



It was never meant to be just the parents' responsibility alone, it has always been an extended family that assists in bringing up our children.

### Why is it important to restore traditional teachings?

Hundreds of years of child rearing practices have been passed down from generation to generation. Each tribe specific with their own stories and traditional ways of how children should be raised to understand how to respect themselves and others. This is beneficial because our children learn how to be influenced and how to influence others in their lives. This builds the foundation for a sense of identity and builds confidence and self-esteem when nurtured by family and extended. Parents were never left alone to raise a child, everyone helped out with this.

### We Start Small

*We start small like an acorn, with a limited education. Then we grow roots and our knowledge develops over time. As graduates, we are ready to spread our knowledge.*

— Elaina and Nisha Supahan, Karuk

### Generations

*Generations have struggled to learn, despite efforts to eliminate our traditions and language. Having a strong sense of yourself and your community is a great foundation for learning.*

— Agnes Chavis, Lumbee

### Grown Men Can Learn

*Grown men can learn from very little children for the hearts of the little children are pure. Therefore, the Great Spirit may show to them many things which older people miss.*

— Black Elk, Oglala Lakota Sioux (1863-1950)

## Native Parent Resource Center

### Contact Information

(510) 836-1900



## Seeds of Life Program



Learn how to support your child's development from ages 0 – 5 years old with traditional Native parenting practices so they will be prepared for their journey to a healthy road of success.

## Intertribal Friendship House

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Oakland CA 94606





## About Us

Intertribal Friendship House (IFH) was established in 1955 in Oakland as one of the first urban American Indian community centers in the nation. The mission of IFH is to promote the ability of Native American people to thrive in an urban environment to strengthen cultural identity, promote health, inter-generational healing, and support the development of extended family. IFH serves Native families that represent more than 100 tribes. We offer a variety of family programs, activities, and events that provide cultural connection and strengthen families. Many of the families IFH serves are the fourth generation of those who came here on relocation. In addition to the programs, events, and activities, IFH provides resources and support to families in need of housing, food, legal support, ICWA, and education information.

## Planting Our Seeds for Our Children to Grow

A newly funded program from Alameda County First 5 that IFH offers a Parent-Child Education Support program, as an integrated approach to culturally appropriate family literacy and child development. The program provides Native American families with children ages 0 – 5 years of age with support, parenting resources, parent education with a focus on parent-child bonding, and school readiness.

- Learn traditional Native child rearing practices
- Develop skills to build your child's awareness as well as your own with education
- Understand how to support your child's developmental milestones.
- Learn story telling and literacy activities.

**Enhance your knowledge to help guide your children ages 0 – 5, in a healthy and successful way.**



## Building Blocks for Child Development:

### Physical Development

- Learns how to manipulate objects
- Develops motor coordination

### Social and Emotional Development

- Building healthy attachments
- Observes and recognizes
- Develops a sense of Self
- Builds self-esteem
- Learns moral reasoning

### Thinking Skills Development

- Awareness of past and present
- Learns about acceptance
- Learns right from wrong
- Develops self-control

### Communication Skills Development

- Develops language
- Learns non-verbal cues
- Develops imagination and drive