

Minikwewin zhigwa Gigishkawaawasong

Wiijitooodaa Ji-minikwesigwaa
gegishkawaasowaa



Minikwesiing Gigishkawaawasong

Daa-jiikendaagwad gigishkawaawasong. Wii-ombigi'aawasowan, wiijikaawin, enawenimad gemaa giijiwaagan, gidaa-wiiji'idimin ji-minikwesiing gigishkawaawasong.



Nitaa-minikwem omaa Canada akiing, daa-naniizaanad idash—nawach naniizaanad apii gigishkawaawasong. Maagizhaa daa-wendad 'ji-michi-minikwesiing' gigishkawaawasong, gaawiin dash iwe nitaa-izhisesinooon niibowa onji omaa Manitoba.

Niibowa awiyag minikwewag ji-wiiji'igowaad atisigowaad. Gaawiin aanind ogikendanziinaawaa' naniizaanak gigishkawaawasong, giishin a'a ayaasig gegoo ji-wiiji'igod, odaa-zanagi'igon ji-booni-minikwe. Giishpin dash wiiji'ind, gaawiin daa-minikwesii gigishkawaawasod.

Wiiji'igod enawemaad, wiijiwaagana' gemaa negadanimaad odaa-gash-kitoon. Gechinaawiwana ji-gikenda-

mamban, gegoon ge-aabajitoowan, gaawiin gidaa-minikwesii gigishkawaawasowan.

Nimbagosendaamin giga-wiiji'igon owe mazina'igan ezhi-naniizaanak minikwewin awiya gigishkawaawasod, daa-wiiji'iwemagad gaa-gigishkawaawasowaad eyaayan.

**Maama'ookamang,
gidaa-wiijitoomin
minikwesiing
gigishkawaawasong.**

Minikwewin, Gigishkawaawasowin zhigwa FASD

Niibowa gegoon ji-naagadawen-dama wii-ayaawind oshkabinoojii. Odaabaanensag, ge-miijiwaad, gikend-amang gwayak gegoo gaa-doodamang ji-mino-gigishkawaawasong, daa-zanagad igo.

Bezhiqwewig dash wiin gaa-giken-jigewaad owe dinookaan, gaawiin gikendaagosinon aaniin minik minik-

wewin neniizaanak awiya gigish-kawaawasod.

Ogikendaanaawaa' gaye odaa-maaki'igon gegishkawind iwe Fetal Alcohol Spectrum Disorder (FASD) gaa-ijigaadeg, nawach gaye odaa-naniizaani'igon minik menik-weng gegishkawind.



Gegishkawind odinendamowin zhigwa wiiyaw ozhigininiwan, o'o apii minikwewin daa-maanzhijigemagad ini onji. Maagizhaa giniijaanis wiiba daa-nitaawigi, nawach naanginigozid, ayaad gaye iwe FASD. Aabadakin gaye bebakaan mashkikiin daa-naniizaani'aa abinoojii, minikwewin eta onjisemagad iwe FASD gaa-ijigaadeg.

Bezhiq gigishkawaawasowin daa-bakaanad apiich wiin bezhiq miinawaa, gaawiin naanaasaab izhi-ayaasiwag abinoojiyensag. Aaniin ezhigid abinoojii bakaan daa-izhigi, epiitizid, gaa-miijid, aaniin gaa-izhishkaagod minikwewin gigishkawind. Mii ji-on ji-gikenjigaadeg gaawiin gikendaa gosinon aaniin minik minikwewin ge-izhi-naniizaanak abinoojiyens onji, bigo awiya ekidod.

Giishin wii-gigishkawaawasowan, ji-minikwesiwan ikidom. Giishpin dash aazha gigishkawaawasowan, giyaabi gidaa-meshkwajichige.

Nawach minosegin gegoo doodaman, daabishkoo booni-minikweyan gegoo ji-naniizaani'aasiwad giniijaanis.



Wegonen iwe FASD?

Iwe FASD maaki'iwemagad, bebakaan daa-izhi-ayaa awiya apiich wiin bakaan awiya miinawaa. Endashiwaad eyaawaad FASD odaya-wiiji'igonaawaa' maagizhaa dash onjida ji-wiiji'ind waaban gegoonan babimaadiziwaad.

Maagizhaa bebakaan daa-izhise, FASD awiya bakaan ayendi aaniin ezhi-ma mikawid, naagadawendang, giigidod, aaniin ayizhi-ayaad, ezhi-nagadendang dazhiikang gegoo. Aanind gikend aagwadoon apii nitaawigid, aanind ani-gikendaagwadoon eni-ombigid.

Gigi-nitaawigid abinoojii FASD, maa gizhaa ji-waawiji'ind omino-ayaawin aaniin ge-izhishkaagd iwe izhi-ayaaw

in, daabishkoo odeying, odoodikosi wang, odookoning aakoziwin.

Aaniin ge-izhishkaagwad minik wewin a'a gaa-gigishkawind bakaan daa-izhi-izhise onji bakaan mii nawaa, gakina dash abinoojiiyensag gaa-ayaawaad FASD bezhigwewig gegoo odayaanaawaa'—nanaandok gegoon wiiyawaang, ezhi-giken jigeaad, aaniin ayendiwaad wiijichi gemaawaad awiya.

Aanawi-minose, gaawiin ozaam wiikaa gegoo ji-izhichigengiban. Nawach bangii gemaa booni-minik weyan igo daa-wiiji'iwese ji-gigi-ni taawigisig owe maakiziwin.

Gakina Gidaa-wiiji'iwemin Ji-minikwesiing Gigishkawaawasong

Ge-izhi-gichi-wiiji'iweyan ge-kinimaad, enawemad gemaa wiiji-ayaamad wiiji'ad a'a gaa-gigishkawaawasod gekenimad. Gidaa-doodam owe bebakaan gegoo meshkwajichigeyan

ji-mamino-ayaad manaaji'ad Awiyan ayaawaad a'a gaa-gigishkawaawasod, owiiji'igonaawaa' bakaan gegoo ji-meshkwajichigewaad.

Maagizhaa ono gidaa-gojitoonan:

WIIJITOON GEGOON MINODOODAADIZOD

Jibwaa, megwaa gemaa ishkwaadakobinaawasod, gidaa-wiiji'aa gegoo ji-minikwesig.

BAKAAN MIINAWAA GEGOON

Wiiji' minikwesiwan gemaa ningoji onabiyeg apii nagishkodaadiyeg.

BAKAAN GEGOON IZHICHIGEN

Ningoding ako gegoo izhichigen, minikwem, maagizhaa bakaan ningoji gidaa-nagishkodaadim ji-moojigak ningoji menikwesigwaa.

Gichi-gegoo ji-aanawendaman endoodang. Maagizhaa daawendad ji-booni-minikweng gigishkawaawasong, aanind dash ozanagi'igonaawaa' memindage awiyan wiiji'igosigwaa.

Aanawendaman gegoo endoodang awiya, maagizhaa gidaa-aanishendami'aa gegoo ji-doodang, gikendan aandi imaa ji-wiiji'indiban.

Mikaman Wiji'iwewin

Giishin gegoo noonde-gikendaman aaniin ge-izhi-wiji'iwewan gigish-kawaawasod awiya, gagwemin mino-ayaawin enokaadang gemaa mashkikiwinini dinookaan.

Giishin gigishkawaawasowan gemaa wiji'ad awiya ji-minikwesig, ganoozh:

Addictions Foundation of Manitoba: diba'igesiing 1-866-638-2561

Health Links-Info Santé: 204-788-8200 or diba'igesiing 1-888-315-9257

Pregnancy Info (Society of Obstetricians and Gynecologists of Canada): pregnancyinfo.ca

Provincial Adult Addictions Information Line: giigidon gemaa diba'igesiing 1-855-662-6605

Youth Addictions Centralized Intake Service Line: diba'igesiing 1-877-710-3999

Ji-minikaman mino-ayaawin wiji'iwewinan, giigidon:

First Nations & Inuit Hope for Wellness Help Line: toll-free 1-855-242-3310 or chat at hopeforwellness.ca

Klinic Crisis Line: 204-786-8686 or toll-free 1-888-322-3019

Manitoba Farm and Rural Support Services: toll-free 1-866-367-3276



Ji-gikendaman iwe FASD izhichigewin, inaabin Government of Manitoba at www.gov.mb.ca/fs/fasd or email FASDInfo@gov.mb.ca

Inaabin DrinkSense.ca ji-gikendaman awashime gegoo minikwewin, gigishkawaawasowin gaye.



Dr. Ana Hanlon-Dearman MD

Medical Director, Child Development Clinic
Medical Director, Manitoba FASD
Centre/MB FASD Network

Ekidod Dr. Hanlon Dearman

Iwe Fetal Alcohol Spectrum Disorder (FASD) gaa-ijigaadeg gabe-bimaadizid odayaan awiya, maagizhaa a'a gii-minikwewan gaa-gii-gigish-ka'ogod. Miniwewin omaanzhise'ogon abinoojiyens aaniin ezhi-ombigid oshitigwaanig zhigwa wi yawing.

Endashid awiya FASD eyaad, gegoo minosewan aanind gegoo ozanagi'ig-onaawaa', ji-wiiji'indwaa endaso-giizhig gegoon. Onaabanjigaadeg, giken-jigaadeg gaye, owiiji'igonaawaa' ji-babimaadiziwaad FASD ayaawaad.

Iwe Manitoba FASD Centre onandooshkawaawaa' awenen FASD eyaanid, gikenjigaadeg ezhi-ayaad, wegonen wiiji'igod gemaa zanagi'igod awiya, da-wiindamaagem. Aandi ji-izhinizhawind awiya ji-gagwejimindwaa Diagnostic Coordinators.

Mii imaa odayaanaawaan bebakaan ji-izhaang Manitoba, daabishkoo Selkirk, Beausejour, Thompson, The Pas, Norway House Cree Nation, Brandon, Dauphin, Swan River, Portage la Prairie, Steinbach zhigwa Winnipeg.

Odaa-wiiji'aawaa' mino-ayaawin enokdaadamowaad FASD awiyan ayaanid, daa-wiiji'iwewag gaye ji-maanidoodaadisig awiyan minikwewin onji. Gekenimindwaa, enawemindwaa gemaa wiiji-ayaamindwaa, wiiji'aadaanig awiyag gigishkawaasowaad ji-minikwsigwaa.

**Manitoba Liquor & Lotteries miigwech odinaa' Manitoba
Department of Families zhigwa Dr. Ana Hanlon-Dearman
wiiji'iwewaad ozhichigaadeg owe mazina'igan *With Child
Without Alcohol* izhichigewin.**



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