

Solid food

Most children under six eat a healthy mix of fruits & veggies, grains, milk and meat every week. Most parents (85%) said that their children eat fast food less than 4 times per week.

However, about 3 out of 4 children drink pop and juice regularly. Drinking these sugary drinks excessively can contribute to overweight and diabetes.

Hungry kids

About 3-4% of children under six may go hungry once a month or more when the family runs out of money for food. When money is tight, many parents say they ask relatives or friends for help, but some skip meals. Few went to social services for help.

Physical activity

Over a third of young children in the territory spend three or more hours per day watching television, watching videos, or playing computer games.



Full Houses

The majority of households surveyed had 3-5 children under 14 years of age.

The majority of children under six were being raised in 2-parent families. However, about 1 in 5 children lived with a single mother. This is slightly higher than in the rest of Canada.

Most of the children who live with only one parent also have the fortune to live with their grandparents. In all, 30% of children in liyiyiu Aschii live in 3-generation households compared to only 5% of children in the rest of Canada.

Even when the grandparents don't live in the same house, they still play an important role in child-rearing. Grandparents usually care for and play with children on a daily basis (in 45% of cases) or on a weekly basis (in 37% of cases).

Aunts, uncles, cousins and siblings also lend a hand with looking after young children.

Just over half of children under 6 received regular childcare, for instance in a pre-school.

Developmental Milestones

Who's talking?

The survey found large differences in communication and language development between liyiyiu children aged 2 ½ - 6 and aboriginal children living off-reserve. liyiyiu children are less likely to speak in full sentences, to tell stories, and to be understood by people outside the family.

Children in liyiyiu Aschii also take longer to learn to count to three and to 10 than other aboriginal children living off-reserve.

Some people who work with children in liyiyiu Aschii confirmed this finding. They offered some possible explanations:

- ◆ Cree children develop language skills more slowly because they are learning two and sometimes three languages at the same time.
- ◆ Parents in liyiyiu Aschii have different expectations about language and reading skills than do parents in the south.
- ◆ liyiyiu Aschii has fewer resources such as libraries.
- ◆ Daycares in the south make more of an effort to teach children new words.
- ◆ Parents in liyiyiu Aschii enforce less structure on their children's activities.
- ◆ Some households have problems that make it difficult to focus on the child's needs.

