

My Notes about Teachings and Customs

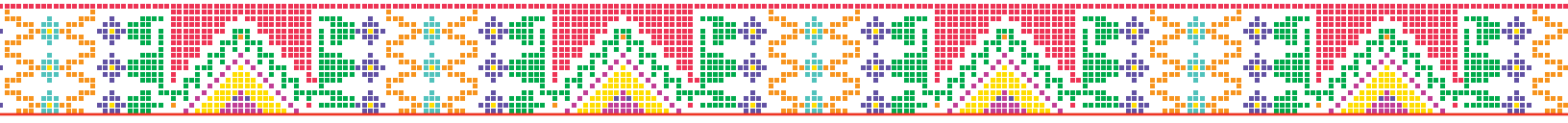
Think about writing your thoughts on teachings and customs on this page. Or you can ask someone to write down information for you.

Whether you are a traditional person, or wanting to learn about teachings and customs, you may have questions for the knowledge keepers at this time. Here are some questions you might have if you are pregnant or a new parent:

- *In my culture, are there things I should do or not do during pregnancy?*
- *Does my community have ceremonies for when a baby is born and when a baby is named?*
- *Are there traditional medicines that are helpful during pregnancy?*

Questions I want to ask:

I plan to learn more by:



My parents passed along the following teachings and beliefs to me:

These are teachings and beliefs I want to pass on to my child:

My notes about teachings and customs for my growing family:
