiencing big feelings, it may trigger your child to have them too.

It is normal to feel an increase in stress during Covid-19. Now is the time to utilize your positive coping strategies and to take steps to learn other strategies so you can maintain a sense of calm for you and your family. Go for walk, find meaningful ways to connect with important others, enjoy a favorite hot drink or just sit quietly and breathe. Other concrete steps you can take to reduce stress include reducing your amount of media exposure, trying to get enough sleep and finding time for joy!

Think about positive coping strategies you can do as a whole family, especially over the upcoming holiday season. Have a family dance party, look for animal tracks as you walk on a nearby trail or path, watch a favorite seasonal program while enjoying a cup of hot chocolate. You may even check out the Sesame Street website for some great videos, stories and activity sheets that are meant to help children (and caregivers) identify feelings, practice calming strategies and find ways to talk about the impact of Covid-19.

Please see the following resources for more information on how to help your child during the pandemic:

- Search Covid-19 resources for parents on the Government of Canada website ([www.canada.ca](http://www.canada.ca)).
- Gain an understanding of common reactions of children during stressful times like a pandemic at The National Child Traumatic Stress Network ([www.NCTSN.org](http://www.NCTSN.org)).
- Find fun stories, videos and activities at [www.sesamestreetincommunities.org](http://www.sesamestreetincommunities.org).

These are unprecedented times for many of us. Be kind and good to yourself and your children.

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**The Child Development Centre will be closed for the holidays  
from Monday, December 21 to January 3, 2021.**

**We will be open again on Monday, January 4, 2021**

**Happy Holidays!**

