

Kanaweyimik's Counselling Corner



Box 1270
91-23rd Street West
Battleford, SK S0M 0E0
Phone: (306) 445-3500
Fax: (306) 425-2533
Toll Free: 1-888-445-5262

The Kanaweyimik Communicator

VOLUME 2. ISSUE 1
September 2012

Hello everyone! I hope you had a fabulous summer and got to enjoy the beautiful sunshine over the past few months. The newsletter has now been available for one year! Happy one year anniversary Kanaweyimik's Counselling Corner!

New Group: We now offer Healing Circles on Thursday's from 1PM to 2PM. To join our Healing Circle please contact Kellie Balicki at 1-306-445-3500.

We will be using format for talking circles. Talking circles are historically credited to the Woodland tribes in the Midwest, circles were used as a form of parliamentary procedure. The talking symbol symbolizes an approach to life. The talking circle serves as a form for the expression of thoughts and feelings in the context of complete acceptance by participants. The circle represents harmony instead of power, cooperation and patience instead of competition, privacy instead of control and speaking softly and slowly instead of loudly and fast. Communication is regulated through the passing of a rock/feather. The rock/feather fosters respectful listening and reflection. The facilitator or circle keeper will explain the purpose of the talking circle, listing of the ground rules and asking for additional contribution to ground rules. This description was provided by local Elders to the prevention program at KCFS.

Inside This Issue

Children see children do	2
Screaming at your children causes damage. Stop!	3
A Note from the Counsellor	4

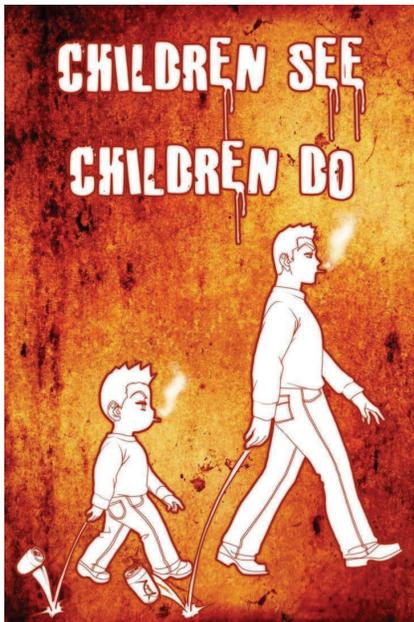
The Best Gift for your child

When one parent shows the other parent that they love and care about them this gives their children a sense of predictability, cohesion and peace. When a child hears one of their parents saying nice things about the other parent this tells the child that their parents love and care for one another. This creates the foundation and frame of reference for the child when understanding how they view themselves and others. This is important for families that are together and separated because both parents are part of the child and when one parent says mean things about the other parent the child internalizes this as the parent saying bad things about them.

One of the best gifts you can give your child is to show them how much you love their other parent

Children See. Children Do.

Children follow their parents actions, this is a fact. If you are using alcohol, drugs, have an abusive spouse, gossip, talk behind peoples back, or yell and scream at people who upset you are teaching your children to do these exact things. If you tell your children not to drink alcohol, do drugs, or stay with an abusive spouse, and you are doing these things yourself then you are sending a mixed message to your children and they will not learn from what you say but will learn from your behavior.. Australia's National Association for the Prevention of Child Abuse and Neglect, launched a thought-provoking television campaign in 2006 called "Children See, Children Do". The 90 second video features children follow-



ing adults, mimicking their habits. This is a great example of how children follow their parents. In this video the patterns shown are indirect teachings. The first example is when a man is talking on a mobile phone while walking and he scratches his head and a child following him copies him. Then we see a women making a call on a public telephone and a child is copying her hand movements. The behavior starts to become more harmful when we see a young girl copying a woman's smoking habits on an escalator. Next a man is shown knocking a struggling mothers bag off her shoulder and as a young boy follows. There are examples of littering, drunken behavior, road rage, racism and cruelty to animals. This video is a clear example of how parents are always teaching their children something. Check it out on YouTube type in "children see children do".

Remember we teach our children things both directly and indirectly. When a person has an addiction to something such as alcohol or drugs by stopping or not stopping, we teach our families something. If you are out drinking alcohol and your children are left at home or with another person you teach your children that you value drinking alcohol more then you value them. You may have a problem and love your children very much but when you constantly go out drinking alcohol you are indirectly telling your children and family that alcohol is more important then them. If you smoke cigarettes and you smoke frequently and don't spend much time with your children you are sending them the message that your cigarette is more important then they are. Even if this is not your intention this is the message that your child will get. Only you have the power to make changes in your life. If you are struggling with substance use there are people who can help you. Stop giving yourself excuses to continue your unhealthy ways of coping there is help for you. Make the changes today and you and your family will say thank you later. If you choose to continue your patterns of unhealthy behaviors you are choosing to continue this cycle and you are leading your children to follow in this same direction.

**We directly and indirectly
teach our children things.
Choose your actions wisely.**

Screaming at your Children Causes Damage. Stop.

Screaming at children can affect their brain development. Repeated screaming at the child tells the brain that the child's environment is not safe. Continuous screaming at kids can impair their intellectual and emotional development. Occasional yelling is common when parents become overwhelmed or frustrated. It is important for parents to understand that you do not need to discipline on the spot.

Before disciplining a child, make sure you are not feeling angry and irritated. If you are not calm, quiet and rational, walk away and discipline the child when you are feeling more in control. The word discipline actually means to teach and the most effective way to teach anything is when you are calm and respectfully. There have been several studies that suggest that harsh discipline practices actually increase misbehavior, parents who constantly yell at their children are subjecting their children to emotional abuse that researchers say can be as harmful as physical abuse. The discipline should be a logical or natural consequence of the misbehavior. For example, if a child marks on the wall with a crayon, an appropriate consequence would be to withhold crayons for a period of time; if the child refuses a meal, withholding dessert will be the natural consequence.

When children become so challenging that they seem to spend their entire day provoking parents, adults have to remember that their true authority can only be established through providing **both** love and authority. Although parents are the ultimate authorities, it is often appropriate for them to be flexible and to allow the child input in their consequences. This is particularly true with older children. By involving children in decision-making regarding consequences this increases their moral judgment and gives them a sense of power and helps so they will learn from the consequence. Positive reinforcement is crucial to discipline. One of the best forms of positive reinforcement is giving your child your full attention. This should focus on good behavior rather than the bad behavior. If you only give your child attention when they do something wrong you are telling them that this is a good way to get your attention. Parents must identify appropriate behaviors and give frequent feedback, rewarding good behavior immediately so that the child can associate the reward with the good behavior. If you want your children to behave you need to teach them to behave.

**Your family can be your
greatest strength
or your
greatest
weakness.**

KANAWEYIMIK

Kanaweyimik Child & Family Services Inc.
Box 1270
91-23rd Street West

Phone: (306) 445-3500
Fax: (306) 425-2533
Toll Free: 1-888-445-5262
E-mail: kellie.balicki@sasktel.net

www.kanaweyimik.com

**Take
Responsibility
for your Actions**

Please consider the environment before printing this Newsletter. It can be accessed at www.kanaweyimik.com

To receive services in this counselling program you must be a Band member of one of Kanaweyimik's 5 member communities (Thunderchild, Saulteaux, Red Pheasant, Sweetgrass, Moosomin) and living on Reserve at the time of referral.

We need to provide equal discipline to the amount of caring and love for the child

Healthy families don't all of a sudden appear it often takes work for people to get to the point of healthiness and wellness. Do the work. You are worth it!

A Note from the Counselor

Remember, besides being damaging, when yelling is used consistently it is usually ineffective. You need to ask yourself, Do I want to punish my child? which will not do much of anything to stop the behaviour or Do I want to teach my child to not do this behaviour?

It is important that children understand why they are doing what they are doing, for example, why people apologize. Many kids do not understand the significance of apologies even when they do it. Children often apologize to please the grown-ups, or because they are told this is what they should do. The unfortunate thing is, when children are forced to tell someone they're sorry, what they learn is that saying a word can easily dismiss problems or avoid fault. This does not teach children to take responsibility for their actions. Parents need to lead by example and explain why people say they are sorry and if the child is not sorry they should not say sorry because they will not learn from it. When adults sincerely apologize, children will learn that saying sorry is more of admitting fault than avoiding fault, more of asking for forgiveness than forcing forgiveness. Parents should show that the most sincere apology is in the form of changed behavior. Remember actions speak louder than words so walk your talk.

Also positive things should never be withheld from a child because of bad behavior. Some examples of these are sports. Sports are for the benefit of the child's physical and mental health and this should never be taken away from a child.