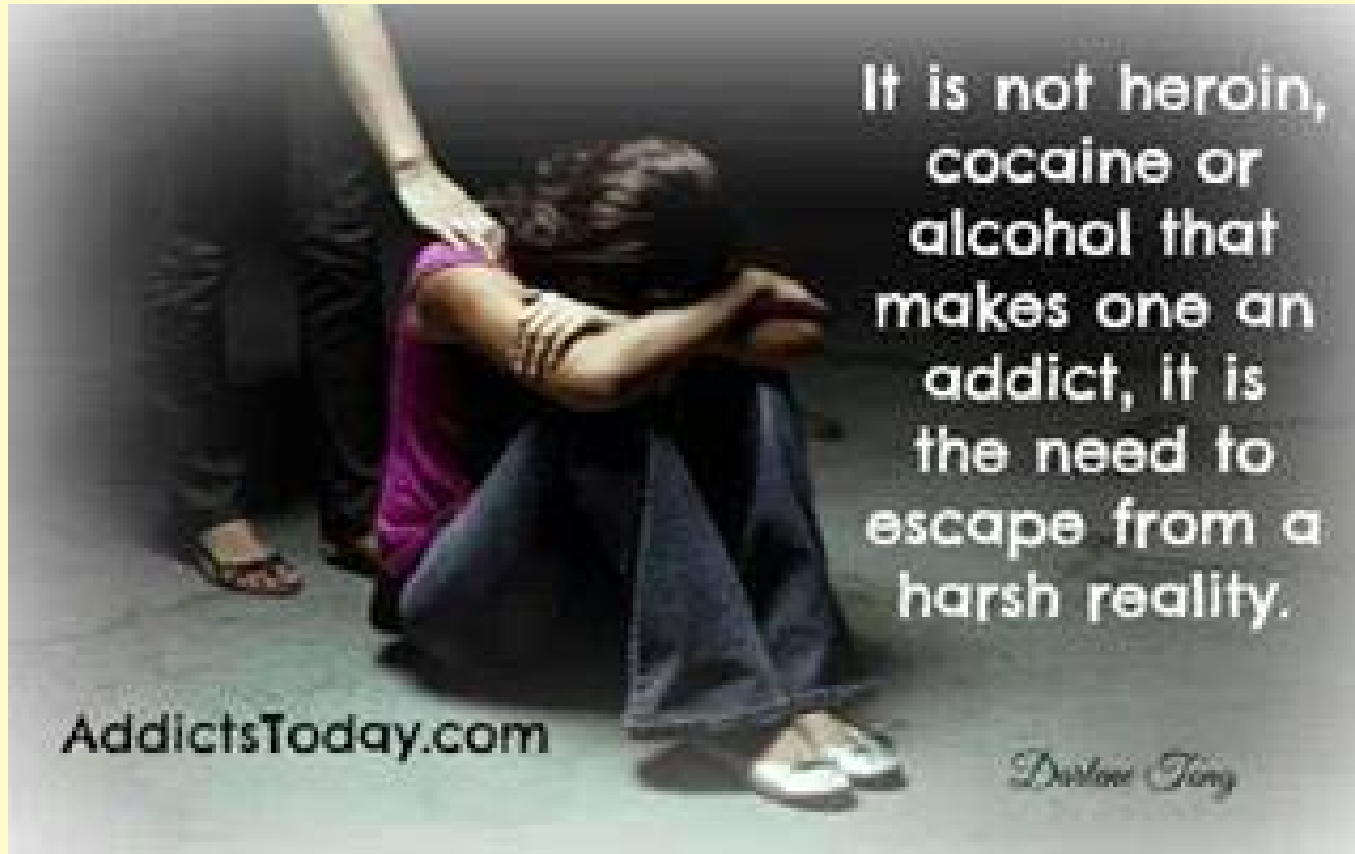


Addictions



- 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



It is not heroin,
cocaine or
alcohol that
makes one an
addict, it is
the need to
escape from a
harsh reality.

AddictsToday.com

Destiny King

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
- 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**

Know Who You Are



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



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



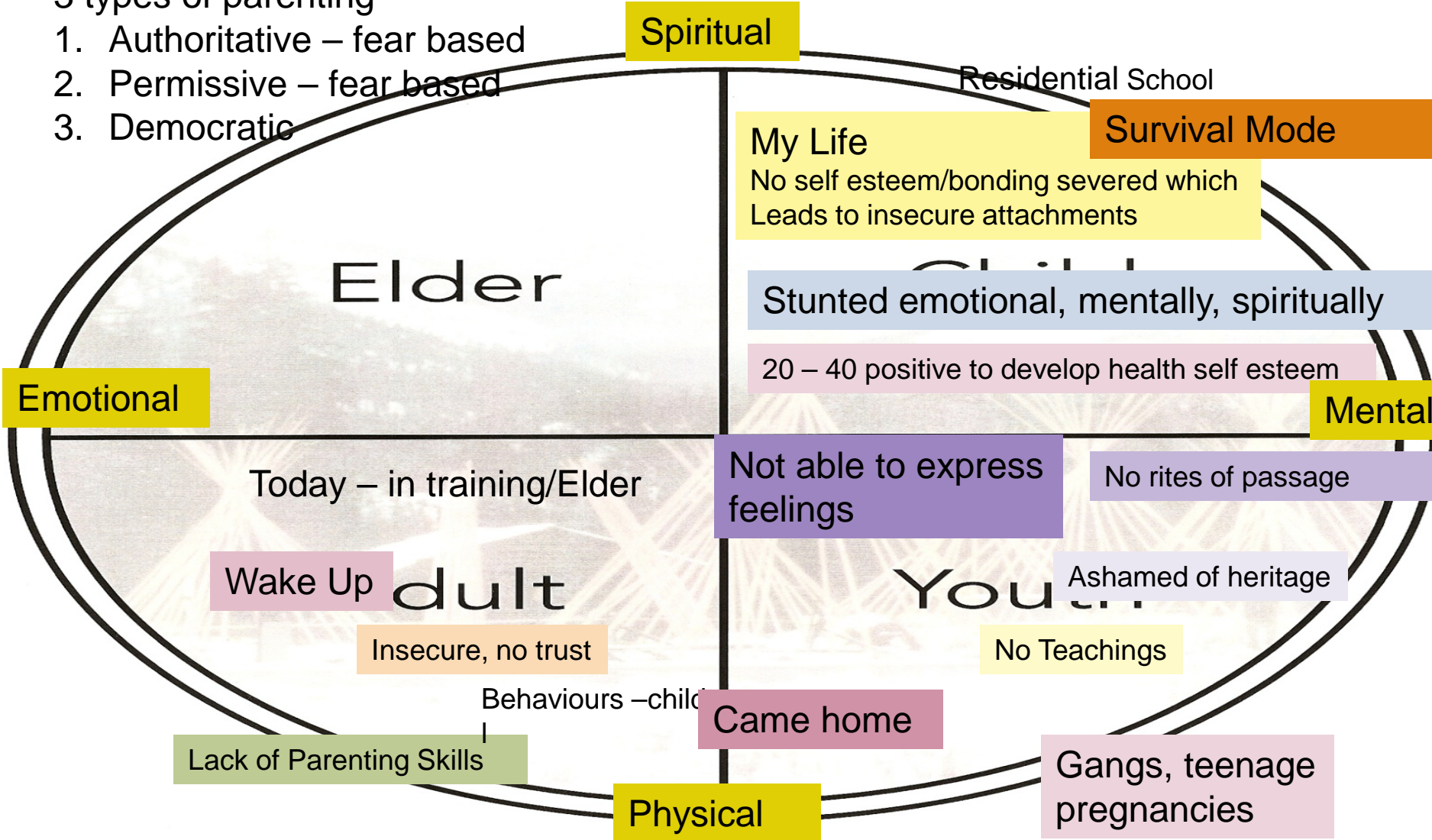
- **Parents that have experienced trauma are less likely to provide the warmth and support for their children**
- **The mental health of the parent cannot provide the spiritual, mental and emotional support**
- **This can lead to unhealthy behaviors for the whole family unit**
- **Also lead to less effective 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 & Parenting programs using our knowledge and customs**
- **Men's programs**
- **Teach this in the schools**

Strength in Identity



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

The Power of Cultural Identity



How Do We Bring Back the Teachings?



- **Culture**
- **Parenting programs**
- **Fatherhood programs**
- **Camps**
- **Language**

Bringing Culture/Traditions in 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



- 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

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 a 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 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



- 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

Groups



- **What kind of Elder do I want to be?**
- **What do I want to leave behind?**

Renewal



- Our people healing
- Conferences, training, cultural programs
- Families mending
- New generation of youth
- Ceremonies are coming back

Strength in Parenting



- 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



- **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?**

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.**

Spiritual Companionship



- **Listen**
- **Be a friend**
- **Change our language – using virtue words**
- **You be the change!**

Quote



“ No one is more cherished in this world than someone who lightens the burden of another”



Future



- **What do we do for the next 500 years?**
- **We all have a responsibility**
- **Solutions within your organizations & communities**
- **Create mechanisms of change based on our values and traditions**
- **Education, Child Welfare, Justice and Health Programs need to be reflective our teachings – in your respective languages**

You are the Teacher!



- Facilitate from the heart – touch their spirit



Oral Teachings



- Oral History
- Teachings
- Protocol from the Elders on what you can print
- Protocol in whatever you do: e.g. ceremony, feast, sweat,

What is holistic education?



- **Head, Hands, Heart**
- **Land based education**
- **Teaching in developmental stages**
- **Life long learning – inspire in the early years**
- **Experience that is not in the classroom**
- **A sense of belonging to family, school, community**

Holistic Education



- **Physical – love, secure attachments, physical activity**
- **Mental – activities that lead to critical thinking, keeping their playful spirit alive**
- **Emotional – free expression for the children**
- **Spiritual – being mindful of the child's spirit**

The Power – is in the People



- **Gain leadership support**
- **Engage community members what programs they want which is giving the power back**
- **Short – Long term goals**

Implementation Plan



- Don't reinvent the wheel
- What are your assets now?
- Strengths
- E.g. Elders, History, Language

Outcome



- Learning will be fun and life long
- Curious
- Compassionate
- Resilient – bullying, relationships
- Positive parenting

Outcome



- **Ethical – values of nation**
- **Vision**
- **Balanced/healthy**
- **Happy**

The Gifts



- **Waldorf Curriculum**
- **Holistic approach/same as Traditional Systems**
- **Language – understanding**
- **Traditional Parenting teachings**
- **Story Telling**
- **Values/Virtues in the Schools – curriculum beginning in early childhood to high school**

Identify



- Each community is different
- Have a core implementation plan
- Identify the gaps and barriers
- In each target group
- Child, Youth, Adult, Elder

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