



CRADLEBOARD WORKSHOP

AMERICAN INDIAN HEALTH & FAMILY SERVICES

On September 11th & 12th, 2018, AIHFS hosted a cradleboard train-the-trainer workshop with traditional teacher Dr. Casey Church (Pokagon Band Potawatomi). 16 community members participated and 15 cradleboards were gifted to the Detroit community.

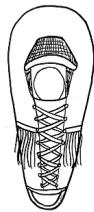
The purpose of the train-the-trainer session was to equip community members with the skills and knowledge to teach other families how to construct and use a cradleboard.

In addition to cradleboard teachings, participants also learned about mossbags, traditional medicines and foods, water ceremony, pipe ceremony, and pregnancy and postpartum teachings.

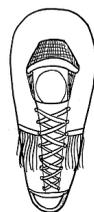
12 participants completed survey evaluations of the event. The results, described in this report, were overwhelmingly positive.



50% of participants said that they felt confident to begin sharing cradleboard teachings in their own programs and community. 42% said that they were somewhat confident but weren't sure where to begin. Only one participant said that they were not yet ready to begin sharing teachings on their own.



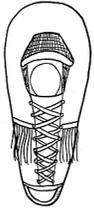
When asked what supports were needed to make participants feel more comfortable to start sharing teachings, participants said: funding, step-by-step instructions, video tutorial, and more time.



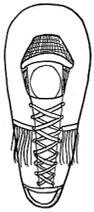
When asked "How do you intend to carry forth these teachings?" participants said: at local community events & workshops, with area youth & young children, with personal family members, and with local families who utilize health and social services at AIHFS.



When asked "What is one new thing you learned at the workshop?" participants said: safe sleep, mossbags, traditional foods, traditional herbs, swaddling, the importance of fatherhood, placenta teachings, women's health teachings, Anishinaabe and Dine teachings, and how to make and use a cradleboard.



When asked how the workshop could have been improved, participants said: additional instructions on the woodworking aspects of making a cradleboard, more time to decorate the boards, one-on-one time with the teacher to get specific instruction, more breaks through out the day, having the right type of supplies (string/lacing), and inclusion of teachings from other tribal nations.



When asked "What additional cultural topics would you like to see covered in future workshops?" participants said: mossbag making, regalia making, powwow dancing, how to make a canoe, how to make a bow, more pregnancy and birthing teachings, teachings from Indigenous Latin American communities, and beading.

NEXT STEPS:

- Workshop participants should contact Nickole Fox to be added to the Detroit Community cradleboard teachers Facebook group.
- Work with the ITC of MI to develop and disseminate a video tutorial and other instructional materials to be disseminated amongst the trainers.
- Create a handout of cradleboard and associated teachings to give to families who utilize health and social services at AIHFS.
- Consider adapting materials to include teachings from other tribal nations and traditions.
- Many participants expressed interest in learning how to construct and use a mossbag. Coordinate another professional development workshop on the mossbag.

MIIGWETCH/AHE'HEE/TLAZOCAMATI/THANK YOU TO THE MICHIGAN TRIBAL FOOD ACCESS COLLABORATIVE, HEALTHY START, AND SACRED ROOTS PROGRAMS FOR THEIR SUPPORT OF THIS EVENT.