

## Early Years & the Holistic Vision of Wellness Three Part Series



Announcing the Launch of the previously held three part Series titled: “Early Years and the Holistic Vision of Wellness”

The First Nations Health Authority has received clear direction from BC First Nations that its vision, philosophy and approach must align with a First Nations perspective of health and well-being. Thus, the creation of the First Nations Perspective on Health and Wellness.

This image has been derived from a holistic perspective of health, and its concepts are based on the knowledge passed along by our Elders and traditional healers. Although the model appears in layers, it is important to acknowledge that each circle and its components are all interconnected and need to be in balance.

Whom should visit this Series? Frontline Early Childhood Educators, Assistants, Staff, Elders, Language and/or Knowledge Carriers, Parents, Care providers and/or those working with our First Nations children and their families.

### Series 1: “Connecting to our Practice”

**FNHA Presenters:** Traditional Wellness Coordinator, Jody Jones; Wellness Initiatives Facilitator, Nadine Mross; and Head Start Advisor, Tara McLaughlin

#### Learning Objectives:

- Explore and identify traditional teachings and/or approaches to enhance one’s healing and wellness journey
- Gain knowledge and/or awareness to the impacts of trauma within one’s Body, Mind and Spirit
- Learn the pathways of wellness in an Early Years environmental setting
- Explore and gain knowledge with the Head Start on-Reserve resources – Exploring your program – connections to land-based learning

Webinar Link: <https://www.youtube.com/watch?v=OY1A-XifzKU> (1.03mins)



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## Series 2: “Parent and Family Involvement”

**Special Guest Speakers:** Respected Elder Shane Pointe, Parent and Early Years Program Director  
Lisa Sambo N’Quatqua

**FNHA Presenters:** Head Start Advisor, Tara McLaughlin, Jennifer Smith Mental Health and Wellness Liaison and Denise Lacerte, Senior Specialist Healthy Children and Youth

### Learning Objectives:

- Explore traditional parenting teachings and/or approaches to enhance one’s sacred journey
- Gain knowledge and reinforce the positive impacts of parent & family involvement
- Learn effective strategies to engage parents and families within your program
- Learn the pathways of inclusion and sense of belonging in an Early Years environmental setting
- Explore and gain knowledge with the Head Start on-Reserve resources

Webinar Link: <https://youtu.be/VPqIJw1g7rg> (1.43mins)

## Series 3: “Guiding our Most Precious Gifts, our Children”

**FNHA Presenters:** Head Start Advisor, Tara McLaughlin and Child and Youth Systems Navigator, Deanna Rabenbeck

### Learning Objectives:

- Explore traditional parenting values to enhance one’s sacred journey
- Learn the positive impacts of guiding strategies
- Learn effective and positive strategies to engage children
- Explore the various pathways in creating a sense of belonging in an Early Years setting
- Explore and gain knowledge with the Head Start on-Reserve resources

Webinar Link: <https://youtu.be/Wf66dUkGAKs> (0.33min)



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## Professional Development Hours

We have had some inquiries related to “Professional Development Hours.” If you missed the live workshop series and are interested in obtaining professional development hours please note that we are more than willing to discuss and/or arrange a process to “learn at your own stage of readiness and pace.”

- **For example:** Firstly, you have a participant whom is interested in watching the three part series. Secondly, upon the completing their review, the participant would then arrange to meet with their leadership or Head Start Advisor to follow up and discuss their learning outcome(s). In final, the participant would then qualify for the professional development certification hours.

For more information on training or other resource materials please visit our Aboriginal Head Start on Reserve (AHSOR) website at:

<https://www.fnha.ca/what-we-do/maternal-child-and-family-health/aboriginal-head-start-on-reserve>

Should you have further questions, comments or concerns please feel free to reach out at any time.

*In wellness,*

**Tara McLaughlin**

Aboriginal Head Start Advisor, Program and Service Supports

Fraser Salish and Vancouver Coastal Region(s)

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