

Traditional Family Parenting

Reclaiming Our Indigenusness



Training Overview



- Welcome to traditional territory & prayer
- Oral stories - still follow the Elders words when they say that we cannot print many of the teachings
- Many concepts will be introduced
- Everything is all connected

- **Day 1** - What were our traditional family roles?
- How did we lose our traditional families?
- **Day 2** - Reclaiming our traditional roles

Welcome



- The Power of Positive thinking – connected to our water, belly button teaching, umbilical cord
- All of us are teachers and next generation Elders
- Facilitate from the heart
- Your own teachings, are adaptable – common thread
- How a child was raised?
- Same teachings: don't play with fire, willow teaching, don't play outside at night, belly button teaching, swing, cradle board, moss bag
- Indo-Canadians, Jamaicans, South Africans, Tribes in the U.S, Maoris, Aborigines, Filipino

What is a Facilitator?



- Creates a safe space for participants
- To assist; to help move along to another level of thinking – lead people to healing
- What did I come to teach? Until we find purpose, existence has meaning. We all have a purpose. To create awareness for change.
- Who am I, What is my purpose, What do I want to leave for my grandchildren? Have I done my healing?

What is a Facilitator



- To be sensitive in presenting
- We cannot change people – our job is to give them wake up calls by how we present
- Ensure support systems are in place
- What would this training look like in your community?

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 would come
- We must live in 2 worlds but we need to prepare our young ones to understand our worldview
- Traditional Family Parenting – until we go back to learning how our Ancestors raised their children then that is when I see change will happen

Objectives



- Strengthen cultural identity
- Understanding parenting practices and roles of family members
- Strengthen bonding and attachment – forms the basis to raising balanced and healthy children
- Understanding that disconnection leads to emotional problems and violence
- Understanding the toxic stress in children and how it affects their brain growth and leads to chronic disease, addictions, cancer, suicide, diabetes

Our History Before Contact



- Columbus 1492
- 90 – 120 million Indigenous People
- 53 languages – 11 language groups
- Cree name landmarks: Chicago, Mississippi, Manitoba, Quebec, Canada
- Each culture has a Creation Story

Natural Laws – Laws of the Creator

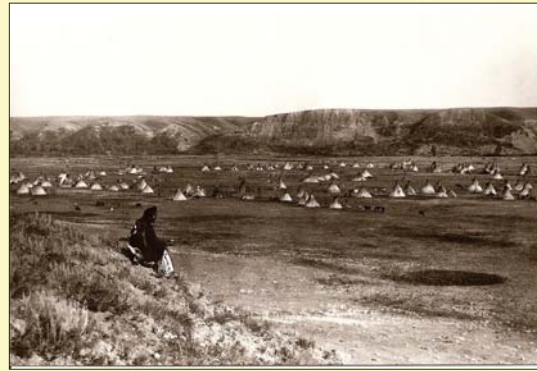


- Before contact our people lived in harmony and balance
- Oral history – The Creator left Turtle Island to us and in return we were to look after it

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



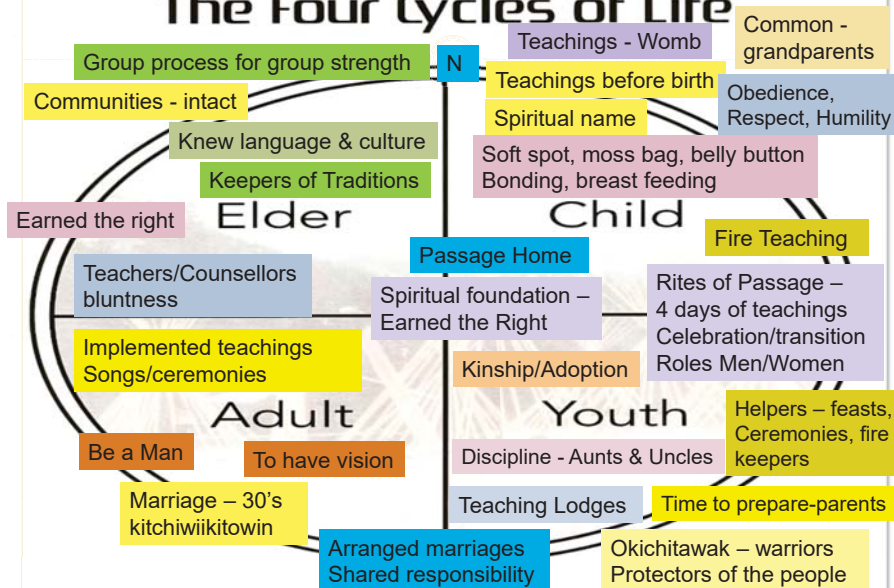
The Way It Was – The Ways of Our People



Intact

- Ceremonies were intact
- Naming, marriage, coming of age ceremonies
- These were such important milestones in preparing the young people

Traditional Family Systems The Four Cycles of Life



Break-Out Session # 1

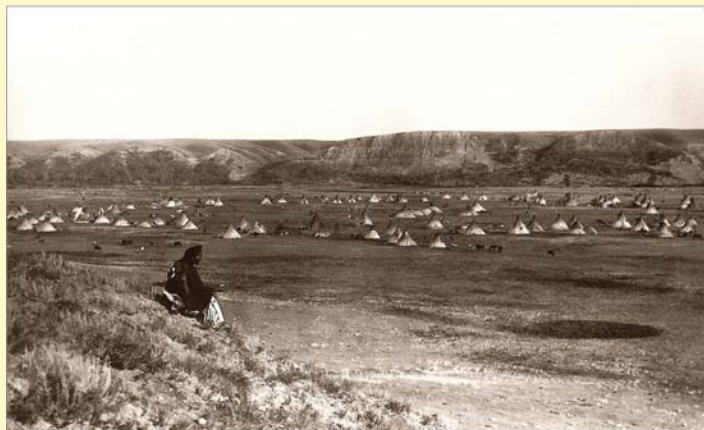


- What were the traditional family roles of Children, Youth, Adults and Elders prior to contact?
- Reflect on traditional cultural practices, languages, beliefs and values.

What Impacted the Loss of Traditional Family Roles?



The Way It Was



Quote – Elder



- Mary Thomas – Shuswaph Elder
- “In order to move ahead and get on with our lives, we have to know where we came from; we have to look at where we’ve been to get to know where we’re going.”



Colonization



- All colonized people in the world have the same statistics as we do here in Canada
- African American – slavery, Hawaiians, Maoris, Aborigines

Ethnocide/Genocide



- Differences
- Genocide is destroying a whole race
- Ethnocide is destroying a culture
- Triangle – land, language, people
- The downfall of our people

Parenting



- Parenting was disrupted when they took the children away
- The effects are still here today
- We are struggling to put the pieces of our families back together again

A Way of Life Gone



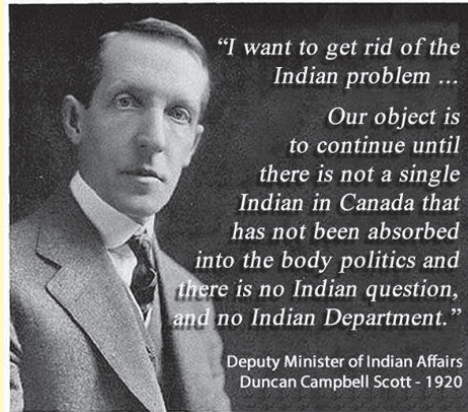
- 1492 - Columbus landed in the America's
- European influences – devalued our language and culture – changed our relationship with land and its resources
- Diseases – many Indigenous people wiped out in the first centuries of contact
- Economies weakened, political systems challenged
- Missionaries, New Religions,
- Banned Sun Dance & Potlatch 1885 - 1951
- Our people were taught our ways & our culture were heathen

Ceremonies Went Underground

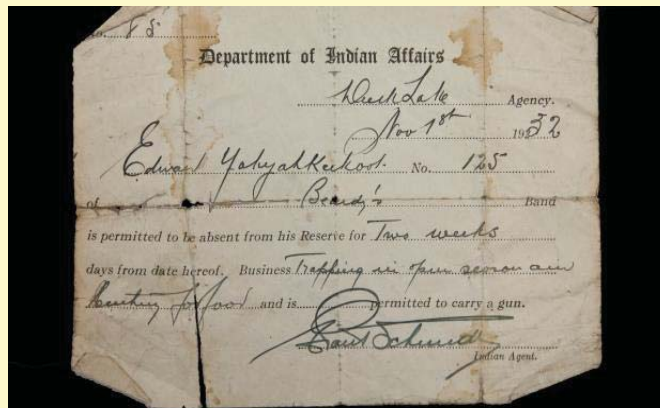


- Ceremonies done in secret
- Drumming, singing and speaking our languages were a criminal offense – jailed
- Indian agents governed the community – rations
- Prior to contact it was women that held ceremonies – changed due to Indian Act

Colonization – Do Away With the Indian



Permit System



Control

- This lasted until 1940
- Permission was needed to leave the reserve
- If one didn't arrive back on the set day - jailed
- It was a way to control our people and to assimilate into the European culture
- They became farmers and were successful so they amended another law

Assimilation



- The government has always had an agenda to assimilate
- The plan was outlined in the 1969 White Paper to transfer us to the Provinces, including our lands
- Using different methods
- Residential Schools, 60-70's Scoop, Child Welfare System

Removal



- Remove the child from family, language, and ceremonies
- Values and political systems
- Strip away all identity



Treaties & Residential School



- 1876 Indian Act
- Residential Schools 1874 - 1996
- BC – had the highest number of schools



Residential Schools



Changes



- Destroyed our family structures – the start of intergeneration trauma – the one's that were hurt before us
- Effected the self esteem of our men
- Family violence
- Loss of identity; language, culture, traditions
- Alcohol
- Dependency System – Welfare
- Diabetes – 1950's

Books



- Edmund Metatawabin – Up Ghost River
- Richard Wagamese – Indian Horse



Addictions



- Stem from the disconnect of language, community and culture
- Dr. Mate lived like this for 10 years – 500 years for First Nations people
- Hurt and pain

Addictions



Lateral Violence



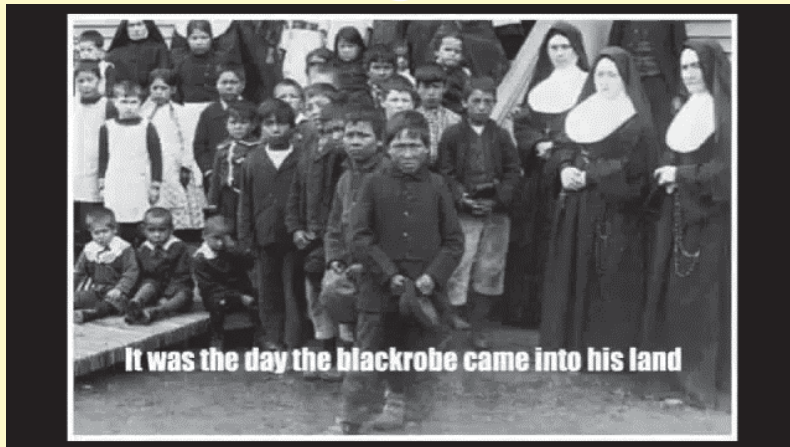
- People that have experienced colonization
- Now is 'internalized colonization' - anger
- People lashing out at each other - shunning
- Behaviours – comes from hurt and pain
- Gossip, shaming, backstabbing, family feuds, jealousy
- Has affected vision – community spirit
- Religious wars
- It is the main cause of why healing is taking a long time in our communities – educating is the key to stop this

Lateral Violence



- Sticking up for your child
- Teachers – schools face consequences of parents
- Don't participate
- Educate people about lateral violence

He Can Fancy Dance



The Power of Cultural Identity



Grandsons

Culture – Foundation for Mental Wellness



How Do We Heal Our Spirit?



- By changing our thoughts
- Take care of yourself first



Change Your Thoughts



Thoughts



- Pay attention to your thoughts
- When it is a negative thought – say “all is well in my world”
- Pay attention to your words – change your language
- What words can you remove?

Remove Any Labels



- As children we may have been told negative words
- Those words can stick throughout life
- You are not that child anymore
- Each time that memory comes – give yourself an affirmation

How Can We Restore Our Spirit?



- Learning from our mistakes
- Reframe your story – resilience
- “I am not a victim” – a survivor
- Finding your purpose

Restoring Spirit



- Volunteer – make your community a better place for the future
- Mission Statement – is the purpose/creating solutions
 1. Community
 2. Home/Family

Energizer



- Close your eyes
- Think of a memory where you felt good
- How did that feel?



Energizer



- Stand in circle
- Say a kind word to each person
- Hug, handshake
- Laugh



Taking Care of Our Spirit



Healing the 4 Aspects



- What is emotional well being? – taking care of our spirit
- How can we look after someone when our water is not in balance?
- Importance of taking care of our spirit



How We Were Affected?



- **Physical** – displaced, lost our land, clothing changed, no more communal living
- **Emotional** – family disconnection, shame and guilt, a sense of not belonging
- **Mental** – residential schools changed the approach to learning, traditional knowledge devalued
- **Spiritual** – banned ceremonies, Christian values imposed, separation from family, prayer was secret, loss of traditional cultural beliefs

Heal the Spirit First



- When we heal the spirit – every ceremony was with a pipe
- Be dependent on the spirit first
- Then we will think differently - positive
- Start to eat healthy



7 Generation Story



- Whatever we do today to heal ourselves will affect the future generations
- Your work is so very important – parenting is most important



Water

- Balance
- Take some time out for you
- Drink lots of water
- Remember you carry energy
- Affects others



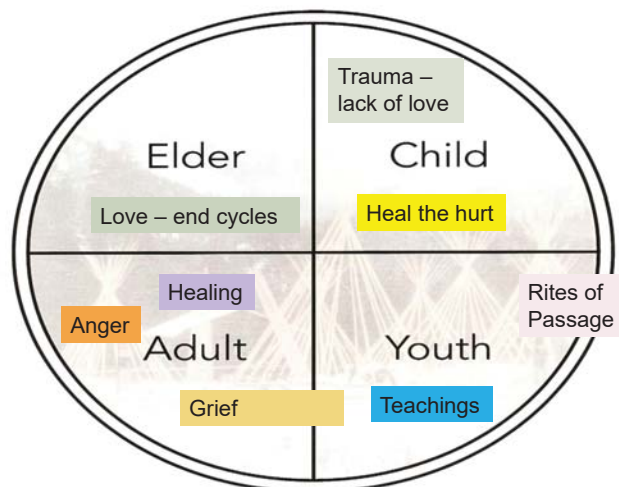
Understanding - How can my emotions affect my health?



- Improved health in all areas
- Stress causes disease
- It isn't about an absence of emotion but understanding the value of emotions and to move forward in life



Traditional Family Systems The Four Cycles of Life



Historical Trauma



- Understanding our unresolved grief & trauma
- Colonization and residential school
- Early years determine who we are
- Grief leads to addictions
- Segregation - displacement



History



- It was a different era
- They understood balance
- Water
- Children were raised with so much knowledge
- Culture is the strength



How Do We Move Forward?



- Healing the Spirit – our spirit can stay there when we go back and revisit the trauma
- Forgiveness
- Parents and caregivers
- Dealing with your past
- Learn your language, traditions and ceremonies



5 Stages of Grief



- These are guidelines
- Doesn't mean that everyone will go through them or in the same order
- Each person experiences grief in a different way



Stage 1 – Denial & Isolation



- Block out the pain
- Can't face the reality
- Buffers the immediate shock
- Carries us through the first wave of pain



Stage 2 - Anger



- Reality sinks in – redirect our feelings to anger
- Can be aimed at family, spouse, children, medical professionals and even strangers
- Even resent the person that we have lost



Stage 3 - Bargaining



- A need to regain control
- 'If only...'
- We can make a deal with God about the situation – which is to protect us from the pain



Stage 4 - Depression



- Sadness and regret
- Worry and fear of future
- Coming to terms
- Time
- All a person needs is a hug
- Spiritual companionship – be a friend



Stage 5 - Acceptance



- Making our peace
- Social interaction at times can be limited
- We don't know what they are going through; all we can do is be supportive at this stage



Helping with Grief



- Make time to feel the emotions
- Let family and friends know that it is ok to talk about the loss
- Take care of yourself – eating, going for a walk, do something special for yourself
- Support group



Spirit



- More compassionate
- Forgiveness
- Kindness
- Love



Emotions



- Our emotions are connected to our physical health
- When the 4 aspects are in sync – it will influence your health



Physical



- Our body
- Lots of water – our water always has to be clean & balanced
- Health
- Rest
- Eating right



Mental



- Being aware of our thoughts
- Always learning new things
- Hobbies, reading, visiting
- Be still at times – no cell, TV, Facebook



Plant World - Presentation



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

How Do We Bring Back Teachings?



- Community
- Family, Schools, etc.

Entire Generations



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

4 Aspects Affected



- **Physical** – displaced, lost our lands, no more communal living
- **Mental** – approach to learning changed, residential schools, traditional knowledge was devalued
- **Spirit** – values imposed on us, loss of traditional beliefs
- **Emotional** – spirit was hurt, families were separated, prayer was done in secret
- Healing the 4 aspects - balance

Planting Seeds



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

Traditional Teachings



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



Importance of Bonding



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

Early Years – The Most Important



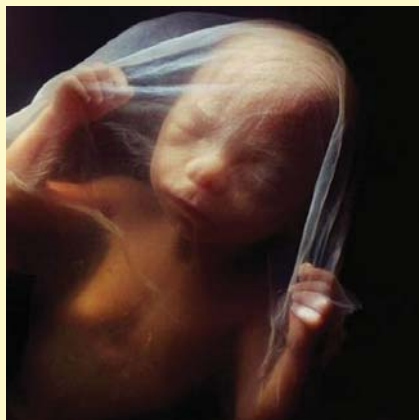
- The bonding years – 0 to 7 years
- Can almost determine a person's future if there was trauma in the early years
- Children of trauma become adults of trauma.
- Adults of trauma grow to be the older people of trauma
- Trauma is inter-generational
- We are here to stop the cycle

Children



- Generations of tender and conscious parenting produced nations of children who were:
 - Grounded
 - Mindful
 - 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

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

Parents



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

Dr. Masuru Emoto's Book Hidden Messages in the Water



You make me sick

Dr. Emoto



Thank You



Prayer

Nibi



- Water has a spirit
- Connected to the Moon teachings
- Connected to Laws 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 disturb the water that we carry
- Wellness is key
- Taking care of our body, mind, and spirit
- Our thoughts create our future
- We can teach from a young age to think positively - goal setting

Original Instructions



- Each culture was given a Creation Story – find your story
- Going back to the “Original Instructions” - observe nature/animals - they taught us parenting
- Preparing the next generation – there is no other work more important than motherhood and fatherhood

Child – Center of Attention



Moss Bag
Natural
Discipline



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 are the most important from 0- 7 years
- Obedience, respect, humility
- What is being taught in the home?

15 Poles – Natural Law - Wahkotowin

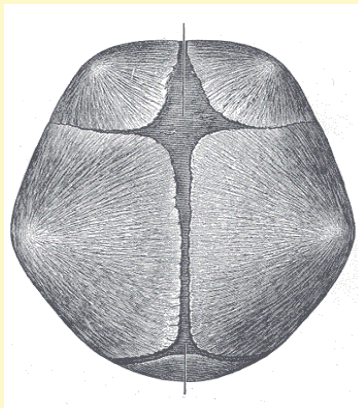


1. Obedience
2. Respect
3. Humility
4. Happiness
5. Love
6. Faith
7. Kinship
8. Cleanliness
9. Thankfulness
10. Share
11. Strength
12. Good Child Rearing
13. Hope
14. Ultimate Protection
15. Control Flaps from the Wind

Water



Awasis Osti kwan – Soft Spot



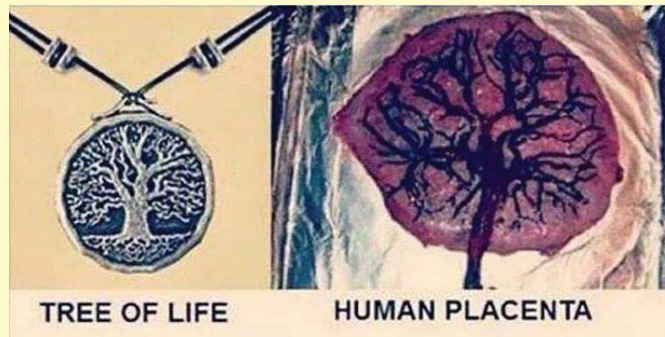
Soft Spot

- 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
- A direct 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 us
- Grandmothers and Mothers were able to tell if the child was sick on how the soft spot was moving

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

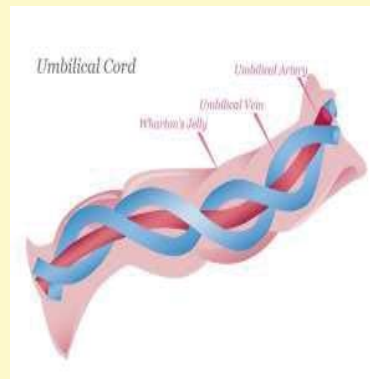


Placenta



- Buried to reconnect the child to Mother Earth
- Is a natural filter to protect the baby from any toxins
- It cannot filter – alcohol, drugs and the stress hormone

Body Mind Spirit



Prevention



- Strong maternal health programs
- Creating the awareness of attachment and bonding
- Creating awareness of the effects of the lack of bonding
- Using moss bags and tikinagans

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 laugh at people with disabilities
- Not to disturb the water

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



- Fire Keeper
- 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

1. Sight
2. Smell
3. Hearing
4. Touch



Awareness & Observation



- The tools used were the: moss bag, cradleboard and traditional swing
- Balance released a chemical for immunity
- Promotes awareness
- Children looked at nature
- The roles of mother and father

Moss Bag



- Natural discipline
- Learning how to use their senses
- Shaped like the womb – security and warmth
- To be aware
- We laid in water for 9 months
- Mother's heartbeat
- Like being in a classroom



Swing - Wiwepison



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



Cradleboard



- Same concept as moss bag (womb)
- Easier to carry
- Tikinagan
- Awareness
- Mobiles
- Belly Button
- Safety

Everything Was a Teaching



Girls Forward

- Look at mother's role
- Learn the language

Boys Outward

- Learn the male roles
- Language

Moccasins



Review



- Soft Spot, Moss Bag, Swing, Cradleboard,
- 0 – 7 Bonding – can almost determine your future
- First Moccasins – hole on bottom of moccasin
- Breast Feeding – first vaccination
- Teepee Pole Teachings – 15 Virtues
- The first classroom

Rites of Passage



- In the time before puberty, young boys were encouraged to spend time with their female relatives so that they would have an understanding of women
- Young girls were also encouraged to spend time with their male relatives for the same purpose
- This encouraged open and thoughtful communication in later years

Young Males



- When a boy reached the age of puberty it became the responsibility of his father, uncles, other male relatives and friends to teach him what he needed to know to become a man
- He would be taught what he needed to know about living away from the community in the bush, forest or plain
- Wherever it may be that they would need to know how to survive

Young Males



- They would be taught about plants, medicines and tools
- What types of animals are good for hunting and how to use the various parts of the animal
- Spiritual teachings and teachings about relationships and their responsibilities as men
- They were taught how to apply these teachings to their daily lives
- The principles of peace, respect, kindness, caring and love

Young Girls



- First Menstrual – referred to as Moon Time
- The full moon is every 28 days which is the same as a woman's cycle - a powerful time
- 4 days from the community
- Skills that they would need when they had their own families: cooking, cleaning, self respect, relationships
- Volunteer in the community – looking after the Elders

Moon Time Protocols



- Very strict about what you couldn't do during your moon time
- Segregation – each month
- Own items – cutlery, blankets, towels
- Couldn't go near ceremonial items
- Ceremonies

Today



- Young girls are having moon time now
- As early as 8 years old
- Young mothers
- Teach early about sexuality
- Boundaries
- Respect for self
- Modesty – how they dress
- Respect for males

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

Mission Statements



Teepee Teachings

What do I want to leave behind for my family?

A purpose – a mission

What is your statement?

Major Impact - Loss of Parenting

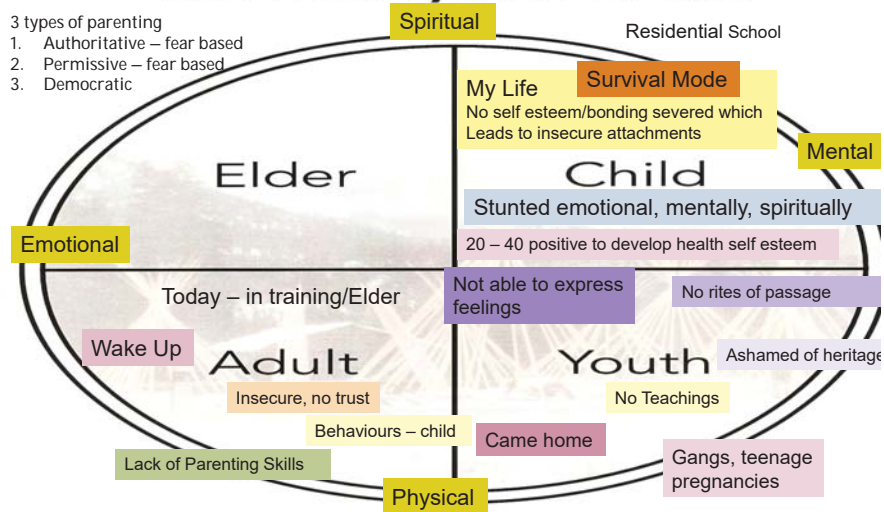


- Parents that have experienced are less likely to provide the warmth and support for their children
- The mental health of the parent cannot provide the spiritual, mental and emotional support
- This can lead to unhealthy behaviors for the whole family unit
- Also lead to less effective parenting

Traditional Family Systems The Four Cycles of Life

3 types of parenting

1. Authoritative – fear based
2. Permissive – fear based
3. Democratic



Stages of Decolonization

- Rediscovery and Recovery
- Mourning
- Healing/Forgiveness
- Action/Build Capacity
- Vision



Prevention – When Bonding is Present

- Prevention in all areas: FASD, suicide, crime
- More programs for families
- Healing and parenting programs using our knowledge and customs
- Men's programs
- Teaching this in the schools

Strength in Identity



- Cultural Identity - is strength and resilience
- A sense of belonging - family or community
- Indigenous Worldview
- Skills – hunting, trapping, sewing, cottage industry, beadwork, ribbon skirts, moss bags, tikinagans, medicines

The Power of Cultural Identity



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

How Do We Bring Back the Teachings?



- Culture
- Parenting Programs
- Fatherhood Programs
- Camps
- Language

Bringing Culture/Traditions to the Classroom



- Moss bags
- No time out – be prepared to have material ready to teach a virtue, books, pictures, etc.
- Shake hands, saying virtue words, activities
- Schools need to have an environment of creativity

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



1. **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.
2. **Permissive** – fear based, child feels insecure, no boundaries, feels parents don't care (how to undo – balance love with limits)
3. **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 love – personality is influenced by the culture they are born in
- 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

Time Out - Consequences



- There was no time out
- Kept children in the circle
- Do not wound their spirit
- Best time to teach
- Virtues, story telling with a moral

6 to 12



- Learning not mastery, which develops confidence
- Logical thought is unfolding
- Crucial that creativity be nurtured
- Education system – labelling begins
- Public education was from 1900's – industrialism
- Passion for learning is doused – his spirit becomes damaged – shame, low self-esteem
- Life time struggle of incompetence
- When encouraged – naturally excel

12 - 21



- Time of confusion – need compassion and sensitivity
- On a search for truth – the power of their own thinking
- Time to find out who they are – shaping uniqueness
- At times want to be alone
- Finding their values
- Rites of Passage – Father/son
- Mother/daughter
- Critical time to have a parent/child relationship

How Do We Bring Back Values?



- By raising a child spiritually, emotionally, mentally and physically
- Everyone had a role
- Shared agenda
- Preparedness
- Braids – family together



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 of 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 happy that you have been given another day
- When we are happy – obstacles or problems are not so large
- A smile does not cost anything – be 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 and 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 the 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 against 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 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



- We can change our destiny
- Make 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

Sharing Circle



Take a moment to think about all of the teachings you have learned and shared over the last two days and share your thoughts on the questions below:

1. Which teachings stood out for you the most?
2. How can we use our teachings about our traditional roles to have respectful communication with each other?
3. What steps will you take to bring back these teachings to your local communities to reclaim our traditional roles?

Closing Comments



"We all have a responsibility to prepare the next generation."

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."

The Dalai Lama