



From My Window

Love we are into the months where we are gaining light every day. 😊 It makes travelling to the communities so much easier when the driving can be done in the light. We are doing a quick survey with our families in the communities. We have scrapped the paper and pencils and have loaded a really short survey onto our iPads.

Staff will be bringing it along on all our trips between now and April. Thank you in advance for your feedback – it really helps us know what is working and how we can make our services even better.

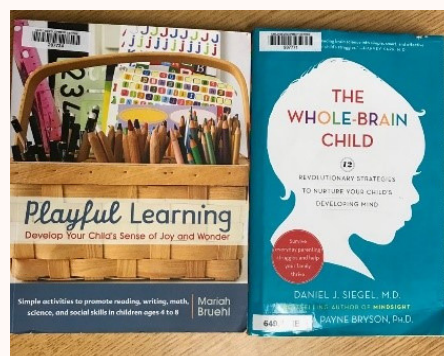
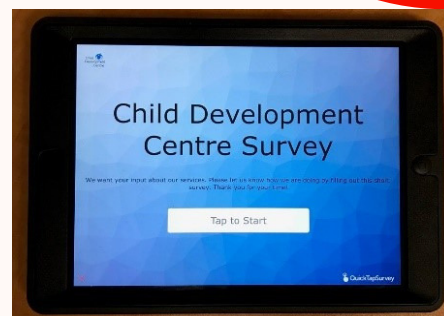
Please stop into our Library – we have an amazing assortment of books for children. We also have books for parents on a variety of subjects, including some great resources on parenting!

Books can be signed out for 3 weeks in our front office. A reminder if you have overdue books to please return them, or if you would like to have them a bit longer, call our front office to re-new them.

Lastly, we are doing our annual membership drive. We are a non-profit agency and we are incorporated as a society. It is \$10 for the year and a membership form can be found at the end of this newsletter.

That's all for now,
Alayne

**The CDC will be
closed on
Friday, Feb. 22 for
Heritage Day!**



Tips To Help Your Child Cope With Hospitalization

By Kristy Petovello, Developmental Therapist

The weather is warmer, the light is brighter, but colds and the flu are sticking around. For some children this means extended time in hospitals, and this can be quite stressful for children and their families.

What are some common fears?

- Fear of strangers and new places
- Separation anxiety from parents and a fear of being abandoned
- Fear of moving with medical equipment connected to them
- Fear of losing control and autonomy

What can you do to help your young child in the hospital?

- Be present and participate in your child's care as much as possible
- Allow your child to participate in their care; helping with thermometers, band aids, etc.
- Bring security objects with him/her (blanket, stuffed animal etc.)
- Acknowledge their feeling and desires. This gives them a word for what they're feeling and validates their experience
- Comfort him/her by singing familiar songs or whatever works best for your child
- Bring pictures of favourite pets and family members
- Provide opportunities for expressive play. Play can make the hospital feel less scary and gives them a chance to express their feelings

What could you tell your child?

- It is common to think that the less a child knows going into a situation the better; children however, feel less anxious when they know what to expect. Provide simple, age-appropriate information about what they might see, hear, smell, taste or feel
- Offer simple and realistic choices. For example, taking medications is not a choice, but he/she could choose to drink the medicine through a cup or straw
- Try to use less threatening, child-friendly language that your child understands



Instead of saying: ❌

Try saying: ✅

Injection or needle -----	a small poke that might feel like a quick pinch
Give you a shot -----	give you medicine just under your skin
IV -----	small plastic tube to give you medicine
Anesthesia/put you to sleep -----	medicine that helps you sleep deeply so you won't hear or feel while the doctor helps your body
Take your blood pressure -----	this will give your arm a quick squeeze

How you can help yourself

- Your child may regress in recent developmental skills ie: potty training or dressing him/herself
- They will regain these skills when they become less stressed or when they go home
- Practice self-care. Illness and hospitalizations are stressful for parents too, so remember to take care of yourself so you can support your child. Here are some ideas:
 - ask a friend to bring you coffee/tea
 - take a break
 - eat regular meals
 - bring ear plugs so you can sleep, download meditation aps or calming music to de-stress,
 - record the medical information and progress in a notepad
 - remember to breath



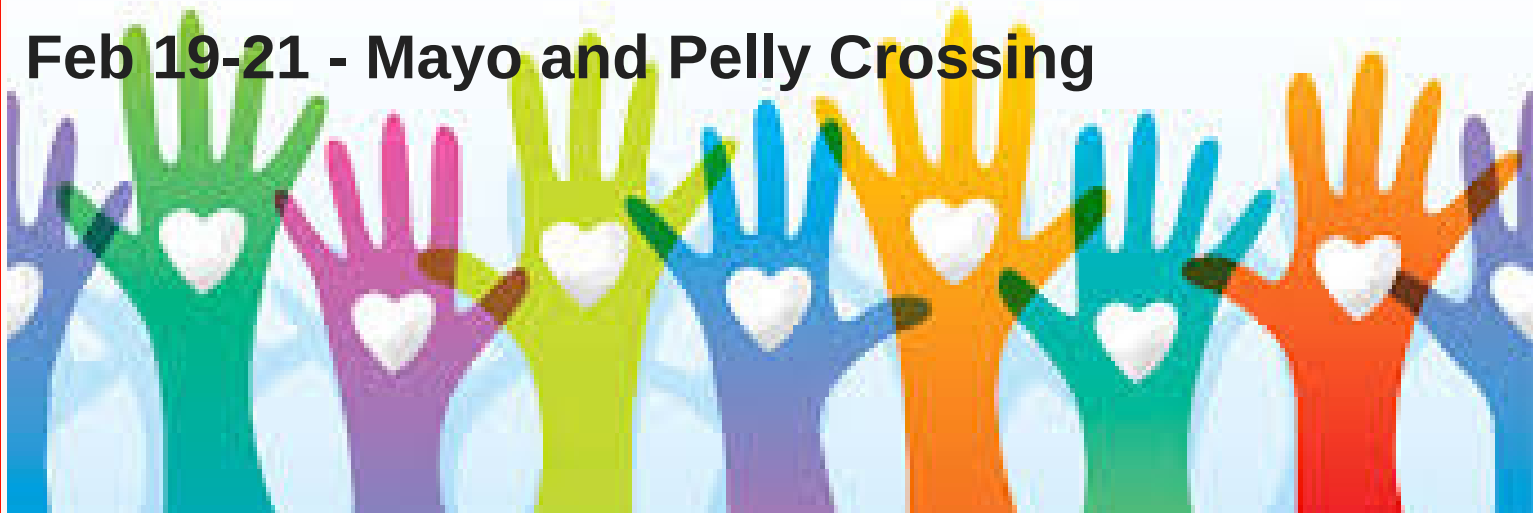
Outreach Travel Schedule

Feb 13 - Carmacks

Feb 14 - Haines Junction

Feb 14-17 - Old Crow

Feb 19-21 - Mayo and Pelly Crossing



2019 Membership Drive

Thank you for taking the time to mail your \$10.00 membership fee and registration form to:

The Child Development Centre
1000 Lewes Boulevard
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.



Our Board of Directors

Shanna Epp * Dale Stokes * Michelle Wolsky * Rick Smith * Sarah Gau
Esther Austring * Erin Pauls * Kim Ramsay * Serena McKone * Ryan Warner