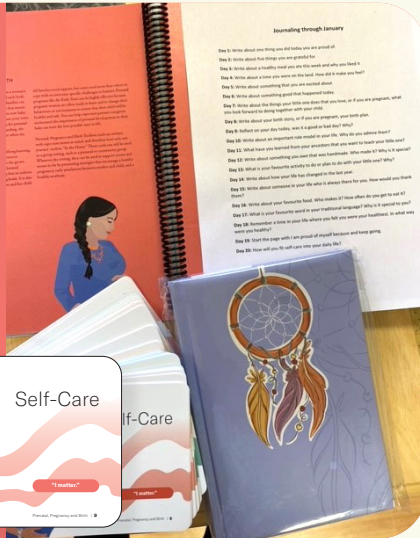


YFNED TOOLBOX CARDS IN ACTION

9. Self Care

Prenatal, Pregnancy and Birth

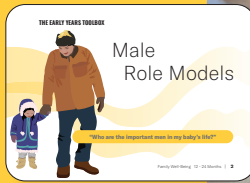


“ I made 20 days of journaling activities to help encourage parents to write in a journal and focus on the positive. This was an activity I did after the baby is born with many families to battle post-partum depression. I chose January because it is the coldest and darkest month and many of our families struggle during that time. I gave out a nice looking journal with a fancy pen to go with the journal activity. ”

Bree

2. Male Role Models

Family Well-Being | 12-24 Months



“ This is a Father's Day gift bag I put together for my families with a recipe for lawn mower shaped Rice Krispie squares. I have included the Male Role Models Toolbox card as a lot of my families are single moms who are doing amazing jobs. I wanted to share the importance of having a male role model in the children's life even if it's a grandpa, uncle, older brother, etc. ”

Peyton

3. Making Marks on Paper

Language Matters | 12-24 Months



“ I like to give a colouring book and crayons when we do this [Toolbox] card because they are hard to get in the community. It's a good way to discuss that you won't expect them to colour on the lines at this point. ”

Bree