

## Our Traditional Teachings tell us:

... That the first years of a child's life are the most important for healthy development.

Healthy Native Parenting nurtures, protects, guides, and teaches. It is central to all other aspects of life and is the foundation for a healthy Native culture.

Healthy Native Parenting builds stronger children. Stronger children build stronger communities.

You help shape your child's future, and your community's, through the kinds of experiences you provide.



## Eligibility

Native families that are expecting a baby, or who have children age birth – 3yrs. are eligible to participate in Healthy Families. Healthy Families is a FREE program.

## Contact Information:

Healthy Families has Parent Support Coaches in the following locations:

The Chehalis Tribe  
The Nisqually Tribe  
The Shoalwater Bay Tribe  
The Squaxin Island Tribe  
Pierce County  
Kitsap County

Contact:

or the Healthy Families Project Coordinator  
at 360-426-3990

SPIPA Healthy Families Project  
3140 SE Old Olympic Highway  
Shelton, WA 98584



## A Family Support Program

*In the ways of our our Aunties & Grandmas we support Healthy Parenting Education for the Wellbeing of Native Children, Families, Culture and Traditions.*



A program of the  
South Puget Intertribal  
Planning Agency

## About Parent Support

When you enroll in Healthy Families, a warm, friendly Parent Support Coach will have regular visits with you in the comfort and security of your own home. During these visits, you'll have a chance to:

- Learn more about having a healthy pregnancy - and get information and support on breastfeeding.
- Learn more about your child's development and how to ensure their growth through early stages. (Developmental Screenings too.)
- Build confidence in your parenting skills.
- Do an activity that promotes your child's growth and your special bond with your baby.
- Talk about how things are going... with someone you can trust.
- Learn Traditional parenting practices – keeping history and culture strong in your community.

You will also be invited to attend Parenting Groups – where you can learn about parenting topics and get to know other parents in your community.



## Goals for this generation

- Sustained connection to Cultural Identity and Traditional Parenting Practices.
- Reduction in Trauma
- Confident Native Parenting
- Improved maternal and newborn health and wellness
- Support family wellbeing
- Improve school readiness
- Increase family self-sufficiency
- Improve early childhood assessment and referral system.

