



Nancy Mike, BScN, RN
Qaujigiartiit Health Research Centre, Iqaluit, Nunavut, Canada

ᐃᓂᕐᕐᕐᕐᕐᕐᕐᕐ ᐱᕐᕐᕐᕐᕐᕐᕐᕐ ᐃᓂᕐᕐᕐᕐᕐᕐᕐ

Trauma-Informed: Inunnguiniq Inuit Child-Rearing Program

Outline

- What is Inunnguiniq?
- Inunnguiniq Participation
- Purpose of Inunnguiniq & Influences within Families, Communities, & Workplaces
- Stories & Findings
- Comments/Evaluation
- Questions

ᑭᑭᑦ ᑭᑭᑦ ᑭᑭᑦᑭᑦᑭᑦ

Dr. Gwen Healey-Akearok, MSc., PhD
Executive & scientific Director,
Qaujigiartiit Health Research Centre

- Born and raised in Iqaluit, Nunavut
- Epidemiologist and public health researcher
- Executive and Scientific Director, Co-Founder, Qaujigiartiit Health Research Centre
- Mother, wife, sister, community member, etc. etc.



ᑭᑭᑦ ᑭᑭᑦ

Nancy Mike, BScN

*Research Associate: Community & Family Health
Qaujigiartiit Health Research Centre*

- Research Associate, Nurse, Musician, song-writer, visual artist, author.
- Mother of 3 girls.
- BScN Arctic Nursing 2015
- Born in Iqaluit, NU and raised in Pangnirtuuq, NU.
- Been working with QHRC since September 2019



What is Inunnguiniq?

Inunnguiniq Inuit Child-rearing Program



- Roles of parents in raising and guiding children
- Reflection on colonial policies which impacted families in the North
- Rebuilding the role of extended family and community in Inunnguiniq, extending social supports.
- Importance of the land in our lives and wellness
- Stages of child development
- Inuit perspectives on child-rearing and family relationships
- Inuit naming and kinships
- Heart centred-approach to childrearing

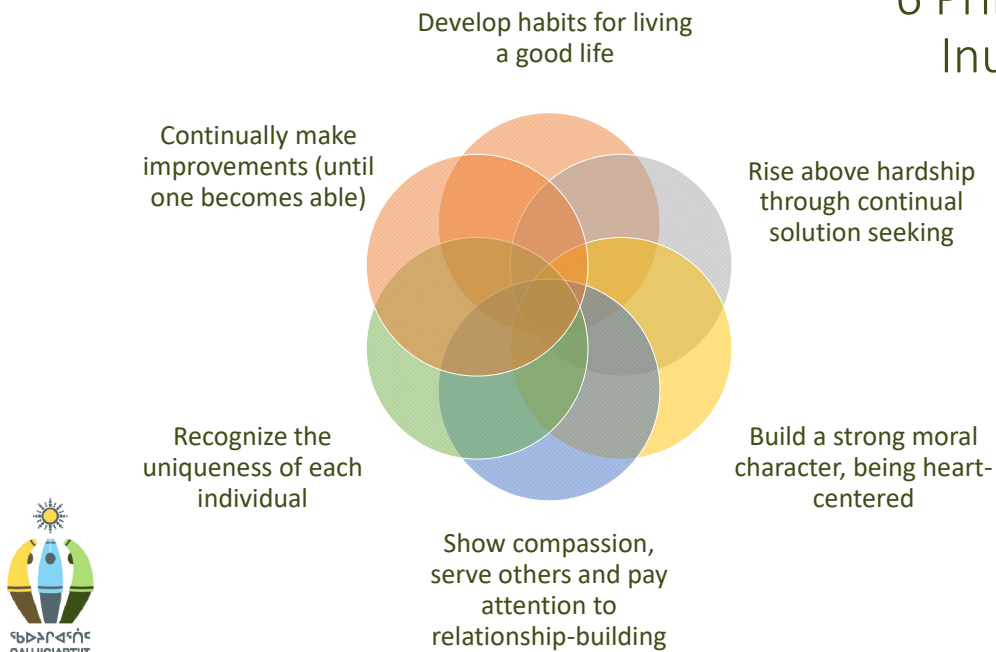
What is Inunnguiniq?

Inunnguiniq Inuit Child-rearing Program



- Revitalizing Inuit stories and recognizing the power of story in our lives and in the lives of children
- Practicing and adopting positive life habits and role modeling
- Practice life skills grounded in Inuit Qaujimajatuqangit
- Relationship communication skills for spouses, family and children
- Setting expectations for children and ourselves
- Budgeting
- Exploring ourselves and our actions through reflection
- Healthy Eating and family nutrition.

6 Principles of Inunnguiniq



Purpose



Inunnguiniq Participation

- 5 day intensive Inunnguiniq Facilitator Training Course
- Inunnguiniq Mentorship Program
- Inunnguiniq Programming within communities & workplaces.
- Elder's Advisory Committee meetings.



Impacts of Colonization on Inunnguiniq

"We want to understand how Inuit in the past were successful at teaching their children about the IQ principles, that helped them back then, because we feel the same principles can help our children today—to look at things from this perspective and continue to develop the skills that will help them to have a productive life and to be helpful to others in need."

- Joe Karetak, Arviat (CSS June 2004)



Relationships

- Relational worldview
- Mutually supportive relationships
- Creating networks of support for parents
- Elder mentors
- Relationships to land & nature
- Family & belonging



Inuit Stories

- *Unikkaaqatigiinniq* - the philosophy of story (the power and meaning of story-telling)
 - Kiviug
 - Kaujjajjuk
- Old stories and songs hold deep meaning, provide inspiration, and convey morals and values.
- Revitalize older stories and help parents develop their own stories about their children

Reconnecting People



Understanding the need for healing and support - basic ideas and referrals



Looking to the past in order to successfully go forward into the future



Family relationships and kinships as the strength of Inuit Qaujimajatuqangit



Kiviuk's Characteristics

- Strong • Friendly • Resilient
- Determined • Smart • Kind
- Good listener • Observant
- Skilled • Quick thinking
- Caring
- Accepting

Stories & Findings

- ~425 Nunavummiut trained
- Hundreds of parents and students have attended the programming.
- Pilots in healing/correctional centres, and women's shelter.
- 30 facilitators trained this year.
- Delivered with Early Childhood Educators & Project coordinators.
- 70% felt prepared to deliver the program.



ᐱᐸᐸᐸᐸᐸᐸ!
 Qujannamiik!
 Thank-you!
 Merci!

Contact us:

Nancy.mike@ghrc.ca

Twitter: @Qaujigiartiit

Instagram: Qaujigiartiit

Facebook/qaujigiartiit

