Even if everything isn't perfect, love and affection and time are all your children need… not a perfectly clean house or a perfect parent! —*Annie*

Advocacy Education Networking
Attachment Network of Manitoba

ATTACHMENT NETWORK OF MANITOBA
attachmentnetwork.ca
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FOR MORE INFORMATION ON ATTACHMENT VISIT:
circleofsecurity.net

MANITOBA PARENT ZONE:
manitobaparentzone.ca/baby

HEALTHY BABY HEALTHY BRAIN:
healthybabyhealthybrain.ca

Midaaswi gegoon bemused giniijaanis nendawenimig ji-gikendaman

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1 **Debwetawishig. Niibowa gegoon nindani-gikendaanan endaso-giizhig.** Waabandan geshkitoowaan. Abooshke gashkitoosiwaan gegoon, gibagosendamiyim ningoding nindaa-gashkitoon.

2 **Ji-gikendamaan ayaayan imaa ji-minjiminiyan.** Gikinjigweniyan, minjiminiyan niminode'igon ji-apenimonodoonaan.

3 **Naanigoding weweni babizindawishin.** Ji-nayendamaan ji-gotanziwaan gegoon. Ji-gikendamaan nawach niin niigaan nindasigoo apiich wiin giigidowin gemaa maagonigan.

4 **Gikendamaan zaagi'igoowaan, gaawiin nindaa-maji-nanamaa'igoosiin.** Maagizhaa nindaa-maji-nanamaa'igoo giishin gikina'amawisiwan, miizhiyan gakina gegoo endawendamaan, nindaa-mino-ayaa dash weweni bimendamang wegonenan endawendamaan.

5 **Wiijitoon ayendiyaan odaminoyang.** Onjida ji-maajii-odaminoyaan, minwendamaan wiijichigemiyan! Ningikendaan noonde-gikina'amawiyan gegoon, odaminoyaan dash, nawach ji-gikendamoonidizoyaan. Gidaa-gikendaan maji-izhiwebizisiwaan naagajiwiyan, waabandaman eni-gikenjigeyaan.

6 **Nindani-gikendaan ji-nayendami'idizoyaan, ji-wiijiyan idash.** Wiidabimiyan nishkaadizi-ayaayaan gemaa maminodoodanziwaan ("Degwiing" dayegoch wiin "anwebin"), niin igo ninayendami'idiz. Apii bangitooyaan, gidaa-dazhindaamin aaniin gaa-izhiseg. Ninishkaaji-ayaa apii migoshkaadendamaan, giishpin dash wiidabimiyan, wiindamawiyan aaniin ji-doodamaan, nindaa-ani-gikendaan aaniin ji-doodamaan migoshkaadendamaan ani-niigaan.

7 **Wiiji'ishin enamanji'owaan.** Aapiji ninjiikendaan gikendaman aaniin enamanji'owaan, wiindamawiyan ikidoyan ginishkaadiz, gigashkendam, gigotaaj, gemaa goshkwendaman. Minwendaagwad gikendaman iwe. Gikendamaan wegonenan ini inamanji'owinan, aaniin enenjigaadegin.

8 **Gaawiin endashiyang gigichiwaawisiimin.** Eni-ombigiyaan, ninga-ani-babanichige, gegiin gaye, maanoo dash! Gaawiin memochi gwayakwaadizisiiwag abinoojiiyag gemaa oniigi'igoomaag.

9 **Wiiji'ishin gegoon ji-izhichigesiing.** Eni-ombigiyaan, giga-nanaakwiiwininim. Gaawiin giin igo onji! Giishpin nawach mindidoyan, mashkawiziyan, gikenjigeyan, minwaadiziyan gaye, nawach nindaa-gikendaan wegonenan ji-doodanziwaan, migoshkaaji'igooyaan gegoon ninga-zoongiziwi'igon.

10 **Minodoodaadizon gegiin!** Ningikendaan zaagiwiyan, onizhishin dash naanigoding gegiin gegoon ji-babimeninidoziyamban. Waabandaman ayendiyan, ninga-gikendaan aaniin ji-izhi-bimeninidizoyaan apii ombigiyaan.