



Circles of Fatherhood

A Journey of Life



Aboriginal Fathers



Question: What word do you use for “Father” or “Dad” in your language or culture?

Nishomis’, Nibaabaa, Foster Dads, Big Brothers, Teen Dads, Cousins, Single Dads, Metis Fathers, Inuit Fathers, Dads, Fathers, Uncles, Grandfathers, Step-Fathers, and Aboriginal Father

Aboriginal Fathers

- In the past, Aboriginal Fathers were responsible for hunting, gathering, providing shelter and protecting families
- Now, Aboriginal Fathers are responsible for restoring the strength of the family, ensuring elders play a role in the education of their children, listening to co-parent's council to benefit family, and to demonstrate trust, respect, honor and discipline by dedicating his priorities to rebuild family

Influences on Aboriginal Fathers

- **Stereotypes**
- **Mother's Influence**
- **Residential School Systems**
- **Trauma or Inter-Generational Trauma**
- **Community Influence**
- **Social Services**
- **Addictions**
- **Barriers (money, transportation, custody etc.)**
- **Lack of Support/Resources**
- **Lack of Self-Esteem**

Why Support Fathers?

- What are some reasons why we need to engage fathers in being more involved with their children?



The Role of the Aboriginal Father

- Be a positive role model
- Connect the child to their traditional culture and ancestral language
- Pass on knowledge and pride in their culture
- Develop a close relationship with their child
- Provide guidance and direction
- Build the child's self-confidence



How to break the “Cycle”?

- Reclaiming and regaining strength, health, and knowledge
- Re-invent your view what it means to be a Father
- Become more involved in the child’s life (parent-teacher meeting, culture nights, etc.)
- Heal, talk about your past
- Avoid “avoidance”. Take care of the present, for the future



Barriers

- Discuss some challenges that makes it difficult to engage fathers in being actively involved in their children lives.



Strategies

- Develop a plan and be intentional
- Determine your target group
- Have relevant resources
- Use hours accessible to the men
- Talk with the men about what they would like
- Check out your environment
- Feed them



Strategies

- Stay in touch – email, social media, phone
- Find male leadership
- Have children take the information to the dads
- Meet them on their terms and in their place
- Look for their strengths and build on them
- Take your time getting momentum
- Find community partners



Circles of Fatherhood

- Open to fathers, fathers to be, step fathers or male caregivers
- 8 session program
- Focusing on Medicine Wheel Teachings
- Balance Life: Physically, Mentally, Emotionally and Spiritually



Circles of Fatherhood: 8 sessions

- The Role of the Father
- Watch Me Grow! Child Development
- Listen Up! Communication
- Emotions & Emotional Health
- Guidance & Setting Limits
- Physical Health: Activity and Nutrition
- Physical Health: Injury Prevention
- Family Life & Work Balance

Questions?



Resources

- Offering Circles of Fatherhood Program
- Poster Series
- Daddy....Come Play With Me.
- Fatherhood is Forever



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