

At a glance: Wellness Plan for Yukon's Children and Families

BELIEFS	<ul style="list-style-type: none"> ➤ Every individual and all sectors have a role to play in promoting well-being. ➤ We can build on Yukon's strengths and successes. ➤ Small steps taken by many add up. ➤ The ideal starting point is to give all children and youth the best chance to be healthy, happy and successful in life. 		
THE EVIDENCE	<ul style="list-style-type: none"> • There are two modifiable influences which begin in childhood and increase the risk of chronic disease in later life: toxic stress and the effects of modern living. • Healthy child and positive youth development increase healthy decisions and behaviours, and decrease risk behaviours that contribute to chronic disease. • Healthy choices are easier to make when Information, opportunities to build skills and supportive environments are part of the solution. 		
PATHWAYS	Getting a good start	Raising kids who flourish	Healthy living for life
OBJECTIVES	<ul style="list-style-type: none"> • Empower all parents to do their best for their children • Identify children and families who require more support or referral to specialized services as early as possible • Provide more prevention services to children and families by strengthening system capacity 	<ul style="list-style-type: none"> • Create health promoting schools • Give children and adolescents opportunities to develop skills and build confidence 	<ul style="list-style-type: none"> • Give children and parents the knowledge and skills to make healthy choices • Make healthy choices easier
STRATEGIES	<ul style="list-style-type: none"> ✓ Integrate wellness into government programming, planning and decision-making. ✓ Work in partnership within and between governments and with other sectors to achieve gains. ✓ Recognize Yukon successes and innovation in promoting wellness and inspiring others to take action. ✓ Work through national forums to coordinate and enhance national efforts to support child and family wellness. ✓ Monitor and report on progress, and promote the use of data and other forms of evidence in planning. 		