

# Children and Youth Planning Table Shared Foundations for Practice



CHILD, YOUTH & FAMILY CENTRED

## Children, youth and families are driving the decisions

Resource	Description	Reflection Questions
<a href="#">Sick kids - Child and Family Centred Care</a>	<p>This website offers different supports that families can access in order to assist in making decisions that best suits the needs of their family.</p>	<ul style="list-style-type: none"> <li>• What is child and family-centred care?</li> <li>• What roles do we play in supporting children and their families?</li> <li>• What are our values that are tied to that role?</li> </ul>

## Recognizing power and privilege inherent in service delivery

Resource	Description	Reflection Questions
<a href="#">UNICEF Report Card 14</a>  <a href="#">Oh Canada Our Kids Deserve Better</a> (Companion Report)	<p>The report card reveals where Canada ranks among other countries of the world in terms of the countries commitments to supporting family and children in areas such as education, health, well-being etc. The companion report provides the statistics and myths regarding where Canada ranks in terms of the care provided to children and families compared to countries around the world.</p>	<ul style="list-style-type: none"> <li>• What can we do differently to make our region one of the best places for children to grow and develop?</li> <li>• How do children and youth in our community define well-being?</li> <li>• Why do you think Canada ranks 25th place out of 41 rich countries on the Index of Child and Youth Well-being and Sustainability?</li> <li>• What can we do to support children and youth in building positive environmental for social and emotional health?</li> </ul>

# Children and Youth Planning Table

## Shared Foundations for Practice



CHILD, YOUTH & FAMILY CENTRED

Resource	Description	Reflection Questions
<a href="#">Count me in! Collecting Human Rights Based Data</a>	<p>This guide discusses data collection as it related to the Ontario Human Rights Code, to promote equity. It is intended to be a practical resource for human resources professionals, human rights and equity advisors, managers and supervisors, unions, and any other people or groups considering a data collection project, or seeking support to do so. While this guide focuses mainly on collecting data in employment and services, the principles and approaches identified can also apply to other social areas.</p>	<ul style="list-style-type: none"> <li>How might collecting data on the basis of race, disability, sexual orientation, and etc. improve the quality of decision making and service delivery?</li> </ul>

## Authentically engage children, youth, families and communities, and encourage self-determination

Resource	Description	Reflection Questions
<a href="#">Youth Centred Design Toolkit</a>	<p>The Youth-Centred Design Toolkit provides tools and techniques to include child and youth voices in the development of meaningful programming that reflects the real needs of today's kids. The Toolkit was co-created by youth, Overlap Associates and UNICEF Canada One Youth.</p>	<ul style="list-style-type: none"> <li>How can we shift from a mindset of "involvement" to one of "engagement" when working with youth?</li> <li>What are some of the barriers we might face in engagement youth, and what strategies can we put in place to mitigate those?</li> </ul>

# Children and Youth Planning Table Shared Foundations for Practice



CHILD, YOUTH & FAMILY CENTRED

## Giving every child and youth opportunities for quality learning and connections to caring adults

Resource	Description	Reflection Questions
<a href="#">Nutrition for Learning</a>	This organization provides information and services regarding how they support each child's learning by providing wholesome food regardless of the child's socio-economic status.	<ul style="list-style-type: none"> <li>• How are we investing in our children in our community (Money, breakfast clubs, free tutoring, etc.)?</li> <li>• How will investing in our children now benefit the community in the future? How much investment is enough?</li> </ul>
<a href="#">Ontario's Renewed Early Years and Childcare Policy Framework</a>	In this document the government of Ontario discusses current initiatives and strengths, what Ontario wants for the early years, and 7 key areas of action to move forward and achieve that vision. Overall, the goal is to create an integrated continuum of learning for children to the age of 12 across the system.	<ul style="list-style-type: none"> <li>• Why is it important for practitioners to cultivate authentic, caring relationships and connections to create a sense of belonging among and between children, adults, and the world around them?</li> <li>• How can we use communities of practice to better understand the work of other professionals?</li> </ul>

# Children and Youth Planning Table

## Shared Foundations for Practice



CHILD, YOUTH & FAMILY CENTRED

### Using preventative and proactive approaches

Resource	Description	Reflection Questions
<a href="#">Children's Mental Health Ontario</a>	Caring-adult and child resources to support the mental well-being of families and children.	<ul style="list-style-type: none"> <li>• Why should we make children's mental health a priority? What challenges have you faced?</li> <li>• What has helped your family cope and thrive? How can we pass these life skills on to those that could use them in the community?</li> </ul>
<a href="#">Adverse Childhood Experiences Study (ACEs)</a>	A resource striving for prevention of the cycle of violence and abuse. Offering research studies based on adults offering their childhood experiences of abuse and how it has affected them later in life.	<ul style="list-style-type: none"> <li>• What is a safe and stable relationship when it comes to families?</li> <li>• How can we support the development of social norms to build healthy relationships with families?</li> <li>• What are the intergenerational factors at play and what is our role as community support?</li> <li>• Should ACEs be expanded to include community and environmental factors, outside of direct family circumstances?</li> </ul>
<a href="#">Iceland Model for Reducing Substance Use among Teens</a>	Iceland began 'upstream' prevention initiatives in the mid 1990s and to date they have seen massive reductions in the use of cannabis, alcohol and tobacco amongst youth – results not seen anywhere else in the world. Dr. Kristjansson is part of a team in Reykjavik that has created and implemented one of the most systematic, multisectoral, and effective programs in the world. Dr. Kristjansson will address both the ongoing research project and the details of program implementation. An expert panel and audience dialogue will follow the presentation.	<ul style="list-style-type: none"> <li>• How do your programs align with upstream prevention efforts?</li> <li>• What is your agency doing to treat the "source" or the problem rather than focusing on the "symptoms"?</li> <li>• What might this model look like here in Waterloo Region?</li> </ul>

Providing help at the earliest stage possible

Resource	Description	Reflection Questions
<a href="#">Collaboration and Teamwork with Families and Professionals</a>	<p>This publication offers informative explanations regarding how families and professionals work together to assist in developing appropriate support services at the earliest stage possible. This article also offers best practices and examples of professionals that would be involved in the development of the stages for early intervention, i.e. occupational therapist, speech-language pathologist etc.</p>	<ul style="list-style-type: none"> <li>• How do you actively engage with professionals in different fields to make positive changes for families in the community?</li> <li>• What are your thoughts on early intervention programs?</li> </ul>