



# Niijaansinaanik

Child and Family Services

## *Alternative Care* Newsletter



## May 2020

### Waabgowan Giizis

*Flower Moon*



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# Talking to Children About COVID-19

The current global situation we are facing is unprecedented, especially in an age of technological connectedness. This time is challenging for people of all walks of life, and can also be a source of stress and confusion for children, adolescents and youth. While adults are used to maturely tackling issues, the different routines and news bombardment can be worrying and taxing. Young people are often very intuitive and can sometimes sense the anxiety of those around them. Children can be reassured in a way that is age appropriate, and suitable to their emotional maturity. We gathered resources from the Canadian Association of Mental Health (CAMH), as well as our own experiences to compile the following:



## **In a household meeting or suitable open conversational format, you may consider the following:**

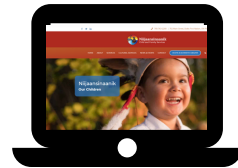
- Acknowledge fears.
- Explain overall risk of getting the virus and what could happen to people who get sick.
- Outline steps you are taking to keep them and yourself safe.
- Reassure them that young children tend to get a mild form of the virus, and that people can recover.
- Discuss any questions they may have.

## **If screen time, radio news or online discussion is upsetting or overwhelming, you may also consider:**

- Limiting amount of TV and social media.
- Engaging in activities that help them feel empowered.
- Helping children become better consumers of health information. For example, help them to identify credible online/offline sources of information and help them understand it.
- Helping adolescents understand the importance of social distancing, and encouraging them to socialize with friends through digital technology (i.e. videoconference chats, social networks or texts).
- Encouraging your children not to share drinks, makeup or other personal items.
- Advising adolescents not to smoke or vape, and assisting them to stop immediately.

### **COVID-19 Questions?**

The North Bay Parry Sound District Health Unit call centre - 1-800-563-2808 Monday to Friday, 8:30 a.m. – 4:30 p.m. and Saturday and Sunday, 9 a.m. – 5 p.m.



There remains some uncertainty about when physical offices in Ontario will begin to open up again due to COVID-19 concerns and precautions. Please remember we are still available 24/7 for children, youth and families. We continue to provide essential services in relations to all aspects of child welfare. We are always accessible. You can contact your Worker through their email, or cell number.

There is also a 24/7 emergency line (1-855-223-5558) and a contact form available on our website [www.niijcfs.com](http://www.niijcfs.com)

“

**There are two things we should give our children:  
One is roots, the other is wings.**

”



# Cultural Connections

From our Culture Staff

## Bundles



There are many kinds of bundles that we carry. There are physical ceremonial ones we use for practicing our cultural ways. There are knowledge bundles we carry inside us from our life learning. We all possess these whether we realize it or not. Bundles are the gathering of things that help us on our life journey. They have a personal value to each of us that is beyond money.

Sometimes in our lives we gather physical things that have much meaning. A picture or item given to us by a special person is part of our personal bundle. When we hold it the item gives us a feeling of warmth. It may remind us of the person who gave it to us and if they have passed on it can bring us closer to that spirit. Memories are also part of the bundles we carry within us. It helps us when we need to be reminded of something that can help us prepare for or get through a hard time. It warms our spirit when our spirit is low.

Emotions and feelings are also a part of the internal bundles we need. All of our emotions and feelings are required for good health. When used in balance these can help us live a good life. Our languages and teachings are bundles we are now also reclaiming to bring strength back to our families. Indigenous people have always recognized the bundles we carry and the importance of them. The more we build our bundles the more clarity and purpose we will have on our personal, family, community, nation, human and Creation life journey.

All My Relations,

**Perry McLeod-Shabogesic**



## Nanaadawejgaazawak Wii-Mnomaadizwad

Mental Health is Health - they are being healed to live a good life, to think healthy, be physically well and have a good heart



camh | Shkaabe Makwa

## Story Time and Recipes

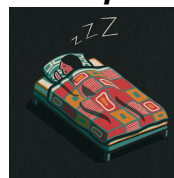


Anishinabek Nation Youth Coordinator hosts live Cooking Recipes and Live Storytime at 10:00am every Thursday and Friday here: [Anishinabek Nation Youth Facebook Page](#).  
You can also access recorded readings and recipes from previous live shows.

**While navigating times of uncertainty, remember the importance of play and rest ! (For all ages!)**



Odamino - s/he plays  
Odaminowag -they're playing



Nibaa - s/he sleeps  
Ni-nibaa - I am sleeping  
Nga-nibaa - I am going to sleep  
Ngii-nibaa - I was sleeping

Joshua Mangeshig Pawis-Steckley, Ojibwe Woodland Artist/Illustrator. Images used with permission.

# Resources

## Free Colouring Pages

Artist Christi Belcourt posted a free colouring version of her painting "Joy". If you can't print, save it as a digital file and using a "paint" app or program to paint it digitally.

Click the photo, or [here for free download](#)

Free Downloads of colouring pages from Canadian and Indigenous Artists:

[Click here.](#)



## National Film Board (NFB) launches Indigenous Cinema website with 200 films to stream!

You can search by topic, director, subjects, channels and more. The Indigenous Cinema portion has many sections, including a youth section here: [nfb.ca/subjects/children-and-youth/childrens-stories/](http://nfb.ca/subjects/children-and-youth/childrens-stories/).

There are more than 65 topics to choose from, including: films for children, youth and adults.

Films sorted by topic include:

Adolescent Social Behaviour	Divorce and Separation	Social Action
Adoption and Foster Care	Education and School Life	Social Services
Arts Activities	Family Life	Sports, Leisure and Play
Canadian Youth	Health and Safety	Substance Abuse
Child Rearing and Development	Indigenous Youth	Violence and Child Abuse
Children's Rights	Juvenile Delinquency	War and Youth
Children's Stories	Living Conditions	Work
Coming of Age Stories	Peer Relationships	Young persons with Disabilities
Cultural Groups	Runaways and Street Children	Youth of the World
Discrimination and Stereotyping	Sexuality	Youthful Perspectives

***\*Please preview the films, and read descriptions before watching\****

## Contact us

We love to hear from you.

Your role as caregiver is crucial in many aspects. Thank you for choosing your role and making a sincere difference in the lives of many. Thank you for believing in our Agency and helping keep Indigenous, Métis and Inuit children in our/your communities. Together we can provide positive and healthy experiences for children and youth, who can grow up with true and strong connections.

 Miigwech!



**1-855-223-5558**

**niijcfs.com**