

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

PO Box 99; 4000 Stamp Ave, Port Alberni, V9Y 7M2

Ph: (250) 724-0202, Fax: (250) 720-3693

TF: 1-855-924-0202

Central Region

PO Box 279, 151 First Street, Tofino, V0R 2Z0

Ph: (250) 725-3367, Fax: (250) 725-2158

TF: 1-866-901-3367

Northern Region

PO Box 428, 100 Ouwatin Rd, Gold River, V0P 1G0

Ph: (250) 283-2012, Fax: (250) 283-2122

TF: 1-877-283-2012

Facebook Page

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.



Children are our future

4000 Stamp Ave, PO Box 99

Port Alberni, BC, V9Y 7M2

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Through respectful relationships with Nuuchah-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.

Northern Region:

Jackie Jack—Mowachaht—(250) 283-2012
Julie Colborne—Kyuquot, Ehattesaht, Nuchatlaht—
778-421-8099 or 1-844-807-8009

Southern Region—(250) 724-0202

Jackie Watts—Port Alberni, Uchucklesaht
Debbie Frank—Tseshah, Huu-ay-aht
Lani McClellan—Port Alberni, Ditidaht, Hupacasath
Nicole Rollans—Port Alberni

Central Region:

Hanne Bruhwiler—Ahousah, Hesquiaht,
Tla-o-qui-aht—(250) 725-3367
Jennifer Touchie—Yuulúʔilʔath, Tla-o-qui-aht,
Toquaht—(250) 726-2060
Robin Gladstone—Yuulúʔilʔath, Tla-o-qui-aht,



Healthy Babies

Tofino and Ucluelet health education and peer support to pregnant women and families with infants.

Robin Gladstone—Ucluelet / Tofino
Hanne Bruhwiler—Tofino

Jennifer Touchie—Ucluelet / Tofino

Moe the Mouse

Early speech and language program that helps parents and educators provide opportunities for children to practice language skills in natural settings.

Southern Region: Krystine McLean

Northern Region: Julie Colborne and Jackie Jack

For Further information about our programs and services, you can contact workers directly or:

Lynnette Lucas
Child and Youth Services Manager
250-724-0202
250-731-5078 (cell)

Krystine Mclean
Administrative Assistant
250-724-0202