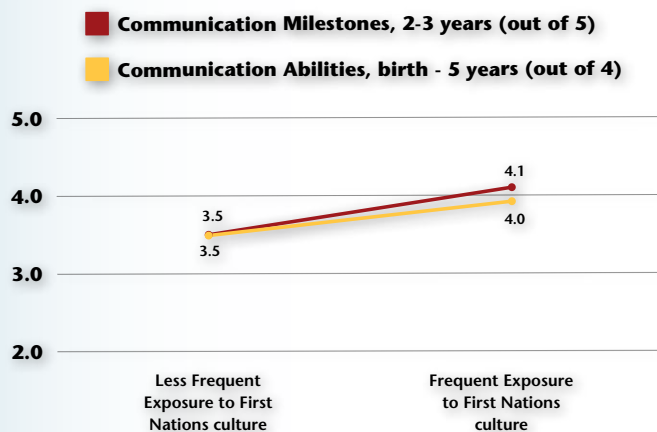


First Nation Child Development and Well-being: Caregiving Environments

(Key Findings from FNIGC's Family Models of Care Technical Report*)

Child Care Arrangements

Children who attend **regular and formal childcare** tend to have **better communication and developmental skills**.



Children ages **birth - 1 year** who were...

attending regular
childcare arrangements
had reached

2.8

VS

not attending regular
childcare arrangements
had reached

2.3

developmental milestones. (out of 3)

Exposure to First Nations Culture in Child Care

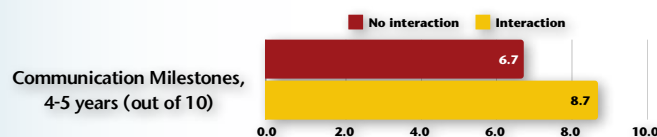
Regular exposure to First Nations Traditional Teachings within childcare is linked to **better communication skills** for First Nations children.



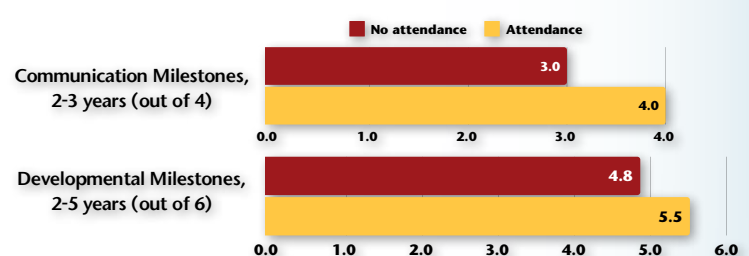
"...our cultural ways, traditional ways, when you ground somebody like that, they can tackle just about anything..."

- [Blackfoot & Lakota Elders, Lindstrom et al., 2016](#)

Interaction with First Nations Caregiver



Attendance at First Nations Early Childhood Program



Child Care Quality

Children who interact with **First Nations caregivers** at childcare or attend **First Nations early childhood programs** tend to have **better development and communication skills**.

"Abinodjiiwin (childhood) is the time to develop the child identity, a time to develop trust and a time to make connections with the community"

- [Estelle Simard, member of Couchiching First Nation, 2009](#)



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For more information about the data found in these fact sheets, please see the FNIGC report, *First Nations Family Models of Care in Early Childhood*, which can be found on FNIGC's Online Library at [FNIGC.ca](https://fnigc.ca)

First Nation Child Development and Well-being: Home Environments

(Key Findings from FNIGC's Family Models of Care Technical Report*)

Quality of Learning

A **child-friendly learning environment** at home and **participation in a variety of learning activities** are linked to achieving **more developmental and communication milestones**.



Children aged 2-5 years who **participated in a wide variety of learning activities** in their home had reached **5.6 developmental milestones** (out of 6)

vs 4.6 for those who did not.



Children aged 4-5 years with **high-quality learning** in their home environment had reached **9.0 communication milestones** (out of 10)

vs 8.3 for those who did not.



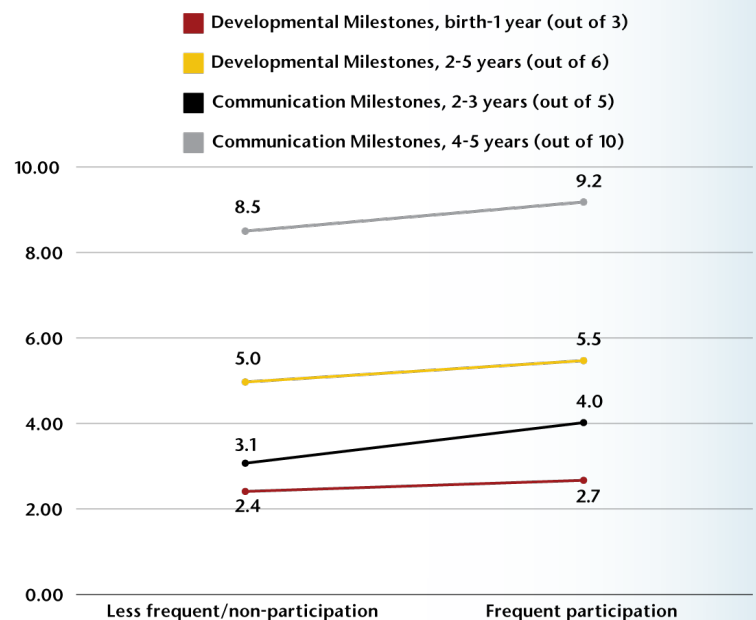
95% of parents/guardians said that their **children were growing up in highly nurturing environments** with verbal praise and physical affection.

"Children are cherished as sacred gifts from the Creator and recognized as both the present and future of First Nations families, communities and Nations. Each child is seen as part of what makes a family and community whole."

- [Sacred and Strong, First Nations Health Authority and Office of the Provincial Health Officer, 2021](#)

Participation in Cultural Activities

When First Nations children **participate in cultural activities** more often, they tend to have **better developmental and communication skills**.



"I learnt by observation through my grandmother, the canning, the minding of the children, the culture with the dancing and moccasin making and basket weaving..."

- [Community member from Lil'wat Nation in Gerlach, 2008](#)



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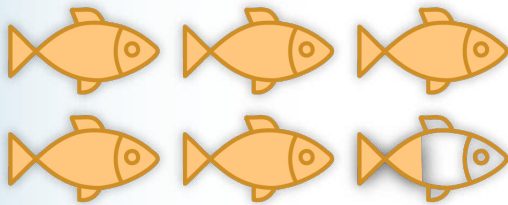
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First Nation Child Development and Well-being: Social Determinants of Health

(Key Findings from FNIGC's Family Models of Care Technical Report*)

Food and Nutrition

A **regular, healthy diet** is connected to **achieving more developmental and communication milestones** in children of all ages.



Children **2-5 years old** who ate a **regular nutritious diet** had met **5.3 developmental milestones** (out of 6)

vs **4.9** for those who had an **irregular nutritious diet**.



Children **2-3 years old** who ate a **regular nutritious diet** had met **3.6 communication milestones** (out of 4)

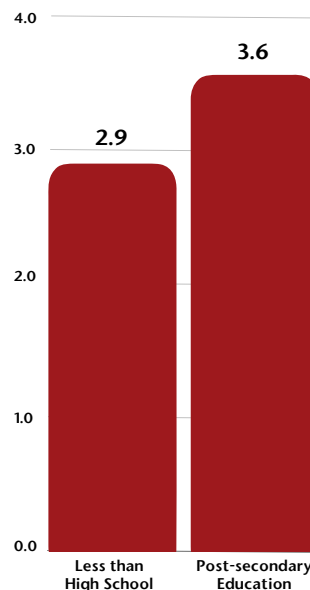
vs **3.0** for those who had a **less nutritious diet**.



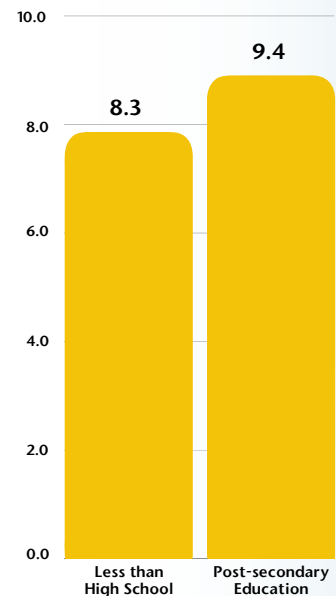
Parent/Guardian Education

Children of **parents** who have **higher levels of education** tend to **reach more developmental and communication milestones** between the ages of 2 and 5.

Communication Milestones of Children Ages 2-3 based on Education Level of Parents



Communication Milestones of Children Ages 4-5 based on Education Level of Parents



"We believe our children are our future, the leadership of tomorrow. If you believe in that, then you have to believe also that you must equip your future with the best possible tools to lead your community and lead your nation..."

- [Grand Chief Joe Miskokomon, Union of Ontario Indians, RCAP, 1996](#)



Household Income

Children from **households with higher incomes** tend to **meet more developmental and communication milestones**, especially children aged 4-5 years.



Sleep

Having a **consistent sleep schedule** is linked to **better developmental skills** for children aged 2-5 years.



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