

Be Active Be Playful Be True

MAAJITAN



Naboobiikedaa maamwe

Cook soup together. Kids can stir, mix, & learn kitchen safety.



Mawinzodaa maamwe

Pick berries, forage for edible plants, hunt for bugs & going fishing.



Bimosedaa maamwe

Walk outside as a family with pets and friends. Fresh air is important to calming and resetting the brain.



Bikwaakwadoon inataagek

Play ball games & get regular exercise to reduce stress and diseases like diabetes, increase energy, and sleep better.



Daminag maamwe

Playing pretend supports creativity, taking turns promotes problem solving, patience, & helps kids regulate thoughts & emotions.



Giindaasag maamwe

Read together. Reading is quality time together. Use fun voices and let the child retell the story using the pictures.



Nokiidaa maamwe

Work together to teach responsibility & independence. Make chores fun by story-telling, or singing while you work.



Madwewechigek

Make music together. Make rhythms with instruments or household objects, create your own tunes or learn a new one and make it a tradition.



Mino-bimaadizig

Live a good life. Take care of yourself so you can take care of others. Ask for help when you need it. Find ways to live, learn, and laugh together.



Giigidaak maamwe

Make time to talk without digital devices. Ask about something funny or sad that happened. Really listen and watch the one sharing.



Kidan "Aabiji gizaagin pane"

Say "I love you & hug often." No child is ever spoiled by a welcomed hug; it reduces fear, builds trust & relationships.



Anokaajiganken

Be creative. Creativity feeds the spirit. Bead, sew, draw, paint, carve or make something special to display or share with others.

Sacred Time is Spending Time with Children

To the Anishinaabeg people, every child is sacred! They are each born with a special gift. They come to us to fill a need. We don't always know what that is but it is our job as a community to protect and nurture each child so that they will know their gifts and be able to use them to support all of our people well into the future. Raising a child is one of the hardest jobs we have and the most rewarding. They don't need us to be perfect but they do need us to care for them in many ways. In challenging times, ask for help when



needed and know that all behavior is purposeful. We may get frustrated and not understand but children speak to us in many ways-how they behave,

when they laugh, cry, coo, or scream. It is how their spirit speaks to us while they are learning how to communicate and navigate the world around them. Children are our legacy & our ancestors here to help us again. Carving out quality time for sharing, learning, playing or working with children makes that time sacred too. When the community works together to make children a priority, we heal the wounds of the past and ensure a successful future.

Go to: itcmi.org/launch

Braid Our Lives in Unity and Harmony

The Anishinaabe word for sweetgrass is Wiingushk (ween-gushk). Many sacred objects are made using this plant. We make jewelry, baskets and regalia as well as smudge with this medicine. Unity Baskets made with sweetgrass were used to protect and safely hold a child's umbilical cord which was (and still is in some families) traditionally kept. It is used in ceremony and personal healing and its sweet smell is calming and offers protection opening the connection



between the body, mind and spirit. Because it represents the hair of mother earth, we never pull the roots from the ground when gathering it. It is often braided with each section of the braid representing total unity

and harmony. A single strand is not as strong as all three together. So, we are reminded how to take care of ourselves and that in our communities healing comes with the unity of generations and resources.

Ask an elder, healer, or trusted Wisdomkeeper in your community to learn more.

Also go to: http://anishinaabemodaa.com/lessons?lesson_id=94

Keep Children at the Heart of our Community

The strawberry is called Ode'imín (OH day -ih- min) meaning the "heart berry". It is the first fruit of spring and often the head berry at feasts. Strawberries, shaped like our hearts, play an important role in ceremony and give away including a young woman's berry fast. It is an edible medicinal plant, good for the heart and other functions of the body. It was the first fruit given to the people in ancient times. Lilian Pitawanakwat(baa), Anishinaabe Elder, has retold



the origin story of the berry and how it restored love, forgiveness and peach after the loss of a family member. See: <http://www.fourdirectionsteachings.com/transcripts/ojibwe.html>

Kitigan Zibi (Ontario) Elder, Albert Dumont, continues this story and reminds us that when we see strawberry plants growing on or near graves, unconditional love is very real and that our relatives and even those who have walked on from this world are still connected to us: <https://youtu.be/q6p9j4CEdLE>.

Listen to more teachings shared in a talking circle: <https://youtu.be/QrD9km3AqK4>



CHILDHOOD IS SACRED

Learn more about the services and programs in your community that support a child's learning, health, and safety. When we put the needs and care of children first, everybody wins.
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Being Active Poster Opportunity to Say More as Sub-title Here

Children are naturally active but as they get older it is harder for them to get enough daily activity to stay healthy. Exercise eases the

mind and keeps the body in good working order. Parents can support a love of physical activity by being good roles models—join in, keep the focus on fun, activity doesn't always have to be competitive. Make exercise a daily

ritual. Learn more about the services and programs in your community that support learning, health, and safety. When we put the care of our children first, everybody wins.

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Nokiidaa maamwe

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Being Playful Poster Opportunity to Say More as Sub-title Here

Being playful is being fun and lively. When times are tough, it builds resilience skills, motivation, courage, & increases communica-

tion. It is what helps us laugh at our mistakes and heal quickly from stress or trauma. If you focus on the positive, you see more positive in life and life feels easier. Be silly and curious with your child to keep the playful switch on.

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When you are being true to yourself, you are honest about your feelings, values, and desires. You are responsible for your own

happiness. Communicate your feelings and learn new ways to respond instead of react to situations that might upset you. Remove unsupportive toxic people from your circle and take care of yourself. Love yourself so you

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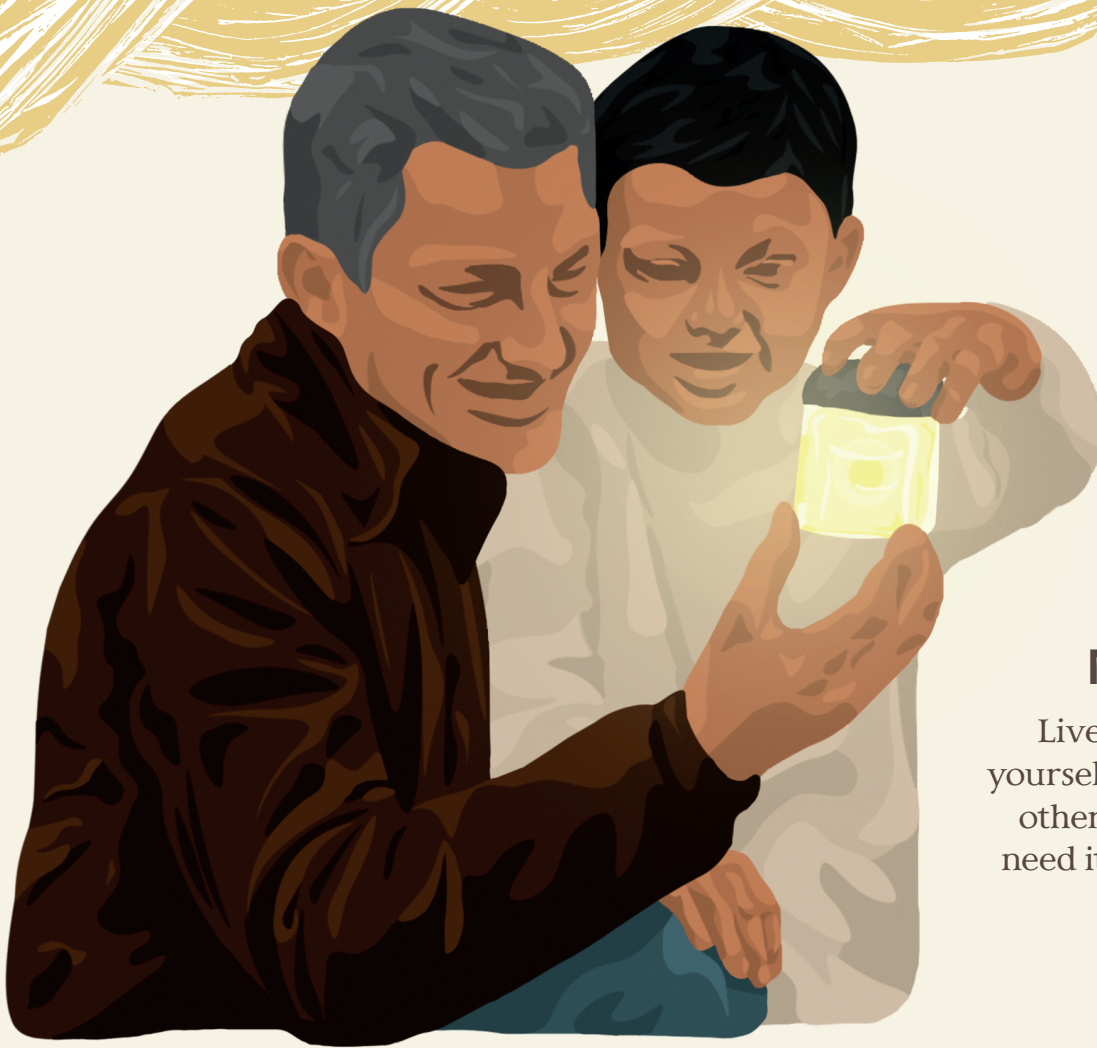


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