

AAMO-IKWENITIZOWIN ONJI ABINOOJIINYAG

Kendaasowin gaye Nisidotamowin: Miikana moozhiga'igeyan

Nisidotamowin Aandjigewin Ishkotewaaboo Onji: Gichi-apiitendaagwad Kendaasowin

Wegonen iwi Aandjigewin Ishkotewaaboo Onji?

Aandjigewin Ishkotewaaboo Onji mii iwi aandizewin nitaawigiwinik, oshki-abinoodjiiyag gaye getiziwaad gegoo aandizewaad onji ishkotewaaboo minikwewin abinoojiinh eko-ayaawaad omamaawaan. Niwinanoon iwi aandizewin: kendaasowin, izhi-chigewin, wiiyaw, gaye nandotamowin. Ono aandizewin onji ishkotewaaboo ayaamagadoon abinoojiinh nitaawigi-giizhigak, bakande dash mashi gwayak nisidotamoomagadoon mashi ginwenzh bimaadiziwaad. Gichi-apiitendaagwad kendaasowin: giishpin naadamawaawaad gwayak, gwayak dash ta-minobimaadiziwaag.

Aaniin ishkotewaaboo eshi-namanjitood iwi abinoojiing?

Ishkotewaaboo moshkine-maazhi-ayaawin aawon, i'iw dush owi wegonen ji-maazhi-izhichigeyon gaye ji-bi-namanjitood iwi abinoojiing gwayak ji-oshkigi'ind. Apii ikwe gikishkaod gaye minikwed, iwi ishkotewaaboo zhaabonii-maagon iwi gichi-omozh gaye pindige-maagon o-wiiyawing iwi abinoojiins. Ishkotewaaboo ginwenji-ayaamagod iwi abinoojiins o-wiiyawing dash iwi ogashiyan. Iwi ishkotewaaboo nishi-namanjitood iwi wiiyaw gaye iwi wegonen ayaamagodin i'iw apii gi-oshkigi'ind.

Gidibentaaminaanig mawi-gizhiga'aawag ishkwayaanj abinoojiinh nigid; mii wenji-bwaa-minikwen ishkotewaaboo nayaap-ishkamowaad. Maanda gichi-mizhina niizhaaniziwin onji ishkotewaaboo, gaye aaniin minik minikweyeg, aaniin minik dash, apii dash minikweyeg, gwayak-ayaawin nimaamaa, nendatagwendamowin, gaye onji odaapinamowin bekaanja niizhaaniz-iwin gaye izhi-niizhaanak. Mii iwi wenji-gwayak-gidinamowaad gichi-oshkigi'ind iwi wiinidib (CNS) onji niizh:

- Gaye go gwayak o'apii onji-oshkigi'omagad iwi wiiwin-onji-nana'idaman kendaasowin, mii dush gwayak zhaazhi nawa'idizowin ji-onji-bi-aandiseg iwi zhaangaso-giizisoon.
- Ishkotewaaboo izhi-gichi-mija'amagan iwi wenizhishid-oshkigi'igewin niizho-giizhikang iwi gichi-wiini-nagamong gaye gichi-namanjichigade, memindage gwayak iwi wiinindiibang.

Gashkitoomon ina ji-gibi'igeyan iwi Aandjigewin Ishkotewaaboo Onji?

Gichi-apiitendaagwad ji-mikwenindamaneg aaniin onji minikweng apii aawanjii'ind abinoojiing giishpin wa-kanawenda-maneg ji-bi-onjinezigod. Anishinaabeg gwayak ji-kikendamowaad aaniin eshi-namanjitood ishkotewaaboo iwi abinoojiing. Kawii-gegoo kikendanzigwen minik minikweng ji-bisaan-ayaad abinoojiing gaye gemaa apii ji-minikweng apii aawanjii'ind. Mii iwi onji, mii maamawi-onizhishing ikwewag ji-minikwezigwaad gabe-apii apii aawanjii'ind abinoojiing. Ona kendaasowin gaye anamikage-mazina'igan gichi-apiitendaagwad ji-waase-mishimo-miigwemagak miina ji-bezhigwanogak miziwe odaanak gaye akosiwigamigong. Miina gwayak ji-nisidotamang batayege anishinaabeg maagizha manito-ishkotewaaboo-aandjigewin maagizha onendamowin-aandjigewin ayaamagad. Maagizha kashkendamowin maagizha nanandawi'idiwin-nandotamowin ayaamagad gaa-bi-izhise-wiiji-ayaamagak. Gaye ishkotewaaboo-minikwewin miziwe odaanak izhichigewin izhise (mashkawi-mazina'igan moozhiga'igewin izhi-ayaamagad 80% anishinaabeg minikweg gaye 50% abinoojiing dagoshinoog gii-wanendamowaad). Ikwe-widi nandotam ji-wiiji'ind gaye ji-naadamago-wiiji'ind oniwakaamaganag, wiiji-ayaamaganag, wiidigemaganag, gaye odaanak ji-boonitood ishkotewaaboo-minikwewin.

Kekendagwadwiin Izhichigewin

Gaye wenipanad ji-wanendaman gaye gwayak ji-nisidotanzigwen iwi onji ikidowinan ezhichigeyan gabe-nookaadiziwin gaye nendagendamowin. Ono iwi aandjigewin ishkotewaaboo onji izhichigewinan dush ji-gikendamaan.

Aandjigewin Ishkotewaaboo Onji gaye eshi-nagwaag waawiyeyaagwaning

- Gaawin onji-nandawendaagwasi-noon ji-wiindamageyang gwayak kishpin ishkotewaaboo minikwed iwi ikwe e-andji-ayaad
- Niso gwayakode-oshkiinzhigok
- Niso aanjise-mikanotigong

Aandjigewin Ishkotewaaboo Onji: memeshkod gaawiin gwayak nak-waaganikaag oshkiigwaning

- Kawiin nandawendaagwassin ji-kikenindaming kichi-minikwe-naniwang bwaamashi-nigi'ind abinoojiing
- Gaawiin gwayak abinoojii-deng-way gego nandawendaagwasinon
- Niswi ezhinagwak namanji'idiwinan

Nanimbwaajichige iwi Aandjigewin Ishkotewaaboo Onji gaye nisitamowin aandjigewin

- Kawiin nandawendaagwadosinon ji-wiindamowind gii-minikwed ishkotewaaboo nishike ji-nisidotam-ing
- KEMAAGAYE dush ji-ayaad iwi niso-inamanjio-ingway
- Mashkikiwin-inendamowin nindawaaj ji-ni-oshkigi'ind

Niso ezhinagozid wa'aw: ogidibiiwaan onow e-bibigashkaag, e-tagwaag e-izhi-taashkigwaabi'iged (ishkwaandemensag ani-daashkaabi'iganing) gaye e-onozhikaag megwaye-ozhinzhigwaning (megwe-odooning gaye ookonshing).

Ono 'domains of impairment' ijinikaadeg inaandagwad aaniin eshi-biminizha'amaagazod bezhig awiia onoweniwag: motor skills, neuroanatomical/neurophysiology, nisidotamowin, anishinaabemowin, gwayak-gikendaasowin, mikwendamowin, nenakawe-apiitendamiwin, niigaan-inaabitamiwin gaye impulse control, mino-ayaawin, gaye nanakawe-izhitwaawin.

Ono dush mewinzha ezhinikaadegibanin gaya geyaabi odakonaawaan: Fetal Alcohol Syndrome (FAS), Partial Fetal Alcohol Syndrome (pFAS), Alcohol Related Neurodevelopmental Disorder (ARND) gaye Alcohol Related Birth Defect (ARBD), Fetal Alcohol Effects (FAE).

Ganabaj owi dush mamanjigowan ji-gikendamaan gegoo onji. Gidaa-wiiji'iwe dush ji-baabi'iyen gaye ji-nisidotaman miz-iwe omaa.

Gichi-apiitendaagwad Aandjigewinan

Aandjigewin Ishkotewaaboo Onji (FASD) kendaagwad gaa-kagwe-bimaadizimigak nondaagwad gii-minikwed ishkotewa-aboo ogitiziimaman. Minikwewin namanjitood wezhichigaadeg gaye ezhichigeyamagak wiinibishiing, mii dush gaa-onji-waabandanook gichi-mashkawiziwin aandjigewin. Iwe dush waabandaman mii iwe niigaan-aandjigewin gaye anami-aandjigewin. Gichi-onizhishin ji-nisidotaman iwe niigaan-aandjigewin gaye iwe anami-aandjigewin gaa-asitewaad iwi Aandjigewin Ishkotewaaboo Onji (FASD).

Gichi-aya'aawin aandjigewinan iwi onji-ayaamagadon gwayak ishkotewaaboo onji megwaa abinoojiing ozaagi'igoyang. Ono gichi-aya'aawin aandjigewinan imaa onji-namanjitood wi yawing, kendaasowin, izhichigewin, gaye nandotamowin.

Wii yawing Namanjichigewinan

Ishkotewaaboo e-minikweng apii abinoojiinh awashime-ayaad nanji-izhichigwemagad aaniin eshi-nitawigid gaye eshi-oshkigi'ind wiiaw. Anishinaabeg wenji-ayaawaad iwi Aandjigewin Ishkotewaaboo Onji nanji-pakaan-ayaamigadiniwi wiiawaang gaye aaniin eshi-mamadjiwaad.

Ono dush wiwayowang onji-namanjitood gii-izhichigeng::

- Bedosemagad ji-gikendamaan gwayak bimaadiziwin
- Animiziwinan ji-nandagikenindizoyang gaye ji-izhi-gashkitoyang: onoomini-bagijigan gaye onoomini-nanda-ode'igeyan, ji-takonaman ozhibi'iganaatig, ji-gwaashkwani-bangishimoninig bezhigozid, ji-bimibizoyang niizh-waakwaan bimibizowining, gaye ji-aabajitooyang moozhwagan.
- Maanaadji-nibaawi gaye maanaadji-wiidookoodiwin – baapigwanishin, maana-ayaa ji-biigoshkaaman gegoo
- Bakididi gaye gaye-tabasenzid
- Bishigendaagwad noondamowin
- Nwaagigwanishimo-ode'in, ode'i-madwewaashin, biigwaakane, gaye kodagiyaang wii yawing onji-maanaadiziwinan.

Kendaasowin Aandjigewin

Gezhichigeyang gidinendamowinaanin onji iwi anwaatendang, mamitonenindamowin, gaye mikwendamowin, kichi-apiitendaagwad dush niizhogane-bimaadiziwayang.

Kendamowini-andjigewinan onoweniwan gaye:

- Zanagat ji-mikwendaman
- Wanendaasowin – mooshkinetood iwi wenipanagishkaag mikwendamowining gaye aadizookeng
- Besikaa ji-nisidotang kendaasowin
- Nenangibizi
- Namanjitood ezhi-ganawendamang gaye ezhi-wiindamaagemang
- Animizi ji-ozhichiged gaye ji-gizhiitood e-wi-izhichiged
- Animiziwinan ji-mika'amowaad gegoo bezhigwanong onji dush ayaamagakin niizh gwayak
- Zanagad ji-nisidotamang aaniin gwayak ezhichigeyang gaye wegonesh eshi-bi-izhiwebak.
- Gaawiin gwayak nisidotanziin ikidowinan
- Animendam nisidotang iwi kendaasowin diba'igiiziswan, shoonyaa, gaye agindasowin

Izhichigewin Aandjigewinan

Gidiniyewining onji-bi-izhi-gwayakoseyan apii wiji-bi-maadiziyan gaye wiijiwaaganan. Igiw dush wenji-aandjigeyig ishkotewaaboo onji maagizhaa onzaam-mamanjigo-izhi-chigewag gaye gakwanisagaadewisigoon mewinzha gimaamaa oga-onji-waabandamawaan gaye oga-onji-nondamawaan gegoo maanoo dush gaye bakaan gwayak.

Nandagikenjigewin omaa Aandjigewin Ishkotewaaboo Onji ogii-mikaanawaa bakaan ezhwebiziwaad gaye ezhigikendamowaad igiw wenji-aandjigegig ishkotewaaboo onji dash igiw bakaniziwaad onji gwayak dush ezhigikendamowaad. Inabin mazina'iganing niizhtana shi-bezhig wii-nandagikenjigeyan onji gagiibiziiwin.

Ono dush izhichigewin aandjigewin ishkotewaaboo onji maagizhaadog gaye:

- Gwayatchi-izhichigewin
- Aandjise magad mino-ayaawin
- Meshkwat-izhichigewin
- Gwayak ji-nagadendanzig
- Maange-izhichigeyan apii aanjise-izhichigewin
- Maanaadad ji-nisidotang awenen debendang gegoo
- Gwiinawi-nisidotamowaad ezhika-bezhigo-bimaadiziwaad
- Gaawiin gwayak gashkitosiin ji-moozhiga'ang eshi-amanjigood
- Aazhigwa wanichigewin
- Wwenipanizi ji-wiijiwaad wiijikiwenyan gwayak dush ji-izhichigesiwag.
- Weweni go gwenatchi-nishiwadendam Next sentence?
- Kichi-mamiikwendamowinan gaye onjida-wiikujitowinan

Nandodamowin Maanaadendamowin

Eko-giizhigak, gidinawandjigewinan gichi-baatiino kend-aasowin odoodaapinaan gaa-ayaayan. Iwi maamawinitamowin gaye nisidotamowin kendaasowin "sensory processing" izhinikaade. Onji iwi wiindamaagemagak gichi-baatiino kendaasowin, gidinawandjigewiniwaa mayaam mino-anokiiwag apii maamawi-anokiimagak, iwi dush "sensory integration" izhinikaade.

Ishkotewaaboo onji gii-ombigi'ind abinoojiing odad-banajitoon gichi-wiino-mazina'igan gaye ji-onji-nananjitood aaniin e-nisidawinang gegoo. Miwanji mii omaa ezhinagwak ji-onji-osam-gwenadendamoo gaye maagizhaa bangii jinnisidawinang gegoo mii omaa: gwichigedamowin, minjanjigewin, tanginigoowin, noodamowin, waabandamowin, gwayakobi-izhiwayebizowin, gaye jinnisidawidizod aandi eayaad. Mii dush ji-onji-ndawaabandan gegoo ji-onji-tanginang maagizhaa ji-onji-osam-majazhid gaye maagizhaa giga-izhi-gibishing ji-gi-izhi-ganoodidizosig.

Ono dush eshi-nagwadogin wanitooying gidinawewiniinan:

- Gaawiin gwayak minjimagendansin minwaagigewin
- Wanichigewin jinnanaandawaabandang gegoo imaa miziwe ezhinagwak
- Wenipanizi jigiwashkwebiid odaabaaning
- Oninjiin waakaa'iganing miziwe bimosed
- Memeshkod gichi-wisagendaman
- Misawenindan ji-waaga'iged
- Gichi-nesigoyang apii gichi-noondaagwad
- **Osam-waaka-waakagishkaag**

Ani-nibiwa naanamanjitowinan

Anishaa dush onji-namanjise mii iwi nagatch bimaadiziwing onji-ayaamagak giishpin iwi gegoo ayaamagak inaadiziwin gaya iwi aki gwayak nidadwaabamaning. Nawatch dush zanagiziwinan ayaamaganoon onji iwi weniban kendaasowin, weniban naadamagaewin, weniban anokiitagaewin, weniban zhigichigaewin gaya weniban gwayak gwek kendaasowin. Niibiwa anokiigamagoon gaye bemaadizijig kaawin geyaabi kikenidansiiwan iwi Aandjigewin Ishkotewaaboo Onji gaya iwi wiin nikanookaan ezhichigeyan. Giishpin dush ayaayan Aandjigewin Ishkotewaaboo Onji kaawin mii iwi ge-ezhise-mowaagak, anishaa dush nawatch ge-inakamigah. Giishpin dush gwayak wiichi'iwenan atoyaang kwayak sesika, mii iwi ji-naadamaageyangg ji-izhi-namanjisesig.

Ono dush miziwe geyaabi enanokiiwinan gaye ezhichigewinan iwi Aandjigewin Ishkotewaaboo Onji::

- Inendamowin aandjigewinan
- Mashkiki gaye ishkotewaaboo onji aandjigewinan
- Wiidige'indiwin gaye wijiwaaganindiwin onjinendamowinan
- Dibakonigewin onji: igi wenji-namanjitwaajig gaye igi meshanchigeyig
- Mino-ayaawin gaye kanawenindiwin iwi ezhichigeyan
- Anokiiwin wandaanimad
- Pawaashka'igaade kendaasowin
- Waakaa'igani-onjinigewin gaye wenibaabiishinang

Ambe ganawaabandandaan aaniin ezhinagoziwin::

Agindaasowigamigong, kikinoo'amaaganag inendaagwanoog ji-gikendamowaad waiba, ji-pisindamowaad apii kikinoo'amaagewinini gigitod, ji-bezhigo-apiwaad ginwenzh gaye ji-mikwendamowaad gegoo apii kikinoo'amaagewini-kendaasowin. Dash, kikinoo'amaaganag eyaawaad iwi Aandjigewin Ishkotewaaboo Onji ani-zanagad ji-mikwendamowaad gegoo, nindawaach nidadtamook ikidowinan dash gwayak gaye dewishiwaad onji iwi waasikonenjiganan. Manda dush owiidi-nanaandawi-gikendamowiniwaa mashi-zanagad meshkwach gwayak kikinoo'amaagewinini wag, wiji-anokiiganewag, gaye go-ko kikinoo'amaaganag nidadtamowaad iwi Aandjigewin Ishkotewaaboo Onji ayaamagad gi-wiindibi-giizhigandaman

“Gwayak naadamagaewin dush ji-ayaamagak onoweniwan ananimiziwinan da-gashkitoon ji-biinitoon.”

Aandjichigewin Nisidotamowin

Oonji-waabamind iwa abinoojiing:

Maanaadad, migoshkaadendaagwad

Kitimishki, wenipanendaagwad

Giwanimo

Migoshkaaji

Oshki-izhichige, abinoojiing-ganawenimaa

Nandawaabanda'iwe

Maanaaji-izhichige

Gaawiin-gwichiiwi

Gaawiin-wi

Dush onji-namadendam:

Baanenimowin

Segiziwin

Wanishin, gwinawinam

Gikaandiganan

Bezhigo-ayaawin

Anokiiwin-aanjise:

Nagashka-izhichigewinan

Andji-izhichigewin

Aandji-anishinaabeg

Ji-nisidotamingin dush ezhi-ayaamagakin:

Nishiwanadendaagwad, animiziwin

Mashkawizii, ayeko-pwaanawi

Aadizooke, mooshkinebi'igan

Osam-onishkaadizi

Oshki-bimaadizi

Nandawenim, naadamaage

Abinoojiing-izhichigewin

Ayekozi gaye pwaanawi-maajitaa

Pwaanawi

Ji-izhi-mamanji'oyan:

Bagosenimowin

Nisidotamowin

Gwayak-onitamaa, nisidotamowin

Wiiji-anokii

Naadamaadiwin, maamawi-anokiwin

Izhino:

Biinitoon-ananimiziwin

Wabaanda'iwewin, waabanjiganan-aabajitoon

Aandji-ayaawinan

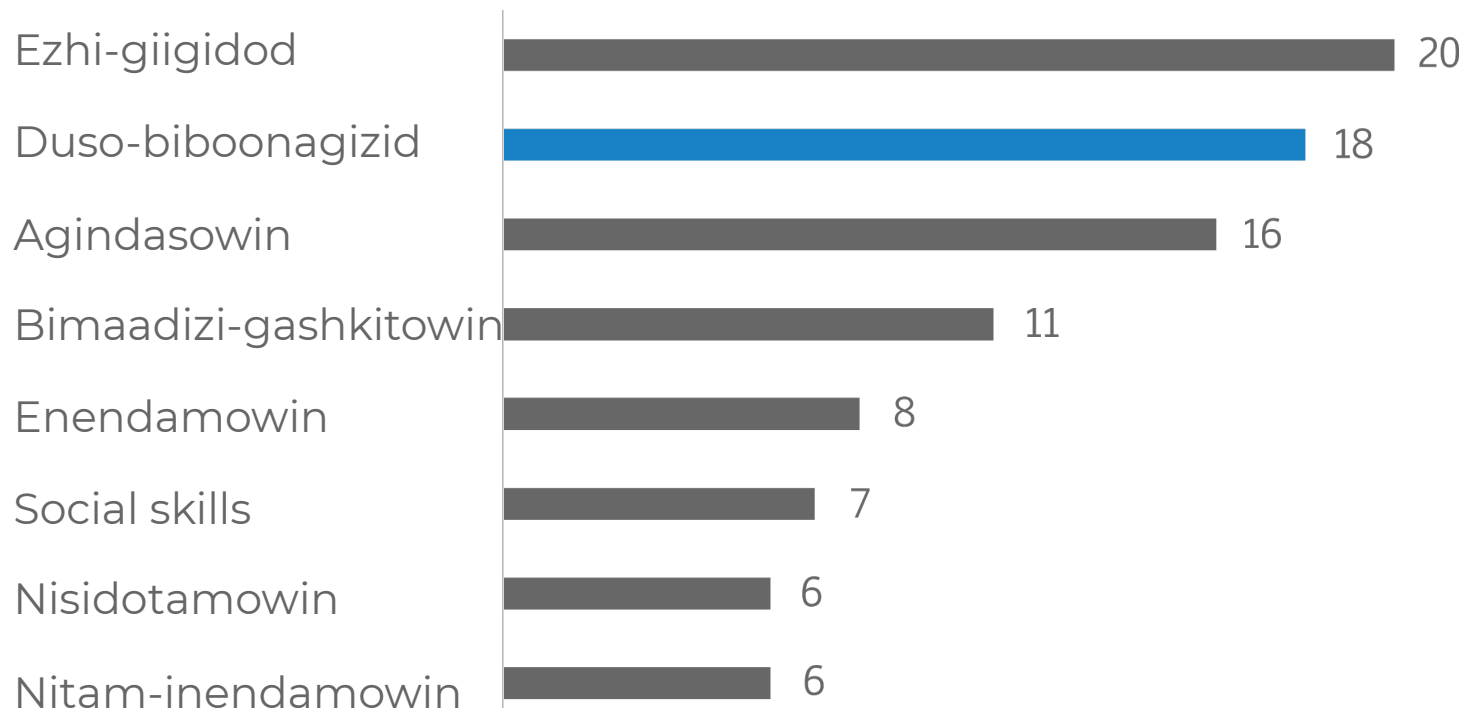
Mayagi-oshkigi

Mayagi-oshkigi iwi apane abinoojiing odaanaang izhichiged dash iwi duso-biboonagizid, mii dush eshi-inendang gaye eshi-izhichiged oshki-aya'aang-izhi. Gaye niibi-wa kichi-aya'aag inendamog abinoojiing ji-nitawigid gaye ji-mashkawiziid apane duso-biboonagizid. Maanoo dush onowe abinoojiing gaa-onji-minikwed omaamaawaan ishkotewaaboo, gaawiin gwayak izhi-ayaasiwan onowe enendaming ji-gashkitood.

Ooma eshi-mazina'igeg, iwi mazina'igan moozhiga'ige eshi-nitawigid oshki-aya'aa midaaswi-ashi-shwaaswi duso-biboonagizid. Gidaa-waabandan iwi wiiyaw gwayak nitawigin, maanoo dush eshi-inendang gaye eshi-wiidookoodaad odaanaang geyaabi ayaamagad. Ji-gwayakok gaye ji-minoseg, enendaming da-onji-magad Mayagi-oshkigi gaye gaawiin duso-biboonagizid.

Izhichigewinan ji-gashkitood Mayagi-oshkigi

- Meshkwatoonan enendaman gwayak ji-izhichiged iwi eshi-gashkitood
- Ojitoon miikana gaa-izhi-gashkitood abinoojiing, gaawin dush duso-biboonagizid
- Wawezhichigan ji-minendam ji-izhichiged
- Wiidookaw akawe ji-izhichigeying mayagi-oshkigi-izhi dash iwi duso-biboonagizid..
- Gichi-aya'aag gaye naadamagaewininiwag gichi-onizhishinog ji-wiidookawaawaad onowe gaa-nanaanda-nisidotamowaad gaye ji-izhichigewaad gwayak duso-biboonagiziwin-izhi



Naadamagaewin

Ono Aandjigewin Ishkotewaaboo Onji Naadamagejig wiidookaawag gaye naadamawawag bezhigwen gaye ina-weweni-daayaawin. Naadamage-aniniwag gaye ik-wewag wiiji-anokiimawag gaye wiiji-onishimoomaawag ji-oshitowaad waiba-izhi-gashkitowin gaye ji-nana-atowaad miikana ji-oditowaad.

Naadamagaewinan ono gwayak:

- Ganawenindiwin-izhi-anokiwin
- Kendaasowin Aandjigewin Ishkotewaaboo Onji
- Enendamowinan ji-mino-bimaadizid Aandjigewin Ishkotewaaboo Onji
- Izhinika'igewin odaanak anokiitagemagakin
- Wiichi'iweninaamowin ji-wiidookawaawaad gaye ji-naadamagawaawaad
- Bimaadiziwin kendaasowin-nitawigi
- Gashkitoowin wiiji-aya'aag naadamagaewin
- Naadamagaewin ji-nandootamang gaye ji-kanawaabamind
- Naadamagaewin ji-mikamang miikanan gegoo gikinoo'amaadiwigamig, mino-ayaawin, shooniyaa-naadamagaewin, anishinaabe-naadamagaewin, gaye dibakonigewin.
- Naadamagaewin ji-gashkitood iwi Cognitive Disability Strategy

Gagiigidotamaw Aandjigewin Ishkotewaaboo Onji
Naadamagaewin omaa 1-866-673-3276



FASD NETWORK OF SASKATCHEWAN

#302-39 23rd Street East

Saskatoon, SK S7K 0H6

1-866-673-3276

www.saskfasdnetwork.ca

translated to Saulteaux 2025