

Life Skill Workshop

PARENTING

**As we gather here today,
we acknowledge we are on
Treaty 6 Territory and the
Homeland of the Métis**

OUTLINE

- Discussion
- Learning
- Activity
- Take-away
 - Family book

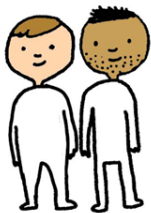
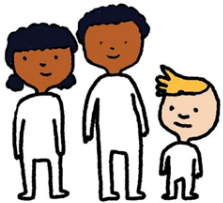
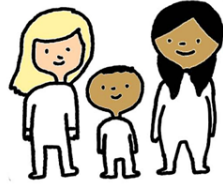
There will be scheduled breaks throughout the workshop but if you need to get up to move your body, go to the washroom, grab a snack or some water please do.

**“Let us put our minds
together and see what
lives we can make for
our children.”**

-Sitting Bull

ALL KINDS OF FAMILIES

There are many different kinds of families.
I can't draw them all on this page; it's impossible!
What is your family like?



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Family can look
and feel many
different ways

FASD & Parenting

- May have difficulty remembering what to do and how to do it
 - Feel overwhelmed by too much input, demands or a hectic pace
 - Sensations such as temperature and feeling hungry
 - Can have trouble understanding when and how to set limits
 - Can be terrific parents with some supports along the way!
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FASD

No two people are affected by FASD in
the same way!

**What is your
family story?**

Planned and Unplanned Pregnancy

Different types of contraception

PREGNANCY

- Choosing to have a baby is the choice of the mother
 - Some people plan on raising their baby or having an adoption
 - During pregnancy anything that a mother eats, drinks or smokes can be passed on to the unborn baby
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PARENTHOOD

- Want their children to grow and be happy
 - Love and care for their children
 - Want to do a good job in parenting
 - Want to be involved in decisions about their children
 - A lifelong commitment
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STAGES OF DEVELOPMENT

- Baby: Birth to 2 years old
 - Toddler: 18 months to three years
 - Preschool: 3-5 years
 - Grade school: 5-12 years old
 - Teenagers: 12-18 years old
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PRACTICAL TASKS

- Bathing
 - Changing
 - Feeding
 - Lifting and Carrying
 - Diaper changes
 - Sleep routines
 - Daycare
 - Doctor's visits
 - Laundry
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STRATEGIES

- Making a daily routine/schedule
 - Put reminders in your phone of doctor's visits, birthdays, medications, bath or feeding times
 - Asking for help and getting someone to show you how to do certain tasks i.e. bathing, warming up a bottle
 - Keeping a family contacts/emergency book (worksheet)
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**Where do we
learn how to
parent?**

MAKING DECISIONS

- Discipline
 - Belief systems
 - School
 - Activities
 - Friends
 - Routines
 - Toys
 - Safety
 - The foods they eat
-

Parenting Supports

URGAN ABORIGINAL HEADSTART

Who: Saskatoon Tribal Council

What: Engages parents with learning of their children through preschool, parent groups and home visits. Program looks at Culture/Language, Parental Involvement, Nutrition, Health/Safety, Social Supports, Education.

Where:

Contact: (306) 659-2500

HEALTHY MOTHER, HEALTHY BABY

Who: Saskatoon Health Region

What: The program offers information, education, advocacy, and support in clients' homes, and other venues. The program offers milk, prenatal supplements and fruit and vegetable vouchers.

Where: Client's home, and other venues.

Contact: (306) 655-4810

FATHERHOOD

Fathers and male caregivers have important roles to play in strengthening children, families and communities. Active involvement of fathers and male caregivers in unpaid domestic (house and home) work is good for children and for the family.

What makes a good father?

**Disclosing that we
have a disability**

**How do we keep
our homes safe?**

**What are some
examples of an
Emergency?**

MAJOR EMERGENCIES

- In an Emergency call 9-1-1
 - An Emergency is when there's a sudden, unexpected and dangerous situation.
 - Calling 911 will notify the police, ambulance and fire services of the situation
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CALLING 911

- Speak slowly and calmly
 - Describe the emergency
 - Give your name and phone number
 - Give the exact location, this could be your address or a landmark
 - Give the name, age, and number of people involved in the emergency
 - Follow the dispatcher's instructions
 - If possible, stay on the scene
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NON-EMERGENCIES

- Noise Complaint
 - Someone stole your bike
 - Vehicle Break In
 - Reporting suspicious activity
 - In non-emergency situations you can speak to a police officer at: **306-975-8300**
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POISON CONTROL

Call **306-655-1010** for emergency treatment advice for people exposed to all kinds of poisons including:

- Drugs;
 - Plants;
 - Mushrooms;
 - Pesticides;
 - Snake and spider bites; and
 - Household cleaners and chemicals.
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CHILD PROTECTION

- When children are at risk, families may be provided additional support and/or it may become necessary to remove them from the home to prevent injury or harm.
 - If you have had children removed from your care, this doesn't mean that you are a bad person it could mean that you're not able to provide the level of support a child needs at this time and removal can be temporary or permanent.
 - Everyone has a duty to keep children safe, this means keeping them away from places or people that can do them harm. If you feel that a child you know is in danger you can call child protective services at: **306-933-5961**
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SELF-CARE

TAKE CARE



OF YOURSELF

FAITH

ABILITY

STRENGTH

DETERMINATION

RECAP

This workshop discussed future planning and goal setting. We went over strategies for achieving goals and a Smart goal template.

Next Workshop: “Employment”

December 17th, 2019

In the next workshop we will discuss the work or employment strategies! Where to look for work, how to write up a resume, how to apply for a job, and once you've got the job, how to keep it!

CULTURAL RESOURCES

- White Buffalo Youth Lodge
 - Saskatoon Tribal Council
 - Saskatoon Indian and Metis Friendship Center
 - Central Urban Metis Federation Inc.
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SUPPORT

- One-on-one education
 - Discuss your challenges and strengths
 - Create strategies you can use in your daily life
 - You can access for as long as needed
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Riki

Call: 306-975-0843

Text: 306-221- 7414

programs@fasdnetwork.ca

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