

Connecting with Your Children

As your kids grow they may forget what you said, but won't forget how you made them feel – Key in Health. Help show your child how much they mean to you by engaging in fun activities. Here are some simple ideas for daily fun with kids.

Make Kool-Aid Playdough

Ingredients:

- 1 1/4 cup flour
- 1/4 cup salt
- 1 pkg unsweetened Kool-aid (just the dry kool-aid, don't mix it into juice)
- 1 cup boiling water
- 1 1/2 Tbsp vegetable oil

Directions:

1. In a bowl, mix flour, salt and kool-aid.
2. Stir in water and oil
3. Knead with hands for about 5 minutes.
4. Store in ziploc bag for up to 2 months.
5. Use like playdough.
6. Smells great and is the color of kool-aid.

Have a picnic

Whether its going to the beach or park or just laying out a blanket on your front lawn and eating together, kids love connecting with their parents.

Go for a Walk

We live in such beautiful communities, there is no shortage of things to see and do. Count how many birds you see, name the flowers, pick berries, balance on logs.

Nuu-chah-nulth Child & Youth Services

Southern Region

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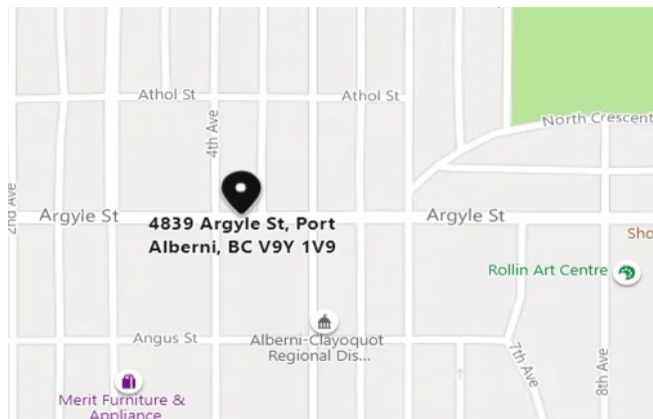
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Nuu-chah-nulth Tribal Council

Child and Youth Services

Program Funders

MCFD, AANDC, VIHA, PHAC



Nuu-chah-nulth Child and Youth Services Program

Bringing services together, for
Nuu-chah-nulth children and families.



t'aatne?is are our future

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Through respectful relationships with Nuu-chah-nulth communities, we offer strength based, cultural programs that support the needs of each child and family.

We will work together to strengthen and expand abilities and resources within families and their communities.

Early Years Outreach Program

Promotes healthy development for pregnancy, infants and children (ages 0-6, and 0 –18) through home and community visits. We offer:

- ◆ Strength-based parenting skill development.
- ◆ Infant and child development screening.
- ◆ Support to families whose children may be at risk for developmental delays.
- ◆ Support and advocacy for families to access services for their children and family.
- ◆ Consultation support to childcare programs and caregivers to meet children's individual needs (0 –18) including one-one one support in daycare settings.
- ◆ Health promotion and support for women who are pregnant or have infants in their home.

Referrals are accepted from individuals, families and workers in the community.



Child & Youth Case Management

The Child and Youth Case Manager partners with Nuu-chah-nulth-aht to deliver services that are ethical, cultural, and responsible. Using a strengths-based and family centered approach, the worker supports the health and wellness of families and children. The worker acknowledges and encourages connection with the traditional teachings, stories and rituals related to health and wellness that have been long held by Nuu-chah-nulth-aht.

The worker provides visits within the home and community as appropriate to support families in meeting their health, developmental, social and emotional goals, strengthening the families confidence and skills related to health and wellness and accessing comprehensive services.

Moe the Mouse

Early speech and language program that helps parents and educators provide opportunities for children to practice language skills in natural settings, by using stuffed suštup (animals)



Birth and Post Partum Doula

Doula team can support the birth person while they are in labour and after birth. By providing different birthing positions, breathing techniques, emotional support for you and your partner, education about birth, nursing positions, light house keeping, and assist with newborn care. Doulas work with parents on finding ways that they can best support them with the new transition in their lives.

Healthy Babies

Education and peer support to birth person and families with infants. Weekly Drop in groups with topics ranging from healthy nutrition, childbirth attachment and parenting your new baby.

Mental Health

Counselling Team provides service in a holistic and caring way. By using a variety of art, crafts, games, nature, recreation and other activities to engage with clients in a good way. Counselling gives children and youth a safe environment to allow them the opportunity to talk about how they feel without the fear of judgement and provide them with coping skills.

We support children and youth through the experience of grief and loss, anxiety and depression, relationship challenges with family and friends, environmental stressors and other developmental challenges.