



# Traditional Parenting

## Train the Trainer Certification

4 LIFE CYCLE—CHILD, YOUTH,  
ADULT, ELDER  
FATHERHOOD WORKSHOP  
PARTICIPANTS RECEIVE POWER  
POINTS PARENTING MANUAL AND  
TEEPEE TEACHING CARDS

Janet Fox is from the Onion Lake Cree Nation in Saskatchewan. She has been a life skills coach for 15 years. Janet developed and delivered the Wicisowin Life Skills Program in Onion Lake. She also initiated the Teepee Teachings (Character Education) that is now used as a curriculum in the school system on the Onion Lake First Nation.

She was awarded Master Facilitator from the Virtues Project™ for her work involving the Teepee Teachings concept. Janet Fox is also the recipient of the 2010 Saskatchewan First Nations Award in Education. We are happy to have her visit our community.



SEPTEMBER 16, 17 & 18  
9AM TO 4 PM DAILY  
EPR CENTRE  
MOOSE FACTORY, ON  
FACILITATOR:  
JANET FOX

Registration is Free for those community members that wish to attend for personal growth.

Those wishing to be certified as a trainer please call to register. Registration cost is \$100 for those wanting certification as a trainer in Traditional Parenting.

Moose Factory Health Centre



Moose Factory, ON  
705-658-4220 Phone  
705-658-4136 Fax

Contact:  
Christina Linklater or Rita Echum for information or to register

## **Summary - Train the Trainer - Traditional Family Systems**

Janet Fox is from the Onion Lake Cree Nation in Saskatchewan. She has been a life skills coach for 15 years. Janet developed and delivered the Wicisowin Life Skills Program in Onion Lake. She also initiated the Teepee Teachings (Character Education) that is now used as a curriculum in the school system on the Onion Lake First Nation.

Her passion is to share the teachings to other people and have presented workshops to many First Nation communities in B.C., Alberta, Saskatchewan and Manitoba. Some of the clients have been the Alberta Gaming Commission, ATCO, Aboriginal Child and Family Services, Government Child & Family Services, Schools, Cultural Camps and Youth Corrections, Awasis, Knowing Our Spirit, FSIN Wellness & Early Childhood, NNADAP and the Creating Hope Society Conference.

She was awarded a Master Facilitator from the Virtues Project™ for her work involving the Teepee Teachings concept. Janet Fox is also the recipient of the 2010 Saskatchewan First Nations Awards in Education. She will be presenting at the International Foster Care Organization 2011 Conference in July which will be held in Victoria, BC.

Janet has now started to offer Train the Trainer and has completed trainings in BC, Alberta, Saskatchewan, Manitoba and Ontario.

### **Train the Trainer**

- 4 Life Cycle - This is one aspect of the Medicine Wheel. The teachings in each life cycle of Child, Youth, Adult and Elder stage are introduced.
- Fatherhood Workshop
- All participants receive all power points, parenting manual and Teepee Teaching Cards
- Completion Certificate

## **Traditional Family Parenting/ReClaiming Our Indigenoussness**

Every First Nation community is facing the same cycles of poverty, diabetes, suicide, addictions, high dropout rates, high incarceration rates, gangs, violence and high numbers of children in the child welfare system. We can start promoting the pride and rich traditions to the youth in our communities by sharing the teachings, our languages, customs and traditions so that they have a brighter future. The teachings have always been there and they can be revitalized.

It is now time to Reclaim our knowledge and provide and implement programs by using our Indigenous philosophies. ReClaiming our Indigenoussness is 'reversing the process of colonization'. It is time to reach and claim our ancestral identity in order for our people to move forward. We need to start promoting the pride and history of our people from the perspective of the Indigenous Worldview.

The breakdown of our family systems began with colonization and residential school. When the first set of children went away our family systems began to deteriorate. The workshops that Mahkesis Consulting provides are about awareness of 'how it was in our Traditional Family Systems and 'how we can bring back these teachings along with the parenting skills and most importantly it is prevention. Understanding what has happened to our people is important so that we can lead in a better way for our clients.

These teachings awaken the spirit in us and we can balance our emotional, mental, physical and spiritual parts so that we can make change in our communities. She introduces the concept of the 4 life cycle (child, youth, and adult, elder) with the teachings in each stage using the 15 teepee pole teachings (each pole represents a virtue). Topics presented are; first 6 years of a child's life, bonding, moss bag teachings; belly button, soft spot; rites of passage and parenting.

### **Fatherhood Program**

During the years that the Wellness Movement began in our First Nations communities; the focus was primarily on the needs of women and children. We have forgotten to include the fathers in the programs that have been offered.

In our traditional family systems the fathers were the leaders in families. That role has changed throughout the generations due to colonization and the effects of residential school. Fathers are the solution to addressing the breakdown in family systems.

This presentation is an encouragement for the males in a community to take back that lead role as they play a role in responsible parenting.