

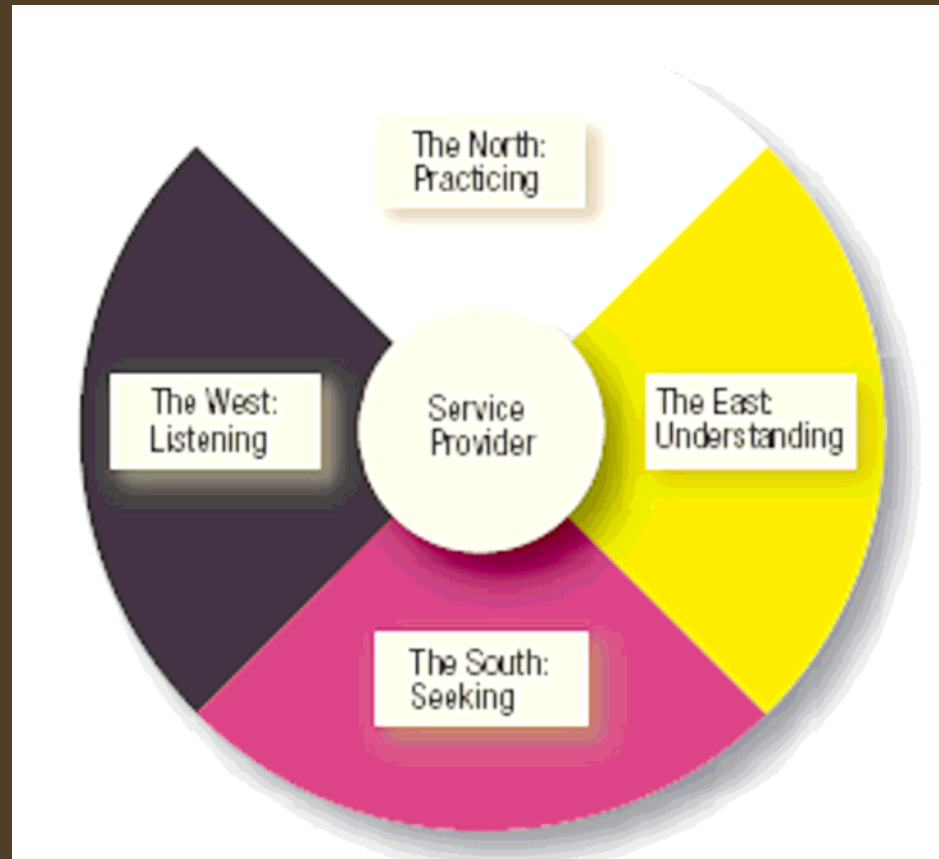
A Sense of Belonging



Supporting Healthy Child
Development in Aboriginal Families

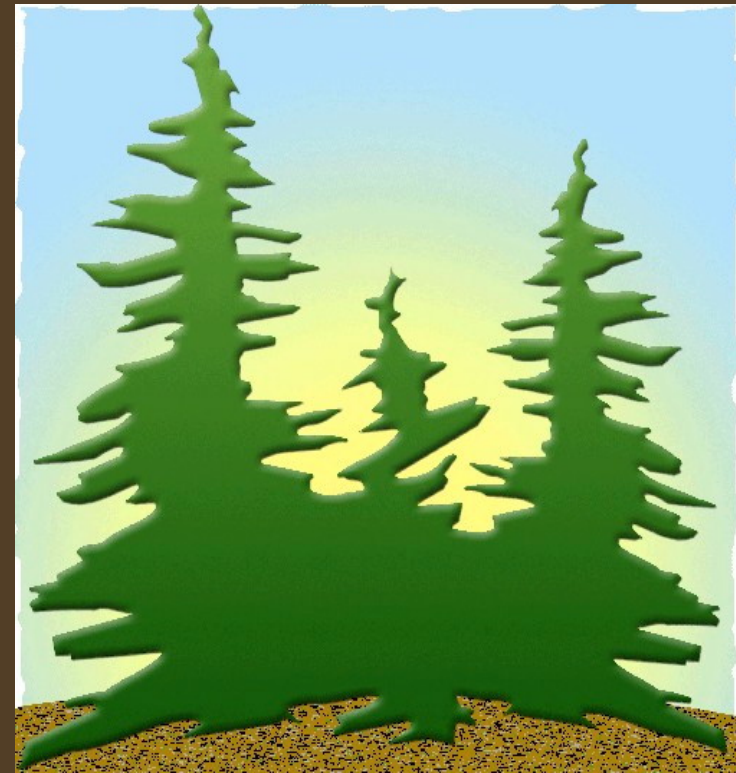
Terrellyn Fearn, Spirit Moon Consulting

Wheel of Support

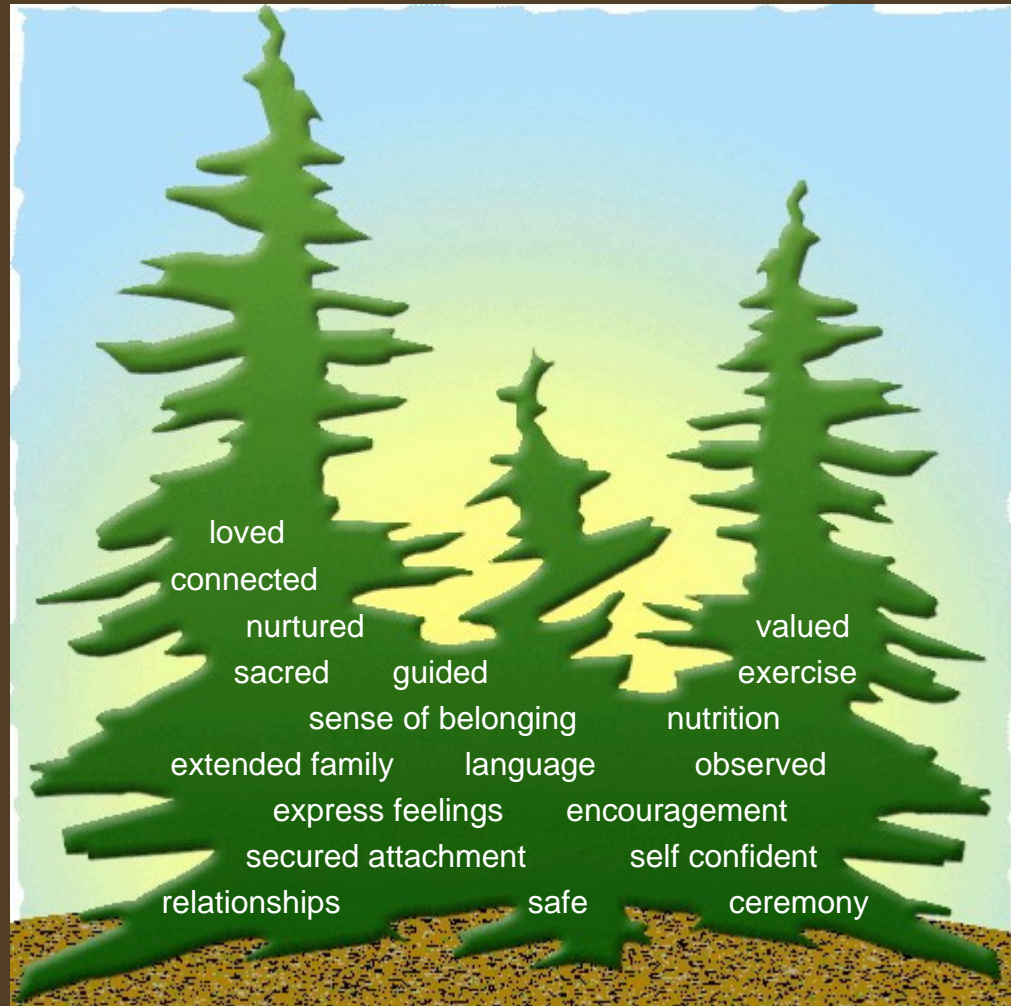


Tree of Resilience

- ✓ Unique flexibility
- ✓ Adapts to extreme climate circumstances
- ✓ Evergreen -holds onto leaves (needles) through cold, dormant seasons
- ✓ Withstand extreme cold, heat (fire), drought, ocean salt spray
- ✓ Wide ranging and successful genus of tree in North America



Traditional Parenting



Historical Factors



Impact on Children and Families



Defining Resilience

- ✓ Tolerate conditions of adversity and return to a healthful state
- ✓ Survive and thrive through difficult times
- ✓ Well being of future generations

Tree of Resilience

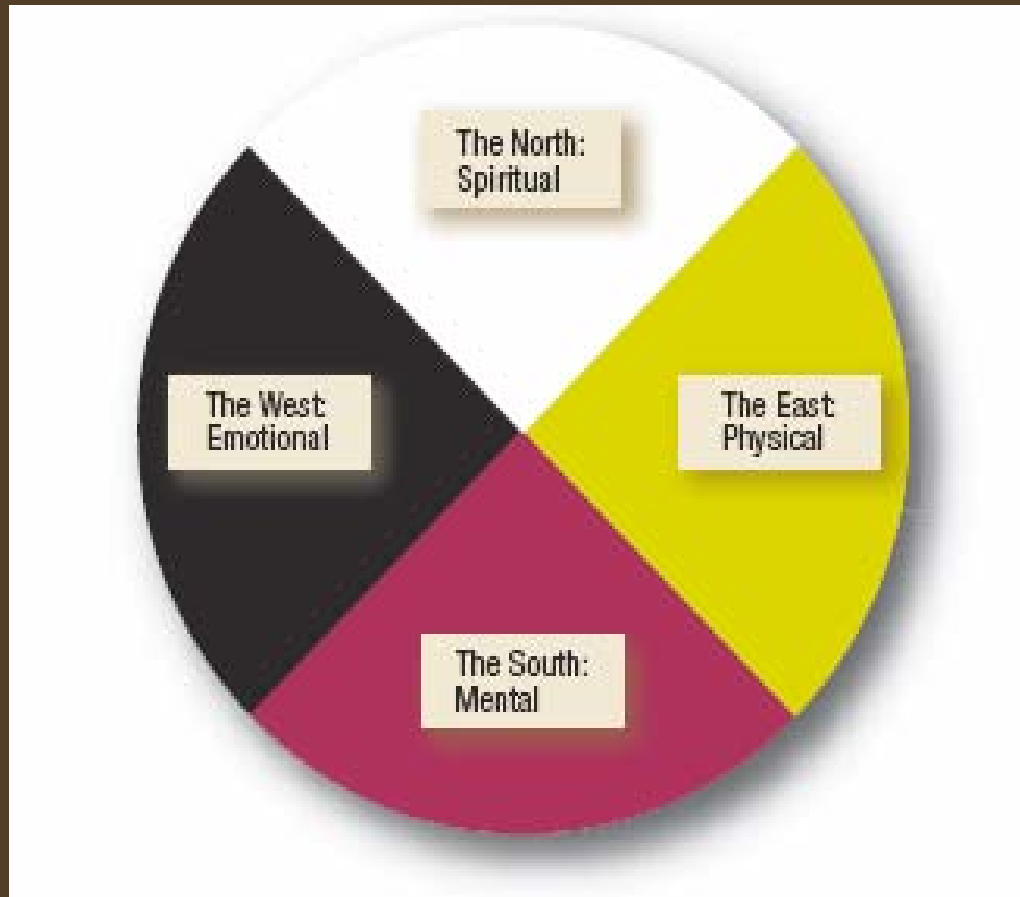
- ✓ Unique flexibility
- ✓ Adapts to extreme circumstances (colonization)
- ✓ Culture -holds onto traditions/ teachings through historical oppression
- ✓ Withstand extreme policies and laws of assimilation
- ✓ Wide ranging and sovereign nations throughout North America



Building Resilience



Holistic Approach



Use a strength based Approach
Address underlying and historical factors

Power and Privilege

- Helpful Approaches
 - Gentle, validate as human beings
 - Power of choice
 - Mobilize own resources
 - Paradigms of experience
 - Strength based approach (not risk)
 - How would they like to be supported?
 - Challenge the system
 - Ownership

Cultural Identity

- Helpful Approaches
 - Ask and work within their framework
 - Integrated traditions
 - Connect to Aboriginal Services

Pan-Indianism

- Helpful Approaches
 - Understand culture as family sees it
 - Community or nation
 - Different Tribal affiliations
 - Not all the same, follow families lead
 - Ask questions

Building Trust

- Helpful Approaches
 - People first, the parents
 - Strengths
 - Follow through
 - Parents are decision makers
 - Nonjudgmental, validate experiences
 - Learn from them
 - Slow down, Informal
 - Open door, scheduled visits

Attitudes & Bias

- Helpful Approaches
 - How do they see support
 - Past experiences with services
 - Validate
 - Encourage success, not critical

Integrated Approach

- Helpful Approaches
 - Aboriginal services, Aboriginal worker, Programmes
 - Community events
 - Honest with your level of knowledge
 - Holistic, family unit
 - Inclusive Plan of Care
 - Attend with families
 - Consistency (staff)
 - Continuum of services , not revolving door

Transition form Rural Areas

- Helpful Approaches
 - Ask how you can support
 - Translate written communication
 - Environment (traditional foods)
 - Flexible (timelines, expectations)
 - Connected to community
 - Support network

Urban Centres

- Helpful Approaches
 - No assumptions
 - Ask
 - Realistic expectations

Communication

- Helpful Approaches
 - Non-verbal cues
 - Speed
 - Too many questions
 - Time for response
 - Body language +

Knowledge of Aboriginal Services

- Helpful Approaches
 - Build relations
 - Attend
 - Encourage protocols
 - Be open to Learning
 - Understanding strengths

Contact Information

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