Life Skill Workshop

PARENTING
As we gather here today, we acknowledge we are on Treaty 6 Territory and the Homeland of the Métis
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
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!
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.
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
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
PRACTICAL TASKS

• Bathing
• Changing
• Feeding
• Lifting and Carrying
• Diaper changes
• Sleep routines
• Daycare
• Doctor’s visits
• Laundry
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)
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
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
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
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.
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
SELF-CARE

TAKE CARE
OF YOURSELF
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.
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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