

**Miyo-m mitoneyihcikan/kedih uujon**  
**“Good Mind” Learning Series**

# **Strengthening Family Dynamics**



# AGENDA

- Introduction of participants
- Introduction of facilitator
- Housekeeping
- Jump In!
- With respect for time, just one request
- Questions to consider during the session
- Impact of Poverty & Overcrowding
- Healthy Family Dynamics
- Managing Stress Within the Family
- Strategies for Boosting Your Mood
- Questions?
- Resources





## **Introductions of the Participants & Facilitator:**

- Who are you?
- Where are you from?
- Tell us a bit about yourself...
- What are you hoping to gain from this session?

# Understanding the Impacts of Poverty and Overcrowding

Check it out [here](#)



### *Living in someone else's house... with too many people*

- no access to independent accommodation for young families
- absence of control over children's living environment
- pervasive crowding not alleviated by construction of new housing
- all participants affected by crowding and housing insecurity

### *Running out of food*

- lack of food security affecting health
- many people relying on a few to buy food
- sharing inadequate resources through compassion for others who are hungry

### *Everyone's there for the little one*

- many people teaching and watching over the child

### *Sharing sickness*

- many people using the same bathroom, kitchen, clothes, bedding.
- infections quickly spreading
- too hard to maintain a clean, healthy and safe environment

### *Negative influence of others in the house*


- children 'photocopying' negative role models
- noise throughout the night disturbing sleep
- impact on work and school attendance perpetuating disadvantage

### *Showing anger.... giving up*

- arguments within and between families
- many people relying on a few – for everything
- breakdown in cultural protocols
- **deep distress and disempowerment**

# The Impact of Overcrowding on Families





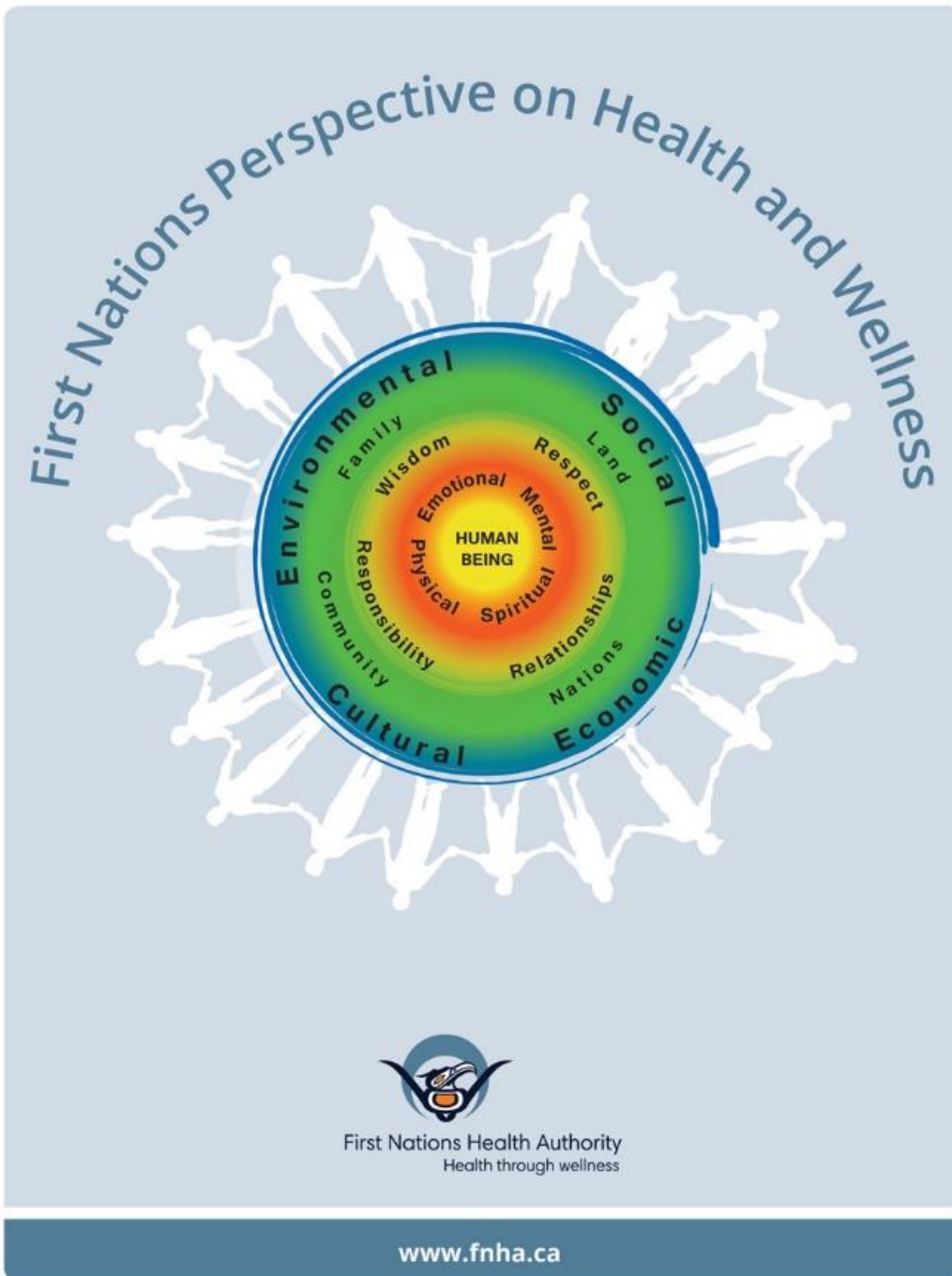
“ Let’s Talk About  
Indigenous Mental Health

## Indigenous Mental Health

- [Youth](#)
- [Covid-19 but consider overcrowding](#)

# Healthy Family Dynamics Community Perspective

What do healthy family dynamics mean for you?



# Four Traits of a Healthy Family

1. Healthy families are attuned to each other's needs.
2. Healthy families repair damage to relationships.
3. Healthy families encourage emotions.
4. Healthy families build each other up.





# Traditional Ways of the Family

- **Who is your family?**
- **What role do they play in the family?**
- **What were some of the traditional roles of the family?**
- **Who was the head of the families?**
- **What role did everyone play within the family?**
- **Did family groups equally share?**

# Traditional Ways

## Roles and Responsibilities:

- Every member of a social group had roles and responsibilities.
- Every member of the community had a purpose including the elders and the children.
- Men were generally hunters, scouts and defenders.
- Women organized the camps, cared for the children and prepared the game that had been killed in the hunt.
- Girls generally assisted with the tasks such as picking berries.
- Women were also considered the primary teachers and moral keepers of the culture.

## Education and Socialization:

- Culture's worldview were reflected through example.
- Children learned a lot of practical skills by observing
- Lessons were passed from generation to generation.
- Lessons combined learning with laughter, exercise, family, spirituality and active contribution to the community.
- Traditional worldview saw goodness all around them.
- Belief in generosity and good encouraged parents to allow their children the freedom to learn by experience.

# Managing Stress Within the Family

- Practice mindfulness
- Spend time in nature
- Set small goals
- Get help
- Don't put yourself down
- Talk to others
- Go for coffee
- Go for a drive

# Boosting your mood within the family

- Put away your phone (put your energy into your family)
- Put away the video games (focus on engaging in play within the family)
- Reduce substance use
- Check in with one another
- Engage in traditional activities – What does that mean for you?
- Join or create outings for the family and focus on values – What does that look like?
- Talk to an elder or someone who you look up to.
- Go for a family walk
- Engage in outdoor activities (fishing, hunting, berry picking)
- Consider the importance of deeper sense of spiritual connection
- Make a scheduled bedtime  
(what does that look like with overcrowding? - Is anyone willing to share this history?)
- Healthy diet (cook together)
- Play games or cards - no gambling (:
- Visit with other family members outside of your home
- Seek out tools for communication
- Apologize
- Let go of grudges