



## B.C. First Nations Head Start “I Am Me” Program

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THROUGHOUT THE HEAD START YEAR, we have had a program called the “I Am Me” program. The program helps children deal with how they feel about themselves and learn how to express themselves in positive ways to increase their self-esteem, confidence and control. The intention is to help children learn what makes them special, what their personal strengths are, how they can manage negative situations in positive ways, and personal safety, responsibility and limits. The program was developed for children aged three to six who may be experiencing issues such as anger, bullying, low self-esteem, violence, separation, divorce, or grief.

The teacher for our “I Am Me” program comes from Watson Lake to Lower Post every Wednesday, and has a different theme each week. One week may be anger, the next week bullying, or whatever specific challenges parents or staff may have.

In the summer, we also run an eight-week program called “Crocodile Days.” It is a recreation camp for children who have been in the “I Am Me” program throughout the year—an opportunity to come together and use their new skills.

Cindy Ptolemy  
Coordinator, Lower Post Head Start

*“Every child deserves to believe that he or she is truly a wonder. Every child needs to believe this. Nothing is as important as self-esteem to a child’s well-being and success. Positive self-esteem increases a child’s ability to be happy, healthy and well-adjusted. Children’s feelings about themselves affect all the choices they make and shape their plans, hopes and dreams for the future.”*

—“I Am Me” newsletter