

Miziwegin Newsletter

Namebini-giizis 2023

Heather Forseman: Heather's Helping Hands

Heather and her husband have resided in Walker since 2015. Together they have 4 amazing children Mercedes (21), Ethan (18), Joseph (15), and Layla (6). They also have a black lab named Cash. As a family they enjoy camping, fishing, traveling, and spending as much time on Leech Lake as possible. Both her and her husband attended Bemidji State university. He husband is self-employed as a residential contractor and has been a contractor for 20+ years! Heather earned a Bachelor's in Elementary Education and is currently working on obtaining a BS in Early Childhood Education.

She has been a family child care provider in Walker for just shy of 1 year.

"It was the best decision I've ever made"

Teaching and caring for children has always been a passion of hers and she truly enjoys every day. Some of their daily activities include painting, play-doh, Sensory stations, color and shapes Bingo. In the Spring they raised caterpillars and watched them hatch into butterflies, while also studying the life cycle of a caterpillar.

During the upcoming summer they will be creating a daycare garden outside

where the children will plant vegetable and flower seeds. The children and I will water and care for them and when the vegetables are ready for picking, they will eat them together or bring them home to our families. They will also be building bird feeders as a group, they will place some outside the daycare and the children will each take one home.

"These are just a few of the many exciting and fun learning opportunities that we have at my family child care!"



Upcoming Trainings

Develop Trainings

Register Online

C.A.R.S.- Grand Rapids (3hrs)	Feb 15	\$25
Exploring the Family Caregiver Partnership-Grand Rapids (2hrs)	Feb 15	\$10
Toddler Ages and Stages- Park Rapids (2hrs)	Feb 16	\$10
Create a Family-Centered Program: Families and Stress (2hrs)	Feb 20	\$10
Creating, Supporting Trauma Sensitive Care: Environments- Online Delivery (2hrs)	Feb 21	\$10
Every Child is an Artist! (Online) (2hrs)	Feb 23	\$10
Declutter & De-stress Your Way to Success (Online) (2hrs)	March 2	\$10

For more trainings visit developtoolmn.org. If you need assistance in registering for trainings, please contact Cora Roy at cora.roy@llojibwe.net.

Hannah's Happenings: Family Engagement

This month we are planning to provide a ribbon skirt making class for the families with children enrolled in Maajiigin Child Care Center. We are excited to learn the process of making ribbon skirts with this step by step beginner class.

We appreciate the parent involvement we've had so far, this past school year and are looking forward to providing more fun and inviting parent engagement opportunities here at Maajiigin. Our goal is to not only care and teach our children, but to build our capacity as

a community to raise healthy Ojibwe children. Maajiigin staff, families, and community members will work together to share resources and learn new skills in Ojibwe language, cultural knowledge and skills, child development, advocacy and community building.

We encourage all families to be involved and actively participate in our family program activities as well as events sponsored by other programs in our communities.



Cora's Corner: How to Prevent Bullying



Bullying has 3 core elements according to the Center for Disease Control and the Department of Education, they are, unwanted aggressive behavior, observed or perceived power imbalance, repetition or high likelihood of repetition of bullying behaviors. Nationwide—about 20% of students ages 12-18 have experienced bullying.

There are three types of bullying:

- Verbal bullying: Saying or writing mean things
- Social bullying: involves hurting someone's reputation or relationships.

(ex. Leaving someone out on purpose)

- Physical bullying: Involves hurting a person's body or possessions.

There are many reasons children might bully, which can include:

- Peer factors— to fit in or exclude others, sometimes to control the behavior of their peers.
- Family factors- there might be bullying in the home, caregivers don't provide support/communication, adults are overly lenient or not involved in their lives.
- Emotional factors— they have been bullied previously, feel insecure, do not understand other's emotions, can't control their emotions, do not have skills for handling social situation in a positive way.

- School factors— bullying is not properly addressed, may feel excluded, not accepted or stigmatized at school

How can we prevent bullying?

1. Help kids understand bullying and how to stand up to it safely
2. Keep communication open. Talk to them and check in with kids.
3. Encourage kids to do what they love. This can help boost confidence and help them make friends.
4. Model how to treat others with kindness and respect.

For more information and the full articles, visit: <https://www.stopbullying.gov/>

Shaniya's Shenanigans: Ojibwemowin Love Words

1.) I love my mother

- Aapiji gizaagi nimama

2.) I love my Father

- Aapiji gizaagi nindede

3.) I Love my grandmother

- Aapiji gizaagi nookomis

4.) I love my grandfather

- Aapiji gizaagi mishoomis

5.) I love my cousin

- Aapiji gizaagi indaangoshen (female to female)

- Aapiji gizaagi niinimosehn (female to male)

- Aapiji giizaagi nitaawis (male to male)

- Aapiji gizaagi niinimosehn (male to female)

6.) I am happy

- Niminwendam

7.) I am Loved

- Aapiji Zaagigo

8.) I love you

- Gizaagi'in

9.) Happy Valentine's day

- Mino zaagi'iwe giizhigad

Tonya's Tips: February is National Children's Dental Health Month

Tips for a healthy smile:

- Floss and brush twice a day
- Make brushing their teeth fun
- Help young children develop a routine of caring for their teeth
- Visit your dentist twice a year
- Visit a dentist sooner if your child had dental pain
- Avoid sugary drinks and foods
- Avoid giving milk at bedtime



Leech Lake Child Care Services is accepting Early Learning scholarship applications for children who qualify.

To be eligible to apply:

- * Child must be 3 years of age by September 1, 2022 and have not started kindergarten
- * Children 0-5 years of age who are a priority population. Priority populations are teen parents, foster care/child protective services, or have experienced homelessness in the last 24 months.
- * Siblings of a child with a scholarship that are attending the same program.

If you are interested in applying or for more information, please contact:

Tonya Morris, Early Learning Scholarship Area Administrator

Tonya.Morris@llojbwe.net

218-335-8249

George's Goods: Really Easy Roast Chicken

Recipe from *bbcgoodfood*



Ingredients

- 1 whole chicken, about 1.5kg
- 1 lemon, halved
- 2 garlic cloves
- thyme or rosemary sprig, if you have it
- 50g soft butter
- 800g very small salad potato, such as Charlotte, halved if you can only find large ones
- 350g small Chantenay carrot, or 3-4 regular carrots. cut into chunks
- 1 tbsp olive oil
- 300ml chicken stock
- 1 tbsp low-salt soy sauce

KIDS: The writing in bold is for you. **ADULTS:** The rest is for you.

STEP 1- Cut the string off the chicken. Heat oven to 220C/200C fan/gas 7. Get your child to use a pair of scissors to cut the elastic or string holding the chicken together.

STEP 2- Stuff the chicken. Stuff the lemon halves in the cavity of the chicken with the garlic and herb sprig (if using).

STEP 3- Time to get your hands mucky. Sit the chicken in a large roasting tin and use your hands to smear the butter all over it.

STEP 4- Easy-peasy vegetables. Tip the carrots and potatoes into a large bowl, drizzle over the oil and toss everything together with your hands.

STEP 5- Scatter the vegetables around the chicken. Scatter the vegetables in an even layer around the chicken, then season everything. Put the chicken in the oven and roast for 30 mins. Remove from the oven and give the vegetables a stir, reduce the heat to 200C/180C fan/gas 6, then return to the oven for 50 mins more.

STEP 6- Test if the chicken is cooked. Remove the chicken from the oven. Using a cloth, pull the leg – if it easily comes away from the body, there is no sign of pink and the juices run clear, the chicken is cooked. If you have a digital cooking thermometer, it should read above 70C. Take the chicken out of the tin.

STEP 7- Make a lemony sauce. Scoop the vegetables into a serving dish. Using a spoon or a pair of tongs, remove the garlic, lemon and herbs from the chicken and put them in the roasting tin. Squash them down well with a potato masher to release all the juice from the lemons.

STEP 8- Strain the sauce. Pour in the chicken stock and soy sauce and give it all a good stir. Get the child to hold a sieve over a jug while you lift up the pan and strain the juices into the jug. If you want it piping hot, reheat in a pan or in the microwave.

Becca's Bin of Bliss: Winter Driving Tips

See and Be seen

- ◆ Clear your car of frost and snow off.
- ◆ Equip your car with good wiper blades and keep windshield washer fluid filled.

Get a Feel for the Road

- ◆ Accelerate carefully. Fast acceleration can make wheels spin on ice and snow.
- ◆ Brake slowly to maintain control of your vehicle. Breaking hard will lock the brakes and cause loss of steering control.

Increase Your Following Distance

- ◆ Ice or snow can multiply your stopping distance up to ten times.

Turn in the Direction of the Skid

- ◆ If the rear of your car begins to slide, turn into the direction of the skid. Expect a second skid as the car straightens out, and be prepared to counter this sliding

action.

Avoiding a Collision

- ◆ In an emergency situation, you can intentionally steer your car off the road and into a snow bank. You may get stuck, but you'll avoid a crash.

Keep an emergency preparedness kit in your vehicle

- ◆ You can make your own or Purchase one at your local automotive store
- Everyone should be cautious when traveling in winter weather. Cold, snow and ice can demanding on cars. Cold affects metal, rubber and other materials in your car. It can reduce the effectiveness of your vehicle's battery. It can freeze tires and keep them flat on the bottom for at least the first half-mile of travel. It can thicken your car's lubricants, making the engine work too hard.



Mino– Dibishkaan!
Becca Tibbetts
Feb. 2nd.

February Ojibwe



Agwajiing izhaadaa. *Let's go outside.*

Ishpaagonagaa. *It's a deep snow.*

Nookaagonagaa. *There is soft snow.*

Aagimadaa! *Let's go snowshoeing!*

Zhooskwajiwedaa! *Let's go sledding!*

Mino-giizhigad sa naa! *It sure is a beautiful day!*



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