

ERRATUM An error appeared in the previous issue of the newsletter in the ABCDaire section. Ms. Maïté Cyr Bruneau's job title should read: Specialized Nurse Practitioner in Primary Care (NP-PC).

ACTIVITIES ON THE HUDSON COAST

Discovering My Body Workshops

The Discovering My Body workshop, offered in collaboration with two workers from the public health department of the Nunavik Regional Board of Health and Social Services (NRBHSS), was held:

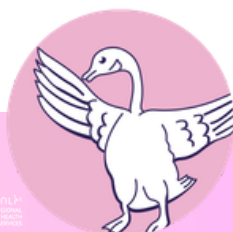
- in Puvirnituk during the week of April 27;
- in Ivujivik during the week of May 4;
- and in Akulivik during the week of May 11.

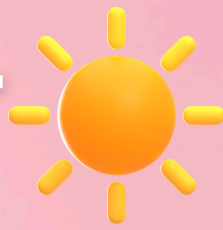


The workshop includes four interactive games designed to help parents better understand the normal sexual development of children aged 0 to 6, as part of sexual abuse prevention efforts.

The activities support healthy early childhood physical, psychological, and emotional development.

Developed using local expertise, the workshop was fully adapted by Inuit workers to ensure its cultural relevance for Nunavik families.





ACTIVITIES ON THE HUDSON COAST

Summer Camps

Summer camps are currently being prepared in the villages of Salluit, Puvirnituk, Inukjuak, Umiujaq, and Kuujjuaraapik.

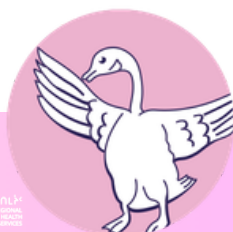
These camps are designed for children aged 4 to 5 who will be entering kindergarten. Planning is currently underway, with teams working on logistics such as purchasing materials, selecting locations, choosing dates, and developing the program.

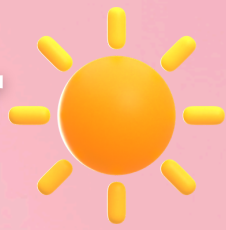


A variety of culturally grounded activities will be offered by early childhood workers, including berry picking, fishing, arts and crafts, and more.

The programming will focus on culture while supporting the development of fine and gross motor skills, language, healthy eating habits, and social skills.

Each camp will take place over three days in each community, generally in July or August.





HUDSON COAST TESTIMONY

Maaji Putulik, Turaartavik at Inukjuak since October 2020



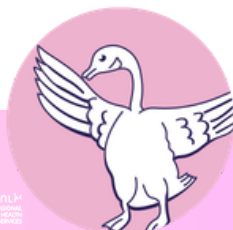
At the heart of the Tasiurtigiit program, Turaartaviit play an essential role in supporting children's overall development through stimulation activities in daycare settings, as well as through collaboration with families and community resources.

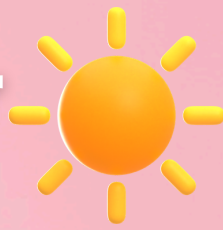


Their regular presence and culturally grounded approach help foster children's engagement, language development — particularly in Inuktitut — and the strengthening of their skills.

Here is how Maaji Putulik describes her role in practice:

"My job is important for children with speech delays or global developmental delays. When we do activities at the daycare, the children come to us, look inside our bag to see what activities we brought, and sit in a circle. It makes us happy to see them participate. When we go to their playroom, some children start talking more. We also do activities with them at Ilagiilluta, which helps improve their abilities. They learn more Inuktitut when we work with them."





ACTIVITIES ON THE UNGAVA COAST

Kindergarten Groups Supporting School Readiness

This winter, Tasiurtigiit continued its activities with children across Nunavik through kindergarten stimulation groups on the Ungava coast.

These activities aimed to support school readiness and the development of fine motor skills. Through playful and adapted exercises, children strengthened hand-eye coordination, pencil control, scissor use, and overall dexterity.

To expand access to more communities, virtual workshops were offered to school staff by Emilie de Lange, occupational therapist with Tasiurtigiit.

These workshops combined key concepts related to fine motor development, and simple, practical activities that could easily be reproduced in the classroom.

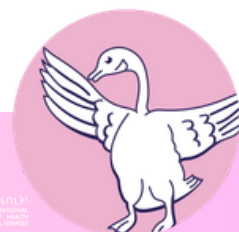
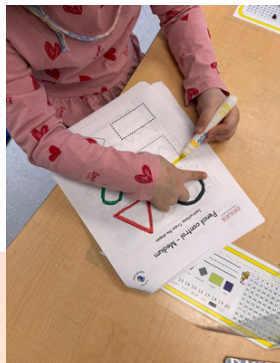
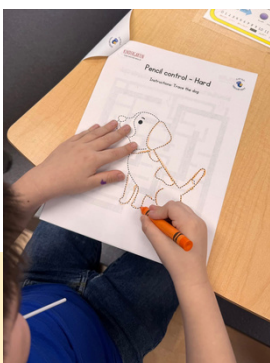
The activities were then implemented directly with students by the Tasiurtigiit team in Kuujjuaq, Kangiqsualujjuaq, and Kangirsuk, in close collaboration with school staff.

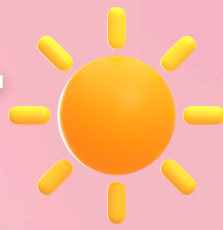
Building on this momentum, Tasiurtigiit is pleased to announce the return of the Ready for School groups for a fourth consecutive summer.

These groups support children entering kindergarten in the fall by strengthening foundational skills such as coloring, cutting, and other early learning abilities that support a positive transition to school.

📌 **This summer**, groups will be offered in Kuujjuaq, Kangirsuk, Kangiqsualujjuaq, and Kangiqsujuag.

- Dates and registration information will be shared soon through the Tasiurtigiit Ungava Facebook page.
- Priority will be given to children with identified needs in school readiness skills, as well as those who have not attended daycare.





ACTIVITIES ON THE UNGAVA COAST

Kuujjuaq Daycare Partnership

Tasiurtigiit has long supported daycare centers through global stimulation groups and individualized support for children. This winter, however, the collaboration with Kuujjuaq's two daycare centers reached a new level.

Following discussions with the Board of Directors and observations within each group, a more structured partnership plan was developed.

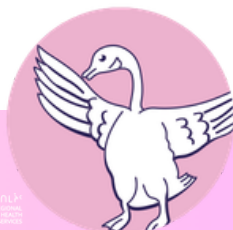
The first step was a full-day pedagogical training session held on March 13 and led by the Tasiurtigiit team for all daycare staff.

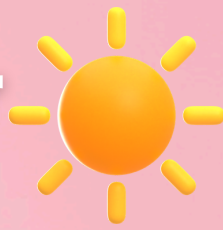
The training focused on:

- key areas of child development,
- age-appropriate activities and materials,
- and intervention strategies, including behavior management.

Each group also received adapted **activity binders**, **and easy-to-use child development charts**.

Tasiurtigiit is grateful for this opportunity to strengthen collaboration in a meaningful and practical way that benefits children, staff, and families.





UNGAVA COAST TESTIMONY

Testimony from Eliane Beaudin Demers in Kangiqsujaq (Part 1/2)



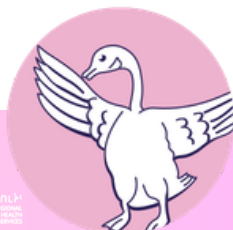
When my children were born, I expected the usual challenges of new parenthood—sleepless nights, feeding struggles, learning as I went.

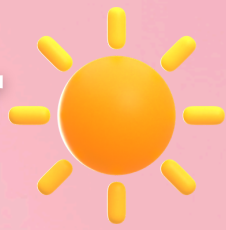
But both times, complications at birth affected their early physical development.

They had been stuck in the birth canal, and breastfeeding was difficult. I constantly worried I was missing something important.

I remember feeling overwhelmed and unsure of what to do next. That's when Tasiurtigiit stepped in. The physiotherapist didn't just give me exercises; she gave me confidence. She showed me how to hold them, support their movements, what signs to watch for, and how to help their bodies catch up. She explained everything clearly, and suddenly I didn't feel alone anymore.

One moment I'll never forget was when I couldn't find a ride to an appointment. I was stressed, trying to manage a toddler and a baby. Instead of letting us miss the visit, the team helped us get to the clinic. It may seem small, but for me it changed everything. It showed me they cared about my children as much as I did.





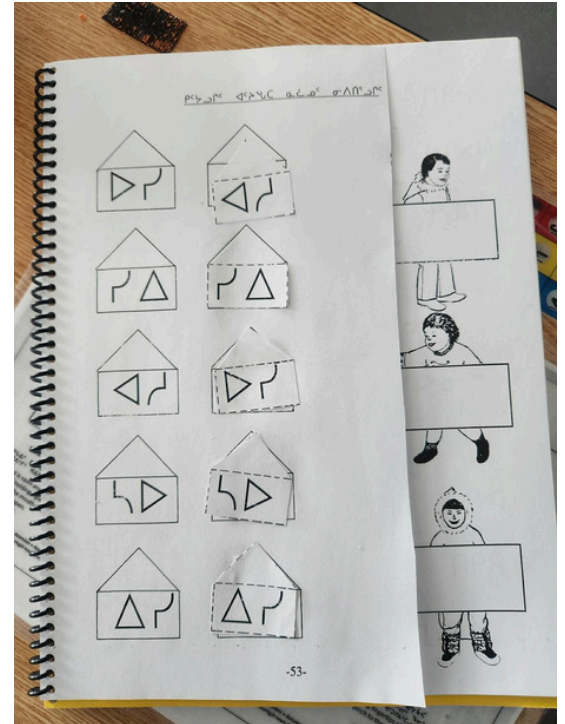
UNGAVA COAST TESTIMONY

Testimony from Eliane Beaudin Demers in Kangiqsujaq (Part 2/2)

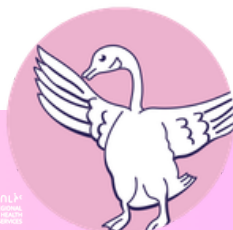
Even when they weren't in the community, they stayed present. I could send emails or videos when I was worried about certain movements, and they always responded. They followed up and made sure my children were seen at every appointment.

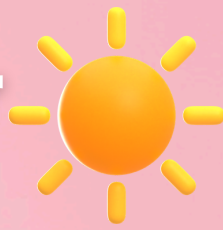
Today, when I look at how far my children have come, I know Tasiurtigiit played a role in their progress. Their support was practical, but also deeply human.

They helped my children grow stronger and reach their full potential, and they helped me become a more confident parent through the guidance they shared.



I'm truly grateful for everything they did for our family.





TURAARTAVIIT ATTESTATION OF COLLEGIAL STUDIES IN SPECIAL EDUCATION – PHASE 2

Camila Durand, a CÉGEP instructor, initiated a first cohort in winter 2026 to offer the Attestation of Collegial Studies in Special Education (AEC-ES) to Turaartaviit working within the Tasiurtigiit program at the NRBHSS.

In total, **9 Turaartaviit participated in the training this winter** across the following communities: Puvirnituq (2), Kuujjuarapik (4), Umiujaq (1), and Inukjuak (2).

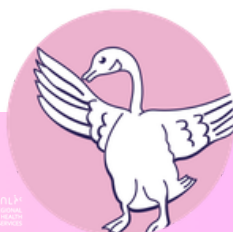
Delivered directly in the communities, this training is more accessible and better adapted to the daily realities of Turaartaviit.



The first session was well received, with several participants expressing interest in continuing.

We are pleased to announce that a new session is currently underway.

During this session, the instructor will return to the same communities as in the winter term and will also provide courses and support to additional participants in Kuujjuaq, Kangiqsujaq, and Montréal during the spring session (May–June 2026).





INUNNGUINIQ BOOKLETS NOW AVAILABLE FOR NUNAVIK FAMILIES

The Tasiurtigiit program, in collaboration with the National Collaborating Centre for Indigenous Health (NCCIH) and the Aqqiumavvik Society, is pleased to announce the availability of the Inunnguiniq booklets — a series of culturally grounded resources created for Inuit families and caregivers of young children.

Originally developed in 2021, the four booklets are rooted in Inuit Qaujimajatuqangit and reflect traditional knowledge and practices related to pregnancy, parenting, and early childhood development. Inspired by Inunnguiniq — the process of raising capable human beings — they provide practical guidance to support children's growth, learning, and well-being.

1

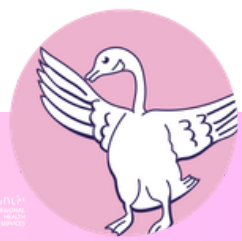


Family Connections highlights the importance of bonding, secure attachment, and relationships with extended family and community.

2



Fatherhood is Forever explores the vital role of fathers, including positive role modelling and approaches to navigating parenting challenges.





INUNNGUINIQ BOOKLETS NOW AVAILABLE FOR NUNAVIK FAMILIES

3



Growing up Healthy focuses on supporting children's well-being through nutrition, physical activity, and overall care.

4



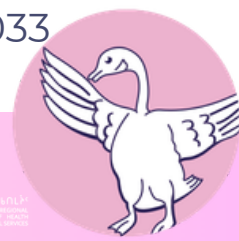
Parents as First Teachers emphasizes early development and learning through everyday experiences and play.

To improve accessibility across Nunavik, the Nunavik Regional Board of Health and Social Services (NRBHSS), in partnership with the NCCIH, supported the translation and adaptation of the booklets into Nunavik Inuktitut, including both the Hudson and Ungava dialects. The resources are now available in **English, French, and Inuktitut**.

Families and community members can **download the booklets directly from the Tasiurtigiit section of the NRBHSS website**. The initiative was also shared through NRBHSS Facebook platforms to help reach communities across the region.

Printed copies are available free of charge through the NCCIH:

- NCCIH: nccih@unbc.ca | 250-960-5250
- Aqqiumavvik Society: arviatwellness@gmail.com | 1-866-913-0033





? WHAT IS TASIURTIGIIT ?

Tasiurtigiit is an adaptation of the Agir tôt program for Nunavik. The program promotes access to a continuum of services adapted to the needs of children from birth to age 6. It also aims to identify signs of challenges in children's development as early as possible to direct them and their families to the right services as soon as possible

i INTERESTED IN WORKING WITH CHILDREN?

Some Turaartaviit positions are currently available, and more will be opening soon.

For more information, contact:

- **Hudson:** recrutement.csi@ssss.gouv.qc.ca or (819) 988-2130
- **Ungava:** agirtot.cstu@ssss.gouv.qc.ca or (819) 964-2905 #445 / #228



i HOW TO REFER A CHILD TO THE PROGRAM

NOTE: The consent of a child's parent/guardian is required.

On the **Hudson** Coast

- Referrals are made by sending a completed Agir tôt form to agirtot.csi@ssss.gouv.qc.ca. This form is available on the Inuulitsivik Health Centre's intranet (Direction des services professionnels / Agir Tôt tab) and can be obtained through a CLSC/Nursing Station or the local Early Childhood Home (Ilagiilluta).

On the **Ungava** Coast

- Partner referrals are made by sending a completed CLSC/Nursing Station referral form to clsc.intake@ssss.gouv.qc.ca. This form can be obtained through CLSC/Nursing Stations. Families are encouraged to contact us by email with their questions (agirtot.cstu@ssss.gouv.qc.ca).

