



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

Mithomahcihowin



AUGUST
2021

Back to School! Are You Ready?

Routines Create Success in School

Of course, things can change quickly, but it looks like our NCN children can expect to return to their typical school experience next month. They may be excited to return to normalcy with all the excitement that school offers, or they may feel anxious.

Either way, a daily routine is a wonderful way to create a framework for your child's day that will allow them to thrive.

Many people think spontaneity is what kids like the most, but often, children appreciate the same routine day in and day out. Think about it. Children don't have a lot of control in their lives, and surprises are constant. There can be a lot of empowerment in knowing what your day will look like for young kids.

To create healthy routines, consider these parts of the day.

- Sleep is crucial for children. Their bodies develop during that important downtime. Their minds are more alert and their behaviours more stable with an appropriate sleep schedule. Despite this, most children don't get nearly enough sleep! While it's normal for kids to stay up later during summer, start getting your kids' bedtimes back on track. Go to bed 15 minutes earlier and wake up 15 minutes earlier every few days to return to your school schedule.
- Keep the mornings calm. Wake up with plenty of time to get ready. Drink a glass of water, eat a healthy breakfast, brush your teeth and get to school on time.
- Set aside 15 minutes when kids return after school to unpack the day and prepare for tomorrow. Empty backpacks, sign paperwork, figure out homework, and enjoy a healthy snack. Assess your kids'



A daily routine is a wonderful way to create a framework for your child's day that will allow them to thrive.

moods to see what they need. Snuggle and a chat? A bike ride with Auntie? Alone time?

- Make homework a priority and stay tuned into their schoolwork. Create a space where they can focus and work. Read to them every day, or read the novel they're studying. If you have concerns (and even if you don't), reach out to the teacher. They'll be happy to know school is a priority in your home.
- Start winding down for bedtime at least an hour before. Prepare for the next morning to have a good start:

put out clothes, make lunches and put homework into backpacks. Turn off all screens and do something quiet as a family: read books, go for a walk, check the garden, etc.

- Every week or so, assess your kids' friendships, screen time and mental state. Strengthen friendships with families who focus on school. Limit screen time to avoid physical, emotional and mental damage. Be your child's safe space by helping them feel relaxed and comfortable at home.

Continued on page 2

IN THIS ISSUE

FAMILY SUPPORT
Talk With Kids
About Consent

3

COMMUNITY HEALTH
Youth Wellness Gathering
August 23rd – 26th

5

PERSONAL JOURNEY
Easing Into
a Covid World

7

How much sleep is RIGHT every night?

- kids <5
10-13 hours
- kids 6-13
9-11 hours
- teens 13+
8-10 hours



How much screen time a day?

- children <2
no screens of any kind
- kids 2-5
less than one hour
- kids 5-11
less than 2 hours

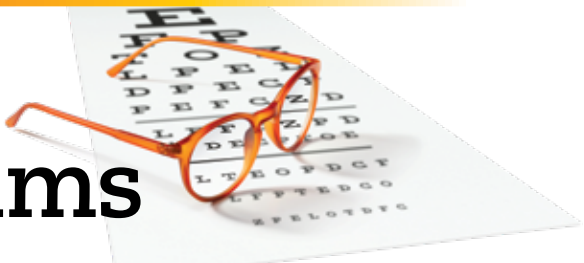


*source The Canadian Paediatric Society

Healthy snacks for kids

- whole wheat toast, muffins, crackers with peanut butter, hummus, avocado, tomatoes
- oatmeal (old fashioned or steel cut; packages have a lot of sugar)
- cereal (low-sugar such as Cheerios, Rice Krispies, Life, Honey Bunches of Oats)
- eggs (keep a bowl of hard-boiled in the fridge)
- apples or bananas with peanut butter
- air-popped popcorn (plain kernels in a paper bag in the microwave)
- yogurt (watch out for sugar)
- chopped up veggies
- pickles, cheese, olives

Why Children Need Regular Vision Screenings and Eye Exams



As you prepare your kids to return to school, consider their vision and eye health.

Healthy vision is critical at all stages in life. An infant or toddler with poor vision may have a difficult time bonding with their parents. Vision issues can be a problem for a child's success in school. They can affect a young person's ability to focus and read, which can affect their confidence and even create behaviour problems.

To maintain eye health, make sure your children eat nutritious foods, such as fruits, veggies, nuts and fish. Protect their eyes from the sun with UV-protective sunglasses and hats. Limit their screen time, and don't let them use screens in the dark without other light sources.

Most optometrists (eye doctors) recommend an annual eye exam for children beginning at three years of age, and definitely when they start first grade. But if you suspect there is a problem with their vision, they can be tested as early as six months of age. Manitoba Health will cover the cost of an eye exam every other year up to the age of 19. Eye exams do not hurt, and in fact, can be fun for kids.

Signs your child may

- red, swollen eyes
- eyes not aligned or working together
- favouring one eye by covering one or turning their head

You should pay special attention to your child's vision if they were born before 32 weeks, or if there is a family history of vision issues, such as myopia (near-sightedness), hyperopia (far-sightedness), amblyopia (often called "lazy eye") or astigmatism.

If an optometrist says your child needs glasses, it's important they start wearing them as soon as possible. Glasses can be expensive, but many

stores offer kids' frames with basic prescriptions for around \$100. Many employment benefits packages include glasses. Your child may be eligible for the Children's Opti-Care Program or Jordan's Principle Program for financial help.

It's important to identify and treat vision and eye problems early in life. An untreated eye condition becomes more difficult to correct as time goes on. Not only that, the earlier a child can get diagnosed and treated, the better their education can continue. They will be able to set their sights on what they want in life and focus on achieving their dreams.

One in every four school-aged kid and one in every 17 preschool-aged kid needs vision correction. Is your child dealing with an easily treated vision problem? Make an appointment to get their eyes checked today!

have vision problems:

- squinting and excessive blinking
- headaches
- holding things especially close or far away
- constant rubbing of eyes



Talking to Your Kids About Consent and Sex

Consent to sexual activity is a tricky but important topic. Young people need to learn how to say “no” and to accept someone’s “no” when they hear it.

As caregivers, it’s important to calmly discuss the idea of consent throughout a child’s life. These may be uncomfortable conversations, but silence is a dangerous weapon that bad people use. When we are embarrassed or ashamed, we teach our children that sex and their bodies should be kept secret. This makes it easier for abusers to take advantage of them.

Talking about consent begins many years before sexual activity begins.

Start young so your kids learn to understand their instincts. They must have confidence in their own wants and needs before people begin to pressure them.

- Tickle your toddler and when they tell you to stop, do so immediately. Say “OK, your body, your rules.”
- Discuss body language. When we know what fear, reluctance, sadness and anger look like, we can stop making people feel that way, and help others in bad situations.
- If your child declines your affection,

be graceful. When you pout or tease, you’re teaching your child that other’s feelings should be more important than their own.

- Don’t force your child to show affection. “Just give Auntie a hug” teaches your child that his or her needs don’t matter.
- Teach kids that secrets only happen between children and parents. If anyone else wants to keep a secret, they should tell their parents.

As children grow older, their world opens up. Tweens and teens look beyond their parents for information. It’s time to stop

lecturing and start open discussions.

- Pay attention to your kids’ TV, music and social media. Teach them to question what they see rather than accepting it as truth. Do people ask for consent? Do they respect others’ responses?
- Set limits for screen time, curfew and friendships. Appropriate boundaries can be helpful when kids are dealing with peer pressure.
- Talk about your dreams for your child’s future. Find positive role models for them.

Talking about consent begins many years before sexual activity begins.



- Make sure they feel your love and acceptance, so they don’t search for it elsewhere.

By the time they’re 13 years old, talk openly about consent and sex. If they’re too embarrassed to talk about this with parents or a partner, they’re not ready to be sexually active!

- Make sure they have condoms and know how to use them. Consider birth control for girls. Get help at the Family and Community Wellness Centre if you’re nervous!
- Sex should make you feel happy: before, during and after. If you’re sad or scared or angry, something is wrong.
- Consent must be asked for at every stage of sexual activity. Giving consent is an enthusiastic yes. It is not the absence of no.

For boys:

- Pregnancy happens to a woman AND a man. Talk about safe sex, condoms and consent, but also dreams, money and the difficulties of raising a baby.
- Teach them to think about and understand their partner’s feelings.

- Body language is important. Is she saying “no” with her eyes, her body, her actions? If she is not enthusiastic, she isn’t giving you consent!
- Just because she said “yes” once, doesn’t mean she has to again.
- Real men don’t brag about sex. Real men have happy and satisfied partners.

For girls:

- Teach them to understand their feelings. Write in a journal or talk with an older relative.
- Talk about safe sex, condoms and consent, but also dreams, money and the difficulties of raising a baby. What would she do if she became pregnant? Marry the father? Drop out of school?
- Talk about standards. Is this boy worthy of this intimate part of your life? Will he tell his friends about your private time? Is he respectful of your friends and family? Does he accept your feelings and decisions?
- If someone pressures you or doesn’t accept no, they do not deserve you.
- Your body, your rules.

No means no!

It doesn’t mean

- just convince me
- maybe in a little while
- I’m shy, I actually mean yes
- I have to say “no” even if I don’t mean it



Ways to ask for consent

- I’d like to hold your hand. Is that OK?
- Can I kiss you?
- Do you want to go farther?
- Is this OK? How do you feel?
- If you want to stop, so do I. Just tell me.



Consent is an enthusiastic yes. It is not the absence of no.

Dealing with FASD and Building on Child's Strengths

FASD stands for Fetal Alcohol Spectrum Disorder, which is a disability that affects the brain and body of people who were prenatally exposed to alcohol. While FASD is a lifelong disability, there are tips and techniques that will help your child and your family to succeed.

Once your child has received an FASD diagnosis, there are organizations and professionals who can help you. The NCN Family and Community Wellness Centre is a great place to start. They may encourage you to meet with professionals such as social workers, speech pathologists, occupational therapists and psychologists.

Kids with FASD often have heightened senses, and can be easily overwhelmed. They may take comfort in ear protectors, deep pressure, body socks, weighted blankets, hand fidgets and movement breaks.

Visual information is often easier to interpret. If your child has difficulties in understanding their daily schedule, consider using small pictures to represent each part of the day (wake up, playtime, naptime, friends, supper, etc.). Giving them the chance to see the day ahead may minimize surprises and outbursts. In the same way, you might use a timer or hourglass to help them keep track of time.

Role playing and reviewing expectations before an event can be helpful. You can talk about the 5 Ws (who, what, where, when, why) and How. Ask if your child has any questions and how they're feeling. Talk about things that may happen, and possible solutions ("Libraries are usually quiet. Let's bring your fidget toy and whisper.").

Use verbal praise when your child performs a task well or behaves appropriately. Encourage them while they do a job ("You're organizing your toys so nicely") and once they've completed their work ("Wow, your room looks great!").

Remember the difference between bribery and reinforcement. Bribery is rewarding a child before the positive behaviour ("I'll give you this candy if you promise to behave"), and can cause all sorts of problems. Reinforcement is the healthy reward after the accomplishment ("You spoke very clearly at the doctor's. Here is a new book to celebrate!").

Being a caregiver to someone with FASD can be tiring, and often overwhelming. You may feel all kinds of emotions, such as sadness, fear, frustration, anger, guilt and being overwhelmed. All of those feelings are typical and OK. Take care of yourself, too! Giving yourself a mental break and time away will prevent burnout.

It's important to remember that while children with FASD often have similar characteristics, all kids are unique, with different strengths and challenges. Try out some of these ideas, but trust yourself as caregiver. You've got this!

Learn more by searching online "FASD Manitoba tips for caregivers."


While FASD is a lifelong disability, there are tips and techniques that will help your child and your family to succeed.

Being a caregiver to someone with FASD can be difficult.

Why don't you

- go for a walk
- laugh with a friend
- talk about your challenges and fears
- make sleep a priority
- treat yourself to a new haircut or nail colour
- take time away from your home and your child by calling a respite worker or sitter

Call the STAR FASD program at the NCN Family and Community Wellness Centre for more information on living with, and understanding FASD.



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre



Protect yourself.
Protect others.
Get vaccinated.

Public Health Schedule

Monday to Friday 10AM to 3PM

MONDAY BCC Day Newborns & Infants	TUESDAY Routine Day Immunizations Children & Adults
WEDNESDAY School-Aged Day Pre-School, Grade 6, Grade 8/9 Immunizations	THURSDAY Public Health Day AM: Admin PM: CDC, STBBI, & Population Health
FRIDAY Routine Day Immunizations Children & Adults	EVERYONE IS WELCOME TO CALL PUBLIC HEALTH FOR ANY QUESTIONS BOOK AN APPOINTMENT TODAY FOR MORE INFORMATION CALL: 204.484.2341 NCNWELLNESS.CA

Medicine Lodge and NCN FCWC Jointly Offer New Youth Addictions Wellness Gathering

The Nelson House Medicine Lodge NNADAP will be holding a Youth Wellness Gathering on August 23-26, in partnership with Jordan's Principle, Red Cross NCN Youth Program and other local sponsors.

"Unfortunately, substance abuse is increasing in our community," says Marilyn Linklater, Medicine Lodge executive director. "This event is an opportunity for us to show young people that we're here for them on an ongoing basis."

The event was originally scheduled for earlier in August but had to be postponed due to the wildfires. Linklater says that's given them time to ensure the event is perfect.

While the focus of the gathering is young people's struggles with their own substance use and/or addictive behaviours, they'll also learn what the treatment centre offers their parents and caregivers.

"Historically, we've served adults, so we want to show young people how we care for their caregivers when they come for treatment. And because our children are getting involved in substance abuse at a younger age, we want to reach out and educate them

about the supports that are available for them now," says Linklater.

"This gathering will look at our historical trauma, to understand why we are where we are and look at where we go from here. It's not just about our words, but turning those intentions into action."

The event includes keynote speakers, activities and hands-on learning. Topics will include

personal healing, cultural learning, medicine teachings and more.

A teepee has been set up and a sacred fire will be lit. Participants will enjoy an introduction to ceremony, including the opportunity to receive

traditional healing and spirit names. The event will end with a round dance, feast and giveaway. There will also be information booths and some exciting door prizes!

To attend the NHML Youth Wellness Gathering, call the Medicine Lodge at 204-484-2256.

While the focus of the weekend is young people's struggles with substance abuse and addictive behaviours, they'll also learn about what the treatment centre can provide for their parents and caregivers.



LIVING WITH DIABETES?

We can help

Out of control blood sugar can lead to:

- Heart Disease
- Stroke
- Blindness
- Kidney Disease
- Foot Complications

Reduce your risk of diabetes complications

- Plan meals and make healthy food choices.
- Monitor yourself. It's more than just your blood sugar.
- Stay active
- Take your medications
- Quit smoking

REFERRAL SERVICES OFFERED

Diabetes education can teach you how to manage your blood sugar, blood pressure, and cholesterol. Your ADI nurse can help you learn Diabetes Management as a part of your daily life.

When should I seek help?

- When newly diagnosed
- Annually
- When I detect complications
- When I change doctors
- When I change medications

Learn how to:

- Improve your blood sugar and A1c levels
- Keep your blood pressure on target
- Better manage your cholesterol numbers

DIABETES EDUCATION WILL HELP

Leanna Anderson, LPN
Interim Program Coordinator
Aboriginal Diabetes Initiative

Call **204-484-2341**
ext. 132
Fax: 204-484-2384

Nishinowasine One-National
FAMILY AND COMMUNITY
Wellness Centre

New Federal Holiday to Honour Residential School Victims

A new federal holiday has arrived in Canada called the National Day for Truth and Reconciliation. Beginning this year, on September 30, federal employees (and those organizations that follow federal regulations) will have a day off to “reflect on a dark chapter in Canada’s history and to commemorate survivors, their families and communities.”

Both the House of Commons and the Senate fast-tracked the bill this summer, after the confirmation of children’s remains were found at a former residential school in Kamloops, BC.

The idea of a national holiday to commemorate residential school victims and survivors was one of the 94 calls for action named in the Truth and Reconciliation Commission.

While many are satisfied to see this date added to the list of national holidays, others question the sincerity of the decision, and its importance.

“Why did you choose to focus on this call of action and not the other ones?” asked Don Plett, who serves in the Canadian Senate, of his colleagues. “Is it because it’s easier to give

bureaucrats a holiday ... than to work on the more pressing but difficult issues that are facing Indigenous communities every day of the week?”

Federal Heritage Minister Steven Guilbeault said that while the

government can’t force people to reflect on the trauma of residential schools, he is hopeful people will use the day in the same way they honour Remembrance Day.

“Let’s use that day as a day of reflection but also a day of learning,” he said.

Since 2013, September 30 has gained increasing recognition as Orange Shirt Day. This date was chosen as it is the time of year during which children were usually taken away from their homes. The orange shirt was a symbolic choice based on the story of a former residential school student, whose new shirt that had been gifted by her grandmother, was taken away by teachers.

On September 30, federal employees will have a day off to “reflect on a dark chapter in Canada’s history and to commemorate survivors, their families and communities.”



Easing Back Into a COVID World

NCN Citizens who have received both vaccinations (and their children under the age of 12) have had many restrictions lifted.

While we can feel grateful to return to “the new normal,” this is a great opportunity to examine your relationships and social habits.

When the pandemic arrived, and everything shut down, our lives came to a standstill. Before you automatically return to your past life, try to consciously make decisions about your time and energy.

Just because it's OK to socialize again doesn't mean you have to! It's completely normal to feel anxious about social outings and activities.

This is a great opportunity to examine your relationships and social habits.

You may have people in your life who are too young to receive the vaccine, or dealing with chronic health issues,

and want to continue to limit your interactions. Set your own boundaries, be confident in them, and be ready to explain your reasons to people who question your

reluctance. Of course, you should also respect other people's wishes.

Before the pandemic, many of us signed up for every outing available, and filled all our free time with activities. While some families may truly enjoy that pace, ease back into your social life to decide if you

do. Choose one thing that's most important to you, whether it's a hobby or a relationship, and add it back into your schedule for a few weeks. How do you feel? Does this person or activity serve your body, mind and spirit? Does your cup feel full? Or do you feel depleted, tired and empty?

Take advantage of this fresh start to level up your habits and attitudes. Is there someone in the community you've always admired? Maybe their kids are succeeding in school. Or their marriage seems healthy. Or they're in great shape. This is the time to reach out! If you start with a compliment, people are always happy to share their knowledge. And if that sounds too uncomfortable, incorporate a new habit on your own. Decide that now you're the kind of person who walks laps at the Fitness Centre. Or you bake

healthy muffins for Elders. Maybe it's time to get back in touch with your Nehetho culture!

Remember that your family members are also dealing with “re-entry” into life. Check in and communicate about their feelings, too. Maybe it would be best for your family to slow your pace, choose a few beneficial activities and relationships, and focus on healthy habits. You always know what's best!

After every encounter, ask yourself

- How do I feel?
- Do I want to do that again?
- Did I get what I wanted out of that?
- How could I improve that situation?
- How often should that be in my schedule?

Recognizing Lateral Violence

Lateral violence is misplaced aggression, and is most often seen in the workplace. It is usually committed by people who don't have positions of power, and direct their frustrations in unhealthy ways towards their peers, usually those who have less power. Most people who see or experience lateral violence would call it “bullying.”

Lateral violence is often a conscious choice. It can occur because people are frustrated with situations in the workplace but have no official way of voicing their concerns, so they take out their anger on colleagues.

Sometimes it happens because the bully is jealous of their peers, who perhaps have more experience or education, or receive privileges and promotions for good work.

A workplace that has lateral violence occurring among employees cannot achieve its highest potential.

Often, bullies are not acting intentionally, but perpetuating a cycle that they themselves have been victim to. For example, when an employee gains seniority, he or she may begin to act “mean” because that's how they believe managers behave. In fact, they need to learn management skills so they can be effective leaders in a positive way.

Either way, people who commit lateral violence are not dealing with their negative feelings in an appropriate way, and taking it out on colleagues who don't deserve it.

The victims of lateral violence are often:

- new employees
- workers who receive a promotion or special training

- younger employees with more education than older workers
- employees who are popular and good at their job
- workers whose friends and family have positions of power.

Lateral violence can look like:

- name calling, sarcasm, eye rolling
- put downs, rumours, gossiping
- blaming, manipulation, backstabbing
- ignoring, excluding, freezing out
- giving assignments that are impossible to complete
- withholding information or giving the wrong info
- refusing to work with someone
- blocking requests for training or promotion.

If you have authority in an organization:

- recognize lateral violence in your workplace

- if an employee asks for help, believe them
- listen and ask questions
- find solutions (workshops, policy, etc.)
- come to the FCWC for help!

A workplace that has lateral violence occurring among employees cannot achieve its highest potential. It will have high staff turnover and absenteeism, low morale, no teamwork and unnecessary competition.

Of course, these problems affect performance, creating poor customer service, inefficiencies and even decreased profits. It is in every organization's best interests to acknowledge lateral violence and solve the problems it creates.

To learn more, go to YouTube and search “BearPaw Media lateral violence.”

Your Path to Wellness

See how the FCWC
can help you ...
Programs, support,
education, and more ...



Circle of Care

The Circle of Care focuses on the mental, emotional, physical and spiritual wellbeing of parents, children and extended family. The Medicine Wheel is used as a guide to identify a family's strengths, provide holistic teachings, overcome issues, and find practical solutions for everyday life.

FCWC professionals meet with each family member to determine what problems need priority, and then create a unique Circle of Care specifically for your family. You may be encouraged to receive a combination of social services and programs such as the fitness centre, therapists, counselling, daycare, mediation, Elders programs, maternal resource program, arts and culture, and more.

Services such as:

- assessment of family needs
- discussion of family's strengths, barriers, needs and goals
- collaboration with other agencies, support groups, therapy, etc.
- creation of family plan with strategies for implementation
- counselling, workshops, programs, etc.

Benefits include:

- higher self-esteem
- positive vision for the future
- resolution of problems from the past
- clear understanding of who you are and what you need
- better relationships with those around you
- strategies for dealing with stress, frustration, anger



*Leading your family
out of the darkness & into the light.*



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

NCN Fitness Centre

The NCN Fitness Centre is housed in the Family and Community Wellness Centre. It is open throughout the week and is free for all NCN Citizens. There are many options available to break a sweat, whether you're brand new or a seasoned gym rat.

Beyond working out, you can learn about health and fitness, including how to lessen the risk of diabetes and cardiac disease. Learn how to set goals and use hard work and determination to achieve them. Physical activity is great for the body and for the mind too, clearing the mind and relieving stress.

Make a trip to the fitness centre a recurring event for everyone in your family. Make it a date night or a family night. You may be surprised how easy it is to chat while walking on treadmills or shooting hoops!

Services include:

- aerobic exercise area
- full suite of fitness equipment
- change rooms
- advice and support from gym staff

Benefits include:

- better physical health
- improved mental outlook
- better sleep
- more confidence and self-esteem



*You'll love what
exercise can do for your family!*

Phone: **204-484-2341**

Address: 14 Bay Road Drive, Nelson House, MB R0B 1A0

Follow us on Facebook

Do you have a suggestion or a Mithomahcihowin story idea?

We would like your comments, feedback or news stories. Please contact ncnwellness@gmail.com



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

14 Bay Road Drive
Nelson House, Manitoba R0B 1A0
T (204) 484-2341
F (204) 484-2351
ncnwellness.ca



FCWC on Facebook!

Stay current with FCWC's latest news, events and updates on your computer, smartphone or device from our official NCN Facebook page @ncnwellness