

*Gigyees*  
*Sim Algyax*  
*Parent*  
*Pocket Book*

*By*  
*Gitwangak Education Society*  
*with the support of*



**FIRST PEOPLES'**  
CULTURAL COUNCIL

# *Waking Up*

Gyuksw'n (wake up)

Gi'netxw'n gyuu'n (get up now)

Neehl ksi wog'n aa (did you dream)

Guhl ksi wokdin (what did you dream of)

Ama ksi wokl ligi hadag'm ksi wokl  
(was it a good dream or bad dream)

Sa xbijawit niin aa (did it scare you)

Sa luu amit good'n aa (did it make you happy)

## *Talk About Eating*

Neehl xwdayin aa (are you hungry?)

Xwdax nii'y (I'm hungry)

Hoxti xwdax nii'y (I'm also hungry)

Neehl nim aks'n aa (do you want some water?)

Gwelgwax nii'y (I'm thirsty)

Ts'eex nii'y (I'm full)

Guhl amit dim gub'm (what should we eat?)

## *Getting Kids to Eat*

Gala yookxw'n (come eat - singular)

Gala tookxwsim (come eat - plural)

'Tan go'ohl ha'nii tookxw (sit at the table - singular)

Wansim go'ohl ha'nii tookxw (sit at the table - plural)

Am ji yookxw'n (you should eat)

Hlisxw yookxw'n aa (are you finished eating?)

Ha'w ji adiks'n (don't be picky)

Guphl sguusiit (eat the potatoes)

Guphl hon (eat the fish)

## *Washing Up*

Yo'oks 'wintxw'n (brush your teeth)

Yo'oks an'on'n (wash our hands)

Yo'oks ts'a'n (wash your face)

Je'ihl hla ges'n (brush your hair)

Kal hla ges'n (brush your hair)

Goondihl hla ges'n (braid you're hair)

Yukwhl dim goond'y hl ges'n (I'm going to braid  
you're hair)

## *Dressing*

Sityeewihl amixoogit'n (change your clothes)

Sityeewihl maxs'n (change your pants)

Sityeewihl maxsa jayin'n (change your jeans)

Sityeewihl luuxwhla maxs'n (change your underwear)

Sityeewihl daahliis'n (change your socks)

Hox gayd'n (use your hat)

Hox gaytsim (use your hats – multiple kids)

Hox gwidats'n (use your jacket)

Hox hl tsa'waxs'n (use your shoes)

Goo'ohl hl amnuutxw'n (get your regalia)

Sityeemesxw'n (go get changed - singular)

Sityeemesxw'sim (get changed – plural)

## *Going to School*

Hla luu gwantxw dim sa hlo'o'm (it's almost time for us to leave)

Dim sa hlo'o'm go'ohl wilp suwilaksa (we're going to walk to school)

Way di (let's go)

Hla aatixs jixjik (the bus is coming)

Needii sgidim gina hetxw'n (you can't be late)

Needii sgidim gina litsxwsim (you all can't be late - plural)

Sgidim naxnisxw'n as tiicha (listen to your teacher singular)

Sgidim naxnisxwsim as tiicha (listen to your teacher, plural)

## *Chores*

Sgadakw hl tv (shut off the tv)

Yo'oks hl no'ohl (wash the dishes)

Naa dim ant limlimk hl no'ohl (who's going to dry the dishes)

Lip seks'n ga'win 'tan (clean up your spot)

Naahl dim ant K'ahl ha'nii wen (who's going to sweep the floor)

Ji taxwin ha'nii wen (sweep the floor)

Naahl dim ant yooyaks hgyimk hl no'ohl (who's going to wash the dish towels)

Luu seks'n wilp giuhl'n (clean you're room)

Luu maaksahl gwila'n (wash your blankets)

Luu maksahl amixogid'n (wash your laundry)



## *Keeping the Fire Going*

Naahl dim ant jilim wilgahl lekw (who's going to bring in the wood)

Dim jilim wilkd'y lekw (I'm going to bring the wood in)

Dim ant men daxdoxd'y hl lekw (I'm going to pile the wood)

Naahl dim yets legwit (who's going to split the wood)

Naahl dim luu hlo'odihi lekw tsim stoob (who's going to put the wood in the stove)

Dim luu hlo'od'y lekw tsim stoob (I'm going to put the wood in the stove)

Dim yejis nigwoody gan sim mihliks (dad will do the kindling)

Dim sa mihl'y lekw (I'll start the fire)

Luu gyamk hl wilb'm gyuu'n (our house is warm now)

Ts'ek' mihl (the fire went out)

## *Bathing*

Hla yukw dim laks'n (you're going to bath soon)

Luu midin hl aks tsim galdim laks'n (fill your bath tub)

Luu gajihl bubbles ji asag'n (pour bubbles if you want)

Sa hle'en, yukw hl dim laks'n (undress, you're going to bath now)

Yo'oks hla ges'n (wash your hair)

Yo'oks 'tamuun (wash your body)

Hlisxw'naa (are you done yet)

Gyimk hl 'tamuun (wipe your body)

Gwalgwan hl 'tamuun (dry your body)

Gwagwan hla ges'n (dry your hair)

Hox hl luuxwhla maxs'n (use your underwear)

Hox hl amixooqid'm giuhl'n (use pyjamas)

# *Playing*

Hagwila mas'us'n (play gently)

Ha'w ji nii ka'atxw'n lax han'ii 'taa (don't climb on the chair)

Ha'w ji bax ka'atxw'n lax ha'nii tookxw (don't climb on the table)

Ha'w ji disim'n (don't punch)

Hindo' mas'usdin gyalk (go play outside)

Yukw dim suud'y gyalk (I am going sliding outside)

Hindo' suud'sim gyalk (go sliding outside – plural)

Dehlihl en mas'us'n tsim xbiist (put your toys in the box)

## *Bed Time*

Hla dim luu gwantxw dim giuhl'n (time for you to lay down)

Dim litsxw'm hl book (let's read a book)

Tsagihl laaxws (shut the lights off)

Sgadakw hl tv (shut off the tv)

Magahl galdim algyax (put the phone away)

Gya'am niin ji hla hiiluxw (we'll see you in the morning)

## *Head Lice*

Nii wil 'ta lax ges'n (there's lice in your hair)

Nii mitxw 'ta lax ges'n (your hair is full of lice)

Nii wan int' lax ges'n (there's nits on your hair)

Xjakw 'tim ges'n nii mitxw 'ta (your head is itchy because it's full of bugs)

Luulusxw 'ta (the bugs are awake)

Hax jisxw'di 'tim ges'n (I'm going to fine comb your head)

Hlaaxal daakws hl 'ta – (nix, or a type of lice treatment)

Dim sa xal daakwdi 'tim ges'n (I'm going to up to put nix in your hair)

Sgidim luu lidaksihl anmaxoogit'n – (We have to wash your clothes)

Sgidim luu lidaksihl hathoyasxw'n – (We have to wash your clothes)

## *Diapering*

Luu mitxw guu'usxw't (his/her diaper is full)

Luu mitxw guu'usxw'n aa (Is your diaper full?)

Luu mitxw a' tsim guu'usxw'naa (is your diaper full of poo?)

A' niin aa (Did you poop?)

Gala, sityeekw di guu'usxw'n (come here, I'll change your diaper)

Des'm giihl'n (lay still)

Dim yo'oks'y hl bok'n (I'll wipe your butt)

Sgidim hox hl guu'usxw'n (you have to use a diaper)

Dim nii sa powda di hl bok'n (You have to use powder on your butt)

# Visiting

Yexs nijiits'n (go visit granny)

Yexs niye'en (go visit grandpa)

Yexs nixdaa'n (go visit aunty)

Yexs nibipin (go visit uncle)

Dim da'witxw'n hl wineex (bring food)

Gala xwdaa'y (come eat with me)

Gindiit ehl anaax (give them bread)

Dim ge'en diit (they're going to snack)

Sagan hl gyag'm aks aa (do you want coffee/tea?)

Dii ligi coffee (tea or coffee)

Sax tea sgit loo'm (we only have tea)

Sax coffee sgit loo'm (we only have coffee)

Hoy'n hl sugwa'aa (do you use sugar)

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Free downloadable copies will be made available at [www.learnkitksen.ca](http://www.learnkitksen.ca).

*Gabiit*

(the end)