

# What's Special About Me at this Age?



## Character Building

- I am learning to be mature. I am learning to control my emotions in difficult situations. If I show frustration or anger, discourage me by ignoring this. Telling me that I am not behaving well. Encourage me to be patient and respectful.
- I am learning to accept helpful criticism. Teach me that helpful criticism is part of being loved. Teach me to use criticism to make positive changes in my behavior.



## Communication

- I can use specific terms for things.
- Encourage me to speak Inuktitut.
- I am learning to express my ideas clearly so that people easily understand me. I will develop this important skill over time.

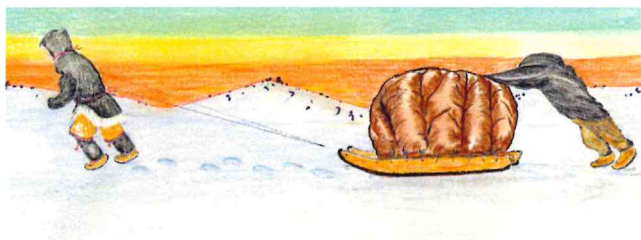


## Skill Building

- I have strong skills in several areas. I can use these skills independently. Now, I need you to encourage me to develop the skills I am not good at yet.
- I can take responsibility for chores and tasks. This shows my development.
- I learn a lot at school, but I need to learn important life skills from my family. I need to learn from my parents, extended family, and elders.

# Applying Inuit Values

## Teamwork



### Definition

Teamwork involves combining our skills, knowledge and energy. Through teamwork, we achieve better results. Teamwork requires good communication and building consensus.

### Process

Encourage teamwork. Make sure your child has a strong sense of belonging to the group. Teach her that her contributions are needed.

You can do this by giving her small tasks that help with something bigger the group needs to do. This teaches her that she has a role in the group. Each time, give her a bigger task that you think she is able to do. Provide help if needed. Show lots of appreciation for her effort!

## Reminders

- ✓ Be aware of your child's development. At this age, children are starting puberty. They will experience physical and mental changes. They need information about these changes.
- ✓ If your child is experiencing difficulties or if he is overly emotional, you could get support at the Health Centre.

# Inunnguiniq

Childrearing Advice  
from Inuit Elders

11 Years



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CENTRES OF EXCELLENCE FOR CHILDREN'S WELL-BEING

Children and Adolescents with Special Needs

## About this Age

At 11-years old, your child is in transition from childhood to becoming capable. Your child is vulnerable at this age and needs very clear direction. Her experiences and learning now will determine her future path. Make sure she is prepared for the future and can make good decisions.

At this age, your child is learning about right and wrong. He is also preparing to meet adult expectations. Talk with him about how to treat others and how to raise children. Use strong words to make sure he understands the importance of adult expectations.

Significant experiences stay with us for our whole life. If your child experienced hurt in earlier years, talk with him now about how to make changes in his life and move forward. At this age, real understanding begins, so this is an important time for healing.

We all need proper guidance throughout life, but especially at this age. If you have a strong relationship and open communication with your child, you will be able to protect her and her future. It takes time to build a strong relationship. If your relationship was broken at some time, take steps to strengthen it. Also, support grandparents, other elders, or another adult to step in and provide more guidance.

## What Parents Can Do

- **Teach Inuit values.** Many different things influence children, especially in our bigger communities. Keep Inuit values strong by practicing them and teaching them to your children. Be a strong advocate for the value of inunnguiniq today.
- **Be persistent in your teachings.** Don't expect to say things only once! Gently remind your child many times about how to live a good life. When your child doesn't follow the teachings, explain the consequences to him.
- **Teach respect, our core value.** We teach children respect throughout their lives. At this age, your child should understand the importance of this value. She should respect the land, sila, water, ice, and weather. She should understand that we revere these things that we cannot control. Your child's deep sense of respect provides a foundation for her whole life.
- **Teach obedience to the maligait.** Inuit society breaks down when we don't show care for each other and ourselves. We must think about how our actions affect others and follow the maligait. If your child doesn't believe in the maligait, he will do what he wants and this will cause negative consequences for everyone. Teach him to obey the maligait now and he will have an easier life.

### The Four Maligait

- ✓ Work for the common good
- ✓ Respect all things
- ✓ Seek harmony and balance
- ✓ Prepare for the future

## Parenting Skills to Practice for this Age

- Explain rules in simple words, such as do not lie, do not steal, think of others first, and show respect. Repeat them often. Have clear expectations for your child. Talk with him about your expectations so you have a shared understanding.
- Teach your child the Inuit inutsipagutit (Inuit proverbs). This will help her to live a good life.
- Teach specific skills and information your child needs to live a good life. Teach social expectations, and how to develop positive relationships. Teach him about safety, including tides and other dangers. Involve him in planning ahead and have him help you with tasks to prepare for each season.
- Talk to your child about the importance of learning from others and listening to instructions. Teach her to show respect and not to ignore warnings when being instructed about dangerous situations like ice conditions or use of tools.

### Tips for Parents

- ✓ This is a hard age for parents. You and your child will need to be patient with each other! Pay close attention and spend more time with your child between 10 and 12 years old. This will give her a strong foundation. You are preparing her for a good life.
- ✓ Build your child's abilities and proper attitudes. You can do this by including him in everyday activities.