



# MOTHERS OF TRADITION

## THE FIRST TEACHERS



Develop the skills and knowledge to live a healthy life as a traditional, spiritual Indigenous woman. Increase awareness of how intergenerational trauma interrupted the culture, language, family ties, and parenting practices among Native people. Learn how to apply the cultural teachings to bring healing to children, relationships and community.

### Significance

As Indigenous women and mothers, we know we are faced with great responsibility for the next generations.

Mothers of Tradition: The First Teachers celebrates our traditional roles as mothers and teachers in the community. It is designed to provide a guide for applying traditional teachings to our understanding of what it means to be a mother.

There was a time, before European contact, that The People practiced healthy, balanced lifeways. We want to once again hand down those healthy teachings to the next generations.

The historical trauma, intergenerational trauma, and the legacy of the Boarding School era have done much harm to our culture, our traditions, our way of life, and our understanding of our roles as women and as mothers.

It is our hope that by learning the cultural and traditional teachings regarding being a mother, each participant can bring this healthy approach back to their communities. We must begin the healing process in our communities with the mothers, The First Teachers.

### Goals

- Educate participants about the origins and role of the Wellbriety Movement
- Help participants gain an understanding of how Intergenerational Trauma has affected them personally, as a family, community, and Nation
- Present participants with strategies to help them process the effects of Intergenerational Trauma, become healthier and more balanced, and to be able to practice and teach others healthy life-ways

- Participants gain an understanding of how important they are as first teachers and mothers, in passing on the teachings of living healthy and balanced lives

### Topics and Themes

- Impact of Boarding Schools and Intergenerational Trauma
- Wellbriety and the Importance of Consciousness Change
- Traditional Knowledge and Teachings
- Spiritually Healthy Native American women
- Thought Processes





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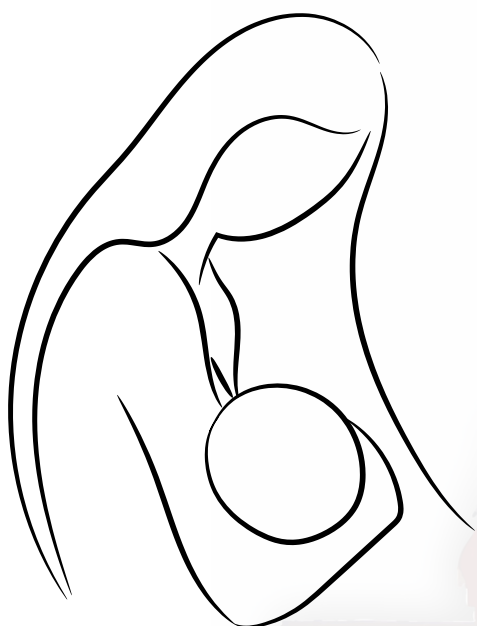
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### Learning Outcomes

- Apply traditional principles, laws, and values to our roles as mothers and teachers
- Recognize opportunities for healing our children, families, and communities
- Apply the Four Laws of Change to our lives and our families
- Implement the tasks of the First Teacher



### Facilitate Workshops in Your Own Community

1. Organize Mothers of Tradition workshops in your own community
2. Assist Native women to develop insights and skills that make them more effective parents and First Teachers
3. Assist family members and friends in dealing with the challenges of reclaiming a traditional identity and traditional teachings
4. Make lesson plans for implementing each of the sessions
5. Organize and lead community talking circles
6. Engage community Elders in assisting with the healing process

24 Continuing Education Hours  
NAADAC Provider #64009



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