

Child and Family Program NEWSLETTER

SUMMER 2021

Welcome to the SUMMER edition of the Thunder Bay Region Child and Family Program newsletter! HELLO SUMMER!

We hope you find the content useful in your role; connecting with children, parents and community.

AUGUST 10

Let's Talk Series - join us as we continue with our networking and sharing resources.

JULY 12 - 16, 2021

Coordinators and staff are invited to register for a virtual gathering Raising Our Spirits - All Nations Child Care Gathering (formerly Native Early Childhood Education Conference). The Provincial First Nation Child Care Supervisor's Network-Learning Circle is the host of this amazing event! Registration links posted on the First Nation Early Learning Collaboration Website www.fnel.ca

June 11, 2021

As you may be aware of, Ontario moved into Step 1 of its Roadmap to Reopen at 12:01 a.m. on Friday, June 11, 2021. In Step 1, child and family programs are permitted to offer outdoor programming for up to 10 people (this includes parents, children and staff). Please note that while in-person outdoor child and family programs are permitted to operate as of June 11, 2021, First Nations have the discretion to determine when and where outdoor programs will be offered in consultation with the local public health unit and/or Health Canada.

Indoor programming in child and family programs remains **prohibited** at this time. Programs should continue offering virtual services, where possible, so that children and families can access programs and services.

Child and family programs are encouraged to continue following the Operational Guidance During COVID-19 Outbreak for First Nations Child and Family Programs (March 2021). An updated version available soon!

MOCCASINS

Moccasins are a type of footwear often made of animal hide and traditionally made and worn by various Indigenous peoples in Canada.

During the fur trade, Europeans adopted these heelless, comfortable walking shoes to keep their feet warm and dry. Moccasins continue to serve as practical outerwear, as well as pieces of fine Indigenous handiwork and artistry.

While Indigenous peoples had their own ways of making moccasins, there are some general similarities. Traditionally, women made moccasins by cleaning, stretching and drying out animal skins in the sun. The hides were also scraped down with a bone knife or similar tool in order to achieve a uniform look and consistency. The skins were typically smoked before the women crafted the moccasins, stitching them together with sinew.

Most often, moccasins were fashioned from one piece of leather, with a seam running from the back of the shoe down the centre. However, moccasins came in different styles and varieties. Some had cloth gathered and sewn at the toe, while others had a flatter design. The use of side flaps, fur linings, high-cut designs (above the ankle) and low-cut varieties (ankle length) all depended on the maker of the shoe and on the moccasin's purpose. For example, fur lining provided warmth in cold climates, but this was unnecessary for people in warm environments. [Moccasin | The Canadian Encyclopedia](#)



FISHING DERBY

A fishing derby is a great way to encourage family participation. Try to keep it fun and a good time for everyone! Start with offering a continental breakfast at registration.

Use this opportunity for teachable moments:

- water and boat safety; how to bait a hook; cleaning fish, etc.

Fun prizes awarded at the end of the event, including:

- for largest fish caught; smallest fish caught; best hat worn to the derby; biggest smile, etc. (make it fun!)



The day can end with a boxed lunch/dinner. Awards can be virtual using photos from families!

WHY PICK MEDICINE

What is more traditional than picking medicine from Mother Earth? It was the way of the ancestors. Did they have ready made oils, lotions, balms, etc? No they did not. They made everything by hand and it would all start with picking the medicine themselves.

So picking medicine is part of the traditions and ways of life that our ancestors passed down to us. It is a way to reconnect with Mother Earth and all that she offers. It is a way to look at all that is available to us, which we take respectfully. Our ancestors used the land respectfully, they braved the weather to get the medicine they needed to get better, to heal, to keep going. There were no drugstores back then. They had to use what the earth provided them. **Partner with others in your community for a medicine walk!**

[Native American medicine picking: The experience of picking sage - Traditional Native Healing](#)



Medicine Garden

SUN SAFETY

Keep babies under one year out of direct sunlight to prevent skin damage and dehydration. Never let them play or sleep in the sun.

Keep babies in the shade, under a tree, an umbrella, or a canopy.

Remember, sunscreen will protect against the sun's harmful UV rays, but will not protect children from the heat.

Give lots of cool liquids. Water or breast milk are best.

Do not put sunscreen on a baby less than 6 months old without asking your health care provider first.

Tips for Children

The sun's UVB rays are strongest between 11 a.m. and 3 p.m. and it is also usually the hottest time of day. Unless the child is protected, keep them out of the sun during these hours.

In strong sunlight, have children wear a rimmed, breathable sun hat and sunglasses, and cover their skin with clothes or sunscreen.

Get your children used to wearing sunscreen lotion early on. Pay close attention to the areas that are most exposed, like their face, lips, ears, neck, shoulders, back, knees, and the tops of their feet.

Never let young children stay in the sun for long periods, even when wearing sunscreen.

[Sun safety tips for parents - Canada.ca](#)

For submissions for the next issue please contact:



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