

**Traditional Family Parenting
When Our Water is Calm**



WITH GUIDANCE AND STRENGTH
FROM OUR ELDERS
WE WILL BE STRONG

Traditional Family Parenting



Opening Comments

- We have strayed from our teachings for a long time and have used western world methods that are not ours and it hasn't worked.
- We are coming out of a spiritual sleep – 500 years
- This was prophesized by our Ancestors that this time out come.
- We must live in 2 worlds but we need to prepare our young ones to understand our worldview
- Traditional Parenting – until we go back to learning how our Ancestors raised their children then that is when I see change will happen.

Children

- Generations of tender and conscious parenting produced nations of children who were grounded, mindful and confident.
- Entire nations were built from how our Ancestors parented
- The role of the parents was so important as they were preparing the next generation

Entire Generations

- Due to disruptions in our lives by colonization and residential school
- These are the affects that are still within our communities – the root causes – we are losing our relatives – study after study
- Addictions, family breakdown, MMIW, Child Welfare System, FASD
- This is prevention when we recognize how powerful our systems were and we can restore them.

Planting Seeds

- Renewing our parenting skills
- To not repeat the same statistics in the next generation – 47% now 67%. MB 93%. SK 80%
- Cultural continuity
- Instilling pride in our youth and future generations
- Cross cultural tool – removes biases and misunderstanding. E.g. Children in care
- It is about appreciating and understanding another culture.

Opening Comments

- These teachings were from an ancient time
- The most profound child psychology – bonding/attachment
- If we are to prepare the next generation – physically, mentally, spiritually, emotionally
- Healthy relationships, healthy children, healthy communities

Objectives

- Strengthen Cultural Identity
- Parenting Practices
- Bonding and Attachment – forms the basis to raising balanced healthy children
- Understanding that disconnection leads to emotional problems and violence
- Toxic stress in children affects their brain growth and leads to chronic disease, addictions, cancer, suicide, diabetes

My Story – Attachment & Bonding



The Power of Cultural Identity



Culture – Foundation for Mental Wellness



Traditional Teachings

- Baby's spirit detects there is a disconnection from its parents spirit
- Child begins to float without a foundation or direction



Importance - Bonding

- Shapes an infants brain
- Secure attachments
- It will affect future relationships – how you interact with other people

Early Years – the most important

- The bonding years – 0 to 7 years
- Can almost determine a person's future if there was trauma in the early years.
- Children of trauma become adults of trauma. Adults of trauma grow to be the older people of trauma.
- Trauma is intergenerational
- We are here to stop the cycle

Water



Western World

- Our people always knew these teachings
- Dr. Gabor Mate
- He has proven that trauma begins in the womb
- Born in an era of genocide in Hungary
- The water that he laid in was of fear
- Came to Canada at age 12
- ADHD
- 3 Adult children have ADHD

Behaviors

- A need to control
- Jekyll and Hyde behavior
- A lack of trust and self worth – the world is not safe
- Feels unsafe and alone
- The baby cries and no one comes

RAD - Dr. Bruce Perry

- Failure to form normal attachments
- Neglect, abuse, separation from mother
- Multiple caregivers
- Leads to difficulties later in life
- Studies – mental health issues stem from this
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Parents

- Parents that suffer from issues from trauma are less likely to show warmth and support to their children or be consistent in parenting
- 1 in 3 carry the affects of abandonment
- Spiritually, emotionally, mentally is a form of abandonment

Dr. Masuru Emoto



You make me sick

Dr. Emoto



Thank you



Prayer

Nibi

- Water has a spirit
- Connected to the Moon teachings
- Connected to Law of Attraction
- We are mostly water 60%
- Putting our water to rest – when we go back to the spirit world
- Nibi bey bi - wake

Emotion Well Being

- Our emotions are connected to our well being
- Negative emotions lead to sicknesses
- Our stories become our biology
- Childhood trauma – leads to sickness
- Not to contaminate the water that we carry
- Wellness is key
- Taking care of our body, mind, spirit
- Our thoughts create our future
- We can teach from the child stage to think positive – goal setting

Natural Laws – Laws of the Creator

- Before contact our people lived in harmony – balance
- Oral history – The Creator left Turtle Island to us and in return we were to look after it.

Head – Ellesmere Island
Right – Labrador
Bottom – Florida
Tail – Mexico
Left – California
Front - Alaska



Creation Story - Woman



The First Classroom

Creation Story

- The Teepee represents the woman's home fire
- The foundation of family
- Her skirt – is protection
- Each pole represents a virtue and set in order of age development
- The first 3 poles the most important from 0- 7
- Obedience, respect, humility
- What is being taught in the home?

15 Poles – Natural Law - Wahkotowin

- | | |
|------------------|---------------------------------|
| • 1. obedience | 9. thankfulness |
| • 2. respect | 10. share |
| • 3. humility | 11. strength |
| • 4. happiness | 12. good child rearing |
| • 5. love | 13. hope |
| • 6. faith | 14. ultimate protection |
| • 7. kinship | 15. control flaps from the wind |
| • 8. cleanliness | |

Our Ancestors

- Extraordinary healthy and physically fit, disease free
- Had the knowledge to maintain and treat illness
- Diets were nutritious
- Life had purpose and value
- Common that our people live to over 100 years old

Child – center of attention



Water



Awasis Osti kwan – Soft Spot



A detailed anatomical drawing of a fetal skull from a superior perspective. The four soft spots (fontanelles) are clearly visible: the triangular sphenoidal fontanelle at the front, the diamond-shaped sphenoidal fontanelle at the back, and the two large, roughly square-shaped occipital fontanelles on the sides. The skull bones are shaded to show their fibrous texture.

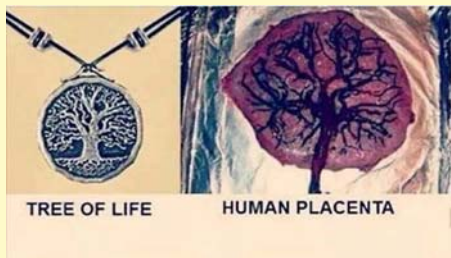
Soft Spot

- Forms at week 5 and open throughout brain starts to function at week 10
- Direct connection to the Creator
- Open
- The Spirit is preparing the child
- Shaped like a star
- Closes at 13 months
- Pin point in all of us

Placenta

- The fathers provide half of the child's DNA
- The placenta – week 4 – nourishes the baby throughout the pregnancy
- 3 strands umbilical cord – body, mind, spirit
- Western world is – 2 arteries and a vein

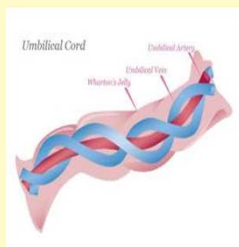
Placenta – All My Relations



Placenta – connection to Mother Earth



Body Mind Spirit



Spiritual Being

- From conception to 7 years
- Children protected – they cannot distinguish between spirit and human
- Not to play outside
- Not to be at wakes and funerals
- Western world – imaginary friends

Placenta & Umbilical Cord

- In a moss bag part – mattress
- Represents moss – first diaper
- Also represents the placenta
- This was honored and placed back in the ground
- No baby blues or depression
- Today – thrown in the garbage
- Elders teachings – the youth search for this and many flock to the cities

Umbilical Cord

- Mothers are connected to another spirit
- 3 strands – body, mind, spirit
- The mother feeds her children these 3
- The environment/surroundings to be calm
- Mother to be balanced
- Be careful of her thoughts
- Not to disturb the water

Soft Spot



- A direction connection to the Creator
- Each child is a gift and loaned to us
- Closes at 13 months– so no other spirits go in
- Pin point in all of us – for spirit to come in and out of
- Grandmothers and Mothers were able to tell if the child was sick on how the soft spot was moving

Role of the Mother



- Mothers Spirit – her emotions
- Her energy is passed in everything she does
- Her role is very vital for the future
- Prepared the children for life
- They built entire nations
- Creating Balance in her home first
- The first sound we heard – mothers heartbeat
- Emotional part teacher – early years 0 – 7

4 Sacred Gifts Given to a Mother



- Keepers of the water
- Moss bag and Tikinagan
- Traditional Swing (Wewepison)
- Lullabies

Role of Father

- Half of the DNA is from the Father – responsibility
- His role is to take care of the fire.
- Keep spiritually warm – his family
- Provider and protector

4 Sacred Gifts

• 4 Sacred Gifts given to a Moss Bag and Tikinagan Baby

- Sight
- Smell
- Hearing
- Touch



Moss Bag

- Natural discipline
- Learning how to use their senses
- To be aware
- Shaped like the womb/security/warmth

Awareness & Observation

- The tools used were moss bag, cradleboard traditional swing – balance/released a chemical for immunity
- To promote awareness
- Children looked at nature, the roles of mother and father
- Nature

Swing - Wiwepison



Cradleboard



- Mobiles
- Belly Button
- Safety

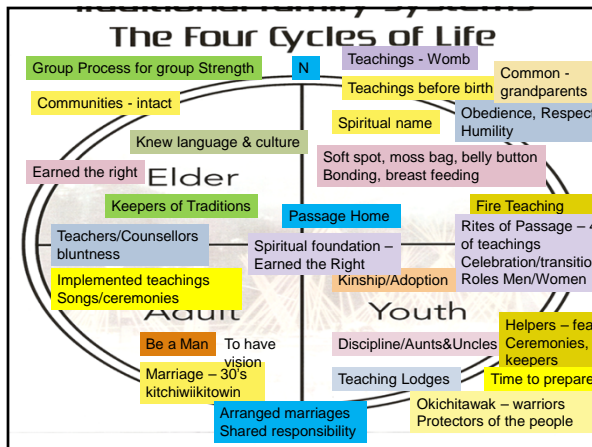
Everything was a Teaching



- girls forward – to look at mother's role and to it was a way to learn the language
- Boys outward – to learn the male roles
- Language

Moccasins





Moss Bag

- We laid in water for 9 months
- Shaped like our mother's womb
- Security
- Mother's heartbeat
- Like being in a classroom

Swing

- When our mother's walked – we were swinging
- Natural movement of water
- Motion – creates a chemical for immunity

Cradleboard

- Same concept as the moss bag – womb
- Easier to carry
- Tikinagan
- Awareness

Know Who You Are



- Identity
- Language has a spirit
- Medicines have a teaching
- Plants have a healing



A Vision Of Hope



- We were given original instructions that had sound values. These values have never changed. It is our values that have kept us strong and allowed us to survive no matter what the challenges before us.
- These values will help us again today, to restore the balance and harmony that we need.

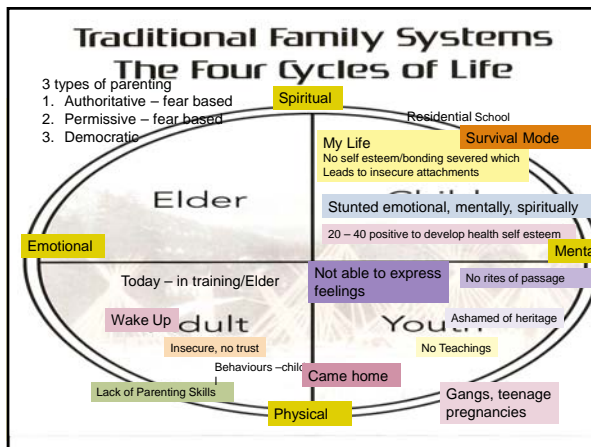
Hope



- We need a vision of peace for ourselves, families and community
- Our purpose is to serve and support life.
- Use your gifts
- Our families and community suffer when we don't use the gifts that we were sent with.

Major Impact - Loss of Parenting

- Parents that have experienced are less likely to provide the warmth and support for their children
- The mental health of the parent cannot provide the spiritual, mental and emotional support
- This can lead to unhealthy behaviors for the whole family unit
- Also lead to less effective parenting



Prevention – When Bonding is Present

- Prevention in all areas; fasn, suicide, crime
- More programs for families
- Healing & Parenting programs using our knowledge and customs
- Men's programs
- Teach this in the schools

The Power of Cultural Identity



Educate the Whole Child

- Waldorf System – the heart and the hands
- Spiritual, Mental, Physical, Emotional
- Create a culture of caring
- Flexible, adaptable, resourceful
- Outdoor Education programs - successful

3 Types of Parenting – Modern Day

- Authoritative – fear based, focus on discipline with less parental love, blame, shame coercion, child cannot think for themselves – behaviour based on fear. If a parent was raised like this.
- Permissive – fear based, child feels insecure, no boundaries, feels parents don't care
- (how to undo – balance love with limits)
- Democratic/*Traditional*– equality, respect, negotiation
- For the child to grow with the 4 aspects – a child must have an emotional connection with a parent – from birth

Stages of Growth

- Babies rely on the caregiver for basic needs and also love – personality is influenced by the culture they are born with
- We should not call it terrible two's – they are exploring – exploring independence
- Age 3 to 5 – time to explore, group play, social skills,
- Shaming – shy, not confident, may remain dependent upon adults
- 6 to 12 – learning not mastery, develop confidence,
- Should encourage learning to be fun

Obedience - Nanahitamowin

- Good listening skills
- Listening to Elders and parents
- Obedience leads to spiritual insight
- Have discipline to reach your goals
- Developing positive thoughts

Respect - Kisteyihtowin

- Respect is the basic law of life – foundation every home in the world
- Respect in the home – same direction
- Fire teaching – women's heart – leads to respect for women
- Treat every person from babies to Elders with respect at all times
- Treat the earth and all aspects as your mother
- Show deep respect for the belief and religion of others

Humility - Tapahteyimowin

- Never think that we are more important than anyone
- Role modeling this virtue
- We can never be lost when we listen to our spirit – always directing us
- Freedom from pride and arrogance

Happiness - Wiyatikweyimowin

- Having an inner sense of peace
- Wake up each day that you have been given another day
- When we are happy – obstacles or problems are not so large
- A smile does not cost anything – being friendly
- Many First Nations people have a 'sense of humour', which has become a survival skill

Love - Kisewatitowin

- Love is the foundation for everything
- A child needs 20 – 40 positive strokes per day (It takes a village to raise a child)
- Love will change minds & behavior
- Love forgives
- Love will heal
- Natural outcome is higher self esteem
- To be considerate and compassionate to all living things

Faith - Tapowakeyihtamowin

- A child to be taught there is a Creator
- Must have faith to have hope
- Understanding Spirituality
- Silence – listening to your spirit
- Prayer
- Strong character education leads to Faith and ethics



Kinship - Wahkohtowin

- Teaching boundaries
- Teaching the child not to address grandparents, aunts, uncles and parents by name
- Son – Nikosis, Daughter – Nitanis
- Pride in knowing family tree
- Build trusting and loving relationships with relatives
- Stressing the importance of knowing who you are related to – marriage purposes

Cleanliness - Kanateyimowin

- Cleaning up your mistakes – amends, restitution, forgiveness
- Clean mind – not to gossip, free from judgements
- Putting things in order
- Keeping body clean
- Staying free from harmful substances – spirit

Thankfulness - Nanaskomowin

- Giving thanks every morning for the life within you and that the Creator has given you another day to walk on Mother Earth
- Being in a state of thankfulness makes you a happier person
- Being thankful of one's gifts and blessings
- Remembering that we have our families in times of need

Share - Wichitowin

- Understanding is enlightened through legends and stories
- Sharing our experiences in healing circles
- Sharing your time to help people in need
- Volunteering
- Sharing your blessings

Strength - Sohkeyihtamowin

- Never giving up – to persevere
- Value of life long learning
- Seize opportunities for growth
- Strong mind – connect mind/heart/balance
- Stand your ground with peer pressure

Good Child Rearing – Miyo-Opikinawasowin

- Preparing for parenthood – Rites of passage
- Responsibility
- Teach, role model and mentor virtues
- Understanding the importance of extended family – grandmothers, aunts, uncles

Hope - Iyitateyihtamowin

- Always expecting positive things to happen in life
- Language and culture to be revived
- Hope is connected to faith
- Ending generational cycles
- Adjust our focus – what is my role?

Ultimate Protection - Kanaweyimikosowin

- The Creator
- Always to acknowledge the Creator first
- To remember we are not alone and that we have protection
- We are showing obedience to our Creator's laws

**Control Flaps From the Wind -
nawkaymigana**

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- We can change our destiny
- Making positive changes in our lives
- We can wake up everyday and decide to have a happy day
- Only we know what is best for us.
- Elders have earned the right to speak bluntly about life
- Seek guidance

Strength in Parenting

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- Holistic healing
- Strength is in the family
- Regain a sense of family and community
- Culture and spirituality is key in healing our people
- Collective pride – when a community comes up with their own solutions

Future

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- Early intervention and prevention in place before family breakdown
- Empowerment programs – give the power back to the people
- Who are we if we don't know our culture and language?

Future



- We cannot change the past but we can make decisions today to make a better future for our children and grandchildren
- When educating the minds of our children, do not forget their hearts.

• Quote – Dalai Llama
