

Traditional Family Parenting Evaluation Report



Date: March 23-25, 2021
Location: Zoom Conference

For More Information:

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About the Training

On March 23-25, 2021, as part of its commitment to preventing family violence within Manitoba First Nations, Circling Buffalo Inc. coordinated a Zoom-based, train-the-trainer workshop on *Traditional Family Parenting*. The workshop is designed to train participants as trainers who can then deliver the workshop in their communities.

The *Traditional Family Parenting* workshop has been developed and is delivered by Janet Fox from Mahkesis Consulting. The purpose of the workshop is to bring about greater understanding and awareness of Indigenous People and Positive Parenting prior to European contact, and the trauma of residential schools and other colonial policy. Bringing back these teachings and the parenting skills is a wholistic and positive way to prevent family violence. While most First Nations face high levels of family violence, this workshop is a tool to help break these cycles so all families can have a brighter future. These teachings have always existed and they can be revitalized.

In keeping with the vision of Circling Buffalo Inc., which is that ‘we gather in unity to awaken the spirit and the will within honouring life,’ the workshops focus on awakening the spirit in each of us, so we can balance our emotional, mental, physical and spiritual elements and make change in our communities.

The three-day workshop is based on the traditional parenting knowledge of the importance of bonding and attachment. As Fox teaches, “With the studies today, it has proven that when bonding is not in place; it will affect the child in all stages of life.” The workshop includes womb teachings, the four cycles of life (child, youth, adult, elder) and uses the 15 teepee pole teachings (each pole represents a virtue) as guidance. Topics presented include: first 6 years of a child’s life, bonding, moss bag teachings; significance of the cradleboard and traditional swing; the sacredness of fatherhood; plant world and taking care of our spirit.



Evaluation Form

Training participants were asked to voluntarily complete an anonymous, one-page evaluation form to evaluate the quality and relevance of the training. A total of 25 participants completed the form.

Participants were asked to rate their experience in the training workshop based on the measures below using a scale of 1 to 5, with 1 being the lowest and 5 the highest.

	1	2	3	4	5
Content was clearly organized					
Presenter was knowledgeable					
Presentation was interesting					
Information useful for my work					
The virtual format is acceptable					

In addition, the form provided space for participants to answer the following questions and add general comments:

- Would you want to have more training from Janet Fox? Yes or No (circle one)
- If yes, which community are you from?
- What are other training needs might you have?

A copy of this form is attached as Appendix A.

Evaluation Results

The evaluation results indicate high levels of satisfaction with the workshop.

	1	2	3	4	5
Content was clearly organized		4%		4%	92%
Presenter was knowledgeable			4%		96%
Presentation was interesting			4%		96%
Information useful for my work			4%	4%	92%
The virtual format is acceptable			4%	12%	84%
TOTALS		1%	3%	4%	92%

Overall, the vast majority (92%) of participants rated the training at the highest level.



The training received the highest ratings for the ‘presenter was knowledgeable’ measure (96%) and ‘presentation was interesting’ (96%). Similarly, 92% of participants rated the content as ‘clearly organized’ and as providing ‘information useful for my work.’

A slightly lower number of participants (84%) gave the highest ratings for ‘the virtual format as acceptable.’ Clearly, some participants do not prefer the online, Zoom format, but the vast majority did regard it as acceptable.

Requests for Additional Training

In answer to the question as to whether they would want more training from Janet Fox, 100% of participants said ‘yes.’

Participants self-identified as being from the following communities:

- Fisher River Cree Nation
- Brokenhead Ojibway Nation
- Buffalo Point First Nation
- Chemawawin Cree Nation (Easterville)
- Hollow Water First Nation
- Peguis First Nation
- Pine Creek First Nation
- Roseau River First Nation
- Sioux Valley Dakota Nation
- Nisichawayasihk (Nelson House)
- Wuskwi Sipiik First Nation
- York Landing First Nation

Other Training Needs

In answer to the question of ‘what other training needs might you have,’ most participants requested additional training on different types of traditional knowledges.

Traditional Knowledges

- Holistic healing work
- Sacred Medicines
- Full moon ceremonies for ladies
- How to make flat, drum-like rattles
- Women’s teachings
- Medicine harvest, preparation, storage & application



- Medicine/medicine picking camps
- Making a moss bag
- Rites of passage
- Incorporating cultural beliefs/teachings in education (early years)
- Indigenous culture/beliefs introduction for non-Indigenous staff practices
- Kind Man, Kind Woman

Workplace Skills & Knowledge

- Lateral violence in a workplace

General Health & Wellness

- Healthy Relationships
- Forgiveness
- Relationships/Kinship
- CPR/First Aid
- Working with people with trauma
- Identifying chemicals in daily food, diabetes

Healthy Families

- Foster parent/children's Camps
- Support groups - Adoption Ceremony for foster parents
- Early Childhood Education Level 2

Children & Youth

- Jordan's Principle
- Self-esteem for young people

Men

- Workshops for Men

General Comments

Overall, the general comments from participants expressed high levels of satisfaction with the delivery and content of the training.

- Very good presentation, lots of information I can share with my community members
- This virtual format has been amazing for me because I am not one for large crowd workshops, conferences, etc. I have the strength to ask questions and don't have to ask in front of a crowd!
- Any traditional knowledge is always welcome!
- I loved Janet's style. It was a true privilege to learn from her.



- Very good training will for sure bring back to our young parents. Really enjoyed the medicine teachings, and thank you once again Janet & Alexandria.
- Beautiful, beautiful, beautiful, beautiful. Thank you so much. Wonderful time, wonderful knowledge.
- This training is very beneficial to my work, but mostly for my well being.
- Thank you for sharing your teachings. I would like to see how other communities prepare wildmeat, berries, vegetables, and medicines.
- I thoroughly enjoyed this training! I learned so much and can't wait to share what I learned. I could listen to Janet speak all day, thank you!
- Thank you for the training, the virtual experience was new and interesting. Loved Janet's presentations.
- I loved this presentation. I was very interested in the medicine & trauma parts of the workshop. Thanks for the opportunity to learn more about my own culture.
- Excellent teachings
- Very engaging. Enjoyable when using the Cree language. Re-awakened my spirit & understood the teachings.
- This was a very interesting and informative workshop for me.
- I really enjoyed the workshop. You are very knowledgeable, and I have learned a lot from this workshop.
- The training was good overall! It will be useful to use.
- It was a good virtual training!!!

In Conclusion

Circling Buffalo Inc. remains committed to providing the skills, knowledge and support to First Nations in Manitoba working to prevent and address family violence in their communities. If you have any questions or comments about Circling Buffalo Inc. or our services and programs, please do not hesitate to contact us.