



Niijaansinaanik

Child and Family Services

Alternative Care Newsletter

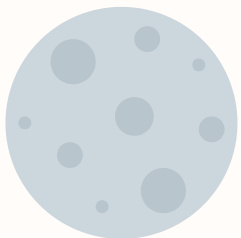


December 2023

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Mnidoo Giisoonhs Giizis



Little Spirit Moon





Cultural Connections

Mnidoo Giisoonhs Giizis - Little Spirit Moon

Full Moon: December 26 , 2023



Ahniin, Boozhoo Kina Weya,

Mnidoo-Giizoons is Creators natural way to let us two-legged be aware a seasonal change is arising. Endaso-biboon; every winter most all nature sleeps while resting its Spirit. The Bear sleeps, the frogs, insect's sleep, as do other Four-legged. We Two-Legged prepare for the season as do the animals. Father Sun rises later in morning, while the night sky comes earlier.

The Original Beings have been honouring Winter Solstice always. December 21 is about welcoming the season with family gatherings.

Colder temperatures, more snow and freezing ice. Creator's breathes winds from the Cardinal Directions which bring in winter storms. Keeping warm around a fire while sharing Traditional Story telling is Mino biboon activity. Elders, grandparents are season Traditional Storytellers about animals, Spiritual Helpers, land, nature, and Creator. Storytelling is a favorable during winter so when the animals are hibernating they will not hear the two-legged talking about them. The animals will not become disturbed and sleep as instructed by Creator.

Na'how, Miigwetch,
Culture Team

LOOKING FORWARD TO SEE YOU!

RED & GREEN CHILDREN'S CHRISTMAS PARTY

Sunday, December 3, 2023 11a.m. - 3p.m.

Best Western North Bay Hotel 700 Lakeshore Dr,
North Bay, ON P1A 2G4



Office Closed

December 25 & 26, 2023

January 1, 2024

Our After Hours Team will be available for emergencies at

1-855-223-5558

WE ARE LOOKING FOR ALTERNATIVE CARE, EMERGENCY & RESPITE HOMES!

Did you know... if you refer a family member or a friend to become a caregiver and they complete the assessment and are approved you will receive a \$50.00 Gift Card.

Contact Lillian Couchie at lillian.couchie@nijcfs.com or 855-223-5558 ext. 3003.



Winter Tips for Car Seat Safety

- Use a coat or blanket over the straps.
- Don't forget hats, mittens and socks or booties.
- Tighten the straps of the car seat harness.
- Use a car seat cover ONLY if it does not have a layer under the baby.

CULTURAL EVENTS

To attend any cultural events, please register at registration@nijcfs.com or contact: 1 (855) 223-5558 ext. 1201

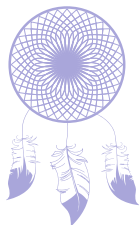
Dec 12 - Anishinaabemowin



Via Zoom 5pm to 7pm
Location: Online via zoom.
Please register by Friday, Dec 8, 2023

Dec 21st - Solstic Teaching & Dream Catcher Making

5pm to 7pm
Location: Arbor at Nijaansinaanik Office
1120 Geewadin Rd Wasausking First Nation
Light Dinner at 5pm.
Please register by Tuesday Dec 19, 2023



Holiday Reminders

FIRE SAFETY



KEEP LIVE AND ARTIFICIAL TREES AWAY FROM HEAT SOURCES

If you have a live tree, make sure it stays hydrated. If you buy an artificial tree, make sure it's labeled "fire resistant." Fire-resistant trees are less susceptible to catching fire.



WORK AS A TEAM

When stringing lights and decorations above your normal reach, make sure you use a proper ladder with someone supporting the base.

USE UNBREAKABLE ORNAMENTS

If you have fragile ornaments, place them out of reach from pets and children.

CHECK & TURN OFF LIGHTS

Replace any lights with frayed wires, broken sockets, and loose connections. Turn off all lights when you go to bed and before leaving the house to avoid a short that could start an electrical fire. Prevent electrical cord damage. Don't mount lights in a way that might damage the cords, and avoid using nails or tacks. Use hooks or insulated staples instead.



HAPPY HOLIDAYS!



BEWARE OF POISONOUS PLANTS

Poinsettias, holly and mistletoe are poisonous when eaten, so keep them out of reach of children and pets.

SMALL ITEMS AND PIECES

Be mindful of small items and pieces from food (such as toothpicks, bread ties, bags, etc) and small pieces from cutting toys out of packing, and batteries.

CORRECT AGE RANGE TOYS

Buy toys that are labelled for the correct age range. Age recommendations on toys are typically about safety, not based solely on the ability of the child.

CANDLES

Secure candles. Keep candles on a sturdy base to prevent tipping. Never leave a lit candle unattended. Ensure matches and lighters are stored away from children.

MAKE SURE YOU HAVE WORKING FIRE ALARMS AND CARBON MONOXIDE DETECTORS.



REVIEW EXIT PLAN AND LOCATION OF FIRE EXTINGUISHERS WITH ALL MEMBERS OF HOUSEHOLD.



This is not a complete list. For more information visit:

[Ontario Native Fire Fighters Society](#)
[Ontario Association of Fire Chiefs](#)





Alternative Care Upcoming Training



STANDARD FIRST AID + CPR C CLASS

Offered by St. Johns Ambulance 8:30am - 4:30pm (both days)



COMING
SOON



TRAUMA INFORMED CARE
CULTURAL COMPETENCY TRAINING

Please select two date as we are
unable to guarantee availability

North Bay

2023

- Dec 16/17
- Dec 19/20

2024

- Jan 3/4
- Jan 8/9
- Jan 13/14
- Jan 17/18
- Jan 22/23
- Jan 31/Feb 1
- Feb 5/6
- Feb 13/14
- Feb 21/22
- Feb 26/27

Sudbury

2023

- Dec 16/17

2024

- Jan 3/4
- Jan 13/14
- Jan 17/18
- Jan 31/Feb 1
- Feb 10/11
- Feb 14/15
- Feb 21/22



HEART & SPIRIT

4 DAY TRAINING TOTAL 28 HRS.

January 27/28 & February 10/11, 2024

Location: 10 Miller St., Parry Sound, ON

CAR SEAT SAFETY TRAINING



Our Trainer/Recruiter is available for One-on-One training.

For more information please contact:

Lillian Couchie at Lillian.Couchie@nijcfs.com or 1-855-223-5558 ext. 3003



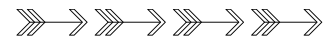
NON-VIOLENT CRISIS INTERVENTION

Time: 9:00am to 4:00pm

- January 13/14, 2024 : 10 Miller St. Parry Sound
- February 10/11, 2024: North Bay
- April 6/7, 2024: Location TBD



LIFE BOOK



Time: 4:45pm to 7:00pm (dinner provided)

January 11, 2024 - Location: North Bay - TBD

February 2024 - Location: Sudbury - TBD

February 2024 - Location: Parry Sound- TBD



To attend any training, please register at registration@nijcfs.com

or contact: 1 (855) 223-5558 ext. 3005



Family Engagement Activity

Theme: Build a Snowman

Prize: \$50 Walmart Gift Card

Submission Date: December 28, 2023, photo to your

Alternative Care Worker

Draw Date: January 3, 2024



Children's Colouring

Prize: \$25 Walmart Gift Card

Submission Date: December 28, 2023, to your Alternative Care worker

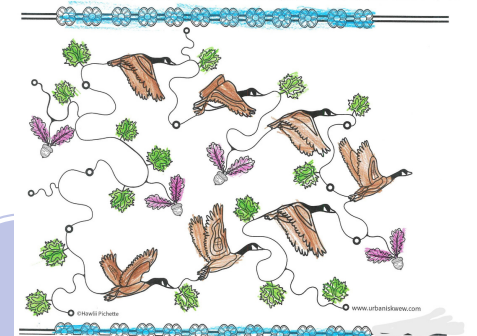
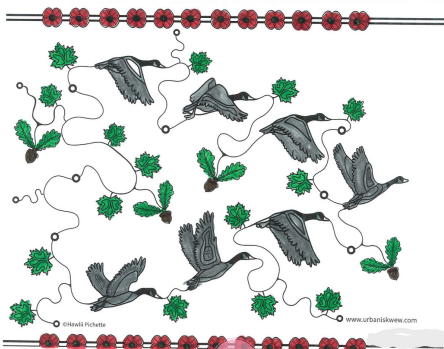
Draw Date: January 3, 2024

All ages and skill levels are encouraged to submit to get entry to the draw.

Raffle winners will be notified.



November 2023 Family Engagement & Art work



WIISINAADAA! LET'S EAT!

Cinnamon French Toast Sticks

Ingredients:

- 4 thick slice white bread
- 2 eggs
- 1/4 cup milk
- salt
- 1/3 cup white sugar
- 1 tsp cinnamon powder
- 3 tbsp butter
- maple syrup to serve



Anishinaabemdaa

Let's speak/talk Ojibway

Winter ----- Biboon
Story ----- Dibaajimowin
Fire ----- Ishkode
Soup/Stew ----- Naboob



Miibaanaamaang!
Merry Christmas



Directions:

- 1 remove crust of each slice, then cut each into 3 equal thick batons
- 2 combine the eggs, milk and a pinch of salt in a bowl large enough to roll the bread stick in.
- 3 combine the cinnamon and sugar on a plate
- 4 melt 2 tbsp of the butter in a large pan over medium high heat
- 5 roll the sticks in the egg mixture quickly (do not soak them) shake off excess and place in pan. Cook in 2 batches
- 6 turn to cook each side until golden
- 7 immediately transfer to the plate with the cinnamon sugar and roll to coat. It's important to do this quickly while they are still hot straight out of the pan so it sticks
- 8 Melt remaining butter and cook the remaining french toast sticks
- 9 serve immediately wit maple syrup to dunk the sticks in.



Contact us

We love to hear from you.

Your role as a caregiver is crucial in many aspects. Thank you for choosing to be a care provider and making a sincere difference in the lives of many. Thank you for believing in our Agency and helping keep Indigenous 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.

Miigwetch!



1-855-223-5558



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