

ELDERS AND GRANDPARENTS

have important knowledge to share about parenting and raising children. Each year, the Baby Bundle will invite an Elder and/or grandparent from a region of the Northwest Territories to share encouraging words and thoughts with new parents

The words of encouragement below are shared by Jane Dragon, Dënésułiné Elder from the South Slave region, is a grandmother, great-grandmother, volunteer for FOXY/ SMASH, and a volunteer seamstress for Aurora Heat.

"I received words of encouragement and wisdom when I became a parent that were so helpful to me. I remember my dad telling me that

**babies are a gift to us
and they are not ours to keep.**

We don't know how long we will have them for, so we need to always love and care for them as much as we can.

**Treat babies and children
as best as you can, by rocking
them and holding them, because
they are only borrowed to us.**



When I was a young child, I asked my grandfather what sin meant. It was something my grandmother spoke of with me and I didn't understand the meaning of it. He explained that hurting others on purpose is the most terrible thing we can do, so we are to never hurt others on purpose.

show babies and children
kindness, love, and teach them to never
hurt others on purpose.

I adopted and birthed babies, which meant having two babies to care for all at once, like twins. When a baby was crying, they were held and fed until they settled again. I remember my husband bringing our crying baby to me. He had tried and tried to settle the baby at night but couldn't so he asked me for help. I held and breastfed the baby and our baby was content again then went to sleep.

Before and after the baby comes,
it is important to have support from family
and community members on your parenting journey.

This guidance from others, as well as my own experience and knowing, helped me to know how to show my babies love and how to soothe and comfort them when they were upset. It also helped me to be successful with breastfeeding.

