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# Indigenous Outcomes

## 2 Strong Families

Indigenous families are able to cope with challenges, meet their goals, and foster their culture and identity across generations.

“All my relations” is a concept that captures the broad way that family and kinship is defined within many Indigenous communities. It recognizes all the generations within a family – Elders, parents, aunties and uncles, children and grandchildren – and the unique roles they each play in supporting well-being. It also recognizes our kin relationships with all living things and the natural world. It acknowledges our ancestors who have come before and the future generations who are not yet born.

Families can support well-being when they provide a source for cultural identity and foster relational awareness and skills. Strong families are the foundation for strong communities. When families are resilient and connected to their communities, they provide the foundation for healing from intergenerational trauma and other impacts of colonialism and racism. Programs and services should be build on Indigenous understandings of families, and where possible, should engage children, parents, Elders and other members of the community together.

### Families as source of cultural identity

The top 3 main sources of cultural knowledge for children are Parents, Grandparents, and Aunts/Uncles.



For 1 in 4 children, community Elders were a source of cultural knowledge.

**93%** of parents\* discuss their family values with children every day or a few times a week

**96%\*** of parents have talked to their child about important people or events in First Nations/Inuit and/or Métis history

**86%\*** of parents have talked to their child about discrimination against Indigenous people

**86%** of parents feel a strong attachment toward other Indigenous people

#### Notes and Definitions

Participants were selected using respondent-driven sampling to recruit Indigenous people living in the city.

Indigenous children: persons self-identifying as Indigenous such as First Nations, Métis, Inuit, or other Nation aged 0-14 years living or using services in the City of Toronto. Parent: biological and non-biological parent and/or caregiver.

\*Indicates a 95% Confidence Interval between 10-20%.



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### Action Areas:

Services and programs for Indigenous children and families can help connect them to their community, foster resiliency and provide foundations for healing.

- Providing adequate resources to enable Indigenous communities and child-welfare organizations to keep Indigenous families together where it is safe to do so, and to keep children in culturally appropriate environments, regardless of where they reside.
- Make age-appropriate curriculum on residential schools, Treaties, and Indigenous peoples' historical and contemporary contributions to Canada a mandatory education requirement for Kindergarten to Grade Twelve students.
- Support First Nations, Inuit, and Métis families in parenting their children in culturally grounded ways.

Survey Question	RDS Prevalence Estimate (95% Confidence Interval)
Who helps [C1.1] understand their culture?	
Parents	81.4% (73.2, 89.6)
Grandparents	51.4% (39.9, 62.9)
Aunts and Uncles	33.8% (22.9, 44.6)
Community Elders	23.7% (14.6, 32.9)
Please indicate how often you discuss our family's values with your child?	
Everyday or a Few times a week	92.9% (86.6, 99.1)
Once a week or less	7.2% (0.9, 13.4)
In the past 12 months, how often have you talked to your child about important people or events in First Nations/Inuit and/or Métis history?	
More than once	95.5% (90.0, 100.0)
Never	4.5% (0.0, 10.0)
In the past 12 months, how often have you talked to your child about discrimination against Indigenous people?	
More than once	85.9% (77.5, 94.4)
Never	14.1% (5.6, 22.5)
I feel a strong attachment toward other Indigenous people	
Strongly Agree or Agree	86.0% (72.3, 99.6)
Disagree or Strongly Disagree	14.0% (0.4, 27.7)