



SOUTHEAST TRADITIONAL TRIBAL VALUES IN TLINGIT

Haa Kusteeeyí “Our Way of Life”

Discipline and Obedience to the Traditions of our Ancestors

Kaa wudujeeeyí ka kaa x’éix dus.aaxí ch’áagu haa
shagóonx’ich kusteeeyí
*(Discipline and obedience to the
traditions of our ancestors)*

Respect for Self, Elders and Others

Sh yáa ayakdané ka ldakát káa yáa at uwanéi
(Self-respect and respect for everyone)

Respect for Nature and Property

Ldakát át a yáa ayaduwanéi
(All things are respected)

Patience

Tlél kútx i yáa wdawóodlik
(Have patience [don’t be in a hurry])

Pride in Family, Clan and Traditions is found in Love, Loyalty and Generosity

Toowú klagé haa t’aakx’í, ka haa naax sateeyí,
ka haa kusteeeyí
(Pride in our family and our clan and our traditions)

Wooch eenx haa isteeyí, wooch dusxáni, wooch
éet wutudasheeyí
*(When we’re together, we love each other,
we help each other)*

Be Strong in Mind, Body and Spirit

Yee toowú klatseen
(Be strong)

Humor

Lishoogú át kanaylaneek
(Tell funny stories)

Hold Each Other Up

Dikéex’ wooch gayilsháat
(Hold each other up)

Listen Well and with Respect

K’idéin at sa.áx ka a yáa awuné
wáa sá i daa yadukaayí
(Listen well and respect what people say to you)

Speak with Care

Tula.aan tin yóo x’adutaan
(People speak with care)

We are Stewards of the Air, Land and Sea

A káx yan aydél wé tl’átgi
(Take care of the land)

Reverence for Our Creator

Yáa at wuné haa Aan Káawu jeeyís
(Reverence for our creator)

Live in Peace and Harmony

Wóoch een kayéix yáx nagatee
*(Let there be peace and harmony
among each other)*

Be Strong and Have Courage

Yee gu.aa yáx x’wán
(Have courage)

The Southeast Traditional Tribal Values were developed, adapted and approved at the “2004 Elders Forum on Traditional Values,” sponsored by Central Council Tlingit and Haida Indian Tribes of Alaska, Circles of Care, SAMHSA Substance Abuse Planning Project, Elderly Nutrition Program, Johnson O’Malley Program and Alaska Rural Systemic Initiative, Alaska Association of School Boards.



These traditional values were translated into Tlingit by Elders/fluent speakers of Tlingit through Goldbelt Heritage Foundation under a project funded by the Administration for Native Americans. Traditional values in English are from the original document.



Sitka Early Childhood Survey for Families

Offered in collaboration with Sitka Tribe of Alaska, Center for Community, Sitkans Against Family Violence/Pathways Coalition, & Association of Alaska School Boards

**"Even from long ago we cherish our grandchildren;
no matter what we value, we offer it up to them."**

- Kaal.átk' Charlie Joseph Sr.

Purpose of this survey:

- To ask families of children ages birth to 5 what they need from the community
- To identify priorities for early childhood programs in Sitka



Have you already filled this out? If yes, stop now. You are done! 😊

This is an anonymous survey - no names please.

Optional background information you can choose to provide:

Number of people in your household: _____ adults _____ children

Children's ages (check all that apply):
____ Newborn to 12 mos. ____ 1 to 2 years ____ 3 to 5 years
____ 6 to 10 years ____ 11 to 14 years ____ 15 to 18 years

I describe my family as (check all that apply):

____ Alaska Native ____ American Indian ____ Hawaiian ____ Pacific Islander ____ Filipino
____ Asian ____ African American ____ Hispanic ____ Latino ____ White Other _____

1. Thinking of the last 2-3 months, has your family participated in early childhood programs or family-friendly events in Sitka? Please mark all that apply.

- ____ Play group (regularly scheduled) ____ Seasonal activities, such as 4th of July or Halloween
____ Imagination Library ____ Church-based child-focused events
____ Public library story time ____ Hames Parent Power Hour
____ Baby Raven Reads ____ Babies & Books
____ Sitka Sprouts ____ STA Open Gym/Swim and other STA hosted events
____ School-based events, such as Baranof Elementary Ice Cream Social
Other(s): _____

→ If no, what is your reason for not participating? Please circle all that apply.

No interest No transportation Time conflict Don't feel welcome

Cost Lack of information/Not informed Other _____

2. Where do you look for parenting resources, from basic information to trainings and support groups? Please circle all that apply.

Family Friends Facebook Instagram Websites Schools

Community bulletin boards Local news/media Social services

Parent training programs Other: _____



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3. When you want parenting information or training, do you use any local agencies? Yes No

→If yes, what are your local agencies or resources for parenting? _____

4. Please rate your level of satisfaction with the availability of resources you need to care for your family in each area listed below, on a scale of 1 – 5.

	very low satisfaction			very high satisfaction		
Food & shelter needs	1	2	3	4	5	
Emotional needs	1	2	3	4	5	
Safety needs	1	2	3	4	5	
Behavior/social skill needs	1	2	3	4	5	
Learning needs	1	2	3	4	5	

Comments:

5. In the past 2-3 years, what are the types of child care you have used? Mark all that apply. Please circle how often you used each type of care marked.

Types of Child Care Used in the past year	# of days per week, on average					
___ Babysitter	1	2	3	4	5	6+
___ Family or friend, informal care; not licensed	1	2	3	4	5	6+
___ Licensed in-home child care	1	2	3	4	5	6+
___ Childcare center or preschool	1	2	3	4	5	6+
___ Head Start program	1	2	3	4	5	6+
___ School district services (other than Kindergarten)	1	2	3	4	5	6+
___ Parent works at home/stays at home; staggered schedules	1	2	3	4	5	6+



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6. How would you rate your satisfaction with access to affordable quality child care in Sitka, on a scale from 1 - 5, for each of the age groups given?

For infants: not at all satisfied very satisfied
(0-18 months) 1 2 3 4 5

For toddlers: not at all satisfied very satisfied
(18 months – 3 years) 1 2 3 4 5

For preschoolers: not at all satisfied very satisfied
(3 -5 years) 1 2 3 4 5

→ If not satisfied with access to affordable quality child care in Sitka, please circle area(s) of concern:

Availability Cost Quality Other _____

7. Does your child have a chance to get out and play for an hour or more each day?

Rarely Sometimes Usually Always

8. Does your child eat five or more servings of fruits and vegetables each day?

Rarely Sometimes Usually Always

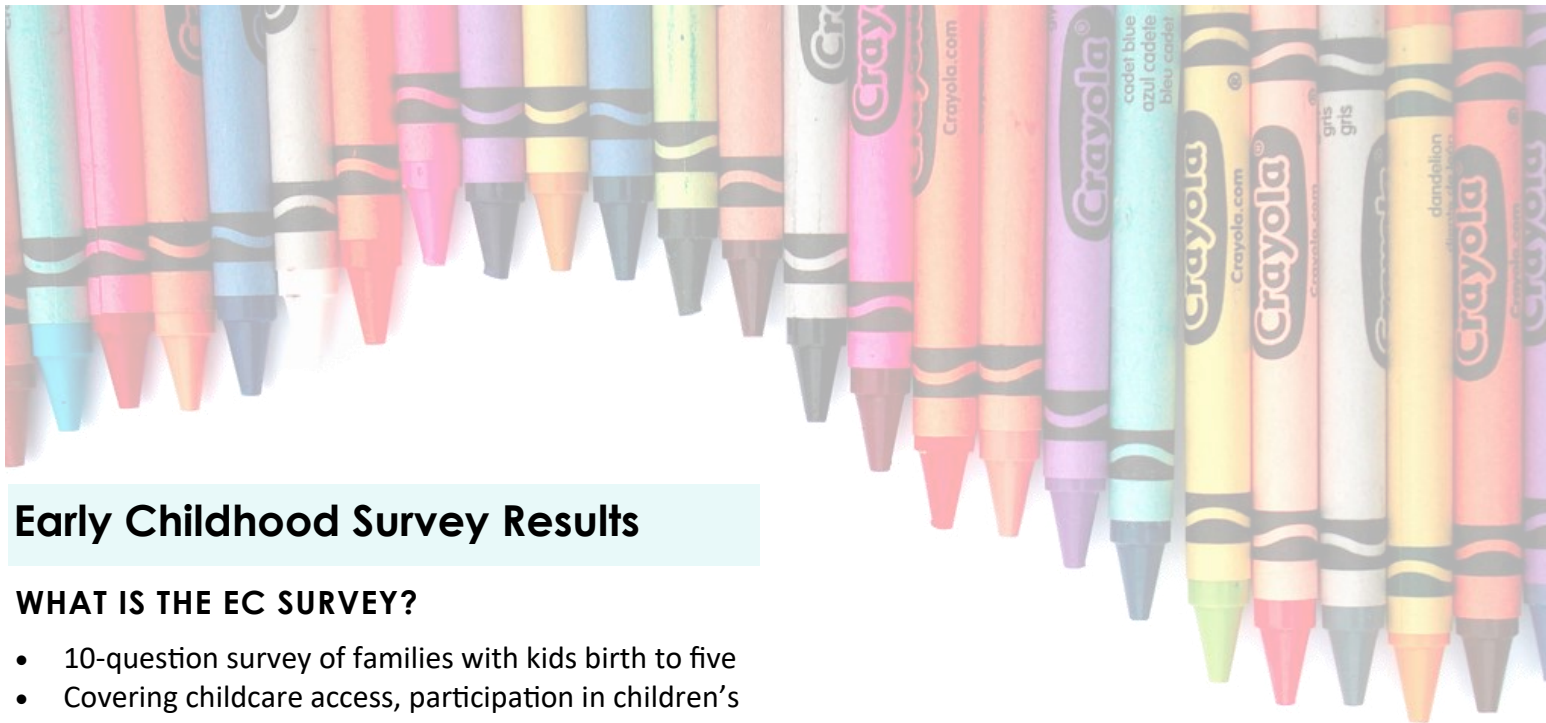
9. During the past week, how many days did you/someone in your household read a story to your child? Please circle the number of days in the past week.

0 1 2 3 4 5 6 7

10. Is your child covered by any of the following health insurance or health coverage plans? Please mark all that apply.

☐ Insurance through a current or former employer
☐ Insurance purchased directly from an insurance company
☐ Denali Kidcare
☐ TRICARE or other military health care
☐ Indian Health Service
☐ Not Covered
Other _____

Thank you ~ Gunalchéesh



Early Childhood Survey Results

WHAT IS THE EC SURVEY?

- 10-question survey of families with kids birth to five
- Covering childcare access, participation in children's programs, and access to information
- 24 survey events: daycares, bazaar, parent-teacher conferences, Wooch.een parent meeting
- Alaska Association of School Boards analyzed results

WHO TOOK THE SURVEY?

- 233 families took the survey
- Parents, foster parents, grandparents, step-parents
- 74% of households had two adults in the household
- Families reporting number of children in the household: 1 child in household (37%), 2 children (34%), 3 children (19%), 4 or more children (10%)

WHAT EVENTS DO FAMILIES ATTEND?

Most families attend child-friendly events monthly. 22 families said they had not attended events in the previous 2-3 months. Reasons for not attending? Time conflicts and lack of information.

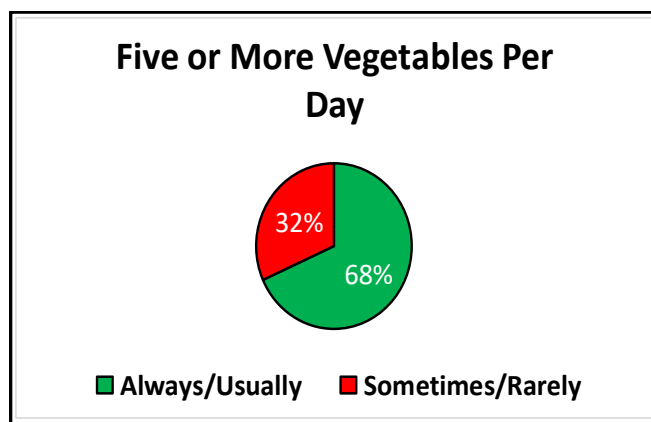
POPULAR EVENTS:

- Seasonal events like carnivals
- School events
- Sitka Public Library activities
- Imagination Library events
- Babies and Books events
- Playgroups



THE MOST CONCERNING QUESTION?

While the survey was private and anonymous, many people who took the survey made comments aloud when it came to the vegetable question! Apparently it is not easy to get children to eat their vegetables.



Here's the good news. Serving sizes for children are quite small. For example, a half of an apple may be a serving size for your little one.

WHERE DO FAMILIES GET INFORMATION?

TOP SOURCES:

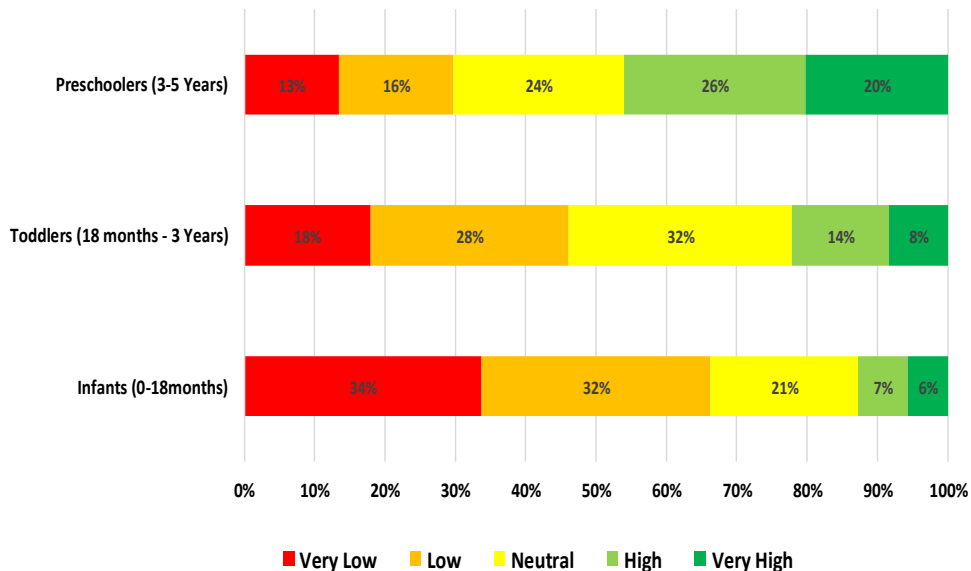
FAMILY: 68%

FRIENDS: 75%

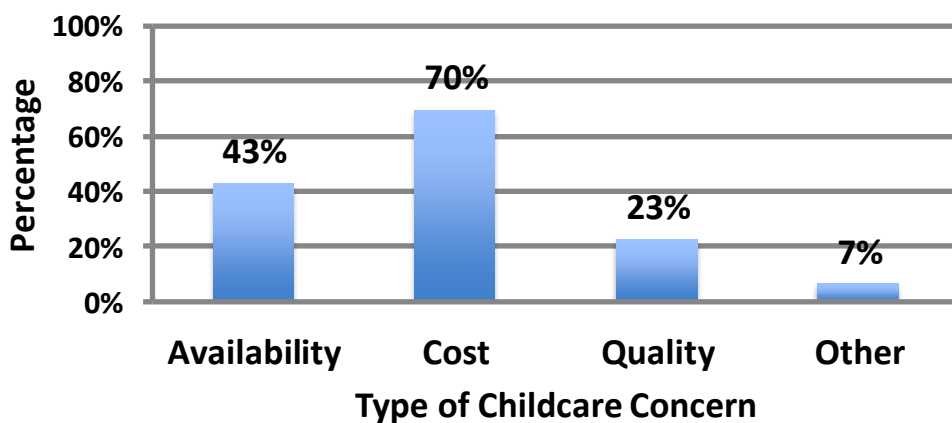
FACEBOOK: 47%

3 F's
3 E's

Satisfaction with Childcare in Sitka



Families Not Satisfied with Affordable Quality Childcare Percentage Indicating Area of Concern



- The satisfaction question asked about childcare in general: babysitters, families and friends, parents at home, pre-schools, licensed in-home care, the school district, and Head Start were “lumped” together.
- The survey results cannot identify if some types of childcare are considered more satisfactory than others.
- Childcare is a concern for families.
- Satisfaction with childcare increases with the age of the child.
- Only 34% of families report neutral to very high satisfaction with childcare for infants.
- 70% of families report neutral to very high satisfaction with childcare for preschoolers (children aged 3-5) with 46% percent reporting high to very high.
- The cost of childcare is the biggest concern.
- The availability of childcare is also a concern.
- Only 23% of families not satisfied with childcare expressed quality as a concern.



WHAT'S NEXT?

- We will continue to look at the survey results for trends and areas of concern.
- This spring and next fall, we will continue to communicate the results to families and the community.
- In the fall, we will hold a number of community events to hear your ideas for addressing early childhood and childcare concerns.

Want to know what is happening around town? Sitka Kids is a Facebook page created to post secular family-friendly events for kids. The KCAW Calendar is another good source of information. Go to www.kcaw.org and click on Community Calendar.



Early Childhood Family Café

Join us for dinner. Determine Sitka's priorities for early childhood opportunities and programs. Work with us to shape the future!

childcare



Thursday
October 24
4:30-6:30
Harrigan Hall

Family dinner 4:30-5:30
Conversation/goals 5:15 -6:30

Childcare provided.
Transportation available.

Call Mandy Evans at 966-1266
with questions.

RESOURCES FOR FAMILIES			
Needs		Opportunities	
More foster care homes		Teen center opened	
SAFV homes for fathers and children		Focus group discussions really help	
Housing for felons		Homeless coalition at Duds and Suds	"Found housing that way"
Food and shelter for struggling families		Information about the need	Radio-positive stories
More traditional foods in EC programs		Marijuana tax funds	
Shelter for full families	Use marijuana tax funds		

HIGH QUALITY CARE
Qualities
1 Teachers with experience, staff retention
2 Quality relationship between family and staff
3 Liveable wages
4 Supporting teachers with children
5 Looks safe/child-staff ratios
5 Structure and organization
Affordable
Children smiling
Chocolates
Clean
Communication between family and staff
Cultural inclusion
Different options during the day
Good reputation
Hands on coaching/mentoring
Hands-on learning
Inclusive and accesible
Outside resources used
Parents as team members
Passion for the work
Physical space age appropriate
Play based
Professional development
Relief of FDH/colleagues
Smiling staff
Staff engaged and present, smiling
Trusting staff
Well-rounded curriculum

CHILD CARE		
Challenges		Solutions
Cost/affordability for families		Finding funding
Availability		Grant writing
Qualified caregivers		Additional facilities that accept children 3 weeks-3yo
Benefits for caregivers		Providing umbrella benefit services
Licensing process	Cost, type of provider, equipment	Free universal childcare
Facility upkeep		Lower cost of living
Infant care		Employer provided childcare
Better pay to recruit staff		

CHILD CARE	
Dream	Challenge
Pay living wage	\$12 per hour is insufficient
Integrate teens into childcare/child development	PHS/SHS
License in-home care	How to get people qualified?
Rely on family/outside resources	
Locate non-traditional childcare resources	
Use state website - good resource	Alaska Temporary Assistance program, can get caregivers qualified to get paid
*Fair, equitable opportunities with facilities	
*Flexible options, including drop-in	
*Larger employers provide options	
0-5 public centers, provide training, safety	Community-based with providers
Training for facility management	
Integrate SAFV/OCS/etc. into community	
Summer hours more available	"It's backwards"
More thorough screening process	
City support	

STRONG FAMILIES		
Qualities	Needs	
Physical, emotional, spiritual foundation	Therapy for parents of young children	Guidance, third party (neutral)
Space to just be	Parent support groups to reduce isolation, rejuvenate	Types: age/state, postpartum, sensory processing needs, activity-based, w&w/o kids, NEST
Refuge from overwhelming feelings and tasks	Pregnancy center	
	Longer Parent Power Hour	
	Activities/resources for darker season, physical outlet	Indoor playground, more Family Fun nights, model off great work STA is doing for tribal citizens
	Revitalize prenatal classes with childcare	
	NEST: once every three weeks	Groups with themes/likes
	Doulas, midwives, lactation consultants	
	Paid FMLA and paternity leave	

STRONG FAMILIES		
Qualities	Needs	
Communication	Full-family activities	
Support	Activities kids enjoy	
Multi-generational homes	Activities that honor dietary restrictions	
Kids are listened to	Open to all families	Sitka Tribe is modelling family engagement events, but not open to all
	Recipe/playdate exchange	
	Activities like park workshops	Created a sense of community
	Studio/center	Like a YMCA
	Resources for single parents	Especially when ill, needing a break
	Cloud as potential resource	

THE DREAM	
Primal reflection playgroup	Including OT
Therapeutic playgroup	
Health care for all	
Indoor play facility	Affordable, easy access, with family care so parents can meet and get support
Activities every day of the week	Wednesdays and Sundays, too
Activities and support for children 0-3	
Affordable cost of living	Childcare, housing, food
Strengthen tight-knit community	
Subsistence activities	Community harvest, new families connected to subsistence
Examine smaller communities for their activities	
Community birth center	
Home birth	
Expanded birthing options	Midwifery, doulas
Choices to empower women in childbirth	
Employer-provided childcare	SEARHC
Pay providers equitable living wage with benefits	
Subsidize families to pay for childcare	Free up money to attract and retain qualified people
Ease bureaucratic hoops for providers	
Coop housing for families	In-house childcare with paid staff

STRAY PAPER	
Needs	Notes
Midwives	
Doulas	Welcoming for both parents
Prenatal classes	More
Family fun nights	
Swimming pool night	
Nest	
Breaks for dads	
Indoor playground	SEATAC? Community Schools?
Resources and connections to break the isolation	Problem: isolation and feeling alone

EARLY CHILDHOOD FAMILY CAFE RESULTS



Use your phone to snap a pic of this QR code. Follow the prompt to our video.

TOP THREE TOPICS FROM THE CAFE

Child care availability and affordability
Parent/caregiver self-care and support
Free and inclusive family activities

NEXT STEPS

Join our café meetings in January for top three topics
Dates and times coming soon
Investigate and activate solutions
Invite friends to join our efforts

CAFE NUMBERS

50 adult participants
36 children in childcare
45 staff and volunteers

200+ ideas

SITKA KIDS

Learn more at Sitka Kids Facebook page
Keep up on activities for families and kids
Like Sitka Kids on Facebook today!



#SitkaEarlyChildhood

#SitkaKids

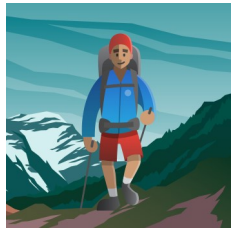
#AffordableAndAvailable



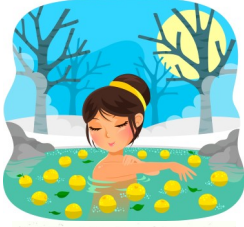
Thank you families, Sitkans Against Family Violence, Sitka Tribe of Alaska, Sitka School District, Harrigan Centennial Hall, Gájaa Héen Dancers, AmeriCorps, KCAW, KIFW, Pacific High School, Sitka Counseling, and the Early Learning Program.



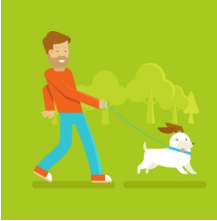
WHAT SITKA WILL BE LIKE WHEN WE ACHIEVE THE DREAM



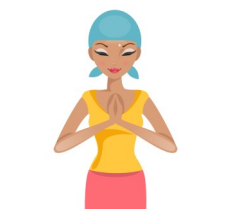
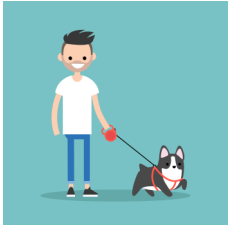
Parent Support & Self Care Cafe



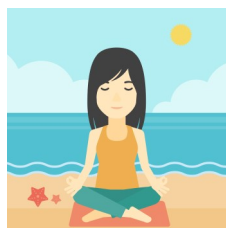
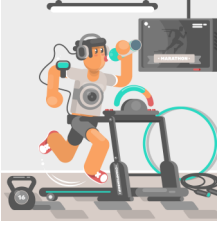
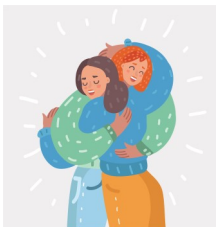
LET'S CONTINUE THE DISCUSSION



- DINNER PROVIDED
- FREE TRANSPORTATION
- FREE CHILDCARE
- SELF-CARE PRESENTATION
- **SELF-CARE STATIONS:** MASSAGE, JOURNALING, MEDITATION, ART, YOGA, CONVERSATION, REST
- PARENT SUPPORT DISCUSSION
- NEXT STEPS



Tuesday, January 14
5-7 pm
Harrigan Centennial Hall



Self-Care/Caregiver Support Event- Jan. 14th, 2020

Agenda

Time	Activity	Notes/To-Do's
3:00-5:00pm	<ul style="list-style-type: none"> • Set-Up at Centennial Building 	<ul style="list-style-type: none"> <input type="checkbox"/> Order all supplies <input type="checkbox"/> Sign-in sheet/Interested in future participation/Contact info <input type="checkbox"/> Name Tags <input type="checkbox"/> Resource Table <input type="checkbox"/> Small Group Stations <input type="checkbox"/> Set up food
5:00-5:15 pm	<ul style="list-style-type: none"> • Welcome guests-Sign In Sheet • Family Dinner (Subway) • Kids go straight to child care/dinner 	<ul style="list-style-type: none"> <input type="checkbox"/> Jamie Hovis in charge of child care <input type="checkbox"/> Set-up child care room <input type="checkbox"/> Get toys from ELP/Wooch.een <input type="checkbox"/> Name Tags, Allergy List
5:15-5:25 pm	<ul style="list-style-type: none"> • Self-Care Presentation (Dione Brady? SEARHC? Cindy Edwards?) 	<ul style="list-style-type: none"> <input type="checkbox"/> Confirm guest speaker <input type="checkbox"/> Strict 10-minute inspirational presentation on the importance of self-care
5:25-5:30pm	<ul style="list-style-type: none"> • Introduce Table Stations/Descriptions (Lisa) 	<ul style="list-style-type: none"> <input type="checkbox"/> Lisa give brief overview on each station <input type="checkbox"/> Lisa will be “time-keeper” <input type="checkbox"/> Possibly have a chime or way to designate time to give people a chance to hit up all the stations they want <input type="checkbox"/> Give participants permission to connect with others; exchange #'s etc.
5:30-6:15pm	<ul style="list-style-type: none"> • Small Group Tables/Stations 	<ul style="list-style-type: none"> <input type="checkbox"/> Assign table leaders if needed
	1. Resource Table on Self-Care Tools as well as Community Resources that relate to Self-Care (Kari)	<ul style="list-style-type: none"> <input type="checkbox"/> Kari will gather and lead resource table (i.e. NEST group, ELP Community Calendar, SSD Playgroup, Yoga Union Schedule, Meditation Schedule, Re: Fresh Schedule, Grind Fitness, Hames Schedule, Baby Sitting 4H Contacts, KidSwap, Toy Library, List of

Self-Care/Caregiver Support Event- Jan. 14th, 2020

Agenda

		Spas, Massage places in town, Infant Massage plus sign-up sheet)
	2. Community Café Questions Table (Self-Care Questions; Parental Resilience)- (Tori)	<p>1.) What does taking care of yourself really mean to you?</p> <p>2.) How do you stay consistent to the person/parent you want to be when you get discouraged?</p> <p>3.) How do you keep your cool as a parent when you've had a rough day?</p> <p>4.) How do you keep from getting overwhelmed?</p> <p>5.) How do you know when there is too much stress in your life? What do you do?</p> <p>6.) How do you stay strong and flexible for you and your family?</p> <p>7.) What drains your energy? What builds it back up?</p> <p><input type="checkbox"/> Poster chart for parents to share their ideas on Post-It</p> <p>Notes for ideas for self-care (short term and long term...or in the moment self-care or planned self-care).</p>
	3. Meditation/Yoga Station behind the main curtain.	<p><input type="checkbox"/> 5 minute resource (Yoga series handout, or how to do a 1-5 minute meditation at home)</p> <p><input type="checkbox"/> List of yoga/meditation apps</p> <p><input type="checkbox"/> Contact meditation person</p> <p><input type="checkbox"/> Contact yoga person</p> <p><input type="checkbox"/> Kari asked Jasmine Shaw for availability</p> <p><input type="checkbox"/> Contact Caitlin Way to lead the station</p> <p><input type="checkbox"/> Kari asked Michelle Friedman to help lead station</p>
	4. Relaxation Room (Jean)/DIY Self-Care Plan	<p><input type="checkbox"/> Eagle Room-Designated relaxation area</p> <p><input type="checkbox"/> Coffee, Tea, beanbags, chocolate, chips, lotion, candles, adult coloring</p>

Self-Care/Caregiver Support Event- Jan. 14th, 2020

Agenda

		<p>books, aromatherapy, essential oils, soothing/happy music, cozy pillows, “Thank You” cards, or Love letters to send out</p> <ul style="list-style-type: none"> <input type="checkbox"/> Add healthy veggie tray to acknowledge healthy choices as “self-care” <p>-----</p> <p>DIY Self-Care Plan</p> <ul style="list-style-type: none"> <input type="checkbox"/> Parents will create a self-care plan to take home <input type="checkbox"/> Provide writing utensils, materials <input type="checkbox"/> Print our template for Self-Care Plan <input type="checkbox"/> Journaling Station <input type="checkbox"/> List of Writing Prompts <input type="checkbox"/> Resources for parents to fill out at home-handouts, worksheets, etc.
	<p>5. Ongoing Parent & Caregiver Support/Self-Care Group. For caregivers who are interested in taking on a leadership role around this topic or interested in attending future ongoing support groups.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Kari/Mandy will lead this table. <input type="checkbox"/> Have a sign-in sheet for parents who want to take the lead in next steps <input type="checkbox"/> Karin Minks from NEST will help lead this table and have info about NEST <input type="checkbox"/> Have materials on table for parents for “How to Start a Parent Support Group.” <input type="checkbox"/> Provide Poster Paper “Support Group Topics” What do we “HAVE” vs. What do we “NEED” (2 columns Poster Paper)
	<p>6. Chair Massage Station</p>	<p>Have list of Massage places in town.</p> <ul style="list-style-type: none"> • Recruit a few massage therapists for the hour (Sign-up sheet. 5-minute chair massage) <ul style="list-style-type: none"> • Mo McBride-Confirmed • Cheri? • Tess? <p>Baranof Chiropractic</p>

Self-Care/Caregiver Support Event- Jan. 14th, 2020

Agenda

		Botanika Organic Spa Therapy Services Arctic Chiropractic Salon 26343 Erb Therapeutics (738-1688) Evergreen Natural Foods 747-6944 Danielle Cassidy (Nutrition)
	7. Art Therapy: Window Between Worlds (Heather)	<input type="checkbox"/> Personal Needs Flower DIY project <input type="checkbox"/> Materials ordered by Kari <input type="checkbox"/> Print out instructions <input type="checkbox"/> Have a sample to show
6:15-6:30pm	• Large Group Reflection/Harvest	<input type="checkbox"/> Magnets to take home. Ask parents to write "What? Why? And How?" they will take home what they learned, why and how they will apply this info at home. <input type="checkbox"/> Ask several participants to share with the large group what they wrote on their magnet

CHILD CARE

AVAILABILITY AND AFFORDABILITY IN SITKA

- FREE MEAL
- FREE CHILDCARE
- TRANSPORTATION

Join us for a COMMUNITY
CAFE to discuss child care
solutions in Sitka

Early Childhood Coalition

MONDAY FEB 10
5-6:30 PM
HARRIGAN HALL

Call/text Kari at 752-7323
for transportation. Call by noon
on February 10!

Ideas Collected at the Community Café Feb 10, 2020 - Child Care Availability and Affordability in Sitka

CHALLENGES –

Participants prioritized three main areas; specific comments related to each are below the main topic

1) Space Available for Infants	2) Flexibility of options for seasonal/ part-time/self-employed families; Summer availability	3) Staff retention/ support for high-quality EC Educators	4) Other comments
Infant care/availability was listed by every group & highlighted/starred the most in reviews	Drop-in Care	<i>Availability of care for all ages is linked to staff turnover/retention</i>	Help with child care assistance
	Seasonal Work; Assistance programs not amenable to part-time seasonal job scene	Time for parents & staff to advocate or collaborate	Access & info about what is available; how to apply; no access in summer
	Different needs	Staff education & training – local options; credit options	Meeting needs of Coast Guard families
	Smaller employers	Consistency between different providers	Cost /Income/Price tag
	Only 1 or 2 facilities open for summer	Training & support for providers and their families	Coast Guard getting on lists too late to get spaces
	Options when centers are closed	Safe facilities	Potty-training constraints
	Not enough licensed home providers	ECMH Consultation & support for all providers	Overwhelmed parents
	Self-employed people can be disqualified from child care – discourages entrepreneurship	Wages of child care workers	Potential child care sites not ideal; location, condition, price
	Good babysitters	Fear that my child does not get good/safe care	Community doesn't understand benefits of early childhood education
	School-age child care		

STRENGTHS –

Sitka’s qualities and other realities that will help us to address these Challenges

1) Strong Community	2) Economic Benefits of EC Investment	3) Good Conditions for Change
Tight-knit community; strong families who provide care (often unpaid); sense of community; help each other	Economic development/investment benefits are real; potential facilities are available; long-term and short-term benefits are defined at national and state level; we will soon have more local data to work with!	In-home care options; Consistent care & quality teachers at existing providers; shift to using “early childhood educators”; traffic/distance is not a challenge for most families; Fridays! :)

WE WONDER— ideas with 2 or more stars/highlights from review are in **BOLD**

- Where in Sitka might we add ECE/ECL facilities?
- If employers begin to offer child care, will that create inequity in the community, restricting these benefits to the larger employers w/ resources to do so?
- Even if we find ways to make wages equivalent to those of kindergarten teachers, requiring equivalent qualifications (4+years college ed & teaching credentials) would this pose barriers to filling positions, or... how do we prevent that?
- How do we create employee pipeline/ECL field interest?
- **Who are the employers in town that would have the resources to establish a child care facility?**
- **What is best way to educate employers, legislators, community at large about economic development/investment benefit?**
- How do we support new home-based licensed childcare option in town – increase quality, reliability, options?
- Could we have more baby sitter education, training, promotion to be responsible/prepared short-term care?
- Could we have more parenting classes?
- **What about a “Family Cooperative” (communal) option?**
- **Why doesn’t SEARHC have a child care center?**
- If space was available, could people afford it?
- When centers are at capacity (infants) what is that #?
- Can new grads from SSD have incentive to work locally at child care centers? What training is available to them?
- Communities in schools - @ Keet and BES ? (*clarification?*)
- **How could we use AmeriCorps/Jesuit Volunteer programs?**

CAFE UPDATE ON:

AFFORDABILITY AND AVAILABILITY OF CHILD CARE

CHILD CARE
AVAILABILITY AND AFFORDABILITY
IN SITKA



TOP THREE PRIORITIES

- Availability of infant care
- Flexibility of child care options
- Staff retention and support

real-world
responsive adaptable
flexible individualized
accommodating
convenient

THANK YOU, FAMILIES

Thank you, families, for meeting to discuss child care solutions in Sitka. Together, we...

- Synthesized survey data from families and providers
- Learned what is working in other communities
- Worked in groups to identify strengths/challenges
- Reviewed top ideas from all groups

WORK GROUP FORMS

Thank you to those who are interested in the child care work group. Look for an email invitation from Mandy Evans for a March 11 meeting. Child care and snacks will be provided.

Work Group Meeting

Wednesday, March 11

11:00am-12:30pm

SEACC Bldg, 205 Baranof

Questions?

Call Mandy at 966-1266

PRIORITY: INFANT CARE

Families need options for high quality infant care. This was the



clear consensus that came out of our group work and idea sharing.

Infant care availability

was listed by every group and highlighted and starred the most in the review of ideas.



PRIORITY: FLEXIBILITY

Options need to fit the needs of working families, including:

- Drop-in care
- School age child care
- Summer options
- Good babysitters
- Increase in licensed home providers
- Options for seasonal, part-time workers
- Assistance that honors self-employed and entrepreneurs

PRIORITY: STAFF RETENTION/SUPPORT

- Time for parents and staff to advocate and collaborate
- Staff education and training: local options, including credit
- Consistency between providers
- Training and support for providers and their families
- Safe facilities
- Early Childhood Mental Health (ECMH) consultation and support for all providers
- Wages and benefits of child care workers
- Assurance of good and safe care



Notes – based on discussion of the summaries of previous plans:

- 1) We will all help keep up **communication to the public** about this work:
 - The “Café Results” flyer is ready – continue to share.
 - As these work groups develop, we will maintain communication/reporting to the public – e.g., to the Assembly, STA Council, Chamber, STA HHS Committee, STA Cultural Committee, School Board, etc.

Please note that the Sitka Health Fair planned for this spring is postponed to the fall – and Holly will keep us in the loop about how to participate in that event.

2) Next meetings or events??

We are continuing work on the 3 main topics chosen by the community:

- Child Care Availability & Affordability – I am currently leading this one –but let me know if you’d like to co-lead. We have a Work Group forming! Our first Child Care Work Group meeting will be on *Wednesday, March 11, at 11:00*. You all will be copied on the invitation email. I’ve talked with several community members that signed up to make sure this date and time with work for them. Our first task will be to review the harvest of ideas from Feb 10, and choose two goals to focus on. Please put this event on your calendars, if you’d like to join us!

- Free & Inclusive Activities for EC Families - the Pathways Family Engagement Work Group is taking this on. Kari & Lisa lead that group, and have some great ideas for how to collaborate with existing activity hosts to promote what is already happening, and to increase what is happening. Also, this group will use the Partners Roster to invite and include families in the planning.

- Support & Self Care - This topic has so many possible avenues! *If you are interested in co-leading this topic, in collaboration with me... (anyone...?),* then please let me know! For now, plans are to contact those on the roster who indicated interest in helping to plan events (contacting them the week of March 2), and host a first meeting with them to discuss options and prioritize, meeting sometime the week of March 23. Probable work/events of this group will include: promoting training/support services already occurring; hosting new trainings and/or developing support systems for families (filling in the gaps).

**There might be ways for B & C to combine/overlap – but the Family Engagement Work Group (B) does serve all ages, so this could use some of our planning energy at our March Coalition meeting(s)