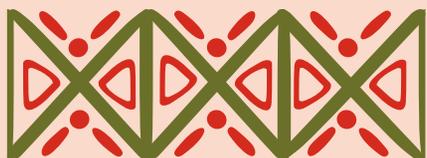


Tips for bringing culture and teachings in your life

- Stand near a drum. This will help your baby hear the heartbeat of Mother Earth.
- Ask someone to smudge you with sage up and down your body with a feather. Remember not to inhale smoke when smudging during pregnancy. Smudge outside or in a well ventilated area.
- Ask Elders for teachings to help create the best environment for your baby.



It takes a village to raise a child

- Look for people who love and support you while maintaining your social bubble during COVID-19.
- Talk to someone (a family member or a close friend) who has gone through pregnancy and birth.
- Think of people who have been there for you during tough times and ask them to help you through your pregnancy and first months of motherhood.
- Interact with support people that do not live in your house by going for a walk or planning phone or video calls. This is a time in your life where it is important to have loved ones involved even if it is at a distance.



Raising Our Children

Approaches to Community Wellbeing

Sioux Lookout First Nations Health Authority

54 Front Street, Sioux Lookout, ON, P8T 1B8

Phone: 1 (807) 737-5189

Toll Free: 1 (866) 337-0081

Fax: 1 (807) 737-4527

www.slnha.com



**Sioux Lookout
First Nations
Health Authority**



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PREGNANCY DURING COVID-19

Mental wellbeing

It is common for you to be emotional during your pregnancy. Your body and hormones are changing. You might become upset easily or feel stressed. Any woman can develop mental health disorders while pregnant and in the first year after delivery. Your mental health is important so if you are feeling anxious or depressed, or having strange thoughts, please reach out to your health care provider.

Taking care of your mental health

- Try slowing down, getting in touch with yourself and creating healthy thoughts.
- Try taking walks outside for 20-30 minutes and connecting to Mother Earth.
- Try meditating, being still and breathing deeply. Doing yoga, listening to calming music and writing down how you feel is also helpful.

Creating a healthy life is important in reducing stress and anxiety during pregnancy. Having a clear mind and being peaceful will help your baby be calm.



Reducing stress and anxiety

- Try not taking on extra projects or work.
- Start setting boundaries and prioritize your mental health first.

Taking care of your physical and mental health throughout your pregnancy during COVID-19

It is normal to feel excited and nervous when you are pregnant. It is a time of many changes - there is a lot to learn. You might have responsibilities at home and at work. You may be worried about how COVID-19 will affect your pregnancy and your baby. Because you are pregnant, your body and mind are changing. COVID-19 does not make these changes any easier.

Taking care of your baby's health

- Keep your prenatal appointments so medical staff can keep track of your baby's growth.
- Call the nursing station if you forget an appointment and they will make you a new one for you.



You are taking care of your sacred water by only putting good things in your body - good thoughts, good food and good clean water.

Tips for having a healthy pregnancy

- Wash your hands often and wear a mask when out in public.
- Physical distance. Stay 6 feet or 2 metres away from people who are not part of your social circle.
- Keep your social circle small. Limit it to close family members in your household.
- Take care of your body by getting enough sleep, eating right and exercising.
- Avoid foods like seafood and deli meats. Cook meat all the way through.
- Try to eat from all food groups each day.
- Avoid alcohol during pregnancy. There is no safe amount.
- Take prenatal vitamins to help your baby grow and decrease the chances of your baby having birth defects. You can get prenatal vitamins from your nursing station.

What if I get COVID-19?

Most babies born to mothers who have tested positive for COVID-19 are healthy and grow well. If you tested positive, there is a small chance that your baby will get it. Breastfeeding your baby protects their immune system. Once your baby is born, you will have to take precautions like wearing a mask and washing your hands before and after holding and feeding your baby.