

## Moss Bags

Moss bags were typically made from hide or velvet and were filled with moss to absorb moisture. Material was cut into a rectangle, with the sides folded inward and laced together. The bottom was then sewn up to create a pouch.

Moss bags originated from First Nations living in the eastern woodland and subarctic areas.

Some moss bags would have been quite plain, however most were elaborately beaded or embroidered with Métis floral patterns.

Moss bags were typically created by the pregnant mother and her family. The amount of time and love that went into the moss bag showed that the child had a special place in the family.



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## Carrying Métis Babies



Lisa Shepherd, Métis Artist

## Cradle Boards

Cradle boards were created using a rectangular piece of wood, with a wooden cross board that was tied in place with hide.

These boards allowed Métis women to carry their babies on their backs, allowing them to continue working.

Some cradle boards would have a protective hoop, this would protect the baby if the board fell over. A blanket could also be draped over the hoop to provide protection from insects and the sun.

Many cradle boards would be carved and painted; it was not common to see a plain cradle board.



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## Moss

*Métis women would gather and dry moss throughout their pregnancy to ensure they had enough for all the winter diaper changes. Moss would have been placed inside a diaper made from leather. Moss can absorb over 10x in weight in liquid.*

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## Umbilical Cord Bags

The umbilical cord is thought to be our first attachment to our mother and Mother Earth. The umbilical cord bag was a traditional way to store umbilical cord, after it had fallen off. The bag could be hung on the cradle board or crib to help bring good luck and protection to the child. The bag would have been shaped like a turtle for girls and a lizard for boys.



By Métis artist Gary Johnson

Métis artist Gary Johnson