



**Awashishewiigiihiwaywiin**  
(Social Services Framework)

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**Attention Awashishewiigiihiwaywin Families**  
**Handy tips for staying safe in these trying times.**

Remember to keep communications open, if this means a phone call or a text message, or an email just touching base with someone. Including your Family Support Worker. Sometimes a quick "hello" is the best thing. Best thing to do right now is stay home. This will pass eventually. This may mean for some that laundry has to be done in the bath tub, or kitchen sink and hang clothes to air dry. You can make it creative for children by getting them to assist with the actual hanging of clothes around the house, practicing colours, counting. "Can you hang the blue shirt" "How many socks are there?" House chores are boring but when it's made into a game, everyone wants to participate.

Those who are thinking of toilet training, now is a good time to start, letting the little ones run around the house in big kid pants during the day, saves on diapers. Diapers can be used at night so they can be stretched a little farther for the month. For wee little babies a good airing out is always good, when they are having tummy time. 😊 Reminder to keep a towel under them just in case.

As for ways to keep little people busy crayons and paper or coloring books if you have them. The best is story time, and it doesn't have to be a book. It can be you telling them stories about when you were little or stories about them when they were little, everyone gets to add their pieces to a story.

But for most, the biggest one is food security for our families. Stretching the dollar, by buying the essentials with any cheques you may get. Accessing the food banks that are offered throughout the city, the bus service is currently free. One parent stays home if possible while going to food bank. If that's not possible because of single parents situation, then have safe reliable person to watch children while you run out. Making sure the person is not coughing, runny nose or any sign of illness. Practicing social distancing and hand washing a pond return and when your out of your home. Also due to limits put on at the grocery stores makes it difficult to get things. Try to keep a written list of what you need, so when you do go to the store you stick to what's on the list, so you're not spending extra money on stuff you don't need. Then you have money leftover when you may need something or run out of something. Sharing recipes for fry bread, and bannock with friends helps. Also remember that little people have smaller stomachs and serve smaller portion sizes, and then you have leftovers in the fridge for later. Have the children pick out what they may want to eat for super with what you have in the cardboard and get them to help prepare it, this also helps with learning, measurements ect. and keeps them busy.

Family support workers here are forwarding new information to families as soon as we receive it, text, email whatever works for you. Regarding food banks, delivery services from grocery stores ect. So make sure your Family Support worker has updated contact information.

Child welfare is always a concern and yes, the offices are not closed but like us they are working from home. Please check if you have any appointments booked and home visits booked, chances are they are cancelled but if not, there is telephone conferences with your Family Support Workers.

Also please check all appointments; lawyer, court, dental, doctors you may have because of all the closings. Call ahead. Also, Family Support Workers will forward information as we get it.

Any eviction notices have been put on hold and once things return to normal Family Support worker will work though them with you.

Please stay safe and home and remember we are a phone call, text, or email away. We will do our best to support you through these difficult times.

Your Family Support Workers  
Kelly 629-1104, Adora 629-1491, Brittni 633-4036, Simon 629-8459

