



September 2022 Newsletter



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From Alayne's Window

As the leaves are turning yellow and snow is in the mountains, we are busy seeing kids and families after the summer holidays. We had lots of new referrals during the summer and we were happy we were able to do first phone calls and first visits with many families during this time. Teams have started to travel and we have early childhood therapy assistants hired in several communities.

In the spring, we completed an organizational design process with VanBlaricom Consulting and Brenda Barker Smith Consulting Inc. Several factors influenced our decision to pursue this review, but most importantly was the increasing wait times for children and families. Months were

spent reviewing services and feedback and connecting with staff and community partners. The result is a three-year plan designed to solidify and expand support and core service delivery functions. As we move through phases of implementation we will continue to provide updates.

Most staff continue to work out of Copper Ridge Place and we still have our preschool located downtown at 509 Alexander Street. We have secured a new space downtown that is currently being renovated and will be ready for us next summer. We are very excited and thank the Yukon Government for their continued support on this project.

That's all for now....enjoy the fall weather.

Alayne

Outreach Travel Schedule

October

12 Carcross
13 Haines Junction
18 Teslin
20 Carmacks

November

8 Teslin
9 Carcross
10 Haines Junction
14-17 Watson Lake
15-17 Dawson City
17 Carmacks
21-23 Old Crow
22-24 Faro/Ross River
29 to December 1 Pelly/Mayo

December

5-7 Old Crow
6 Teslin
7 Carcross
8 Haines Junction
14 Carmacks

Parent Story



We have been seeing the CDC therapists in some capacity since our daughter was 6 months old. We knew that something was different developmentally with our daughter, but, had no diagnosis at the time.

Every single person we have worked with at the Child Development Centre has been amazing. Shout out to our CDC team! When we couldn't get to the centre they came and saw Elo at our house. When we received her diagnosis, they took the time to learn about it and what specific things would help her grow and thrive. Eloise is now 3 years old and she is so close to walking, has new ways to communicate and has gained so much confidence. She has worked so hard and the supports we have received have helped her so much. We are so grateful for the kind, supportive, and knowledgeable staff at CDC. We know that when our daughter achieves a new goal or milestone they are right there cheering with us!

Getting a diagnosis was terrifying and very overwhelming. Our team at the CDC has been there every step of the way and helped us navigate this new world to get our daughter the absolute best supports available.

Thank you for everything you do!

The Hubley Family



Jordan's Principle Funding

We are happy to announce the Child Development Centre has received funding through Jordan's Principle for a few different projects, including:

- Hiring additional therapists to work with Indigenous children and families.
- Enabling one of our Developmental Therapists to take training in Play Therapy.
- Purchasing three additional vehicles to increase our ability to connect with children and families in Whitehorse and the rural communities.

We are thankful for this additional funding through Jordan's Principle, which helps us to meet the needs of the children and families we serve.



To learn more about Jordan's Principle visit:

<https://cyfn.ca/services/jordansprinciple/>

Every Child Matters

September 30th marks the National Day for Truth and Reconciliation. It is a day to honour the children who never returned home and Survivors of residential schools, as well as their families and communities.



In Whitehorse, the Council of Yukon First Nations will be hosting an event at the Kwanlin Dun Cultural Centre starting at 11am until 4pm. All are welcome and attendees are encouraged to wear an orange shirt. If you live in a community outside of Whitehorse check with your local First Nation office or municipality to see if there is a gathering you can join.

It can be difficult to know how to talk to children about the history of residential schools and the lasting impact it has had. CBC Kids has compiled some information on the National Day for Truth and Reconciliation, explaining what Orange Shirt Day is. You can check out

the information, including a few short kid-friendly videos here:

<https://www.cbc.ca/kids/articles/what-is-orange-shirt-day>.

WeeWatch has also compiled a list of Indigenous books for children:

<https://www.weewatch.com/educational-resources-for-children-national-day-for-truth-and-reconciliation/>

Image from: <https://www.orangeshirtday.org/shirts--gifts.html>

Staff Spotlight - Cambria Fuerstner



Cambria Fuerstner is a speech and language therapist. She helps support families with any questions they have around the speech, language or communication needs of their children.

Cambria has lived in the Yukon her whole life and began working with CDC this fall after completing a practicum with us last winter.

In her free time, she enjoys skiing, biking, and spending time with her dogs.

Welcome Cambria! We are grateful to have you on the CDC team!

What is interoception?

October is Occupational Therapy Month. To highlight the month, we are going to explore the word Interoception.

Interoception is a lesser-known sense that helps you understand and feel what's going on inside your body. Kids who struggle with the interoceptive sense may have trouble knowing when they feel hungry, full, hot, cold or thirsty. In addition, they might have trouble recognizing when they have to use the bathroom. When children struggle with this

sense they can have trouble “feeling” their emotions, which can make self-regulation a challenge.

Examples of interoceptive sensations in our bodies.

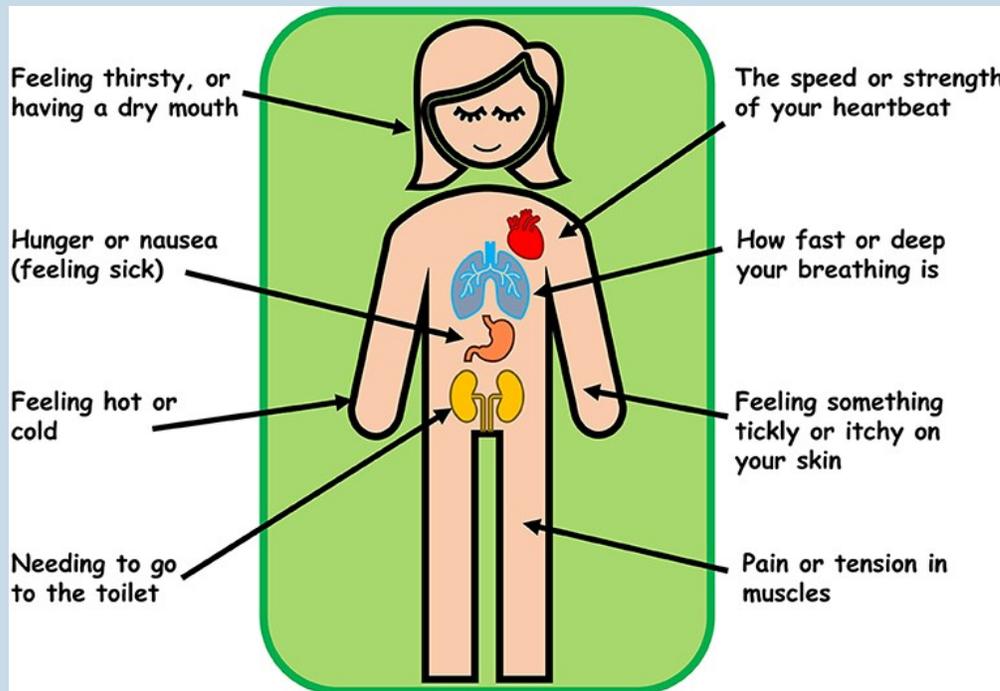


Image from: <https://kids.frontiersin.org/articles/10.3389/frym.2021.558246>

Children may have hyper-responsive or hypo-responsive interoception responses.

Hyper-responsive (also referred to as over-responsive or hypersensitive) means a child is extremely sensitive to this input. The slightest sensation of hunger, thirst or bathroom needs can cause them to become very anxious. Some sensations may feel painful.

Hypo-responsive, (also referred to as under-responsive or hyposensitive) means a child often needs a large amount of input to recognize the type of sensory input their brain is receiving. This means they might not realize the need to use the bathroom, or that they are hungry until they are completely starving.

Instead of always relying on adults to remind them to go to the toilet, have a snack, or identify emotional feelings, it is important for the child to develop independence in these skills. For them to do this, they need to develop their interoceptive system by bringing awareness to their internal signals.

Improved interoceptive systems in one area can help children develop self-awareness in their body signals so they can become more aware of recognizing other internal signs.

If you think your child might need help developing their interoceptive sense, contact us! There are strategies to help your child develop their interoception skills.

Information in this article was adapted from:

<https://www.understood.org/en/articles/interoception-and-sensory-processing-issues-what-you-need-to-know>

<https://readykids.com.au/interoception/>

<https://www.growinghandsonkids.com/interoception-8th-sensory-system.html>



Child Development Centre



"Together, we can reach the stars"



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