

Introduction

Although 1998 began by bringing a devastating ice storm to a large part of Eastern Canada, especially in the areas of greater Montreal and Ottawa as well as parts of the Maritimes, we have also seen how people can work together when they have a common cause and a mutual concern.

The success of AHS Programs across the country is a result of that same basic quality in the parents, staff, boards and committees and of the kids!



“Photo courtesy of Health Canada”

Introduction	1
Regional Updates	2
Indigenous Community Exchanges	6
Attention Deficit Hyperactivity Disorder and Ritalin	6
Inuit Program to Reduce Tobacco Use	6
Fetal Alcohol Syndrome	7
Laugh Break	9
Internet	9
Nobody’s Perfect Program	9
Words of Inspiration	9
Calendar of Events	11
Submission of Articles	11
Health Canada AHS Staff	11

In this issue, you will learn about Moose Day in Val d’Or, Quebec, picking sweetgrass near Peggy’s Cove, Nova Scotia, and Grand Openings in several parts of the country.

And since we all need useful resource materials to complement our efforts, we offer several sources. Of particular importance are the sources of information on helping children who were affected by alcohol before their birth. For these children especially, their best hope lies in a good head start.

We hope you get a smile from the Laugh Break section and draw some inspiration from the Words of Inspiration page.

We offer best wishes for 1998 to all those working to prepare our children for the great future that can lie ahead of them. On their behalf we say thanks for the head start.

Regional Updates

Atlantic

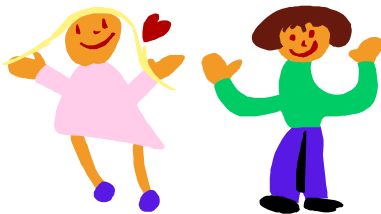
Happy Valley, Labrador - Both parents and staff have continued their commitment and dedication to making the program a success. Registration numbers are at a maximum and attendance is excellent.

One of the recent highlights for the Aboriginal Family Centre was having the privilege of hosting the first annual Regional Network Meeting for the Atlantic sites, "Strengthening the Family Circle". Among those in attendance were six delegates each from Hopedale and Halifax, as well as local representatives and visitors from St. John's and Ottawa. A variety of workshops were offered to the participants during the annual meeting.

Parents and staff have also participated in a variety of training programs and workshops such as "Nobody's Perfect", Cultural Awareness, CPR, Anger Management, Reading Circle and craft nights. Everyone has been working very hard and has learned so much from the training sessions and workshops.

Children, parents and staff alike are constantly learning and growing as the Aboriginal Family Centre provides an environment of knowledge and support for everyone involved. The commitment of the Centre lies with nurturing future progress and growth.

One of the children summed it up best when arriving at the Centre one morning, she said to her mom, "Oh, we're home".



Halifax - Its Aboriginal Head Start project was approved in June 1997. Nine children graduated from the School Readiness program and were given a school bag filled with school supplies needed to begin primary school. Children, parents, grandparents and extended family members picked sweetgrass near Peggy's Cove.

A collective kitchen was started for young single moms and young families.

On Saturdays, the following programs have started: Mi'kmaq languages classes, Native Kids and Culture, Native crafts, drumming, as well as movies, play time, etc. Other programs include: Active Parenting, Nobody's Perfect, Coupon Swap, Well Babies Clinic.

Staff includes a Head Start Instructor, Holistic Family Worker and a Language and Culture Instructor.

On October 15, 1997, Halifax Aboriginal Head Start held their grand opening.

They will also be hosting the next Atlantic Networking Conference in March 1998.

Quebec

Kuujuuaq - Pijariursavik Head Start is located above the 58th parallel in Arctic Quebec, 1650 kilometres north of Quebec City. Pictured below, children four and five years old eat frozen Arctic Char and frozen and dried caribou for an afternoon snack.



La Tuque - First Steps Learning Centre celebrated its first anniversary on September 21, 1997. Even after one full year of experience, the program continues to adjust to local needs.

The centre continues to add new programs and services to better serve the families involved. New, this year, is the home-visit program, a transition and follow-up program for last year's graduating students, and more information and training sessions for parents.

Thanks to programs and grants from the Quebec government and Human Resources Development Canada, the centre now has two more educators and a secretary for a grand total of eight full-time staff members.

Val-d'Or/Senneterre - Moose Day was organized in both communities to help the children understand the importance of this animal in their culture. In Val-d'Or, the event

centred on the moose as the theme for the children's art. The moose theme in Senneterre involved a get-together of the children and staff along with parents, grandparents, staff and children from kindergarten, 1st grade and a day care program.

At a child abuse prevention workshop, the children were taught how to recognize and react to potentially dangerous situations. This workshop was presented by ESPACE which also prepares adults to prevent and detect abuse and also to help children who have been victims of any form of abuse or assault.

The official opening of the joint AHS sites was held in Senneterre. The event was marked by a poem reading by Virginia Bordeleau called "The Child Who Dreams the Future" followed by a song from the children in the program and speeches from local dignitaries.

After the unveiling of a commemorative plaque and a ceremonial ribbon cutting, the celebration was capped off by traditional Native feast.



Ontario

Ottawa - Tungasuvvingat Inuit Head Start continues to search for a new facility to house their program in partnership with the Family Resource Centre and Pre/Post Natal program.

Parents volunteer in class while other parents volunteer by doing laundry and making bannock at home.

As a result of the "Nobody's Perfect" workshop, parents have started a parenting circle to share experiences and support each other. Regular parent workshops are held in the evening.

Once a month, the parent steering committee meets to discuss and make decisions for their Head Start program.



"Photo courtesy of Health Canada"

Ottawa - Ottawa Aboriginal Head Start held its grand opening on November 22, 1997. Federal, provincial and municipal officials, an Elder, a parent, a teacher and a founding board member gave heartfelt speeches about the dream of an Aboriginal preschool becoming a reality in their community.

The official ribbon cutting ceremony was performed by two Aboriginal Head Start children and their parents.

The celebration also included an hourly tour of the classroom by the teachers, children's activities, arts and crafts, a bannock making contest, a Native food potluck feast, and a drumming and dancing social.

Manitoba

Brandon - the Little School House: parents run the nutrition program on a daily basis. Grandparents teach Cree and Ojibwa to the children by telling stories and spending quiet time with them. A grandparent leads a traditional teaching circle for parents.

Camperville - the Camperville Family Resource Centre is in its second year of operation. French and Saukteaux languages are used to describe numbers, seasons, food and names of animals.

Dauphin - Little Steps Head Start Family Centre teaches Ojibwa and Michif languages to children. It also has upgrading classes for parents to start college.

Parents are an integral part of the program in the day-to-day operations, group support workshops, meetings and the management board.

Flin Flon - Flin Flon Sweetgrass Aboriginal Head Start Centre has 53 children enrolled with 100% parental involvement. All parents and children are bused to and from school.

On November 20, 1997, National Child Day, they held an "Open House" to celebrate the gift of their children. The community visited and learned about the program.

The Cranberry Portage Aboriginal Head Start Outreach Program began planning their Pow Wow for Saturday, May 2, 1998.

Norway House - AHS Mikisiw Minaw School is owned and operated by an incorporated parent board. Scheduled workshops include First Aid, CPR, nutrition, cooking, family law and abuse.

The Pas Sweetgrass Head Start Centre celebrated the holiday season by entering a traditional Christmas tree in an annual Festival of Trees. Their tree named "Keepers of Mother Earth Tree" was decorated with traditional ornaments, "Indian Angels", made by the parents of the program.

Parents initiated a fundraising project to order Sweetgrass Head Start jackets for the children, parents, board and staff.

Portage La Prairie - Seventh Fire Learning Centre Inc. uses a 100% cultural curriculum based on alphabetical themes. They work in partnership with their local friendship centre to host holiday parties, Pow Wows and feasts.

An Elders' Circle is hosted weekly by them along with Curtis Assiniboine.

Selkirk - Aboriginal Head Start families entered a float in the Christmas parade.

Swan River Aboriginal Head Start Program has two satellites, one in Birch River and one in Duck Bay.

The Swan River AHS moved into their newly renovated site at the Friendship Centre which generated great excitement amongst the families.

They will be hosting the **Provincial Training Workshops on February 5 - 7, 1998** which will focus on grassroots issues. Also during this time, they will have their **Provincial AHS Committee meeting**.

Thompson - New Beginnings - The Connection for Aboriginal Children celebrated their first anniversary on November 20, 1997. Their Wabowden Centre celebrates one year in January 1998. Their Thicket Portage Centre will celebrate their first anniversary in February 1998.

The New Beginnings Parents Association held fundraising activities to purchase "New Beginnings" jackets for their children. They made crafts, held yard and bake sales, and used the Create-a-book as a fundraiser. They did not use raffles to raise funds.

Parents earned certificates in Infant and Child CPR.

Winnipeg - Aboriginal Health and Wellness Centre of Winnipeg, Inc., Abinotci Mino-Ayawin Head Start has 44 three to five-year-old children participating twice a week for a half day program.

An elder made water drums with the five-year-old children on December 16, 1997.

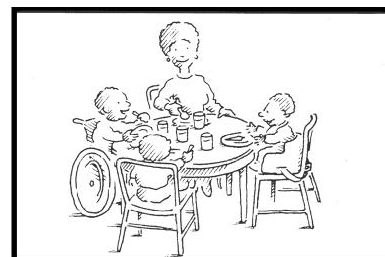
Winnipeg - Four Feathers Inc. Head Start teachers are in their second block of Early Childhood Education training and will finish in August 1998. A college instructor conducts in-house training at the Head Start every Thursday.

Winnipeg - Misko Mune Dous/Miko Manitosis "Little Red Spirit" is in its second year of operation.

In partnership with Oshki-Majahtowiin Head Start Initiative, they have developed an Aboriginal Head Start community leadership training model for families.

Winnipeg - Oshki-Majahitowiin Program - Andrews Street Family Centre has an Ojibway morning class and a Cree afternoon class in which instructors integrate the language into the theme of the week and through "a hands on experience". Elders also participate in the language delivery.

Parents are assisting a University of Manitoba student with her thesis on Parental Involvement in Education.



"Photo courtesy of Health Canada"

NWT Highlights

Stories from the AHS projects abound. Fall in the NWT was a time when the people involved in AHS experienced life with children and parents in new and rich ways. For some projects, challenges arose that stressed the importance of communication and the need to be flexible. For others, holding ground on critical issues for children meant being courageous. Rosemary Meyok, from Kugluktuk project tells us that we are “Building on our many strengths.” Here below is one of many stories that portrays that very idea. This story, written by Joyce Villeneuve comes from the Fort Providence AHS project—Dezoah Undaa Etleh Koke.

This fall the three-year-old children and their parents went to the fall camp, which is about fourteen miles from Fort Providence. We rented the Hamlet Van and drove to the fall camp. It was a beautiful day, the sun shining, and no wind. It was gorgeous. When we arrived at the camp we were met by Margaret and taken into a huge teepee. Margaret is one of the children’s grandmothers, and the Culture and Language Instructor at the school. We sat in a circle and Margaret talked to the parents and children about virtues and feeding the fire. She said it was important to feed the fire, so to say Thank-you or Mahsi in the Slavey language to the creator for the food, plants and animals, she fed the fire some tobacco.

After, we walked to where there were cranberries. The children and parents picked a lot of cranberries. Some of the parents reluctantly left their berry patches and

returned to the campsite. Unfortunately, we did not have a chance to cook bannock on a stick. Margaret’s husband accidentally drove away with the bannock mix. He did not know it was in the back of the truck. Luckily one of the parents brought in doughnuts. The parents had coffee brewed on the fire and the children drank orange juice. Everyone was happy that they went to the fall camp. The parents are invited to come out tonight to pick more berries, fry berries, look for medicine plants and sweet grass.

In the afternoon we brought the four-year-old children and their parents out to the fall camp. Things were slightly different than the morning. As soon as we arrived we cooked bannock on the stick. Margaret gave us some apple jelly, which she made from apples we had in our fridge all summer. The apple jelly was very tasty. This was the first time any of us tasted apply jelly. She also prepared fried berries while we picked cranberries. The children had a ball. The parents also learned how to fry berries through Margaret’s teaching. She talked about some medicine plants and berries that have vitamins in them.



“Photo courtesy of Health Canada

Indigenous Community Exchanges

The National Office of Aboriginal Head Start is supporting three community exchanges involving six Aboriginal Head Start (AHS) projects across Canada. Only AHS projects funded by Health Canada are eligible. Health Canada will pay all travel costs. Three pairings (six partnered sites) will be selected following an application process. The goal of the exchanges is as follows:

To exchange information on how to transmit Aboriginal/indigenous cultural values, language and beliefs in a preschool setting, including examples relevant to the particular Aboriginal/indigenous culture(s) participating, such as, in the case of Aboriginal Head Start, the role of elders.

Representatives of selected Aboriginal Head Start sites will travel as a group to the site of their exchange partners and vice versa. All travel must take place before April 1, 1998 and will involve a maximum of three individuals per AHS site.

Each AHS project is being mailed a package outlining the procedures and requirements for any interested projects along with an application form. If your AHS project has yet to receive your package, please contact your AHS Program Consultant.

Attention Deficit Hyperactivity Disorder (ADHD) and Ritalin

Article from *The Progress of Canada's Children '97* by Canadian Council on Social Development.

The controversy over ADHD begins with its diagnosis. Since there is no definitive medical test to prove that ADHD exists, health practitioners look at behavioural patterns. “Children with ADHD pay too much attention to too many things at the same time,” Dr. Goldbloom explains. “Their distractibility results in hyperactivity and problems with family, friends and school.”

In recent years, diagnoses of ADHD and prescriptions for Ritalin which is used to treat ADHD have increased significantly. About 500 000 Canadians, mostly children, have been diagnosed with ADHD, and according to Health Canada, sales of Ritalin were 4.6 times higher in 1996 than in 1990.

Dr. Goldbloom believes that Ritalin can be beneficial for some children with ADHD. “It allows them to put blinkers on to all the things they find distracting. The result is greatly improved concentration and focus.” But Ritalin is only one part of the treatment. “It must be combined with behaviour modification and social and emotional support from the family, school and community.”

Is a diagnosis of ADHD only in the “eye of the beholder?” Dr. Goldbloom acknowledges that there is no clear dividing line between normal and ADHD behaviours. “But there is solid evidence that ADHD exists,” he says. “For example, we know it’s hereditary and appears more often in boys than in girls.”

Not everyone agrees. “People are looking at symptoms, not at causes,” Elsha de Boer says. “It’s much easier to give difficult children a drug than to give them the treatment they need or modify the classroom environment to help them.” She cites several reasons why a child might exhibit problem behaviours: insufficient sleep, dietary deficiencies, too much television, depression, boredom, learning disabilities, or teaching methods that are inappropriate for the child’s learning style. “I’ve also worked with two children who were sexually abused, by they were diagnosed as ADHD. The Ritalin didn’t help.”



Inuit Program to Reduce Tobacco Use

There is a new resource available to help Inuit and other health workers reduce tobacco use in their community. It is a program called *Breathing Easy*. *Breathing Easy* was developed by the Pauktuutit Inuit Women’s Association in collaboration with the Office of Tobacco Reduction Programs of the Health Promotion and Programs Branch of Health Canada. This program is a Community Resource Kit and a School Kit, training video, storybook, posters and pamphlets are available in both English and Inuktitut.

The Community Resource Kit is organized in nine sections describing facts on Tobacco; ways to quit smoking and quitting stories; community action guidelines (promotional activities); a glossary and resource list.

The kit includes four leaflets: *Ways of Quitting*, *Benefits of Quitting*, *Quitting Tips* and *The Money You Save from Not Smoking*. Four versions are available: Inuktitut syllabics, Innuinaqtun, Labrador Inuktitut and English. The kit also includes four posters: *How Your Body Recovers When You Quit Smoking*; *If You Smoke a Pack a Day, You'll Inhale a Litre of Tar Over a Year*; *The Money You Save From Not Smoking* and *All Our Loved Ones Deserve a Healthy Future* (also available in the same four versions as the leaflets).

A general information video entitled *Breathing Easy* presents a variety of facts about tobacco use, second-hand smoke, pregnancy and smoking, and people's stories about quitting or trying to quit. It can be shown in schools or in the community. A training video is also included. The video runs about 15 minutes and demonstrates how to use the community kit.

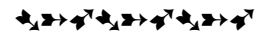
The School Kit contains a Teacher's Resource Manual that includes some guidelines for in-servicing and activity guides for Kindergarten and Grades 1 to 5 with reproducible resources such as a transcript of the Inuktitut song about not smoking *Siggaliaq* and outline masters for use in creating short skits and plays.

An episode of the popular children's show *Takuginai* was created for the kit. The episode is about not smoking, quitting and the health effects of tobacco and all the other healthy alternative kids can do instead. The video included in the kit has an Inuktitut and English version of this puppet show.

A storybook entitled *Grampa and His Pipe* was created using the Takuginai puppet characters. It tells a loving and sensitive story about a grandfather and how tobacco affected him and his extended family. The grandchildren express their concern and offer their help to family members. A page from the storybook is reproduced in poster format to put in classrooms.

If you wish to obtain a copy of these resources, please contact the Pauktuutit Inuit Women's Association, by phone (613) 238-3977 or by fax at (613) 238-1787, or write to them at 192 Bank Street, Ottawa, Ontario, K2P 1W8. A copy of the Community Kit or the School Kit

can be purchased for \$50 and a complete kit including both the community and the school kits as well as posters, leaflets, storybook and the puppet show video costs \$90.



Head Start Especially Important for Fetal Alcohol Syndrome Children

Every child that comes to an Aboriginal Head Start Program represents a new promise, a new challenge and an opportunity to play a part in unleashing the full potential of a unique young individual. Each of these children will have personal obstacles to overcome in becoming the best they can be, some more than others.

The obstacles faced by children whose development was affected by alcohol before they were born present a most important challenge for those dedicated to the future well-being of very young children. It is clear that the best hope for the future of those suffering from Fetal Alcohol Syndrome (FAS) and the more prevalent but less often identified Fetal Alcohol Effect (FAE) lies in the early intervention with an appropriately supportive approach.

When it comes right down to it, Aboriginal Head Start for any child begins in the womb. Whatever happens to a child at that stage can either help or hinder the child in becoming all that he or she can be. When children are born with strikes against them, it takes an extra effort to make sure that they don't strike out... and the sooner the better.

Because there is currently no way of knowing when alcohol is dangerous in different ways during the course of a pregnancy, what, if any amount, is safe to consume at any given point in the pregnancy and which mothers are most at risk, the wisest thing is for pregnant mothers to avoid alcohol and anything else that might jeopardize their child's head start on life.

FAS might be suggested by facial features in young children; however, this characteristic can disappear as the child ages. These features may include a flattened face and maybe a long upper lip. The child may also have been under average weight at birth and failed to gain weight at a normal rate in spite of receiving proper nutrition.

A small skull and abnormalities in the structure of the brain are also signs of FAS. Other observable indicators are impaired motor skills, hearing loss and eye-hand coordination difficulties.

FAE children can be much harder to identify since they haven't developed physical characteristics that set them apart and they show better cognitive abilities than those with FAS. They do however share behavioural problems especially in the area of social adaptability.

The fact that FAE children have better cognitive skills in combination with poor social adaptability puts them at a high risk for a disruptive school experience, inappropriate sexual behaviour, drug and alcohol problems, problems with the law, a dependent lifestyle and long-term unemployment. These are the secondary disabilities that might be averted through early intervention.

Although much more studies need to be done, indications are that throughout the world as many as 3 children out of 1000 are born with FAS and the number born with FAE is about twice that. However when the statistics are isolated to only look at children born of mothers who drank heavily during their pregnancy, the number of cases of FAS jumps to about 43 per 1000 and those with FAE is estimated to be more than double that figure.

Studies indicate that the earlier children with FAS and FAE are offered the help and guidance they need, the better chance they have of avoiding the secondary effects of their birth impediment and the more rewarding their lives will be. The Aboriginal Head Start program can make an especially important difference in the lives of these children.

To help in finding information on FAS or FAE, we offer the following list of coordinating services and resources. If anyone knows of other useful material on the subject, let us know so we can pass it on.

Coordinating Services or Committees

British Columbia: Contact Carole Legge, Fetal Alcohol Syndrome Prevention Coordinator, Provincial Coordination: Ministry for Children and Families, Sunny Hill Health Centre for Children, 3644 Slocan Street, Vancouver, British Columbia V5M 3E8. Telephone 604-434-1331, ext 230, fax 604-436-1743, e-mail clegge@sunny-hill.bc.ca

Alberta: *Fetal Alcohol Syndrome Provincial Coordinating Committee, Alberta Alcohol and Drug Abuse Commission (AADAC).* Contact Chair Brian Kearns, Executive Director, Program, Provincial Administration - Executive Offices, 6th Floor, Pacific Plaza Building, 10909 Jasper Avenue,

Edmonton, Alberta T5J 3M9. Telephone 403-427-7316, fax 403-423-1419.

For a Community Resource List detailing available health services, educational supports, social services and other local resources (such as self-help and support groups) in Alberta, contact Kathy Huebert, Provincial Coordinating Committee, AADAC, 2nd Floor, Pacific Plaza Building, 10909 Jasper Avenue, Edmonton, Alberta T5J 3M9. Telephone 403-422-0992; fax 403-427-2352, e-mail Kathy.Huebert@gov.ab.ca.

Saskatchewan: Contact Lois Crossman, FAS Prevention Program, Saskatchewan Institute of the Prevention of Handicaps, 1319 Colony Street, Saskatoon, Saskatchewan S7N 2Z1. Telephone 306-655-2512, fax 306-655-2511, e-mail skiph@sk.sympatico.ca.

Manitoba: *Committee on Alcohol and Pregnancy (CAP).* Contact Dale Kendel, Executive Director, Association for Community Living, 210-500 Portage Avenue, Winnipeg, Manitoba R3G 0R8. Telephone 204-786-1607, fax 204-789-9850.

Northwest Territories: *The FAS Team.* Contact Mary Ellen Johnston, FAS Coordinator, Association for Community Living, PO Box 981, Yellowknife, Northwest Territories X1A 2N7. Telephone 403-920-2644, fax 403-920-2348, e-mail nwtac@ssimicro.com.

Yukon: Contact Sandra Armstrong, Alcohol and Drug Services, Government of the Yukon, PO Box 2703, Whitehorse, Yukon Y1A 2C6. Telephone 403-667-5406, fax 403-667-3498, e-mail sarmstro@gov.yk.ca.

Newfoundland: Contact Carol Ann MacDonald, Drug Dependency Services, Department of Health, 1st Floor, Confederation Building, West Block, PO Box 8700, St. John's, Newfoundland A1B 4J6. Telephone 709-729-0623, fax 709-729-5824.

Some Recently Released Canadian Resources

Normand CL, Rutman D. *Caring for Children with Fetal Alcohol Syndrome; Working with Families Affected by Fetal Alcohol Syndrome/Effects; and Young Adults with Fetal Alcohol Syndrome/Fetal Alcohol Effects: Experiences, Needs and Support Strategies.* Victoria, B.C.: School of Social Work, University of Victoria, 1996.

Alberta Alcohol and Drug Abuse Commission. *Fetal Alcohol Syndrome & Other Alcohol Related Birth Defects*, 2nd edn. Edmonton: AADAC, 1996.

Pauktuutit Inuit Women's Association, with the National Inuit Working Group on FAS. *Fetal Alcohol Syndrome: The effects of drinking alcohol during pregnancy: a resource for Inuit communities to understand what FAS is and what they can do to help.* Ottawa: Pauktuutit Inuit Women's Association, February 1996.

Action on Women's Addictions - Research & Education (AWARE). *Give and Take: A booklet for PREGNANT WOMEN about alcohol and other drugs.* Kingston: AWARE Press, 1996.

Keeping Women and Communities Strong: Women, Substance Abuse and FAS/FAE: an NET Needs Assessment (Status of Women Council of the NWT. Yellowknife: Status of Women Council of the NWT, May 1996.

Videos

David with FAS: A Story of Fetal Alcohol Syndrome (1996)
One Drink Won't Hurt My Baby — Will It? (1996)

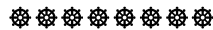
Information on the World Wide Web

A premier site of FAS information is located at the Canadian Centre for Substance Abuse (CCSA)'s website <http://www.ccsa.ca/fasgen.htm>

Internet Mailing Lists

FASlink is a listserv devoted to discussion of issues around FAS. To subscribe, send a message to list@ccsa.ca with join faslink (in lowercase letters) in the body of the message.

For additional information on these and other resources, contact Carole Julien, FAS/FAE Information Service, Canadian Centre on Substance Abuse, 75 Albert Street, Suite 300, Ottawa, Ontario K1P 5E7. Telephone 1-800-559-4514 or 613-235-4048, ext 223, fax 613-235-8101, e-mail cjulien@ccsa.ca.



Laugh Break

Question: Where does a bee like to be picked up?

Answer: At a buzz stop!

Submitted by Christopher Rice, 7 years old

Mother Mouse was out for a walk with her children. When they went around a corner, they came face to face with a big mean cat.

As loud as she could, Mother Mouse shouted, "Woof, Woof....Grrr!!". The cat quickly turned and ran away as fast as he could. Mother Mouse turned to her children and said, "Now do you see why its so important to be able to speak other languages!"



Internet

Don't forget that Aboriginal Head Start is now part of the interactive World Wide Web site that can be reached on the Internet.

You can find us through Health Canada's Health Promotion and Programs Branch by clicking on Children and Youth.

Along the way to finding us, you will notice that the Health Promotion and Programs Branch site offers a wealth of health information on everything from Tobacco, Alcohol and Drugs, to Nutrition, Healthy environments and Preventing Family Violence and much more.

Our Internet address is:

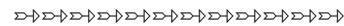
<http://www.hc-sc.gc.ca/health-promotion-sante/>

You can also communicate directly with us by e-mail at hppb_webmasters@phb-hc-sc.gc.ca.

Nobody's Perfect

Many people involved with AHS know about and have used Health Canada's Nobody's Perfect parenting program. Nobody's Perfect has been revised and updated to better respect the changing times and community values. It is just now going into print.

The National Office of Aboriginal Childhood and Youth has purchased a bulk order of the Nobody's Perfect series from its colleagues in the Child, Youth and Family Health Section. Some time over the next few months, all AHS sites will be receiving 10 complimentary sets of the five volume series. Should you receive what appears to be an invoice, or if you do not receive your set, please call us at (613) 957-0676.



Words of Inspiration

Children Learn What They Live

*If a child lives with criticism,
He learns to condemn.*

*If a child lives with hostility,
He learns to fight.*

*If a child lives with ridicule,
He learns to be shy.*

*If a child lives with shame,
He learns to feel guilty.*

*If a child lives with tolerance,
He learns to be patient.*

*If a child lives with encouragement,
He learns confidence.*

*If a child lives with praise,
He learns to appreciate.*

*If a child lives with fairness,
He learns justice.*

*If a child lives with security,
He learns to have faith.*

*If a child lives with approval,
He learns to like himself.*

*If a child lives with acceptance and friendship,
He learns to find love in the world.*

Dorothy Law Nolte

A message for adults based on the UN Convention on the Rights of the Child.

When you listen to children they learn that they're worth listening to.

When you consider children's points of view, they learn that their thoughts are valuable.

When you believe children have great things to contribute, they look for ways to help.

When you provide a nurturing environment, children learn to feel good about themselves.

When you treat children with respect, they feel just a little bit taller.



“Photo courtesy of Health Canada”

Mikisiw Minaw School (Norway House, Manitoba) believes that our children have many of the attributes of the snowflake.

The Snowflake

*No two are the same;
Each is unique in shape and size;
Alone they are fragile;
Together a force to be recognized;
They are fun to play with;
They melt in your arms;
They mark the passage of the seasons;
They are found on each country on earth;
A symbol of new life;
Both are a force for good;
Source of joy and wonder.*



“Photo courtesy of Health Canada”

My Children

As an eagle prepares its young to leave the nest with all the skills and knowledge it needs to participate in life, in the same manner so will I guide my children. I will use the culture to prepare them for life.

The most important thing I can give to my children is my time. I will spend time with them in order to learn from them and to listen to them.

I will teach my children to pray as well as the importance of respect. We are the caretakers of the children for the Creator. They are his children, not ours. I am proud of our own Native language. I will learn it if I can and help my children to learn it.

In today's world it is easy for the children to go astray. So I will work to provide positive alternatives for them. I will teach them the culture. I will encourage education. I will encourage sports. I will encourage them to talk with the Elders for guidance, but mostly, I will seek to be a role model myself. I make this commitment to my children so they will have courage and find guidance through traditional ways.

Author unknown
Found at a conference in Arlington, Virginia
Submitted by Halifax AHS



Calendar of Events

February 1998

Feb. 5-7, 1998 – Manitoba Provincial Training Workshop, Swan River, Manitoba. Info: (204) 983-2573.

Feb. 7-8, 1998 – Saskatchewan Regional Training Workshop, Saskatoon, Sask. Info: 306-780-7650.

Feb. 16-17, 1998 – AHS High/Scope Training, Vancouver, B.C. Info: 613-952-9769.

Feb. 25-26, 1998 – Population Health Workshop, Halifax, N.S. Info: 902-426-0933.

March 1998

Mar. 25-27, 1998 – British Columbia Regional Training Workshop, Prince George, B.C. Info: 250-564-9794.

Submission of Articles

This publication is published and distributed free of charge up to four times a year by Health Canada. If you wish to be put on the mailing list, please contact the editor by the due date.

Articles are submitted from various sources and Health Canada is not responsible for errors or omissions.

Aboriginal Head Start News is published in the interests of promoting issues relating to Aboriginal Head Start to all Aboriginal Head Start projects in Canada and other interested parties. Readers are encouraged to reproduce Aboriginal Head Start News in whole or in part, provided the source is mentioned.

Let us know what type of information you would like to see included in the next edition. We hope that you will be willing to share some interesting newsworthy stories relating to Aboriginal Head Start. Articles should not exceed one page in length. Please send in your interesting articles and photos to the Aboriginal Head Start Office in Ottawa. Deadlines for new articles are: April 13, 1998 and June 13, 1998.

Aboriginal Head Start News is also available in French. If you want additional information on Aboriginal Head Start, please feel free to get in touch with a regional contact or:

Editor, Valorie Whetung
Aboriginal Childhood and Youth Unit
Health Canada
Room C954, Jeanne Mance Building
Tunney's Pasture PL1909C2
Ottawa, Ontario K1A 1B4
Telephone: (613) 954-5697
Fax: (613) 941-5492

Health Canada – AHS Staff

Regional Offices

Atlantic

Madeleine Florent, Program Consultant
ph: (709) 772-4615
fax: (709) 772-2859
Sir Humphrey Gilbert Building
165 Duckworth Street
P.O. Box 1949
St. John's, Newfoundland A1C 5R4

Quebec

Suzette Jeannotte, Program Consultant
ph: (514) 283-3065
fax: (514) 283-3309
Robert Young, Program Consultant
ph: (514) 283-2205
210, boul. René-Lévesque Ouest
Montreal, (Quebec) H2Z 1X4

Ontario

Ronda Evans, Program Consultant
ph: (416) 973-5778
fax: (416) 954-8211
3rd floor - 55 St. Clair Avenue
Toronto, Ontario M4T 1M2
Christine Bushey, Program Consultant
ph: (705) 669-2232
fax: (705) 670-6441
19 Lisgar Street, Rm 314
Sudbury, Ontario P3E 3L4

Manitoba/Saskatchewan

Betty-Ann Lavalée, Program Consultant
ph: (204) 983-2573
fax: (204) 983-8674
Kimberley Resch, Program Consultant
ph: (204) 984-0677
fax: (204) 983-8674
420 - 391 York Avenue
Winnipeg, Manitoba R3C 0P4

Lynne Robertson, Program Consultant
ph: (306) 780-7650
fax: (306) 780-6207
320 - 1975 Scarth Street
Regina, Saskatchewan S4P 2H1

Alberta/Northwest Territories

Karen Garant-Ratke, Program Manager
ph: (403) 292-6614
fax: (403) 292-6696
Alvin Manitopyes, Program Consultant
ph: (403) 292-6695
Eva Stang, Program Consultant
ph: (403) 495-7356
Suite 620, Harry Hayes Bldg.
220-4th Ave. S.E.
Calgary, Alberta T2G 4X3
Jeannette Sinclair, Program Consultant
ph: (403) 495-4869
fax: (403) 495-5537
Kathleen Hunter, Program Consultant
ph: (403) 495-5122
815 - 9700 Jasper Avenue
Edmonton, Alberta T5J 4C3

British Columbia/Yukon

Karen Schwartz Heimdal, Program Consultant
ph: (604) 666-7111
fax: (604) 666-8986
Bernice Hammersmith, Program Consultant
ph: (604) 666-9917
440 - 757 West Hastings Street
Vancouver, British Columbia V6C 1A1
Caroline Hayes, Program Consultant
ph: (867) 393-6773
fax: (867) 393-6772
Yukon District Office
100-300 Main Street
Whitehorse, Yukon Y1A 2B5

National Office

Richard Budgell, Program Manager
ph: (613) 957-2917
Guy Freedman, Senior Program Officer
ph: (613) 952-9769
Rena Morrison, Program Officer
ph: (613) 954-8615
Valorie Whetung, Policy Analyst
ph: (613) 954-5697
Tricia Beaudin, Administrative Assistant
(613) 957-0676
(613) 941-5492 (fax)
Health Canada
Aboriginal Childhood and Youth Section
Childhood and Youth Division
9th Floor, Jeanne Mance Building
Tunney's Pasture, PL:1909C2
Ottawa, Ontario K1B 1B4