



## *June 2022 Newsletter*

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### **From My Window...**

I am very excited to have rejoined this fabulous team in April following my leave of absence. Despite many challenges with Covid-19, buildings and filling in for

me unexpectedly, the team did an amazing job of keeping things moving forward. It was awesome to see everyone pull together to minimize disruptions to families.

We are in the final days before taking a break over the summer and staff are very busy meeting with families to talk about how to work on goals over the summer. We finished all our travel to the communities, and although lots of trips were cancelled due to Covid, we still made 62 visits. Therapists are also just finishing up on transition reports and meetings for all the little ones who will be graduating on to kindergarten - 84 in all. We wish all the kids and families well and hope we get to see them around town once and awhile.

I hope everyone has a safe and happy summer.

~Alayne

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## Parent Story

I was really skeptical at first and not sure what to expect at CDC. I was nervous that my involvement would make it look like I was failing at parenting. I wasn't sure how it would all work. Now I look back and am amazed at how CDC has helped me and my children.



Over the years, we were involved with speech, developmental therapy and psychology. My son attended the preschool and I was also part of a Handle

with Care Parent group. My daughter's speech improved so much and our involvement with CDC really improved their self-confidence. I tell other parents that if they are worried about getting involved with CDC because they are afraid it might make them look like they are failing as a parent, it is actually the opposite. I tell them that I was nervous as first too; I was worried what they [CDC], would think of me. I learned I was on the right track with my kids and they helped me to help my kids. They went the extra mile to support me when we were involved with Family and Children's Services and that meant the world to me. I really appreciated that support. CDC is fantastic. They are very easy to talk to, very knowledgeable, and very easy to work with. The staff really listened to me and that helped me to trust the process.

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## Let's Go Ride a Bike!



Now that summer has arrived, lots of Yukoners are out enjoying their bikes. Is your child keen to learn how to bike, but you aren't sure where to start?

**Here are some general tips on learning to ride a bike:**

- If possible, start the child out on a bike that is slightly too small. For learning purposes, the rider should be able to sit on the saddle with both feet flat on the ground and the knees slightly bent. Once the child is confident riding independently, only then should you raise the seat in one-inch increments over a period of many weeks.
- Start practicing on a fairly smooth, hard surface (quiet road, long driveway, sidewalk) with a flat surface or minor slope.
- Always listen to/acknowledge your child's fears and allow your child to work within their comfort zone. Encourage them to challenge themselves.



### More information:

**Tips for learning to ride** - Learn more tips and look at options for learning to ride a bike, such as training wheels, running alongside a child on their bike, using a scooter to teach balance and why to save the pedals for last.

**Bicycle riding - skills needed** – Learn the skills your child needs before learning to ride a bike.

If you have questions about your child's gross motor development (e.g. sitting, crawling, walking, running, jumping) - contact us. We have physiotherapists who can help! Call 456-8182 or [info@cdcyukon.ca](mailto:info@cdcyukon.ca)

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## Congratulations and Farewells...

We have a number of employees receiving long service awards this year. Congratulations to the following staff. Thank you for all you do to support Yukon children and families and your dedication to the Child Development Centre!





**15 Years**

Marguerite Kuiack

**10 years**

Jenn Bugg  
Kaya Downs  
Sherry Dubé  
Amanda Martell

**5 years**

Jennifer Freeman  
Jenny Hierlihy

# Farewell Good luck

We are saying farewell to Barb Hansen and Amanda Martell.

Barb is retiring after more than 14 years with the Child Development Centre. Barb has had a few roles at the CDC, but was most recently working with our Early Learning Program Support (ELPS) team. Enjoy your retirement Barb – you deserve it!





Our loss is Newfoundland and Labrador's gain! Amanda Martell is leaving the Yukon. She has worked as a speech-language pathologist at the CDC for 10 years. She is moving out east to be closer to her extended family. Best of luck Amanda - we will miss you! We hope to see you back in Whitehorse for a visit in the coming years!

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## CDC Services Over the Summer

The Child Development Centre has limited services during the summer. However, we still take new referrals, do first phone calls and some first visits with families, and respond to phone calls and emails. You can reach us at:

[info@cdcyukon.ca](mailto:info@cdcyukon.ca)

OR

**Call:** 867-456-8182 or **Toll Free:** 1-800-835-8386

If you want to make a referral, you can complete our referral form at:

[www.cdcyukon.ca/referral](http://www.cdcyukon.ca/referral)



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