



HISTORICAL TRAUMA & RESILIENCE

Serving Native American Families

Presented by:

Inter-Tribal Council of Michigan

Healthy Start Family Spirit Programs



Presentation Outline

TODAY'S AGENDA

Define historical trauma and resilience.

See examples of historical trauma and resilience.

Connect the past with the present.

Appreciate the power of storytelling.

Look to the future of breastfeeding & safe sleep.



A tale of two mothering experiences



Historical trauma is the cumulative emotional and psychological wounding from massive group trauma across generations, including the lifespan.

BRAVE HEART, 1998, 1999, 2000

History is not so long ago...

BOARDING SCHOOL ERA

Some Michigan boarding schools were open as recently as the 1980s.

FORCED STERILIZATION

The US Public Health Service engaged in routine sterilization of Black and Brown women under George HW Bush. As many as 1 in 4 Indigenous women were sterilized against their will.

LEGAL = RIGHT?

- 1924 American Indian Citizenship
- 1958 Right to Vote
- 1969 Sent man to the moon
- 1978 American Indian Religious Freedom
- 1994 Native American Graves Protection and Repatriation Act



Microaggressions

CHRONIC, EVERYDAY INJUSTICES THAT NATIVES ENDURE. INTERPERSONAL AND ENVIRONMENTAL MESSAGES THAT DENIGRATE, DEMEAN, AND INVALIDATE.



Stereotypes & Images



Hypersexualization



Erasure

Effects of Historical Trauma



**LOSS OF LAND, LANGUAGE,
& CULTURE**



**DISRUPTED PARENTING
PRACTICES**



**PERSISTENT HEALTH
DISPARITIES**



**MISTRUST, SKEPTICISM, &
BURNOUT**

Cultural Norms

**INDIGENOUS PEOPLE MAY
HESITATE TO ANSWER
DIRECT QUESTIONS**

Humility

Modesty

Respect for elders

Tobacco protocols

Fear of child removal & law enforcement



Safe Sleep & Breastfeeding Practices

INDIGENOUS PEOPLE PARENT IN DIVERSE WAYS

Babywearing

Contact napping (Baby sleeps while awake caregiver holds them)

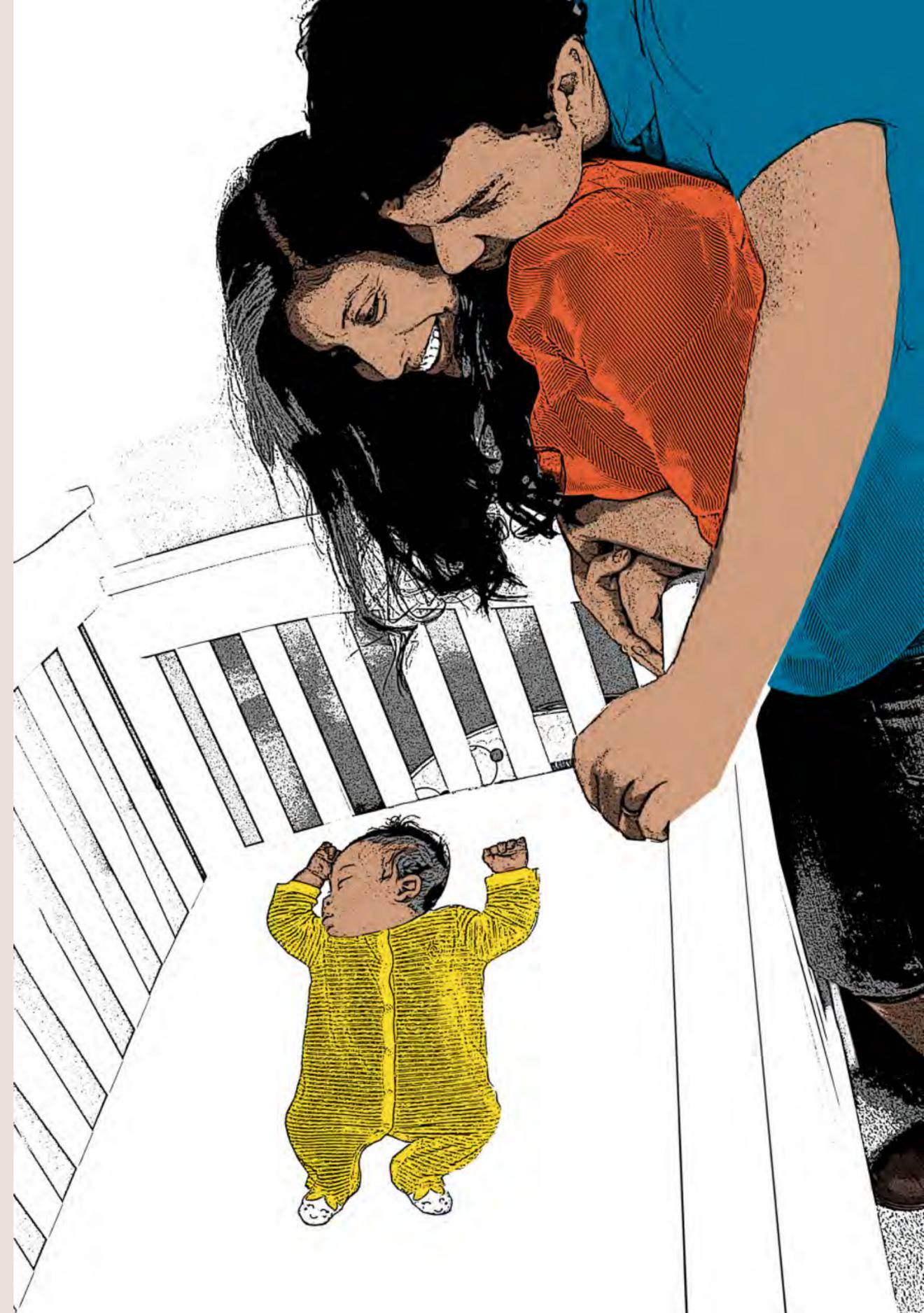
Cradleboards & mossbags

Spectrum of risk

Back to Sleep

High rates of commercial tobacco use

Focus on warmth, bonding, & protection



Resilience is positive
adaptation despite adversity.
Resilience is linked to both
inherent and external origins.

LUTHER, 2006

Culture is Prevention & Healing



TRADITIONAL PARENTING

Midwifery. Empowered birth. Breastfeeding.
Newborn medicine bath. Naming ceremony.
Cradleboard. Mossbag. Placenta and
umbilical cord.



FOOD SOVEREIGNTY

Hunting and fishing. Community gardens.
Picking medicines. Water rights. Water
protectors. Traditional foods.



COMMUNITY CARE

Traditional postpartum rituals. Community
gatherings. Storytelling. Importance of
grandparents. Fatherhood is sacred. Two-
Spirit relatives.



80-100%

OF NATIVE WOMEN INITIATE BREASTFEEDING

Numerous barriers prevent women from reaching
their breastfeeding goals.

The future of breastfeeding

**BREASTFEEDING HEALS COMMUNITIES.
EVERY DROP OF BREASTMILK GIVEN TO AN
INDIGENOUS BABY REVERSES HUNDREDS OF
YEARS OF HISTORICAL TRAUMA.
BREASTMILK IS MEDICINE.**



Education & Awareness



Community Based Lactation
Support



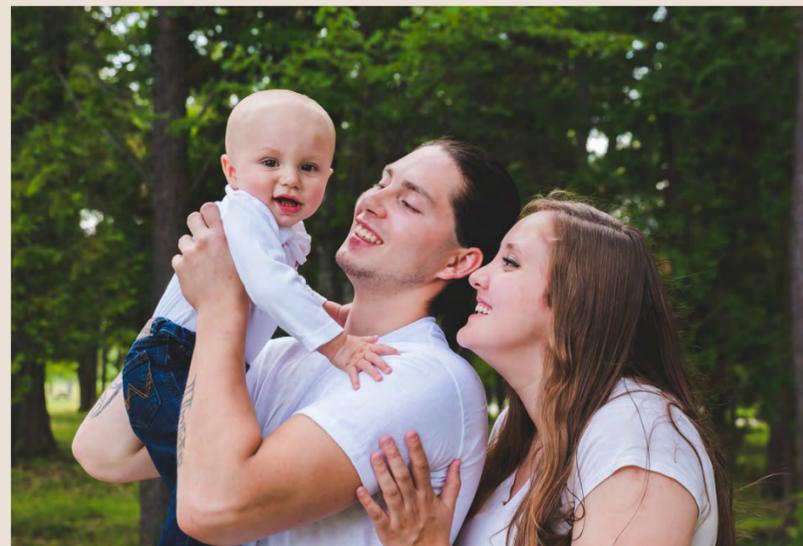
Equity

The future of safe sleep

NATIVE AMERICANS INVENTED THE PRACTICE OF "BACK TO SLEEP" WITH THEIR TRADITIONAL USE OF CRADLEBOARDS.



Integrate Culture



Judgement-Free Support



Honor Our Strengths

Supportive Practices

ASK, DON'T ASSUME

Respect the diversity of beliefs and lived experiences of Indigenous people. EX: Don't assume that a Native woman knows how to breastfeed because she is "tribal."

APPRECIATE SILENCE

When you ask a question, wait for the answer. Avoid "walking on words." Be okay with silence. Involve the family unit in discussions.

HONOR YOUR OWN CULTURE & HISTORY

Dive deeply into your own family's history, culture, and beliefs. Remember that YOUR story matters to the work you do.

HUMILITY

We can't assume to know everything about another person's culture, nor should we strive to. We simply approach each interaction with grace and curiosity.

INVEST in Indigenous people,
projects, and communities.



Miigwetch Tlazocamati Thank You

MAILING ADDRESS

Inter-Tribal Council of Michigan

2956 Ashmun St.

Sault Ste. Marie, MI 49783

PHONE NUMBER

(906) 632-6896