

Changes coming to Childcare Assistance Program

Beginning May 1, 2023, changes to the CTSI Childcare Assistance Program will be in effect. These changes include the return of co-payments for families with incomes above the federal poverty level and new payment rates for providers.

Co-payments are based upon household income and household size, and range from 1-4%. Payment rates for providers are based on the geographic area or ZIP code of the provider and their qualifications and training.

The CTSI Childcare Assistance Program helps Siletz Tribal families living in the Tribal 11-county service area pay for their childcare expenses while they participate in a work activity. Work activities include working, looking for work, students or participating in a job training program.

To be eligible, children must be 12 years of age or younger, and either an enrolled member of the Siletz Tribe or eligible to enroll in the Tribe, or be the descendant or dependent of an enrolled member of the Tribe.

For more information about the CTSI Childcare Assistance Program, please call DeAnn Brown, Head Start director, at 541-444-2450 or email at deannb@ctsi.nsn.us.

Seeking associate judges for Siletz Tribal Court

The Siletz Tribal Court consists of a chief judge and such associate judges as the Tribal Council shall determine are necessary for the efficient operation of the Tribal Court. Associate judges shall include judges for the Siletz Community Law Court, Siletz District Court, Siletz Court of Appeals and Siletz Gaming Court.

The Siletz Tribal Council is considering the reappointment of the associate judges, but desires to seek additional individuals who are qualified and interested in an appointment for the courts listed above.

For detailed information on qualifications, responsibilities and duties of the Siletz Tribal Court judges, please refer to the Tribe’s website – www.ctsi.nsn.us; under the Government Listings Tab, select Court & Justice, then select Tribal Ordinances, then select Tribal Court Rules of Procedures. Information for Judicial Officers, Qualifications, Terms and Scope of Duties is located beginning at § 3.010.

If interested in possible appointment as an associate judge, please submit your résumé to Siletz Tribal Council, P.O. Box 549, Siletz, Oregon 97380-0549. Résumés will be accepted through June 7, 2023.

CTSI Jobs – Tribal employment information is available at ctsi.nsn.us.

Supporting detoxification for our children safely through a variety of options

By Nancy Ludwig, MS, RDN, LD, Head Start Consulting Nutritionist

As follow up to last month addressing how environment toxins impact our health and create a tendency toward weight gain, we now focus on detoxification for our children with holistic approaches including nutrition and lifestyle. I offer this information for families in my role as consultant nutritionist to Siletz Tribal Head Start. Children are our future.

Dr. Elisia Song, MD, holistic pediatrician, is a voice of hope for children even when she speaks about environmental toxicity. Much of the information below was shared by Dr. Song as part of a Toxicity and Detoxification Masterclass by Michael of Rebel Health Tribe.

Dr. Song speaks about making healthy choices to help children thrive. She shares concerns that children are uniquely vulnerable to toxins at increased exposure relative to adults. They are exposed during critical times of development, setting the stage for lifelong impacts.

Children’s intestinal and blood-brain barriers are more permeable and their detoxification pathways are immature with decreased abilities. Dr. Song also recommended a resource by a Canadian pediatrician found in the resources below.

In today’s world, children are sicker than ever before. Dr. Song reminds us not to fret about our past or carry guilt, but to move forward with informed choices to support our children. When we know better, we can do better without living in a bubble of fear.

First, a note regarding prenatal exposures. While exposure is a serious concern for an unborn child, detoxification should be avoided during pregnancy and lactation as this would be more dangerous to the developing child. Detoxification, however, reducing stress and optimizing the gut microbiome is recommended 3-6 months prior to pregnancy.

Before doing any kind of detoxification, it is essential to always keep elimination pathways open. The most

active pathways are pee, poop and sweat. If bowels are not moving, stop and focus there or this will not work at all.

1. To support urination (pee): Stay hydrated, drink fluids with mineral support for detoxification such as coconut water, bone broth or “clean” electrolyte drinks.
2. The goal for poop is stool that is soft and well-formed, every day to every other day. Water, fiber, magnesium and movement support bowel movements. Constipation is a serious concern and it is becoming more frequent in children.
3. Sweat is another pathway for elimination. Exercise is a good way to sweat, which has additional benefits as well.

Next, focus on optimizing gut health – highlights below:

1. Take in fiber, fermented foods, phytonutrients, fish oil and probiotic supplements (L. rhamnosus, L. casei, B. breve may be especially helpful for detox).
2. Let your child choose foods from the rainbow of color for fiber sources. Remember, tan/brown packs the biggest fiber punch, with seeds, nuts, legumes and whole grains.
3. Serve fermented foods such as yogurt, kefir, kombucha, kvass, sauerkraut, pickled vegetables, raw unfiltered apple cider vinegar, miso, natto, tempeh and kimchi.
4. Nutrients to support detoxification include:
 - a. Colorful phytonutrients – Choose fruits and vegetables from the rainbow.
 - b. Sulfur-rich foods – These are the stinky ones because sulfur is what smells stinky to most of us. Examples include kale, broccoli, cauliflower, cabbage, Brussels sprouts, bok choy, arugula, collard greens, watercress, Swiss chard, mushrooms, garlic, onions, asparagus, spinach and radish.

- c. Vitamin C-rich foods, such as papaya, citrus fruit, berries, bell peppers, broccoli, Brussels sprouts, spinach, watercress, asparagus, tomatoes, pineapple, cantaloupe, mangos and guava. Note that some of these foods are on both lists.
- d. Omega 3-rich foods, including fish such as mackerel, salmon, herring, sardines, anchovies, plus oysters and caviar. Plant sources include seaweed, chia seeds, hemp seeds, flax seeds, walnuts and soybeans.
- e. Supplements, as needed, like glutathione, methylation support and mitochondrial support.
- f. Epsom salt baths (magnesium sulfate) absorbed through the skin.

Helpful lifestyle strategies that are important to achieve detox success include sleep and mindfulness. Many of the brain’s healing and detox functions occur during sleep. To succeed with detox, sleep is important and many kids are chronically sleep deprived. It may be important to reduce nighttime blue light exposure, such as electronic screens.

Supports for sleep may include phosphatidyl serine to reduce cortisol excess, melatonin to fall asleep, and inositol to stay asleep. Homeopathic remedies may also help, such as coffea cruda for “wired” mind and body or Ignatia for worries and grief.

Mindfulness is surprisingly helpful for detox success. It can improve heart rate variability (HRV), which is a physical measurement independent of dietary change. It has been seen that happiness, positive emotions and high HRV are associated with higher gut microbiome diversity in children.

Conversely, high stress and low HRV are associated with lower gut microbiome diversity in children. When you optimize HRV, you also optimize vagal tone and health.

It can be useful to practice mindfulness meditation anywhere and anytime

with your children. Below are three different approaches:

1. Stop. Look. Listen. These are common words to ask when crossing the street.
 - a. **Stop** – and pay attention to what is around you.
 - b. **Look** – with five senses. First close your eyes and listen, ask yourself: What do I hear? What do I smell? What do I taste? What do I feel on my skin? Then open your eyes and ask, What do I see? Often it is something new that was not noticed before.
 - c. **Listen** and ask – How I feel in this moment?
2. Practice the loving kindness meditation: Start with yourself, then think about others, even if you don’t know them, with the following words:

May I feel safe • May I feel happy
May I feel healthy • May I live with ease
May you feel safe • May you feel happy
May you feel healthy
May you live with ease
3. Teach your child to belly breathe (also known as diaphragmatic breathing). This can bring calm and reduce anxiety. Face it, a calm body is better able to detox and be healthy

Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. If you have nutrition concerns about your Head Start child or want to discuss family nutrition concerns, please contact your teacher or the director and ask for a phone call with the nutritionist.

Resources

Dr. Elisa Song, MD: www.healthykidshappykids.com; Facebook: www.facebook.com/DrElisaSongMD

Website: Little Things Matter, Protecting Children from Toxic Chemicals <https://littletthingsmatter.ca>