



HEALTHY LIVING



NEWSLETTER SPRING 2013



This newsletter pays tribute to the family!



*The family is a nest that unites us
in times of joy and sadness,
it represents stability,
a history that we experience together
and that we have inside,
we support each other, it is our balance
and it is a big heart.*



Private coll.

Following are the topics of the articles in this issue:

- When Mom is with her newborn in special moments, during **breastfeeding**, Dad is there to support and comfort her.
- When a father talks about his **journey in the forest with his three sons** as an unforgettable life experience, a strong bond is being forged between them.
- When **balancing work and family** is a sometimes difficult reality, there are possible solutions.
- When you take the time to **eat as a family** in order to spend time together and talk about the day's events, this is quality family time.

Happy reading!

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The inspiring story of a father and his three sons in the forest

A father has realized a dream he has long considered essential and normal of living in the forest with his three sons. It is a life experience based on family which began with a stubbornness and personal ambition to provide his children with a cultural background and values of caring and sharing. Here is their story, as told by the father.

"My three sons are easy-going and adapt well to change. Computers and high-tech gadgets are not the center of their universe. They are accustomed to challenges. When the three boys were 9, 12 and 15 and had gained enough autonomy and the context was favourable, our family was ready for the challenge. The mother, in charge of logistics with our luggage and meal planning, contributed to the success of



we love to cook! We were always in the same small square preparing our meals, eating, playing games, sharing. This was also where we slept.

We had very special family moments: board games, jokes and stories that created significant connections that will remain etched in our memory for the rest of our lives.

As a family, we must give ourselves a chance to talk, listen and hear what our children have to say and listen to our children tell us how they perceive themselves. As parents, there is no better time to transmit our messages to our children.

Taking off together and creating connections strengthens family ties.

We returned home with our heads in the clouds. Are we going to repeat the experience? Of course, and our boys will remind us."

the trip. The boys' participation in packing and preparing luggage was also required!

This trip, which lasted almost a week, took place last fall. It was the geese migration period and we could hear their cries and sometimes owls too. It rained all the time, it was cold, it was wet and we didn't even notice. We were experiencing a hunting activity, with good food and the pleasure of being together in the forest, talking and having fun, with hot chocolate! We cooked all the time,

Private coll.

Breastfeeding: A Family Affair

Breastfeeding can satisfy not only the baby's hunger, but also their need for tenderness and closeness.

Mom, when you take me in your arms, I feel good. I remember when I was still in your belly:

- ♥ I can recognize your smell and I know it is you
- ♥ I hear your stomach gurgling and it reassures me
- ♥ I hear your voice and it makes me feel calm
- ♥ I hear your heart beating and I know you love me

Fathers have an important influence on the decision of their partner to breastfeed their baby. Moral support is very important. Also, the baby will need reassurance and will be happy to find the loving arms of their Dad.

Dad, when you cuddle me on your warm belly, you provide the same softness and comfort as Mom. Dad, I love you just as much!

Support during breastfeeding is very important and contributes to its success. The more parents are supported and encouraged, the better the chances of successful breastfeeding.

How to support and encourage parents?

During the first weeks after birth, whether breastfeeding or not, parents are tired. It is very important to support parents during this



Private coll.

normal period, because the breastfeeding itself is not difficult, but rather adapting to the arrival of the newborn.

A few suggestions:

- ♥ Prepare small meals
- ♥ Offer help to do some household chores
- ♥ Help look after the baby, rocking, burping, changing, go for strolls
- ♥ Offer a home gift certificate

*From Allaiter... pourquoi pas!
Des réponses à vos questions,
2007, ISBN: 2-89475-350-0*

TIME FOR MOM...

Mom, in order for you take a little time just for yourself, I am hereby offering you _____.

From: _____

A few suggestions:

- ♥ Prepare a small meal
- ♥ Do some housework
- ♥ A few hours babysitting
- ♥ Offer transportation



Balancing

**Do you feel like you're leading two lives at once? You make your
You yawn at work because your youngest child is not sleeping through**

Working parents know: work and family responsibilities are sometimes difficult to meet. Studies show: parents, especially mothers, indicate they are constantly pressed for time as they try to manage everything (see the MFA website in reference).

This time conflict between the two roles (worker-parent) can lead to concerns that interfere with the tasks associated with one or both roles. For example, fatigue and stress experienced at work can have an impact on the behaviour of parents at home. Conversely, a child's illness may require the parent to be absent from work for a while.

A simple lack of time becomes a major source of stress for parents. And this additional stress affects their health, well-being and their conjugal and family life.

Effects on physical and mental health

The health impacts of work-family conflicts are numerous and are briefly summarized in the following table.

Effects on physical health
Hypertension (high blood pressure)
High cholesterol
Cardiovascular problems
Gastrointestinal problems
Allergies
Effects on mental health
Depression
Anxiety
Irritability
Frustration and tension
Alcohol or drug abuse

In fact, lack of time has been shown to impact family eating habits and lifestyle. Whatever is quick and easy! Thus, serving frozen or precooked meals has increased in recent years. In contrast, the time devoted to family meals has been steadily decreasing. As for physical activity, it has dropped significantly for parents

compared to people without children.

Consequences on conjugal and family life

Work-family conflicts have been linked to dissatisfaction with conjugal and family life. Thus, some parents, overburdened in the different areas of their life, can no longer meet their conjugal responsibilities. It results in a withdrawal from the relationship with their partner to alleviate these weary feelings. Others will become less compassionate and understanding towards their partner.

Relationships between parents and their children may also suffer from work-family conflicts. In fact, studies have shown that conflicts between parents and adolescents are more significant in families where parents are under stress.

Some solutions

Balancing work and family is a challenge requiring several actors who must unite to alleviate the constraints workers face in their community. Examples:





Work-Family

grocery list during the Monday morning meeting?

the night? Do you think it is possible to balance work-family?



Municipality / Community	<ul style="list-style-type: none"> • Increase availability of local services; • Provide adequate public transportation; • Facilitate childcare during school breaks and summer.
Employer	<ul style="list-style-type: none"> • Make professional requirements and work expectations more realistic; • Increase the feeling of control for the employee; • Provide flexibility in terms of hours and location of work (e.g. teleworking); • Create a more positive work culture; • Provide certain services at the workplace (e.g. childcare, financial support...); • Provide different types of leave (e.g. parental, family reasons, without pay...)
Employee	<p>Do not do!</p> <ul style="list-style-type: none"> • Work harder; • Lower quality standards at home; • Sleep less.

Suggestions

- Say no to overtime if the demands are unreasonable;
- Limit the amount of work done at home in the evening;
- Turn off your smart phone/Blackberry when participating in family activities, and/or when children are absent. Resist the temptation to check your email!
- Reduce the number of hours spent on job-related travel;

- Seek help from your family doctor;
- Delegate or establish priorities;
- Family members should not try to adapt by sacrificing their personal needs;
- Maintain a healthy social life;
- Share family responsibilities with your partner;
- Etc.

In short, while your life is a source of conflict between your roles, several solutions exist to minimize them. You

can then limit their harmful effects on your health and your relationships.

References

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Health Canada: http://www.hc-sc.gc.ca/ewh-semt/pubs/occup-travail/balancing_six-equilibre_six/chap7-eng.php#chap72

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Eating as Spending quality

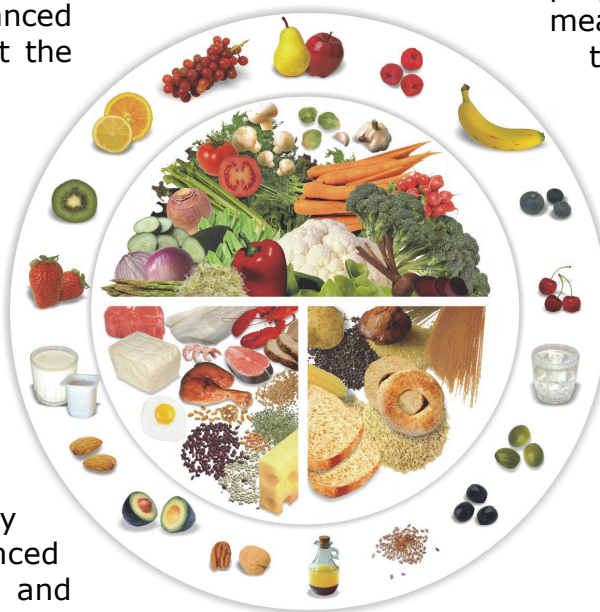
With the hectic pace of our daily lives, it is not always easy to find time to spend quality moments with family. Meal time can easily become a source of stress. Did you know that 44% of people still do not know at 5 pm what they are going to eat for dinner, 3 or more times per week. Stressful! And rarely is there time to prepare a healthy and balanced meal when you're at the last minute.

First, we must make it a priority! Meal planning should be part of our lifestyle in order to provide for the quality food that will end up on our plates.

Just what do they consider a balanced meal? A healthy and nutritious meal should consist of a portion of each of the four groups from Canada's Food Guide for First Nations and Inuit; i.e. a serving of vegetables and fruit, a serving of grain prod-

ucts, a serving of milk and alternatives and one serving of meat and alternatives.

A simple way to show it is the diagram herewith. Your plate should always contain three essential elements, or a source of protein (wild game, meat, fish, eggs, legumes), a starch (wild



rice, potatoes, pasta, quinoa) and one or more vegetables (squash, beans, corn). This should be accompanied by a fruit or a dairy product (milk, yogurt, cheese).

Over time, the tradition of eating as a family has been somewhat lost for many of us. One third of families eat while watching television. Television encourages us to eat fast and too much. We can no longer focus on when our body tells us: Hey! I've had enough.

After having planned, prepared, cooked our meal, the ultimate goal is to enjoy this time with your family and make it a quality moment. This could result in wonderful family memories. Our ancestors...

Here are a **few tips to break the meal routine** and make this a surprising moment.

www.conseilnutrition.files.wordpress.com

1. Purification.

Prepare a mini purification ceremony at the beginning of the meal and a prayer to the Creator.

2. Winter picnic. Place a mat on the ground and eat!





a family !

time with family...



3. Thursday buffet! Place all the week's leftovers on the table and everyone serves themselves like at a buffet.
 4. Chic supper. Take out your nicest tablecloth, nice dishes and you can even dress-up!
 5. DJ Night. The children choose their music for the meal. Example: Monday the youngest chooses and Wednesday the oldest.
 6. Blackout! Simulate a power outage and eat in the dark or by candlelight.
 7. Breakfast supper. Eat pancakes, French toast, eggs, bacon and toast wearing pajamas.
 8. Musical chairs. We switch places tonight at the dinner table; this will transform the supper dynamics for sure!
 9. What I liked, what I disliked... Each your turn, express what you preferred during your day and what you didn't like as much. Each time, someone different starts.
 10. Tales and legends. During the meal it may be worthwhile to tell our tales and legends and pass on our traditions to the youngsters. Your children likely have some stories to tell as well!
 11. We invite the family elders to show our youngsters to prepare a traditional meal.
- Return to the source of our ancestral values, where family was the cornerstone. This is a gift to pass on to our children so that tradition lives on and is passed down from generation to generation.

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 RECIPE

Halibut Steak with Red Peppers

Ingredients

 4	halibut steak	
 125 ml (½ cup)	flour	
 45 ml (3 tbsp.)	olive oil	
 1	small red onion	
 1	minced medium red pepper	
 2	minced medium yellow peppers	
 15 ml (1 tbsp.)	clove of garlic, minced	
 15 ml (1 tbsp.)	fresh ginger, chopped	
15 ml (1 tbsp.)	soy sauce	
	juice of one lemon	

© Houseboat Eats

Preparation

- 1) Salt and pepper the steaks and coat with flour.
- 2) Heat half of the olive oil at high heat. Reduce heat and cook steaks 3 minutes each side.
- 3) Remove the steaks and place them in the oven at 250° F.
- 4) Add oil, sear the vegetables, garlic and ginger for about 3 minutes
- 5) Sprinkle with mixed soy sauce and lemon juice and serve over halibut

Source: Yves D'Avignon, Chef Consultant from the *Société des Chefs cuisiniers et pâtisseries du Québec*, North Shore-Saguenay-Lac Saint Jean region; from Tshakapesh: *Aussi loin que je me souviens*, Unamen Shipu

Photo contest: we have some winners!



Jamie Dekeiser

Last fall, the FNQLHSSC launched a photo contest as part of a DVD production on diabetes.

The themes concerned health and nutrition in First Nations communities and cultural activities related to physical activity or nutrition. Thank you to the many communities who participated and congratulations to the winners!



Club photo Olamen