

Children and Youth Planning Table Shared Foundation for Practice



WHOLISTIC

Social, emotional, physical and spiritual development

Resource	Description	Reflection Questions
Child Health BC	<p>This document explores areas of child development from infant mental health, to understanding young children's stress, to understanding how to build strong and meaningful relationships that support the child's overall social and emotional development.</p>	<ul style="list-style-type: none"> • What do we understand regarding children's mental health? • How have we been supporting children with mental health struggles in our community? • How do we view children and their families that struggle with mental health? Is this view positive or negative? • What sectors could be brought together to collaborate to support positive children's mental health?
Canadian Active After School Partnership	<p>This is a list of resources that can support professionals and families of children with special needs. These resources offer activities, information and current research.</p>	<ul style="list-style-type: none"> • What does inclusivity look like in our community for families and children? • How accessible are our services to new members in our community or members who are not in the system? In what ways can accessibility be improved?
Ontario Centre of Excellence for Child and Youth Mental Health	<p>The Centre works with Ontario child and youth mental health agencies to strengthen services and build an effective and accessible system of care. They offer a diverse collection of tools, services, products and training to help professionals find, use and share evidence that improve outcomes.</p>	<ul style="list-style-type: none"> • How are we, as practitioners, "walking the talk" when supporting children, youth and families achieve positive mental health? • How are we currently working to engage across systems to best support children and youth? Where can we do better?

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On My Way: A Guide to Support Middle Years Child Development	On MY Way: A Guide to Support Middle Years Child Development is a comprehensive developmental framework to support children ages 6–12, and is based on up-to-date evidence on middle childhood development. On My Way bridges existing early years (How Does Learning Happen) and youth (Stepping Stones) developmental frameworks.	<ul style="list-style-type: none"> • How do these domain areas align with the Children and Youth Planning Table Shared Goals for Child and Youth Wellbeing? • What prevention supports can we reinforce in our programs to encourage children in positive risk-taking behaviours?
Stepping Stones: A Resource on Youth Development	Stepping Stones is intended to support and enhance the work of these adult allies by presenting a shared understanding of how youth develop in a clear and cohesive way. This resource has been created to serve as a tool to guide the development and delivery of high quality services and supports for youth province-wide.	<ul style="list-style-type: none"> • What does it mean to be an "adult ally"? • How can we support youth development in Waterloo Region? • Context matters - how do the current contexts of Waterloo Region impact your work in supporting youth development?

Supporting children, youth and families in their communities and cultures

Resource	Description	Reflection Questions
Supporting Indigenous Children's Development	Creating partnerships between First Nations and researchers to strengthen community capacity in order to deliver culturally appropriate programs for the children and families in First Nation's communities.	<ul style="list-style-type: none"> • How have our partnerships with First Nations communities helped bring awareness to our community as a whole?
How to Engage Families in Services	Assist service providers to better understand different families' needs and how to engage with families in different ways to build respectful and meaningful relationships.	<ul style="list-style-type: none"> • How can we build family engagement in programs and services? What barriers do we need to be aware of? • How can we motivate families to get involved?

Respecting and engaging diverse models of community

Resource	Description	Reflection Questions
Ontario's Community Health Centres	This document offers an explanation of a community model that was created to break down barriers in diverse communities and promote health care programs to support the needs of the communities.	<ul style="list-style-type: none"> • What system-wide barriers are we experiencing in our field of practice? • What preventative measures can be taken in order to prevent families from going into isolation as newcomers?

Being present, authentic and human

Resource	Description	Reflection Questions
Welcome to the Spectrum	Welcome to the Spectrum is a community engagement campaign aimed at growing the understanding of autism and neurodiversity within the Waterloo Region.	<ul style="list-style-type: none"> • When it comes to autism how do we move beyond awareness to understanding, inclusion, and belonging? • What have we learned from community members about autism?
The Developmental Relationships Framework	Developed by the Search Institute, the Developmental Relationship Framework identifies five elements—expressed in 20 specific actions—that make relationships powerful in young people’s lives.	<ul style="list-style-type: none"> • How do your current actions fit (or not fit) into the five elements listed? • Do you think there is anything missing from this list?

Recognition that each of us defines family differently

Resource	Description	Reflection Questions
The Vanier Institute of the Family	<p>This resource unpacks the importance of understanding the diversity of families within Canada. Understanding how families may look different but have many similarities that support in shaping our communities.</p>	<ul style="list-style-type: none"> • How can we define the word "family" in our community? • How many types of families can we identify? • When diverse families interact with one another, what challenges might they face? What positive outcomes might occur?
Ontario Human Rights Commission	<p>This webpage displays how Canadian families have evolved over the years and recognizes the changes families have gone through over two decades.</p>	<ul style="list-style-type: none"> • Looking at the Ontario Human Rights Commission, what trends in family structures are missing that you feel are important to be aware of? • Should the Commission consider advocating for a definition that covers other kinds of dependency relationships? If so, what kinds of relationships should the definition be expanded to cover?