# Niijaansinaanik
Child and Family Services

# Alternative Care Newsletter

## Mnidoo Giizis

## Spirit Moon

## January 2026

### WHAT'S INSIDE

# Cultural Connections

*Mnidoo Giizis - Spirit Moon*

**Full Moon: January 3, 2026**

This is the time of storytelling and sharing our history through the sacred words of our ancestors. These words have medicine that heal the heart and ignite our spirit and understanding of life. It is a time of seeing our place through the reflection in the ancestorial eyes of our past and looking forward through the awe of our children's imagination and dreams of our future.

Most of the animals and plants on this part of the world are asleep and if you listen you may be able to hear the voice of the Great Spirit.

The stars are at their brightest. The constellations and the spirit path are clearly visible in the long night sky. The spirits are dancing and some say you can see this when you see the Northern lights.

## Office Closure

- **January 1, 2026 - Nimkodaadim (New Year's Day)**

**Our After Hours Team will be available for emergencies at:**

**1-855-223-5558**

# ALTERNATIVE CARE UPCOMING TRAINING

To attend any training, please register at
registration@niijcfs.com or contact: 1 (855) 223-5558

## Standard First Aid + CPR C Class

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

| North Bay | Sudbury |
|---|---|
| **2026** | **2026** |
| Jan 5-6 | Jan 12-13 |
| Jan 19-20 | Jan 26-27 |

## One-Day Renewal

8:30am - 5:30pm

| North Bay | Sudbury |
|---|---|
| Jan 9, 2026 | Jan 22, 2026 |
| Feb 2, 2026 | Feb 26, 2026 |

**NOTE:**
**For renewal you cannot have expired**

## NON-VIOLENT CRISIS INTERVENTION TRAINING

- January 17-18, 2026

Parry Sound - 10 Miller Street

## PRE-SERVICE TRAINING

February 7-8, **2026**

February 28-29, **2026**

**North Bay**
(128 McIntyre Street West, 3rd Floor)

## Did you know...

All training listed is part of the Licensing Requirement

## GIFT CARD

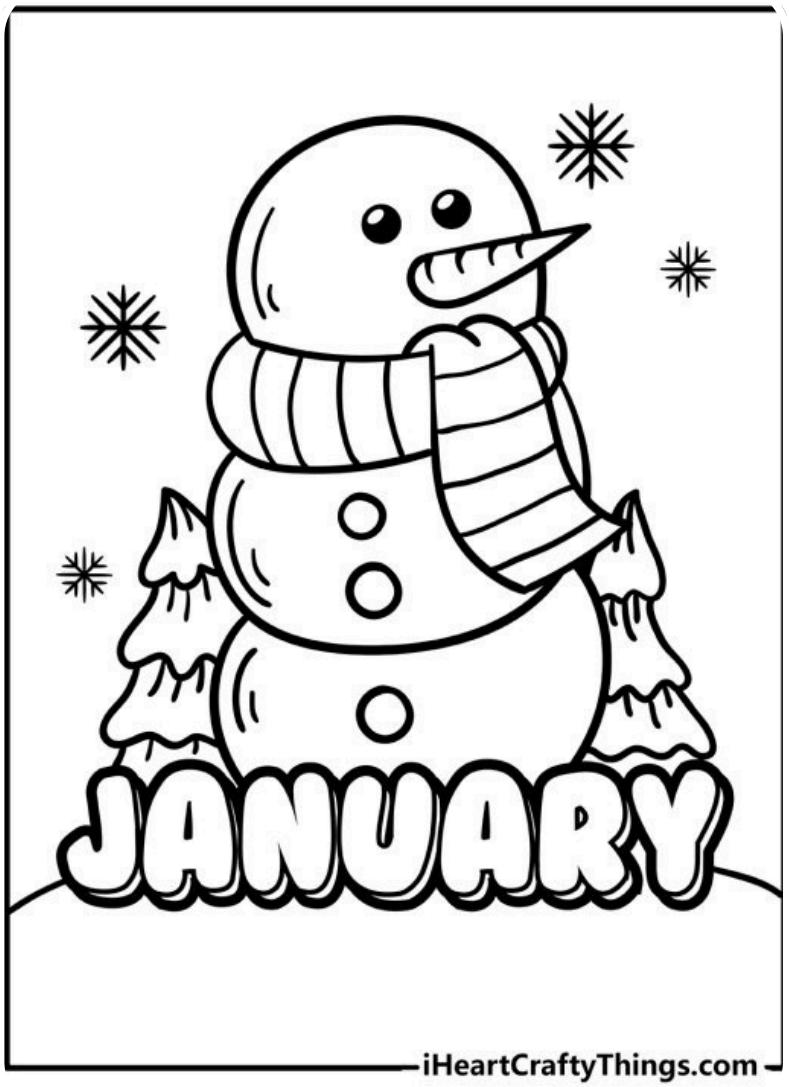
If you refer a family member or a friend to become a caregiver and they complete the assessment and are approved you will receive a $50.00 Gift Card.

## Car Seat Safety

For more information please contact your Alternative Care Worker for arrangements

# ALTERNATIVE CARE ACTIVITIES

## CHILDREN'S COLOURING




Prize: $25 Walmart Gift Card

Submission Date: January 28, 2025

Draw Date: January 30, 2025

## FAMILY ENGAGEMENT ACTIVITY

Theme: Scavenger Hunt

Send a photo of the completed sheet to your worker

Prize: $50 Walmart Gift Card

Submission Date: January 28, 2025

Draw Date: January 30, 2025

# WIISINAADAA! LETS EAT

## Cream of Potato Soup

### Ingredients:

1-1/2 cups of stock
1-1/2 cups mashed potatoes
1 teaspoon finely minced onion
½ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon celery salt
3 cups of milk
3 tablespoons of butter
3 tablespoons flour
Green onions

### Instructions:

1. Combine the mashed potatoes and stock together, blending well. Put through sieve to remove any lumps. Or use a hand blender to blend smooth.
2. Add minced onion, salt, pepper and celery salt and heat thoroughly.
3. Make a sauce of 3 cups milk, 3 tablespoons of butter and 3 tablespoons of flour.
4. Add the sauce to the potato-stock mixture, stirring until well blended. Heat and serve hot.
5. Top the soup dish with rings of green onion.

### Anishinaabemdaa! Let's speak Ojibway

Biboon ----------winter
Biboonagad----------it is winter
Aagime----------s/he snowshoes
Aagimekana----------snowshoe trail
Zhooshkwaanda'e----------s/he skates
Minjikaawan----------something worn on hand, mitt or mittens
Minjikaawanike----------s/he makes mittens
Pinii waaboo / nboop----------potato soup

# Outdoor Winter Safety Tips

## Snow forts and tunnels

- At least one Canadian child suffocates each year after being trapped in a snow structure.
- Kids should only build snow forts without roofs, since snow roofs can collapse.
- Active supervision is important. School-aged children should play outside with a friend who could call for help if a situation arose.
- Children should never play in or on snow banks that border roads, since snow plow operators and other drivers may not see them.
- Children should keep well away from snow blowers (both the machine itself and the snow plume that is ejected from it).

## Sledding and tobogganing

- Choose a properly fitting hockey helmet to protect your child's head while sledding. Hockey helmets are recommended because they are designed to protect against multiple impacts on icy surfaces.
- Children should sled feet first. Going down a hill head first could result in a head or neck injury.
- Teach children to sled down the middle of the hill and walk up the side of the hill once they reach the bottom.
- Make sure hills are free of rocks, fences, poles, and trees.
- Make sure hills are a safe distance away from any lakes, roads, or parking lots.

**Contact Us**

We love to hear from you.

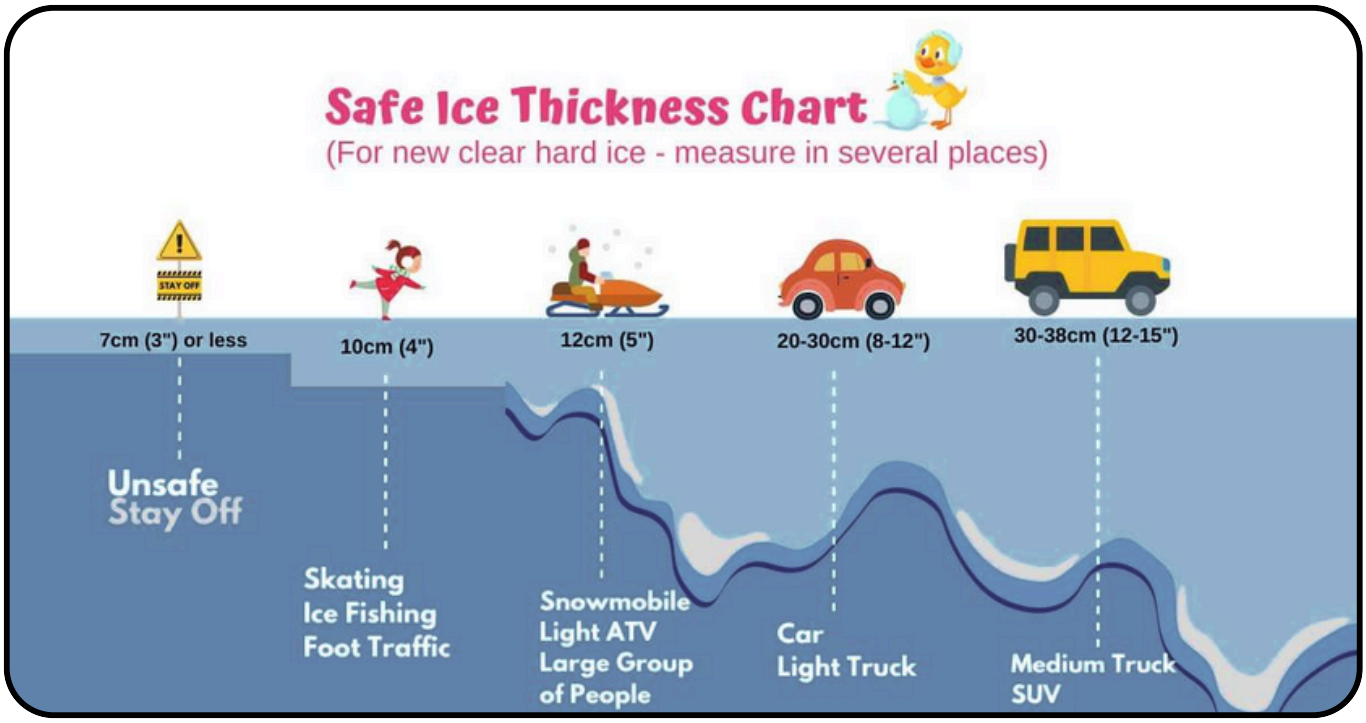
Your role as caregiver is crucial in many aspects. Thank you for choosing to be a care provider and making a sincere difference in the lives of many. Thank you for believing in our Agency and helping keep Indigenous children in our/your communities. Together we can provide positive and healthy experiences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

Miigwetch!

# Dressing for Winter & Ice Safety

## Dressing for winter weather

- Hats should be warm, close fitting, and cover the earlobes.
- Mittens keep fingers warmer than gloves.
- Always dress in loose layers with a water-resistant outer layer.
- Wear bright-coloured clothing to be easily seen.
- Boots should be dry and not too tight.
- Wool or wool blend socks are best. Cotton socks provide little or no insulation when wet.
- Remove drawstrings, cords and scarves. These can be strangulation hazards. Instead, choose tubular neck warmers (without loose ends).
- Change out of wet clothes quickly.
- Children should be kept inside if the temperature dips below –25 C



# Additional Information