

Mothers and Daughters of Tradition

The Elders have told us that we must teach our children to pray and we must teach them respect. The Mothers and Daughters of Tradition curriculum is a character education program designed to enable mothers and their daughters to learn the traditional teachings, cultural and spiritual practices of their communities together. Through this weekly program, mothers and daughters can develop an understanding of traditional values together. Talking Circles enable mothers and daughters to share their experiences and learn from each other in a safe environment.

A Community Program

Mothers and Daughters of Tradition sessions can be implemented in local churches, community centers, social services or family services facilities, Boys and Girls Clubs, or as part of the after school programs at local schools. It is best to coordinate this with these organizations so that they can help you with the promotion and recruitment of the mothers and daughters.

A Traditional Healing Approach for Relationships

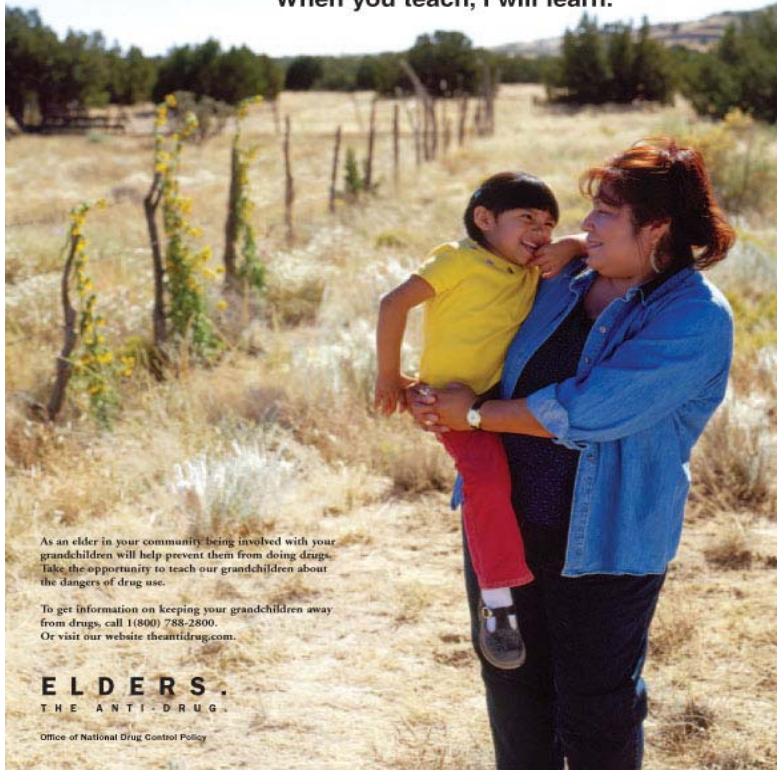
The Mothers and Daughters of Tradition would also work well for healing relationships. (If mothers are not available, a female mentor or other adult female relative would be appropriate). There are several benefits for this approach:

- ◆ This would allow the adult women to learn how they might mentor the girls effectively.
- ◆ It would also be an excellent opportunity for mothers who have been separated from their daughters as a result of treatment, divorce, or incarceration, to get reacquainted and to develop new parenting skills.
- ◆ Having the mother or other adult mentor there will also help promote the benefits of the program in the community.
- ◆ The adult mentors will also learn how they can enhance their own connections to their culture and traditions.
- ◆ These individuals also may participate as co-leaders, resource people, and help with other aspects of the program such as chaperoning on field trips or transporting boys to community events.
- ◆ The girls would have the opportunity for more reinforcement between the sessions.
- ◆ The responsiveness and attention of the girls might be more focused with an individual mentor at each session.





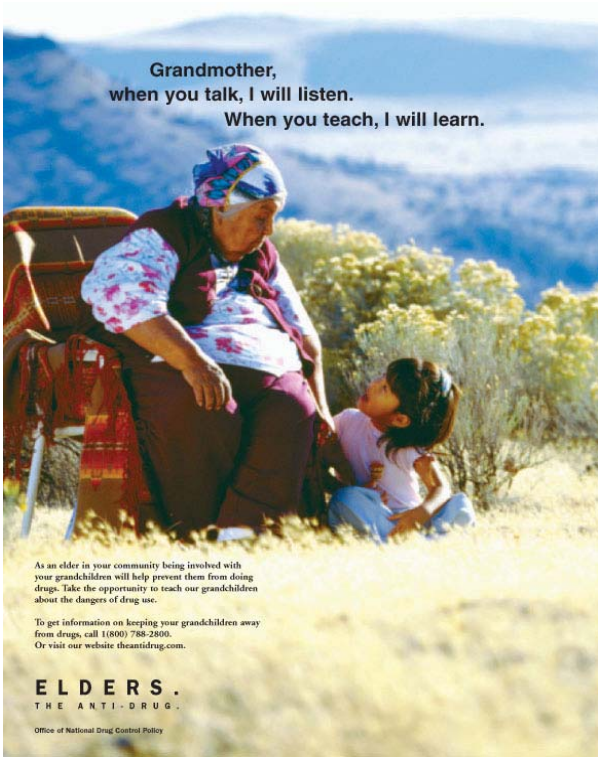
**Grandmother,
when you talk, I will listen.
When you teach, I will learn.**



As an elder in your community being involved with your grandchildren will help prevent them from doing drugs. Take the opportunity to teach our grandchildren about the dangers of drug use.
To get information on keeping your grandchildren away from drugs, call 1(800) 788-2800.
Or visit our website theantiidrug.com.

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**Caring Adults,
Parents, and Grandparents are
the number one prevention
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