

Community Healing and Intervention Program Newsletter: Wanuyitnamu (Winter) 2001/2002

Where is the CHIP Office?

- 12A-13 Ave. South, Specialty Lane, Cranbrook, B.C.
- Next to Sugar Shack and the Safeway parking lot



Open: Mon.-Fri. 9 a.m. to 4:30 p.m.
Phone: 250-489-3373
Fax: 250-489-3006
Email: chip@cyberlink.bc.ca

Mailing Address:

CHIP
7468 Mission Road
Cranbrook, B.C. V1C 7E5

CHIP would like to thank the following organizations for their on-going support:

- ❖ The Aboriginal Health Division of the B.C. Ministry of Health Services for funding CHIP
- ❖ The Ktunaxa Independent School Society for administering CHIP
- ❖ The College of the Rockies for housing and maintaining CHIP's collection of FAS/ARND resources

Thank you!

Ki'suk Kyukyit! Welcome to the Wanuyitnamu (Winter) 2001/2002 CHIP newsletter.

The theme of this newsletter is **"Prevention is Important."**

This newsletter will highlight some of the resources that are available for preventing alcohol use during pregnancy.

Prevention can come in many forms, for example, a friendly chat with an expecting mother, a children's story about healthy pregnancies, or an information table at a community event.

We can all help to prevent prenatal exposure to alcohol!



Community Healing and Intervention Program Newsletter: Wanuyitnamu (Winter) 2001/2002

Hey, there's a new CHIP poster! The poster's message is: "Culture is Prevention: Prevent Fetal Alcohol Syndrome"

"Thank You" to Jason Louie for organizing this project. If you would like a poster, please contact the CHIP staff person nearest you. 😊



FAS Baby Shower

This idea for a prevention activity comes from the Long Beach chapter of the National Council on Alcoholism and Drug Dependence.

This might be a useful activity for teens or young adults. (cont'ed...)

FAS Baby Shower cont'ed...

A woman named Jan Peckham "came up with the idea to stage a mock baby shower—usually a joyful event in the life of a mother, filled with adorable baby gifts...Using an infant doll...and a bag of traditional gifts, she soon discovered the baby shower involved the young women in a way that [a] video alone or the handouts never could."

"Every participant receives a rattle, teething ring, pacifier or some other small gift. Affixed to each is a label that conveys some specific information about drinking during pregnancy. Then, as the women pass [the infant doll] from one to another, they are asked to read the label on their gift."

"Instead of the pretty rattle a woman is holding, she suddenly realizes the "gift" she may be giving her baby is a facial deformity, [learning disabilities], low birth weight, or a small brain...As the doll moves from person to person, you can see the concern register on each of their faces, so we know we have found an effective way to keep them interested."



Community Healing and Intervention Program Newsletter: Wanuyitnamu (Winter) 2001/2002

Prevention Through Story-Telling

Another way to prevent prenatal exposure to alcohol is by educating young children. Story-telling is a great way to reach young kids.

Here is a story written by Florence Phillips who worked for CHIP. Florence's story is in the "West—Courage" section of "The Story of CHIP."

"Once upon a time, a mom and dad who had been married for quite awhile decided they should have a baby to make their family complete. One day, the mom went to the doctor for a check-up and you can imagine how happy she was when the doctor told her she was pregnant..."

"The doctor said, congratulations, your wish had come true. You are going to have a baby."

"The doctor told the mom that to have a healthy baby, she should eat healthy food, get lots of rest, drink milk, and not to smoke or take any drugs, but he didn't tell her not to drink anything with alcohol in it..."

"Now some people, when they have something to celebrate," (cont'ed...)

Prevention Through Story-Telling cont'ed...

...do it by having a drink of wine - which we know has alcohol in it. This mom and dad were like that. On their birthdays they drank some wine, at Christmas they drank some wine or some beer, and when friends came over, they sometimes had wine."

"No one told the mom that the alcohol in the wine and beer was hurting her baby - not even the doctor."

"No one told her or her husband that every time she drank alcohol, her baby drank it too, and because alcohol is poison, and the baby was so small, the poison hurt the baby's brain."

"Too bad the baby couldn't tell the mom how much the alcohol was hurting it, because the mom loved the baby so much, she would not have done anything to harm it."

"When the baby was born, everyone was so happy, and guess what they did to celebrate? You're right, they drank some wine, and since the mom was breast feeding her baby and the wine went into the mom's milk..."(cont'ed...)

Community Healing and Intervention Program Newsletter: Wanuyitnamu (Winter) 2001/2002

Prevention Through Story-Telling cont'ed...

"...the baby drank some wine too."

"Now when babies are first born, their brain cells are still developing, just like their body is growing, and if a mom is breast feeding the baby, anything the mom eats or drinks goes into her milk and into the baby's brain cells."

"When the baby got older, it had a hard time learning some things and sometimes got into trouble because it couldn't remember right from wrong no matter how hard it tried."

"The mom and dad were so worried, they took their child to a special doctor."

"He gave them information about Fetal Alcohol Syndrome...and the name of a community person who could help them learn more. "

"The learned that [Fetal Alcohol Syndrome] is a handicap that you cannot see, because you can't see inside the brain."

"It is called an invisible handicap."
(cont'ed...)

Prevention Through Story-Telling cont'ed...

"This explains how...Fetal Alcohol Syndrome happens. The mom drinks alcohol when she is pregnant and the alcohol harms the baby."

"It takes a mom and a dad to make a baby, so the dad shouldn't drink alcohol or do drugs either."

"The mom and dad learned how to help their child and they told all their friends and relations that if they were planning to have a baby or were already pregnant, they should never, never drink alcohol."



Community Healing and Intervention Program Newsletter: Wanuyitnamu (Winter) 2001/2002

New Resources!

- ❖ **"Doris: Fetal Alcohol Syndrome Doll"**
 - ❖ This doll shows the physical features of a baby with full Fetal Alcohol Syndrome.
 - ❖ This doll can help people to develop empathy for individuals who are affected by prenatal exposure to alcohol.
- ❖ **"Fetus in a Wine Glass"**
 - ❖ A two-inch long fetus is shown "floating" in a full wine glass
 - ❖ This teaching tool can help people to understand how even small amounts of alcohol can harm the brain and the body of a developing baby.
- ❖ **To access these resources, please contact the CHIP staff person nearest you!**



These are just a few ideas and resources that you can use to prevent alcohol use during pregnancy.

For more information or if you just want to share ideas, please contact the CHIP staff person nearest you:

- ❖ Cranbrook and area: John Barnes, Jan McGinn & Lynnette Wray (Ph. 250-489-3373)
- ❖ Lower Kootenay Band and area: Jason Louie (Ph. 250-428-9816)
- ❖ Invermere & area: Mary McKenna (Ph. 250-342-2648)
- ❖ Fernie and area: Sue Bannatyne (Ph. 250-423-5004)