

Oregon Addictions & Mental Health Division

Evidence-Based Programs

Tribal Practice Approval Form, Mk V

1. Name of Tribal Practice

❖ Cradle Boards

2. Brief Description

Through traditional practice, teachings, and materials, cradleboards are made according to tradition for the use of infants and parents to interact face to face. This interaction builds positive connections between parents and children and the overall Tribal community. The practice of creating and using Cradle Boards helps to eliminate SIDS and promotes thriving, tranquil sleep, good posture, eye coordination, and healthy skeletal development. Cradles are designed for safety in case of accidents. Strategy is to return to Traditional ways by returning the baby “back to their backs” by utilizing a form of a cradleboard indigenous to the Tribal community to reduce the incidents of SIDS and the non-use of alcohol and drugs including tobacco. This is a form of parenting training.

3. Other Examples of this Tribal Practice

- ❖ Back to Boards, Confederated Tribes of the Warm Springs Indian Reservation, Warm Springs, Oregon.
- ❖ Baby Baskets, Confederated Tribes of Siletz, Siletz, Oregon.
- ❖ Safe to Sleep, National Institute of Child Health and Human Development.
- ❖ Back to Sleep Campaign, Oregon Health Authority.
- ❖ Google SIDS to see if there are other examples/theories/evidence

4. Evidence Basis for Validity of the Tribal Practice: Historical/Cultural Connections

Longevity of the Practice in Indian Country	❖ Time immemorial
Teachings on which Practice is based	<ul style="list-style-type: none"> ❖ Parents should care for their children ❖ Elders teaching traditional board making, decoration, and use ❖ Non-use of drugs, alcohol, and non-traditional tobacco
Values incorporated in Practice	<ul style="list-style-type: none"> ❖ Child welfare ❖ Parental responsibility ❖ Community and cultural connection and well being ❖ Mutual respect between parents and children
Principles incorporated in Practice	<ul style="list-style-type: none"> ❖ Visual contact creates affective connection ❖ Affective connection creates healthy thriving, respect ❖ Mentoring as a source of good practice/ skill building, and cultural continuity

Handout 4

Elder's approval of Practice	❖ Elders participate in and teach the practice
Community feedback/ evaluation of Practice	❖ Large numbers of parents participate ❖ This practice [and fundamentally similar] have been institutionalized and is expected in many communities ❖ Reduction of SIDS

5. Goals addressed by this Tribal Practice

<ul style="list-style-type: none"> ❖ Reducing SIDS; increasing thriving ❖ Getting parents involved in healthy, positive, and culturally appropriate parenting ❖ Maintaining Tribal cultural continuity and mutual respect ❖ Eliminating barriers such as drugs, alcohol, non-traditional tobacco, and destructive behaviors

6. Target Populations

a. Institute of Medicine Strategy (check off one of the following four)

<input checked="" type="checkbox"/> "Universal"
<input checked="" type="checkbox"/> "Selective"
<input checked="" type="checkbox"/> "Indicated"
<input checked="" type="checkbox"/> Treatment

b. Socio-demographic or other characteristics

Age	❖ Adult
Sex	❖ All
Occupation	❖ All
Living Conditions	❖ All
Other	❖ Expectant families [extended included]

7. Risk and Protective Factors Addressed

Domain	Risk Factors	Protective Factors
Community	<ul style="list-style-type: none"> ❖ Lack of community engagement ❖ Community disorganization ❖ Historical trauma ❖ Accessibility to drugs and alcohol 	<ul style="list-style-type: none"> ❖ Presence of community members with Traditional knowledge ❖ Programs and support for early learning
Family	<ul style="list-style-type: none"> ❖ Family history of problem behavior, and non-attachment 	<ul style="list-style-type: none"> ❖ Presence of grandparents with Traditional knowledge

Peer	<ul style="list-style-type: none"> ❖ Unintended pregnancy ❖ Alcohol and Drug related issues and pressures 	<ul style="list-style-type: none"> ❖ Positive peer relationships and modeling ❖ Support
School	<ul style="list-style-type: none"> ❖ Boarding school system ❖ Lack of school attachment 	<ul style="list-style-type: none"> ❖ Positive programs and activities ❖ Graduation and retention norms
Individual	<ul style="list-style-type: none"> ❖ Unprepared parent ❖ Early pregnancy ❖ Drug or alcohol use, dependency, and addiction ❖ Destructive temperament and emotions 	<ul style="list-style-type: none"> ❖ Life skills ❖ Living in a good way ❖ Connection to child and supportive relationships with grandparents, elders, and general community

8. Tribal Practice—Personnel

<ul style="list-style-type: none"> ❖ Traditional teachers, Elders, grandparents, Tribal staff ❖ Elders and Traditional teachers with knowledge of Cradle Board making and their use ❖ Participating audience [expectant families, parents or significant parental guardians of infants]
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9. Tribal Practice—Key Elements (Process)

<ul style="list-style-type: none"> ❖ Teaching about and gathering of traditional materials ❖ Regular groups to make Cradle Boards ❖ Teach participants knowledge of the dangers of ATOD usage during pre, pregnancy, and post pregnancy ❖ Teach health benefits of putting babies on their backs ❖ Coaching parent/ guardian in positive relations and mutual respect toward child ❖ Regular meetings to practice and get feedback
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10. Tribal Practice—Materials

<ul style="list-style-type: none"> ❖ Buckskin/ hides ❖ Boards, reeds ❖ Willow ❖ Beads ❖ Fabric ❖ Food and/ or refreshments for participants

11. Tribal Practice—Optional Elements

<ul style="list-style-type: none"> ❖ Pine nuts ❖ Shells ❖ Spruce roots ❖ Porcupine quills or needles ❖ Funds/ gifts for Traditional instructors ❖ Sewing machines ❖ Sinew
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12. Outcomes

Decrease	Increase	Specify
Avoidable death	Longevity	❖
Disease-specific morbidity	Health	❖ Reduction of SIDS related deaths
Disability Handicap	Ability	❖ Reduction of skeletal deformity
Pain and Suffering	Wellbeing	❖ Increase in parent/ child bonding, thriving and overall well being
Alienation Anomy Isolation	Social/Community/ Cultural Connectedness	❖ Intergenerational connectedness
Abuse Dependency Addiction	Abstinence Non-harmful Use	❖ Increase abstinence or non-harmful use
Unemployment	Employment	❖ Increased employment of Elders, Tribal staff, and community members
Educational failure	Educational Success	❖ Improved school readiness and completion for both parent and child
Dysfunctional family	Healthy Family	❖ Strong bonding and positive interaction
Delinquency/crime	Good Behavior	❖ Increase of positive behaviors within the community; increased likelihood of socially accessible behavior
Homelessness Instability	Stable Housing	❖ Family that builds a cradle together builds a life together under the same roof
Unhealthy Attitude, Beliefs, Ignorance, Lack of Skills, Lifestyle	Healthy Attitudes, Beliefs, Skills, Lifestyle	❖ Traditionally positive attitude toward each other and all; respectful attitudes ❖ Incorporation of traditions supportive of healthy lifestyles

13. Contact person for Agency Providing the Tribal Practice

Person	❖ Caroline Cruz
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Practice Approval Date 12/2/2013

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