



## First Nations Parents Club

# Bulletin

## The Value of Chores At Home

Giving your children responsibilities can help them to develop self-confidence and a positive attitude that will benefit them in the classroom. Studies show that children who successfully complete age-appropriate chores in the home are more likely to actively participate at school, which makes them feel more confident in their capabilities.

Having your kids help out in the kitchen is one of the best ways to interact as a family. While you may have to tolerate some occasional messiness while they're learning, your children will enjoy being with you while you cook, and they will learn the value of helping with household tasks. An additional benefit is that kids are often more willing to eat what they helped to create! No one can argue with that!

Here are a few ideas we hope will help.

- Toddlers can “cook” near you, using toy utensils while you do the real thing. Many young children are happy just to imitate an adult family member while they're at work in the kitchen.
- Preschoolers can stand at the kitchen sink and “wash the dishes” while you are cooking close at hand. Providing them with soap and water along with plastic dishes and utensils will let them safely “help” while you're cooking. It also takes care of hand washing before dinner!
- School-aged children can perform actual cooking duties. Even young children can help with pouring and stirring, and they will delight in their ability to help out.
- Children of all ages can do any number of useful tasks, such as bringing you ingredients and utensils, and helping you measure and mix. Setting the table is another great chore for children. For younger children, a cut out pattern showing them where the dishes and cutlery are to be placed may help them learn to recognize and memorize patterns, and it will teach them about counting, too. This will help them throughout their school years with their math studies.

*Continued on back page*

Please send us your stories and photos for the newsletter and the Club website. We always appreciate hearing news from the local clubs and we would love to have more funny or inspiring stories about parenthood to share. Send your submissions to [info@fnesc.ca](mailto:info@fnesc.ca) or by fax to 604-925-6097. Photo permission forms are online at [fnsc.ca/parentsclub/index.html](http://fnsc.ca/parentsclub/index.html)



### Contact Us!

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# FAMILY READING CORNER:

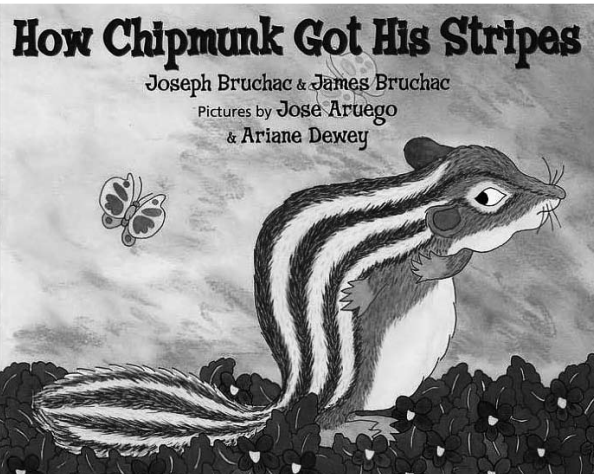
**How the Chipmunk Got His Stripes;** by *Joseph Bruchac* (Author), *James Bruchac* (Author), *Jose Aruego* (Illustrator), *Ariane Dewey* (Illustrator).

Ages 4-8.

This book was distributed to the Parents Clubs last year.

**How the Chipmunk Got His Stripes** is an old Native American tale that originated from the east coast. Father and son, Joseph and James Bruchac, tell the story of Brown Squirrel and Big Bear. Bear, who believes he can do anything, is challenged by Brown Squirrel to prevent the sun from rising. When the sun does rise the next morning, Brown Squirrel taunts him, making him very angry. He scratches Brown Squirrel, leaving claw marks and thus changing Brown Squirrel into a Chipmunk.

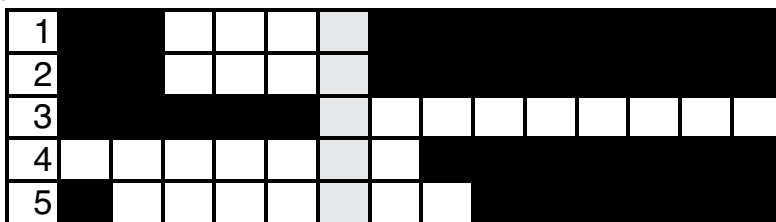
This is a very engaging book full of bright colours, emotive characters, and chants that encourage listeners to participate. The Bruchacs have done a wonderful job of taking a story from oral tradition and translating it into written text. This book is suitable for children ages 4-8.



## Family Crossword

Use words from the story to complete this crossword puzzle.

1. The sun sets in the \_\_\_\_\_
2. To get up.
3. To say you're sorry.
4. A little bit silly.
5. The opposite of smallest.



Read the mystery word downward to complete this sentence:

It's not good to \_\_\_\_\_ someone when they are wrong.

Answers: 1) west 2) rise 3) apologize 4) foolish 5) biggest. It's not good to tease someone when they are wrong.

## The Resource Lines Are for Parents Too!

The First Nations Special Education Toll-Free Resource Line and the First Nations Speech and Language Resource Line are available to help families, caregivers and teachers support children.

Contact Holly Smith at the First Nations Special Education Toll-Free Resource Line at 1-877-547-1919 or email [hollys@fnesc.ca](mailto:hollys@fnesc.ca) for help with any of these topics.

- Understanding assessments and learning plans
- How to work with the school to get the right support for your child
- Ideas for supporting your child at home
- Behaviour issues
- Learning resources
- Support and advocacy groups

If your question is about speech and language, you are welcome to call the **First Nations Speech and Language Resource Line** to speak to Deanne Zeidler Toll-Free: 1-877-547-5926 or email [deannez@fnesc.ca](mailto:deannez@fnesc.ca). Deanne has 13 years of experience as a community speech and language therapist with the Lil'wat Nation.

Deanne helps parents and educators find speech and language therapist services and she offers practical advice on how to be a strong, knowledgeable advocate for children and youth.

You can pass the Resource Line numbers on to any teachers, parents and caregivers who work with Aboriginal children in BC who may have special education needs, whether the child is in a First Nations school, public school, independent school or child-care setting.



*Let us put our minds together and see what life  
we can make for our children.*

- Tatanka Iyotanka

## **What we do has a far more powerful impact than what we say...**

### **Advice from Olympian and Mom, Silken Laumann**

*Four-time Olympian Silken Laumann is one of Canada's most inspirational leaders. As the reigning world champion rower she fought back from a devastating training accident to win a bronze medal in the 1992 Summer Olympics in Barcelona. She retired in March 1999 having won three Olympic medals and four World Championships.*

*Silken is also the mother of two children and author of the book, *Child's Play: Rediscovering the Joy of Play in Our Families and Communities*, which was given to First Nations Parents Clubs in 2008.*

*Here is a selection from *Child's Play*, used with the author's permission.*

Our children are sponges. They pick up our attitudes toward our bodies and our attitudes and routines regarding health and physical activity. I've always told my children that breakfast is an important start to the day, but a year ago Kate asked me, "Mommy, why don't you eat breakfast?" Never a morning eater, I've been choking down scrambled eggs and fruit with them every morning since. I can't expect them to believe that breakfast is important if I don't eat it myself.

My girlfriend's little girl walks to school swinging her arms and moving her legs at full speed. One day, when I asked her what she was doing, she said, "I'm power-walking," which is exactly what her mom does every day.

What we do has a far more powerful impact than what we say, and what we do together as a family has a profound impact on our children's beliefs, attitudes and behaviour. Sometimes

we forget that our children are learning everything for the first time and that we as parents are their primary teachers. My daughter told me, "I'm going to row, Mommy," not because she had seen pictures of me rowing at the Olympics, but because she spent time at the lake watching her mom's masters rowing team.

We leave lasting impressions on them with everything we do. The examples we set of healthy eating and exercising – and, most importantly, what we do together as a family – are the real opportunities we have to excite and inspire our children to live well.

If children are going to have a lifelong love of physical movement and a healthy relationship with their bodies, then this relationship needs to unfold in the family setting.

## **Find it on the Parents Club website: [www.fnsa.ca/parentsclub/](http://www.fnsa.ca/parentsclub/)**

*My grandson was in class working on a cultural project. He came up to me and asked, "Grandma what clam am I in?" (He was referring to clan) By: Faye Seymour.*

*I was on my way to drop my children off at daycare when I received a call on my cell. I pulled over and answered the call. It was my husband. He wasn't sure which shirt to wear, so I was telling him which one to wear. When we arrived at the daycare, my children told the worker that they were late because I had to pull over and help daddy get dressed. By: Grand Kidz Parents Club*

Find these anecdotes in the Parents Club publication, *The Lighter Side of Parenting*, which is on the Parents Club website [www.fnsa.ca/parentsclub/](http://www.fnsa.ca/parentsclub/) along with the Parents Club Recipe Book, Club membership information, and other great on-line resources. Do you have a funny story to share? We'd love to hear it!





## Updates From Our Members

**Jacquie Brown, Assistant Director  
Kakawis Family Development Centre, Tofino, BC**

I just wanted to again thank you for your ongoing support to the families that attend our treatment centre. In the past we received games from the Parents Club that have been a huge help to the families. They have no television here so they quite enjoy spending time playing games with their children. Each week, they sign out two games. There are nine families at a time here and they exchange games on a weekly basis so that they get to enjoy all the games.

The gifts that you send (i.e. water bottles) we save up until we have enough for each family. Then they are used as an incentive for the families to work together cleaning up the environment. We are located on an island outside of Tofino. There are always things floating in the water that pollute the beaches. Being rewarded for learning about respecting the land makes it easy to encourage participation and family cooperation.

The Raven Tales videos have been great to use in the school with the cultural component of our program. Children, youth and adults all enjoy them a great deal. Thank you for including us in your club.

**Bertha Jackson, PAC Treasurer / Parent Representative,  
Cedar Road Aboriginal Head Start Program, Prince Rupert**

I am writing this letter on behalf of the Cedar Road Aboriginal Head Start Program, in which I am the Parent Advisory Committee Treasurer / Parent Representative. We would like to extend our thanks to you and the Parents Club Workshop Grants for your contributions to our door prizes last year. Thank you very much as it was greatly appreciated.

With the beginning of our 2008/2009 school year we are starting out with great anticipation for our school children.

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### The Value of Chores at Home

*Continued from page 1*

- Older children often enjoy helping to plan meals, deciding upon menus, looking up recipes, and making shopping lists. Having your children help estimate the costs of the meal also involves practicing math, and reading recipes together can help build reading skills.

Remember...allowing children to help out with cooking has numerous benefits.

In addition to teaching them responsibility, it can also heighten their awareness of nutrition and healthy food preparation. So talk to your children about the four food groups, and have them help you create some healthy and delicious family dinners soon.



#### Need more information?

Is this the first time you've heard about the First Nations Parents Club? If you would like more information about the initiative, please contact our office at (604) 925-6087. The First Nations Parents Club is sponsored by the First Nations Schools Association to recognize the tremendous dedication of parents who support their children's learning. All Club materials and activities are available for free. To start a Club in your community, just contact us and request a Parents Club start-up package. We'd love to hear from you!