

Sault Ste. Marie Tribe of Chippewa Indians
Anishnaabek Community and Family Services
Child Care and Development Fund

Parent/Provider Newsletter

August 2019

The Child Care and Development Fund (CCDF) program provides resources to States, Territories and Tribal Lead Agencies that enable low-income parents to work or pursue education and training so that they can better support their families and promote the learning and development of their children. The CCDF Final Rule strengthens the requirements to protect the health and safety of children in child care; help parents make informed consumer choices and access information to support child development; provide equal access to stable child care for low-income children; and enhance the quality of child care and the early childhood workforce.

7 Parenting Tips on Building Self-Esteem and Self-Reliance in Young Children

DAY2DAYPARENTING OCTOBER 22, 2018 [BUILDING INDEPENDENCE](#), [BUILDING SELF CONFIDENCE](#)

Give Choices: We all feel more in control when we are given a choice and not forced to do something. Making choices gives children a sense of power, creates responsibility and allows them to learn from circumstances. For example, your child protests when you tell her to wear a hat on a cold day. She chooses not to wear a hat. That afternoon at the bus stop she realizes her ears are chilly and really wishes she would have chosen to wear to her hat, and next time she probably will.

Assign Chores: Chores are a way to teach responsibility and paid or unpaid they pave an early way to developing pride in a job well done. Children as young as toddlers can be assigned tasks around the house such as unloading the dishwasher, putting away laundry, sweeping, raking leaves, helping washing the car or even picking up dog poop!

Don't Over-Praise: Try not to praise your child for every little thing, and save praise for special times when a job is extremely well done. Do not confuse praise with love. We should love our kids whether they succeed or fail and they need to know that too. Often we over-praise beginning in toddlerhood and children learn to expect praise in order to do well, when in fact they should be learning to want to do well for themselves regardless of praise. Instilling in your child that they are the best, special or perfect can actually be setting them up for failure.

Talk about Strengths & Weaknesses: Discuss on an age-appropriate level your child's strengths and weaknesses and talk about the fact that while your child's friend Megan is really great at reading in kindergarten, your child is really great at art in kindergarten and that's what makes us unique. Let your child know that you don't expect perfection, but that you always want them to try to do their best at whatever they decided to do. No one is perfect and they are unique and they do NOT need to be like everyone else in order to be successful.

Discuss Risks & Challenges: In order for young children to learn, they need to take risks and yes, they need to fail at some things and then try again. So step back and when your child wants to climb higher in the tree, let them try and if they fall, let them try again. Or when they want to join in with the older kids in a game of softball, let them try, and strike out and let them know that's ok, at least they tried their best and rather than quitting they will get better with practice.

Be Sure They Know Your Love is Unconditional: Make sure your child knows that you love her no matter what. This means, that although she didn't make the tee ball team or although she forgot her homework and got in trouble by the teacher that we all learn from our mistakes. Yours and their disappointment is temporary, but your love is forever.

Let Them Build Their Own Interests: Be careful about pushing your own interests on your children and instead let them decide what they want to try. But if they decide to join gymnastics or a soccer team and find that they aren't as successful as they hoped, encourage them to stick it out and keep trying until the end of the season. This is how a child learns persistence and perseverance to overcome difficulties that may arise in life.

Finally, try to relax and let your child take the lead. Give them encouragement when they are feeling down and stress the process of learning new tasks rather than an outcome of perfection in all that they do. Let them build an inner sense of pride and self-esteem instead of relying on adults to make them feel special or accomplished.

What Can You Do With a Flip-Flop?

Before you wear the flip-flop sandals, you can do some amazing things with them!

For example:

1. Use them as musical instruments: put them on your hands and clap them together to a fun summer beat, pat them on your body, pat them on the floor, pat them on other objects to detect other sounds;
2. Hide the right ones around the room, have the children choose a left one and search the room or playground for the matching one;
3. Do the Flip-Flop Toss; put a laundry basket in the middle of the room and have the children toss them into the basket; tape a circle to the floor instead of a basket; have the children demonstrate different ways of getting the flip-flops into the basket/circle;
4. Use the flip-flops in an art project; dip them in paint and use them as a stamp;
5. Trace them and cut them out; decorate and hang around the room or send them home for the fridge;
6. Get different sizes and have the children put them in order from big to small or small to big;
7. Make a flip-flop book; have the children tell you about their experience with their flip-flops; when finished put the book in the library and read at story time;
8. Do flip-flops float? Put them in the water table with some other objects that do float and some that don't; have the children chart their findings;
9. Have flip-flop snacks (Nutter Butters look like flip-flops☺);
10. Have other shoes available for the children to inspect for differences and similarities; add in a few shoes from other cultures like moccasins, Dutch wooden shoes, ballet shoes, work boots, Army boots, etc.; have different sized shoes like baby booties.

Strawberry Salsa and Chips

You will need: 1 lb. of strawberries, chopped
2 whole kiwi, peeled and chopped
½ lime, juiced
Tortilla (toast, graham crackers, etc.)
½ teaspoon cinnamon
½ teaspoon honey

Toss strawberries, kiwi and lime juice in bowl and set aside. Cut tortilla into triangles, place on sprayed cookie sheet, drizzle honey and cinnamon over tortilla pieces and bake until crisp. You can also use toast, graham crackers, etc. if you do not have tortilla.

Give each child a bowl of salsa and some chips for snack.

Sault Ste. Marie Tribe of Chippewa Indians Flag and Its Meaning

Our Tribal Flag



The flag of the Sault Ste Marie Tribe of Chippewa Indians was designed by tribal member Karen Lee over 40 years ago.

Turtle

The central aspect of the turtle is Mother Earth sustaining us with constancy and generosity. Long ago, Turtle emerged from the water with earth on its back, providing a living place for human beings and all creatures between sky and water. The turtle is the medium of communication, the emissary of beings of this world and time and beings of another world and dimension of time. The turtle symbolizes thought given and thought received and represents clarity of communication between beings. Aqua symbolizes plant life and growing things. The turtle is the head of the fish clans.

Crane

The crane represents eloquence of leadership and direction. The voice of the crane is unique and infrequent. When crane speaks, all listen. The crane is the spokesperson for the clans.

Mountain Ash

The Mountain Ash tree is the sacred tree of the Anishinaabeg. Its leaves, berries and bark are used for medicines. The tree is able to survive in places where other trees cannot. The Mountain Ash is used as an example of strength, durability and strong character by the people.

East

East, the direction of the rising sun, is thought of as a grandfather personifying the winds and natural phenomena of that direction. East is the direction of the physical body. It symbolizes all that is new in the creation, like all new-born creatures, including man. Like the rising sun, a new day is brought to light. So it is with all things. Knowledge is brought to consciousness and like the circling of the sun, the seasons change. The east is the time of change. It is the spring, the time of change from blackness to beauty. It is the sun breaking over the horizon.

Rabbit

The rabbit represents Nanabozho, a messenger of G'tchi Manitou, an intermediary on earth among different species of beings and an advocate for the Anishinaabeg, to whom he imparted the gift of knowledge.

Yellow

From the east leading to the west is a yellow path. It is said by our elders that this is the path of life, the path of the Great Warrior, the Sun. We give thanks to our eastern grandfather.

South

In the circle of life, the southern direction represents maturing life, like young men and women. It is the time of year we call summer, the time we call midday, the time of day the eagle soars. South is the direction of understating fully.

Eagle

From G'tchi Manitou, the eagle received the gifts of strong wings, keen sight and proud bearing. The head of the Bird Clan, the eagle symbolizes courage and pre-knowledge. His sphere is the mountains and the heights.

Red

Red symbolizes earth and fire. We give thanks to our southern grandfather.

West

West is the direction of the setting sun, the time of gradual change as from daylight to darkness and from life to death. It is evening, the change of life in middle age. It is change like the leaves or the hair on our heads from natural colour to the likes of autumn frost. The west is the time of full maturity. It is the time of insight. West is the direction of the emotional part of ourselves.

Deer

From G'tchi Manitou, the deer received the gift of grace. The deer symbolizes love. The deer was once one of the Anishinaabeg clans.

Black

Black symbolizes change from this life. We give thanks to our western grandfather.

North

North is the time of our elders, our old people. It is a time of wisdom, so much like the answers found in our dreams. It represents the night, as a time called midnight, and a time called winter when things are as unpredictable as our dreams. The north is representative of those things that are positive, a time of snow and purity.

Bear

The bear received the gift of courage and strength from G'tchi Manitou. Another of the Anishinaabeg clans, the bear is representative of all medicine powers in creation. Claws dig medicine roots. Bear passes knowledge on through dreams, visions.

White

White symbolizes spirituality. We give thanks to our northern grandfather.

Rainbow

The rainbow is the beautiful bridge to the spirit world and the colours of the universe. Red is symbolic of earth and fire yellow is the path the sun crosses through the sky. Blue is symbolic of sky and waters.

Below

From wherever we stand upon our Earth Mother we have companionship of these four directions; our Earth Mother with her blessings of food, clothing, shelter and medicine cares for us. We give thanks to our Earth Mother, the direction below us.

Above

The direction above recognizes the daytime and night-time skies of our creation. This is where we look to acknowledge the G'tchi Manitou, the Creator. The Creator gives us everything we know, like the rainbow, a beautiful bridge to the spirit world and colours of the universe. Therefore, our greatest acknowledgement is to the Creator of the entire universe.

CCDF Eligible Families

ACFS has Child Care Assistance for those in need. You can get an application at <https://www.saulttribe.com/membership-services/acfs/direct-services/child-care-development-fund> or pick one up at any of the ACFS offices. You may also call us at 1-800-726-0093 and we can send you one or contact or email us at apeer@saulttribe.net or psterling@saulttribe.net.

You have the right to choose from high quality child care services without regard to cost. You must be working, going to school or in a qualified job search program. Search this website to find licensed centers or homes in your area www.michigan.gov/michildsearch .

You can choose from the following types of providers:

1. State Licensed Child Care Center;
2. Tribal Licensed Child Care Center;
3. State Licensed Family/Group Home Providers;
5. Relative Care Provider.

If you are choosing a **Relative Care Provider** they must meet the following criteria prior to providing care:

- must be a relative of the child(ren) needing care (Grandparent, Great Grandparent, Uncle, Aunt, Sibling)
- be of at least 18 years of age;
- live in a separate residence;
- must care only for children they are related to;
- obtain a clear MDHHS Clearance;
- obtain a clear ICHAT (ACFS runs this report);
- obtain a clear Tribal Registry Clearance (ACFS runs this report);
- Provide a signed Open Door Policy, Provider Registration Form, and a signed Client/Provider Agreement;
- follow the CCDF Payment schedule and payment paperwork requirements;
- complete initial Home Visit with CCDF Coordinator.

Things to do in August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Visit the local Library and check out a book	2 Read a book!	3 Write a Letter to a Pen Pal or send a post card to a relative
4 Go swimming	5 Take a Hike	6 Try a new recipe	7 Make a fort	8 Make a collage with recycled items	9 Make a birch bark basket	10 Go berry picking
11 Make a berry dessert	12 Make a berry drink	13 Paint with ice cubes	14 Make a back yard obstacle course	15 Create art	16 Listen to three different types of music	17 Make a musical instrument using recycled items
18 Visit a store you have never been to	19 Volunteer	20 Recycle	21 Have a wet sponge fight	22 Play board games	23 Do sidewalk chalk art	24 Write a book
25 Read the local newspaper to someone	26 Have a pillow fight	27 Visit a museum	28 Talk to someone who is 40 years older than you	29 Watch a movie	30 Make a list of things you would like to learn to do	31 Start a new hobby