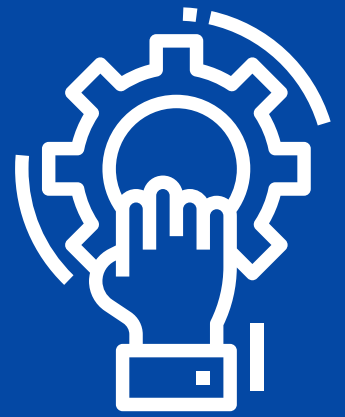


I DON'T KNOW HOW TO SUPPORT MY CHILD THROUGH LOSS: MULTI-GENERATIONAL CULTURAL PERSPECTIVES

Webinar Tip Sheet

FIND INTENTION IN EVERYDAY MOMENTS

Think of everyday moments as opportunities where you can teach your child about their culture and values.



DO NOT FORGET WHERE YOU CAME FROM & THE CONNECTIONS YOU'VE MADE

Stay rooted in your community and the connections you've made. Start each day with a "hello" to your ancestors and those around you and know that you are all connected.



DO SOMETHING FOR YOUR CHILD'S BODY, MIND, EMOTIONS, AND SPIRIT EVERY DAY

Let your child seek intention on their behalf each day. Use actions like greeting your child by name, feeding, reading or telling a story to nourish their body, mind, emotions, and spirit.



DO THE BEST YOU CAN WITH WHAT YOU HAVE

Do not strive for perfection but strive to do better and improve. Use each day as a new opportunity to learn and practice gratitude.

