



Métis Artwork by Christi Belcourt

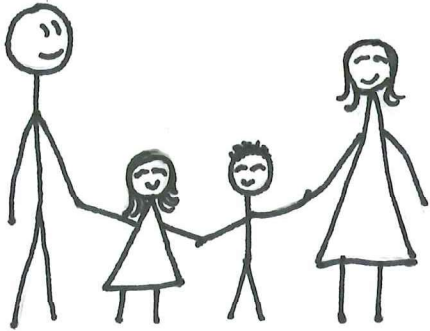
This is a story about what good teaching looks like in  
your home

April 2026



# What is good teaching?

∞ What's okay, and what's not?



When you are learning and growing and making mistakes, everyone needs to be clear about your consequences.



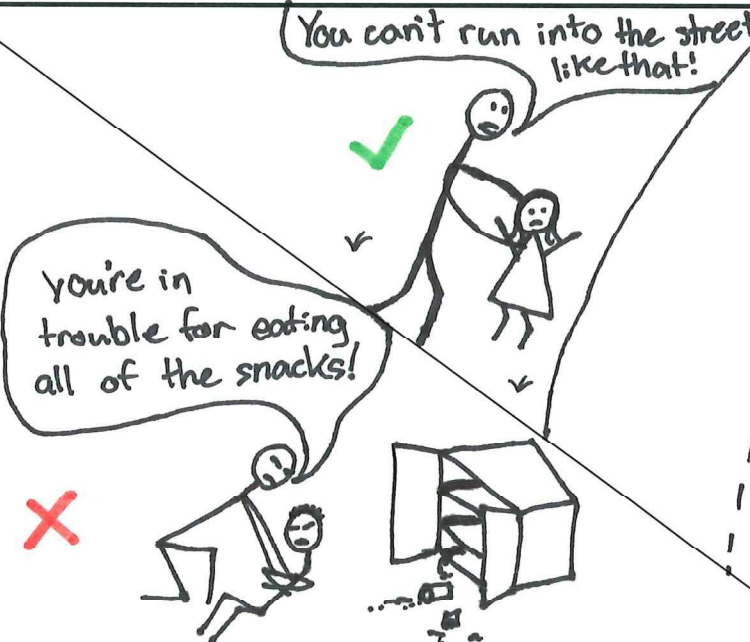
If you get in trouble or get grounded, your basic needs and rights cannot be taken away. These are things like your meals, your clothes, your house, or your bed.



It is not okay for anyone to spank, shake, slap, hit, or kick you. If this happens, you can tell your LMO helpers and they will create a plan to keep you safe.



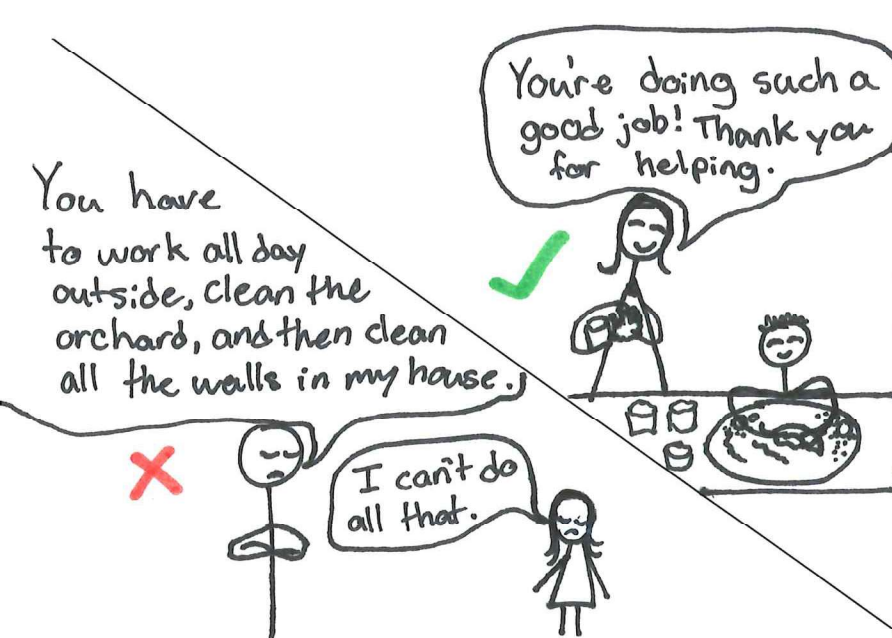
It's not okay for any adults to call you bad names or tease you in a way that makes you feel sad or scared.



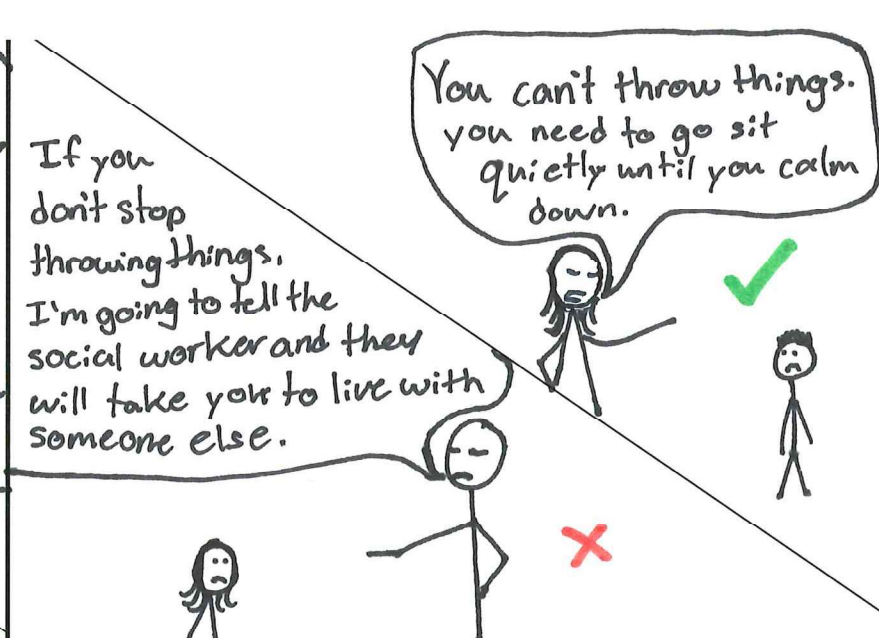
You cannot be held down or tied up unless you are in danger of being hurt or hurting someone around you.



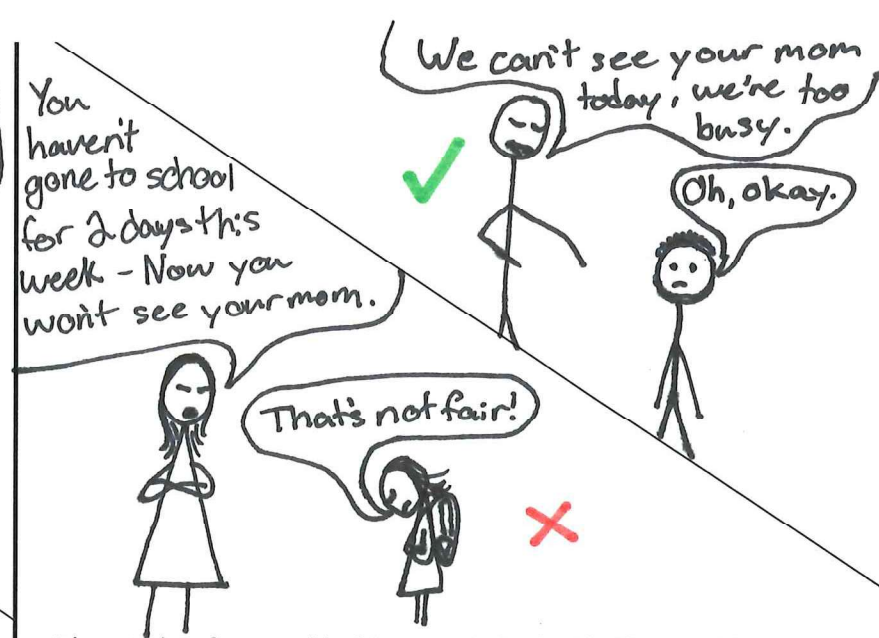
Time outs are an okay consequence, but you cannot be locked in a room or other space.



Doing chores is good for you and helping the family is so important, but you can't be expected to do things that are for bigger people and not for little kids or things that could hurt your body.



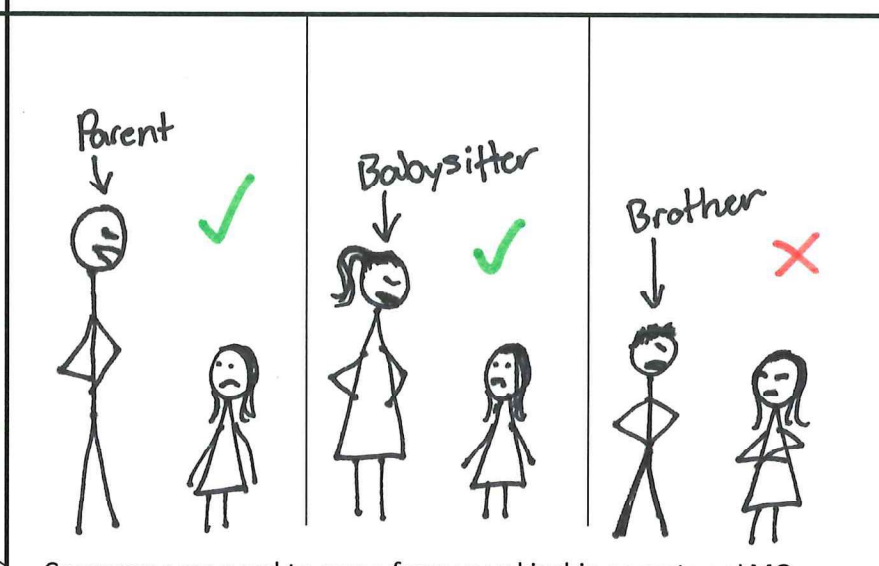
Even when things are difficult and you are having trouble with your behaviours, its not okay for the adults to try and scare you or convince you to do something by threatening that you have to leave the home, or get taken away.



It's not okay for your kinship parents to decide if you get to see or talk to the important people in your life (your parents, LMO Helpers, family), especially as a consequence. The LMO helpers will make that decision. It's okay for the adults to set times when you can talk to them, like not at bedtime or in the middle of the night or if you are busy doing other things.



When you are learning and make mistakes, your consequences need to be matched with what you did. Small mistake, smaller consequence. Big mistake or repeated mistakes, bigger consequence.



Consequences need to come from your kinship parents or LMO Helpers, or whoever is in charge if they are not around – like your babysitter or teacher. Its not okay for other kids to try and parent you by giving you consequences.



People have different beliefs about the Creator or God. It's okay to have different beliefs and to talk about them. Its not okay for you to have others' religious beliefs forced on you so that you act a certain way or do certain things.



Its important for you and the LMO Helpers to know what the rules of the house are so that everyone can understand what is expected of you and what types of consequences you might have.