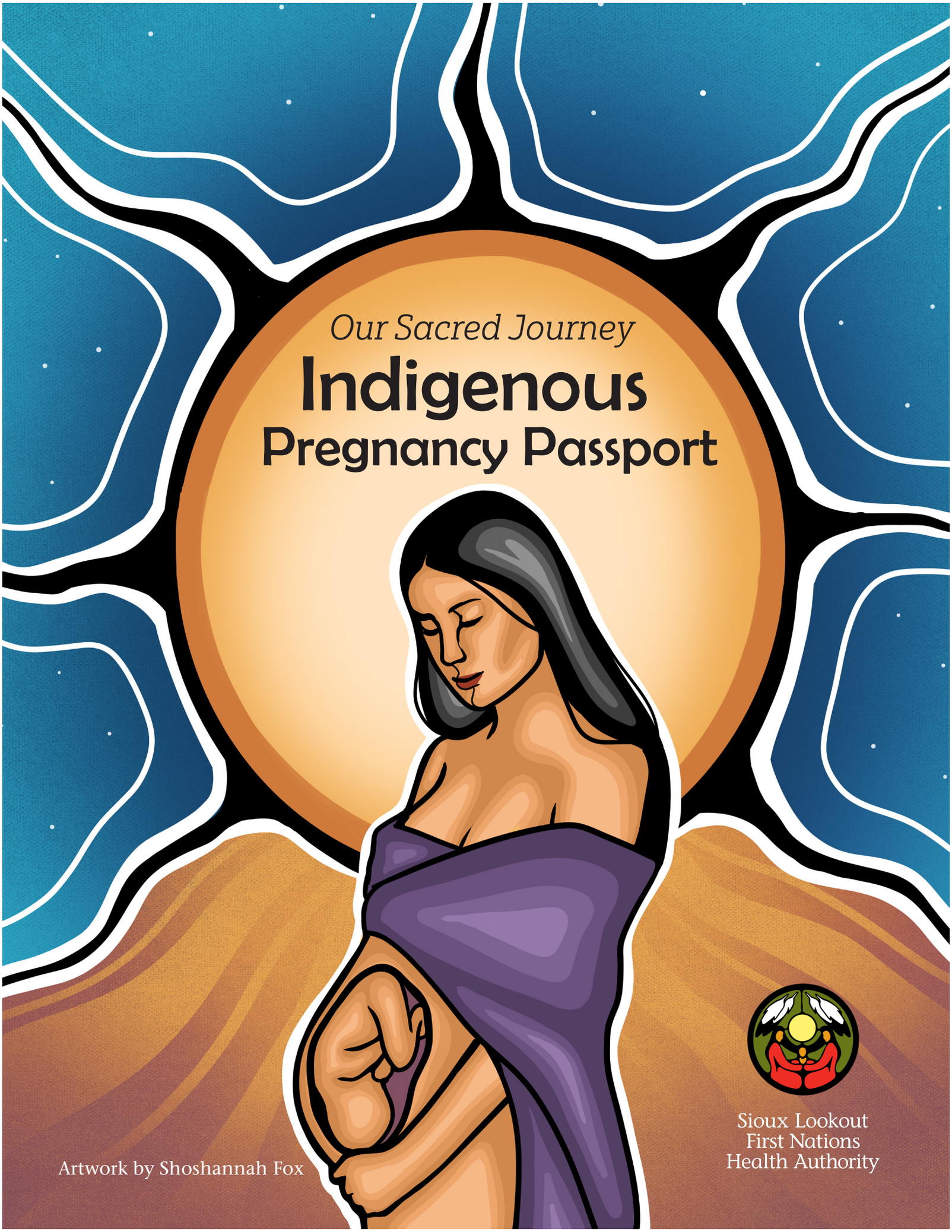
Our Sacred Journey

Indigenous Pregnancy Passport



Artwork by Shoshannah Fox

Sioux Lookout
First Nations
Health Authority

Developed by: Perinatal Services BC in collaboration with the Ministry of Health and the First Nations Health Authority. SLFNHA has adapted with permission from Perinatal Services BC. Adapted from: Women's Health Pregnancy Passport 2011

Important Information and Phone Numbers

My name:		Phone:	
My healthcare people: (doctor, nurse, nurse practioner)		Phone:	
My community health centre/ nursing station:		Phone:	
My community nurse or health worker:		Phone:	
The place I plan to give birth:		Phone:	
My partner or family member to contact first:		Phone:	
My labour helpers: (doula, aunt, mom, friend)		Phone:	
Emergency: (fire, police, ambulance)		Phone:	

If you will be travelling outside your community for your baby's birth you need to:	Estimated date of travel:
☐ Have a medical note for travel ☐ Find a place to stay if you have to leave weeks prior to giving birth ☐ Bring your health card and photo ID	

A message to pregnant people, family, and communities

This Indigenous Pregnancy Passport is for your sacred journey through pregnancy, birth, and baby's early weeks.

You can use this Pregnancy Passport to write down your goals, your questions, your ideas, and your decisions, and then you can talk with your health care people and your family.

Boozhoo, Aanii/Aaniin

The OUR SACRED JOURNEY: Indigenous Pregnancy Passport supports you to have a healthy pregnancy and to prepare for your traditional way of welcoming your baby into the world. When you bring a baby into the world, it is sacred, spiritual, and life giving.

"Out of your bodies our people are going to be coming for generations. So never think of yourself as ordinary. You are an Aboriginal Woman."
(Martin Brokenleg, Lakota)

Prayer of Dedication

Creator, we thank you for our ancestors for providing us with the wisdom and strength to be the life givers. We thank the Creator for the foundation we as women are in our communities to keep our children and families strong. We are in awe of the beauty we as women can bring new life into the world.

For this, Creator, we are humble. We ask the Creator to guide us through our sacred journey.

St'at'imc Prayer

Share a prayer or song in your own language or your own way:

About your sacred journey

Health in pregnancy:

Pregnancy is a special time. During your journey you may experience many changes in your body, emotions, feelings, and spirit. This is normal. You may also have questions. There is a lot to learn.

What is important in your pregnancy journey

- The people around you - family and community
- The places you come from - nations, land, and water

Your health care is about both traditional teachings and western medicine. It honours the:

- Wisdom of the past, present, and future
- Connectedness and relationships of all things
- Respect for the spirit, body, emotions, and mind

Traditional teachings

Each community has its own teachings and customs about pregnancy and childbirth. You may find it helps to learn these traditions and cultural teachings. Talk to people you trust and those who make you feel comfortable about the knowledge in your community.

You can learn from:

- Yourself, your knowledge, and your experiences
- Knowledge keepers
- Elders
- Grandmothers and grandfathers
- Other family members
- Nursing station
- Community workers

Some teachings are about:

- Birthing, naming, or welcoming ceremonies
- Care from traditional healers or traditional aunties (labour supporters or doulas)
- Prayer, singing, being near drumming
- Speaking your traditional language
- Attending funerals or wakes
- Keeping strong - getting exercise and staying active, getting rest, and eating well - remember that food is medicine, and good thoughts are medicine too
- Eating traditional foods like berries, fish, and meats
- Ways of handling the placenta (afterbirth) and your baby's umbilical cord
- Use of a cradle board (tikinagan) or moss bag
- Cleansing practices such as smudging and use of sweetgrass

"Our ceremonies, practices, and beliefs keep us strong emotionally, physically, mentally, and spiritually."

Our Sacred Journey notes:

Traditional teaching and cultural practices I would like to learn more about:

This is what to pass on to my child:

I plan to learn by:

About your pregnancy, birth, and after birth:

Pregnancy is normal, healthy, and life changing. This book will help you find information and support.

Your pregnancy will last about 40 weeks or 9 months. It takes this much time for a baby to grow and develop. Your pregnancy has 3 parts:

- Early pregnancy is the first 14 weeks (first trimester)
- Mid-pregnancy is the middle 15 to 27 weeks (second trimester)
- Late pregnancy is the last 28 weeks to birth (third trimester)

Choosing your health care people:

In your community there may be different people who can provide care for you during your pregnancy, birth, and after birth. These include doctors, nurses, and nurse practitioners. You can ask for information about the kind of care provided by these people. You have the right to choose your health care person. You can also ask for information on other pregnancy supports and services in your community such as community health workers and nurses, community health representatives, prenatal classes, pregnancy and birthing support programs, and doulas (labour supporters).

It is good for you to start going to health care visits early in your pregnancy. You can use this book to write down questions you want to ask when you have your visits.
The goal of your care is to support you to have a healthy birth, help you have confidence in your own abilities, and give your baby a good start in life.
Your wishes for respectful, culturally-safe care should be respected by your health care person.
It's okay to ask your health care person questions such as:

- Can I check that I've understood what you've said?
- Is there written information that I can take home? Or other information sources?
- There are traditional teachings I would like to honour. Can I discuss these with you?

Creating harmony and balance:

Body, emotions, mind, and spirit

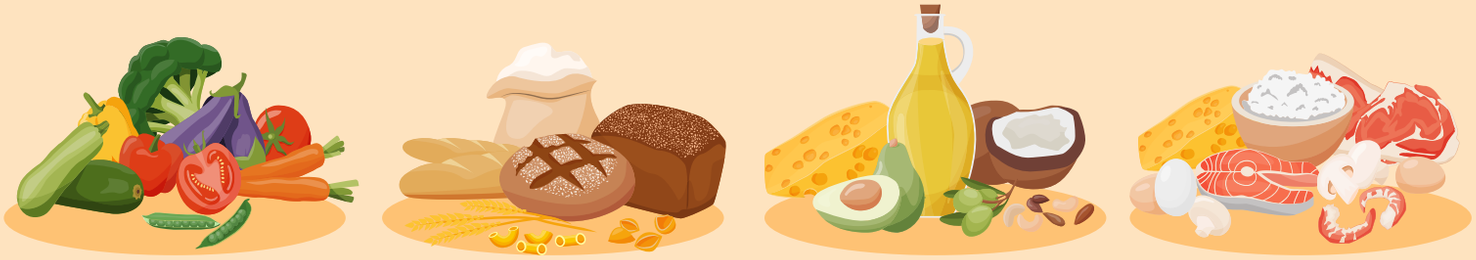
Your choices during your sacred journey matter! Remember you are not alone. Your community and health care people are there for you. Resources you might find helpful are found at the end of the booklet. Talk to your family and others about ways to keep healthy.

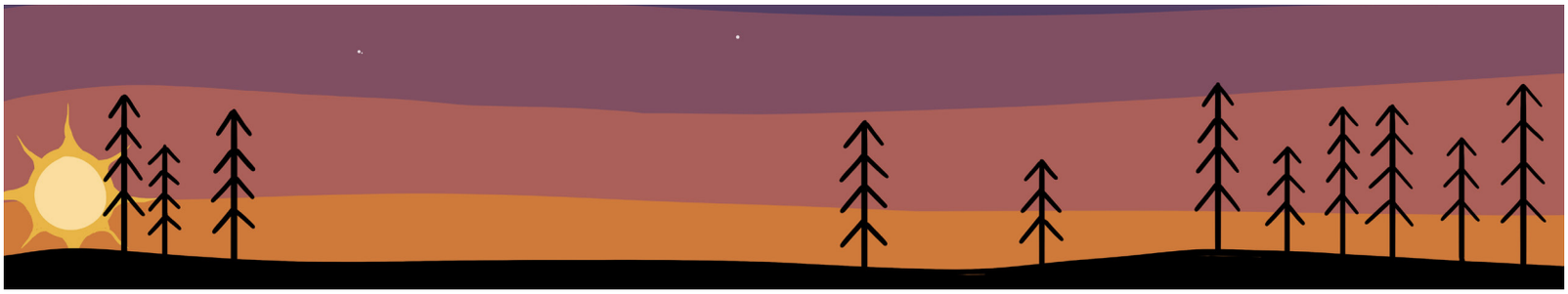
Your body:

- ☐ Take prenatal vitamins with folic acid (400mcg) for the growth of your baby's brain and spine - prenatal vitamins are covered by Non-Insured Health Benefits (NIHB)
- ☐ Continue to be active - plan for physical activity every day
- ☐ Eat a healthy diet to keep your body strong and help your baby grow
- ☐ It is normal to gain weight in pregnancy, your health care person will talk to you about healthy weight gain
- ☐ Avoid harmful substances - if you are having a hard time quitting smoking, drinking alcohol, or using other substances, try to reduce your use as much as you can and speak to your health care provider
- ☐ Your breasts may increase in size to prepare for feeding your baby

Remember to:

- ☐ Enjoy a variety of fresh food from the four food groups every day
- ☐ Enjoy more protein-rich foods such as well cooked fish, chicken, and moose for increased iron and omega-3 fatty acids
- ☐ Enjoy more calcium-rich foods such as milk, cheese, and yogurt
- ☐ Eat three meals and 2 - 3 snacks every day (you may need more food to meet your energy needs while growing your baby)
- ☐ Eat food rich in nutrients and drink lots of water
- ☐ Have caffeine in moderation - try to limit to 2 cups of coffee or 4 cups of tea per day
- ☐ Limit foods and beverages high in calories, fat, sugar, or salt (sodium) such as canned foods, processed foods, and pre-packaged snack foods
- ☐ Learn about and practice cultural food traditions
- ☐ Talk to your health care person about continuing to take your prescription medicines, drugstore medicines, or traditional medicines during pregnancy





Your emotions:

- ☐ Share your thoughts and feelings with others who you trust
- ☐ Ask people you trust about the stories you have heard about pregnancy and childbirth
- ☐ Let other people know if you feel unsafe or if someone is hurting you
- ☐ After the birth of your baby, you may feel "blue", anxious, or a little depressed for the first few weeks - this is called the "baby blues" and many new parents feel this way
- ☐ Talk to your health care people if you feel sad, anxious, or depressed for longer than 2 weeks
- ☐ Create a plan to have a safe place to live

Your mind:

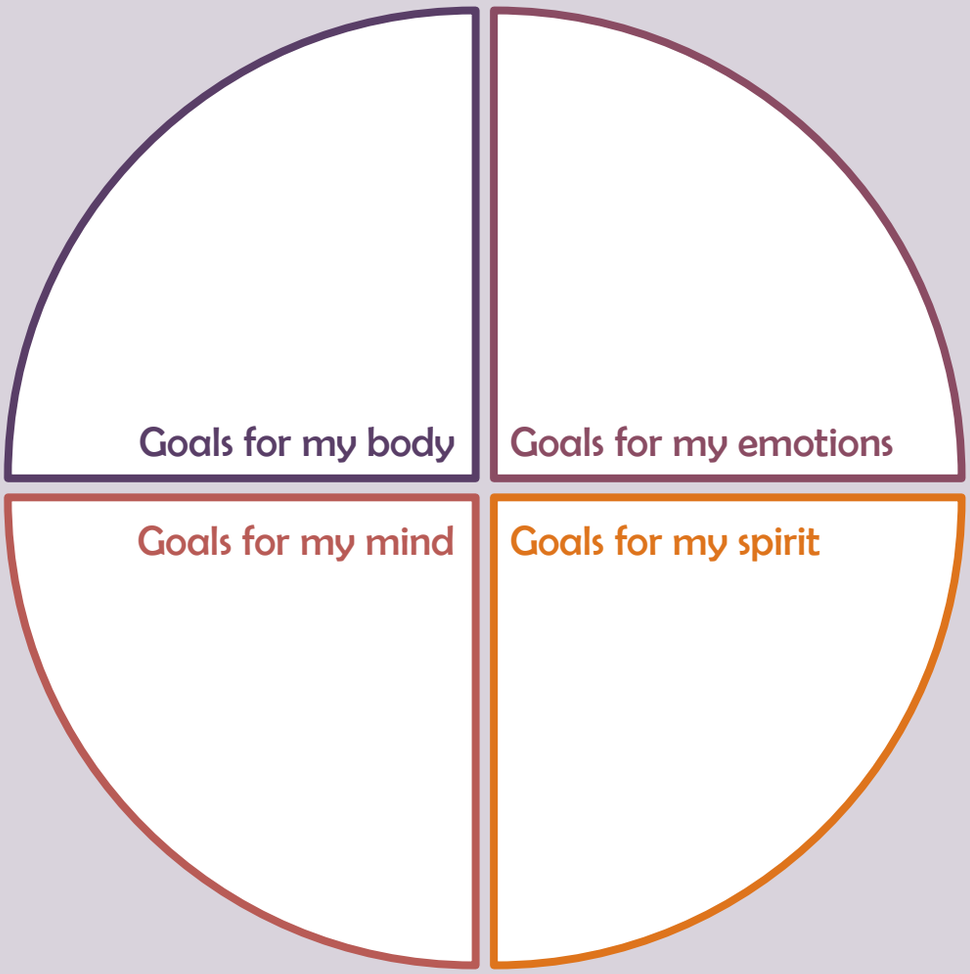
- ☐ Talk to others you trust about how to prepare for your baby being born
- ☐ You may notice changes in your way of thinking about things
- ☐ You may notice changes in your moods - if you are concerned talk to your health care person
- ☐ Spend time thinking about your baby, talking to your baby, and reading or singing to your baby

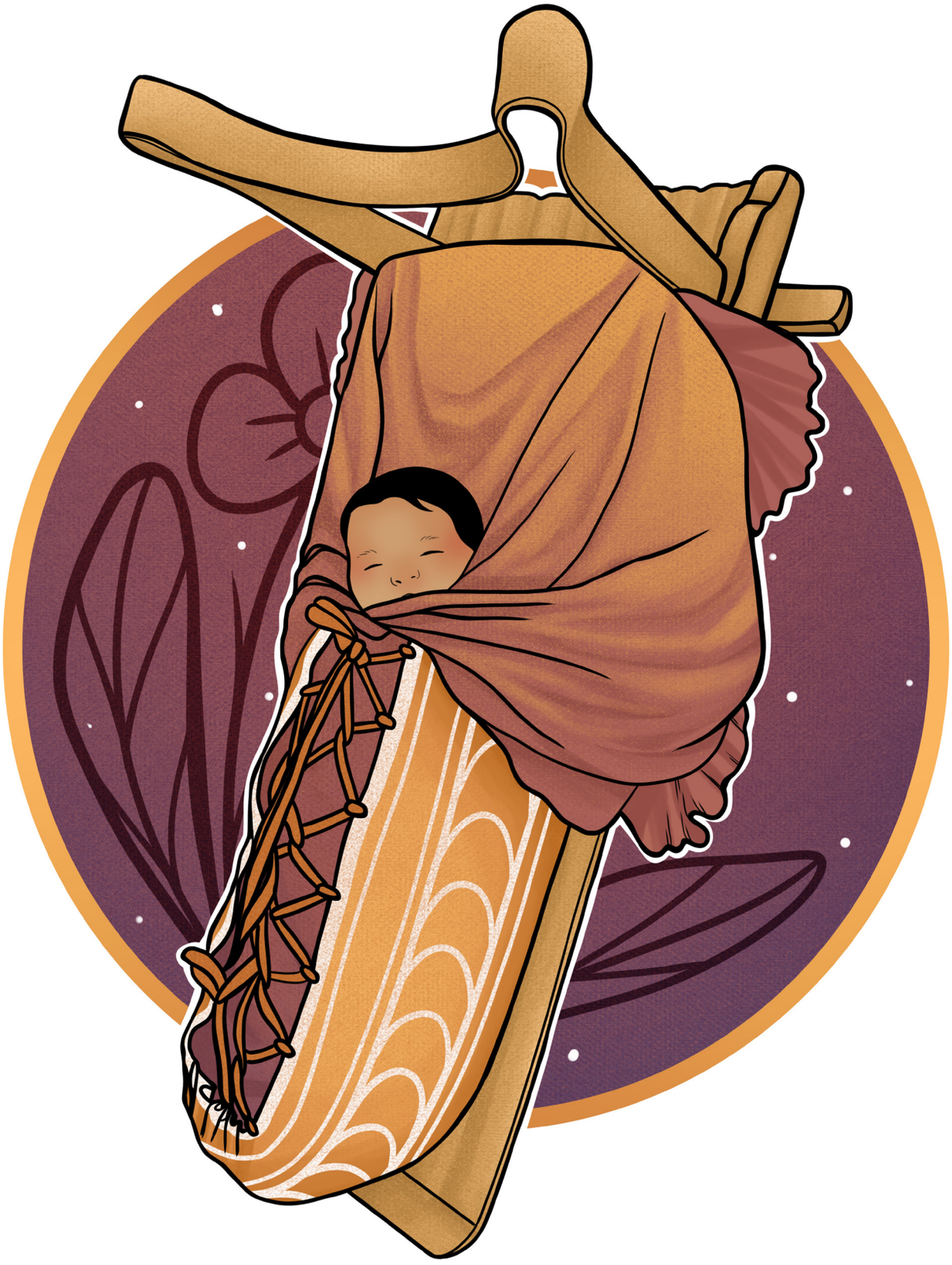
Your spirit:

- ☐ Look after your spiritual health
- ☐ Learn about your cultural traditions and teachings
- ☐ Think about how you will keep cultural traditions in your sacred journey through pregnancy
- ☐ Think about the kind of parent you want to be and how you want to raise your baby

Our Sacred Journey notes:

My hopes and dreams for our sacred journey and my baby's birth are:





Our Sacred Journey Chart:

This is how I will keep track of our sacred journey through pregnancy and the growth of my baby. When I visit my health care person I can ask for help in completing this chart which will help me learn how my baby and I are doing.

	Visit Date #1	Visit Date #2	Visit Date #3	Visit Date #4	Visit Date #5
My blood pressure is:					
My weight:					
Week of pregnancy:					
My belly size (cm):					
My baby's heart rate - drumbeat:	I can hear the drumbeat of my baby! from about 6 weeks on...				
My baby's movement:	20 weeks and my baby is letting me know they're there! from about 20 weeks on...				
My baby's position:					

My due date is: _____

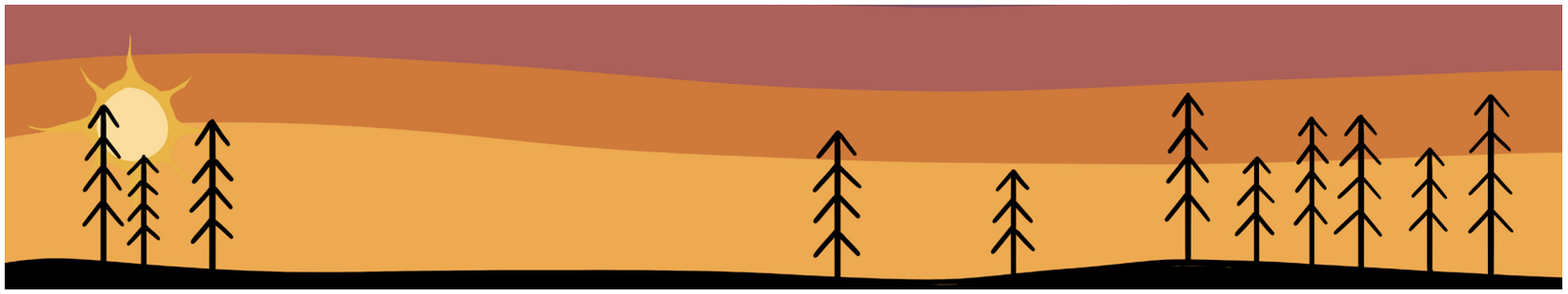
Visit Date #6	Visit Date #7	Visit Date #8	Visit Date #9	Visit Date #10	Visit Date #11	Visit Date #12
Baby is almost ready to enter into our world!						

My birth goals include:

1.

2.

3.



Early Pregnancy

First trimester 0 - 14 weeks

Things to think about and discuss:

- ☐ My health: body, emotions, spirit, and mind (page 10)
- ☐ Protecting and respecting my body and baby
- ☐ Protecting myself from sexually transmitted infections and other illnessses
- ☐ Getting influenza (flu) and COVID vaccines to protect myself and my baby
- ☐ Choosing a health care person
- ☐ Support or services I need for my pregnancy
- ☐ Services in my community such as prenatal programs
- ☐ The importance of breast/chest feeding for me and my baby (page 28)
- ☐ Driving and seat belt use
- ☐ Having sex during pregnancy
- ☐ Contacting my doctor or nursing station in an emergency

At visits with my health care person:

I will be able to ask questions and discuss:

- ☐ Adjustment to being pregnant (body, mind, emotions, and spirit)
- ☐ Reactions to being pregnant such as discomforts, morning sickness, being tired, and/or worried
- ☐ Taking prenatal vitamins with folic acid (400 mcg) and other important supplements
- ☐ Prenatal genetic screening options
- ☐ Prenatal programs for pregnant people, partners, and their families
- ☐ Lifestyle and any changes that are recommended
- ☐ When my baby is expected to be born (my due date)
- ☐ Where I plan to give birth
- ☐ If/when I will travel to another community to give birth
- ☐ Traditional teachings and practices that are important to me
- ☐ My health history (including other pregnancies and gestational diabetes)
- ☐ My family health history (including diabetes in my family)
- ☐ What tests I need and why I need them
- ☐ Personal safety
- ☐ Health benefits from breast/chest feeding for me and my baby
- ☐ Signs and symptoms of pregnancy loss and what to do
- ☐ Emergency contact information

During my prenatal visits I can expect to:

- ☐ Have a complete physical exam, which may include a pelvic exam and Pap test
- ☐ Have my blood pressure checked - record in Our Sacred Journey chart (page 12-13)
- ☐ Be weighed and measured - record in Our Sacred Journey chart (page 12-13)
- ☐ Have my body mass index (BMI) done at first visit - the number calculated from my weight and height used to determine how my weight may affect my health
- ☐ Have my blood sugar checked (some people can have high blood sugar during pregnancy called gestational diabetes)
- ☐ Have my baby's heart rate (drumbeat) listened to after I am 12 weeks pregnant and record in Our Sacred Journey chart (page 12-13)
- ☐ Plan travel to the community I will give birth in

I can expect to be offered:

- ☐ Blood tests
- ☐ Urine (pee) tests
- ☐ Sexually transmitted infection tests
- ☐ Early ultrasound to check my due date (an ultrasound machine uses sound waves to make a picture of the baby in your womb)
- ☐ Prenatal genetic screening tests
- ☐ Influenza (flu) vaccine during flu season
- ☐ COVID vaccine

Reminder - resources you might find helpful are found in your baby bundle or at the end of the booklet.

Our Sacred Journey notes:

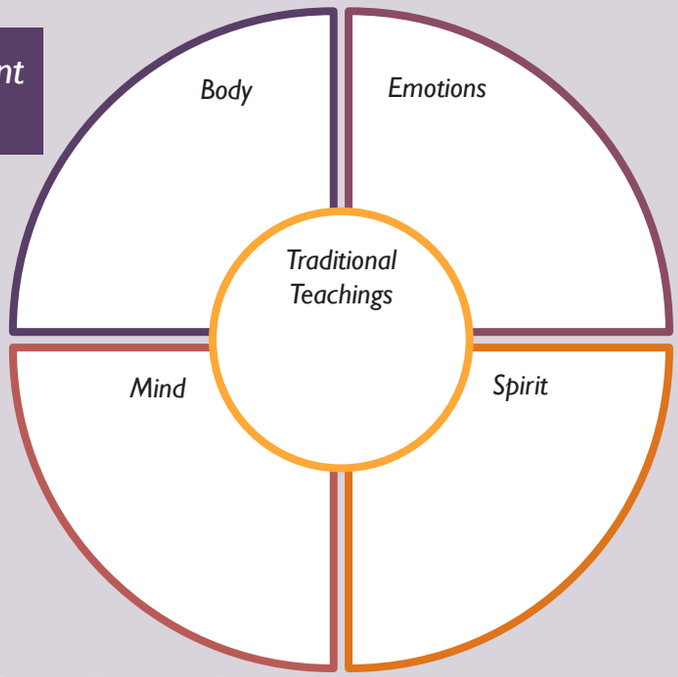
What I want to think about right now:

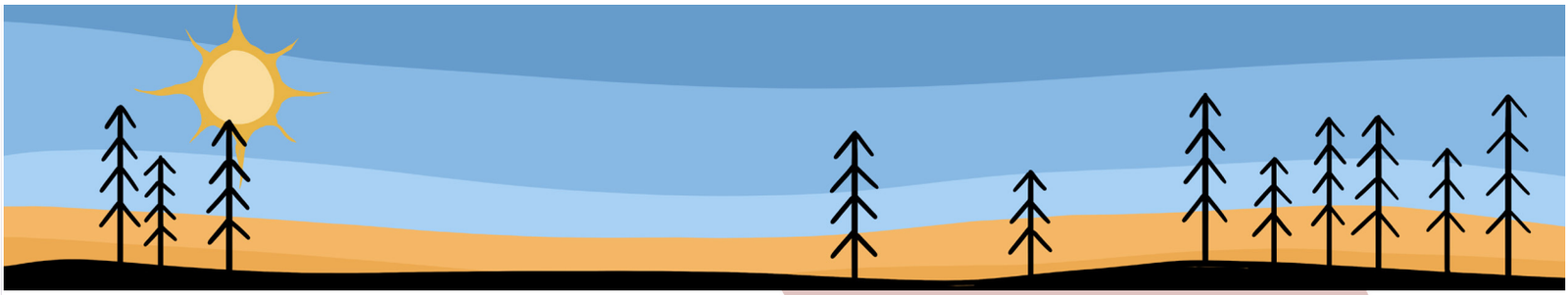
Changes I notice in my body, thinking, or emotions:

Things I could use help with during our sacred journey:

People I can go to for information, help, and support:

Questions I want to ask about...



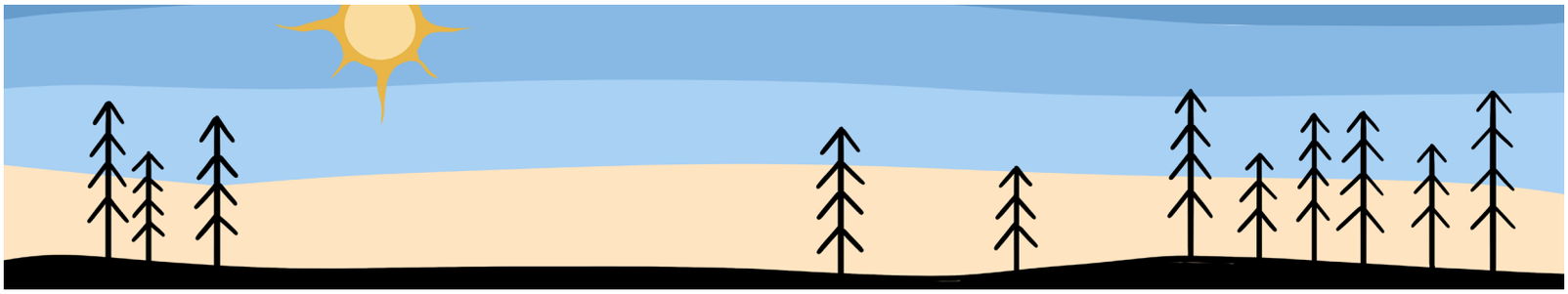


Decisions I need to make:

- ☐ What choices do I have for a health care person in my community, such as a community health nurse?
- ☐ What programs are available in my community, such as pregnancy outreach programs or prenatal classes?
- ☐ Will I have genetic screening (between 9 - 13 weeks)?
- ☐ What pregnancy information would I like to have?
- ☐ Do I need any special services?
- ☐ What changes can I make in my life? What about eating healthier and keeping active?
- ☐ What can I do to avoid drinking, vaping, cannabis, smoking, taking other substances, and being around others who do?
- ☐ Who can come with me when I give birth?
- ☐ Where will I learn about breast/chest feeding and who will support me?
- ☐ Who can help during my pregnancy and after I give birth?
- ☐ Who are the traditional knowledge keepers in my community?
- ☐ Where will I give birth to my baby?

What I want to think about right now:

Changes I notice in my body, thinking, or emotions:



Mid- Pregnancy

Second trimester 15-27 weeks

Things to think about and discuss:

- ☐ My health: body, emotions, spirit, and mind (page 10)
- ☐ How I feel about being pregnant
- ☐ How my pregnancy is affecting my family
- ☐ How to talk with my other children about the baby
- ☐ My baby's movements and growth
- ☐ Taking time to sing, talk, and read to my baby
- ☐ Why breast/chest feeding is important for my baby and me and how I can get help
- ☐ When I should visit my health care people
- ☐ Where I will find services in my community, such as prenatal classes/information
- ☐ What I plan for labour and birth
- ☐ The possibility of a Caesarian birth
- ☐ Who I might have with me for my birth
- ☐ The signs of labour before I am due (preterm labour)
- ☐ When I should contact my health care people in an emergency or in labour
- ☐ How I can protect myself from infections
- ☐ What vaccines are recommended for me during and after pregnancy

In your second and third trimester, you can eat an extra 2 to 3 servings of fruit and vegetables, grains, meat, or milk (or alternatives). This could be a piece of fruit with yogurt, or a piece of toast with a glass of milk. Other options include cheese and crackers, cereal, granola bars, and nuts and raisins.

During my prenatal visits:

I will have the opportunity to ask questions about and discuss:

- ☐ My test results including genetic screening
- ☐ How I know that my baby and I are healthy (If I am on track for a healthy weight gain, growth of baby, movements)
- ☐ Community resources for help with breast/chest feeding
- ☐ My birthing plan and goals for my birth

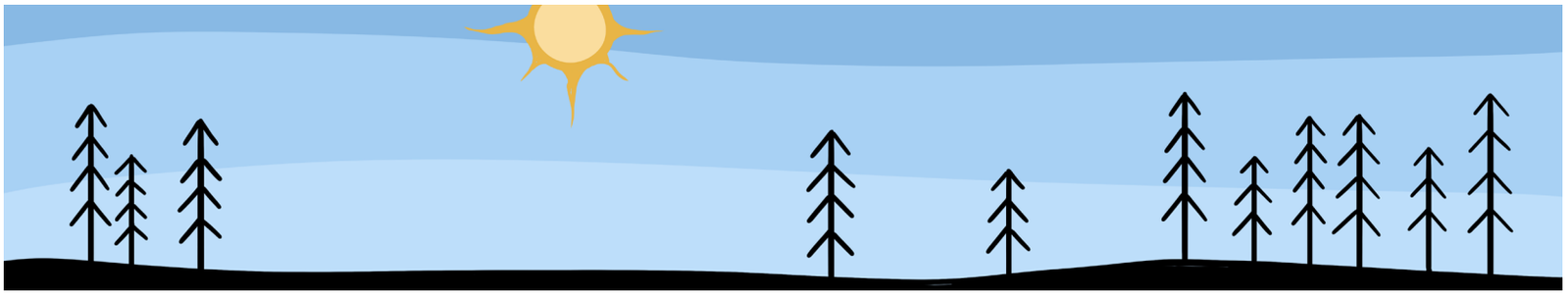
I can expect to be checked for and helped to record in Our Sacred Journey Chart (page 12-13):

- ☐ Blood pressure
- ☐ Weight
- ☐ Urine (pee) testing
- ☐ My belly size (measured from the top to the bottom of my belly)
- ☐ Baby's position
- ☐ Baby's heart rate (drumbeat)

I can expect to be offered:

- ☐ 2nd blood test for prenatal genetic screening (15 - 20 weeks)
- ☐ Ultrasound to check my baby's growth and development at 18-20 weeks
- ☐ Test for gestational diabetes at 24 - 28 weeks (drink a sugary drink and get a blood test one hour later)
- ☐ Influenza (flu) and COVID-19 vaccines

Reminder - resources you might find helpful are found at the end of the booklet



Late Pregnancy

Third trimester 28 weeks to birth

Things to think about and discuss:

- ☐ My health: body, emotions, spirit, and mind (page 10)
- ☐ How my pregnancy is affecting my family
- ☐ How to share the news about the baby with my other children
- ☐ My baby's movements, growth, and position
- ☐ Traditional birth practices that I am learning about and considering
- ☐ How I will feed my baby and why breast/chest feeding is best for my baby and me
- ☐ What I want to do for labour and birth (my birth plan)
- ☐ Having support after birth, especially if I experience the "baby blues" or depression
- ☐ Touring the centre where I plan to give birth
- ☐ The signs of preterm (early) labour

Getting ready for labour and birth:

Plan for Support

- ☐ Who will support me in labour (partner, family, friend, doula)

Know What to Expect

- ☐ Recognize the signs of labour
- ☐ When to contact my doctor/nurse
- ☐ Know when go to the hospital

When I Am in Labour

- ☐ What to do for comfort and coping with pain while in labour
- ☐ To ask what I can eat and drink and how to stay active

Caring for my baby after birth:

- ☐ Getting support for breast/chest feeding in hospital and at home: who, where, how?
- ☐ Keeping my baby warm and learning how to swaddle my baby safely
- ☐ Learning my baby's cues for hunger, pain, sleep, or comfort
- ☐ Learning how to bath my baby and care for their soft skin
- ☐ Having an approved car seat to bring my baby home in and learning how to use it

During my prenatal visits:

I will have the opportunity to ask questions about and discuss:

- ☐ My test results
- ☐ The health of my body and mind
- ☐ My emotions such as sadness, depression, or anxiety
- ☐ What would happen if I am more than 1-2 weeks past my due date
- ☐ My wishes for labour and birth (birth plan and goals)
- ☐ Tests for common bacteria that can make my baby sick (for example group B strep - GBS)
- ☐ Baby's growth and my weight gain
- ☐ Baby's movements
- ☐ How I want to feed my baby
- ☐ The benefits of breastfeeding for me and my baby
- ☐ How I can get support if I have difficulty, questions, or worries with breast/chest feeding or hand expression of milk after birth

I can expect to be offered and might need:

- ☐ Rh immunoglobulin injection if my blood type is Rh negative (at 28 weeks or more)
- ☐ Influenza (flu) shot during flu season
- ☐ COVID vaccines
- ☐ Swab of my vagina and rectum for group B strep
- ☐ Questionnaire about depression
- ☐ Follow-up from earlier tests

Reminder - resources you might find helpful are found at the end of this booklet

Our Sacred Journey notes:

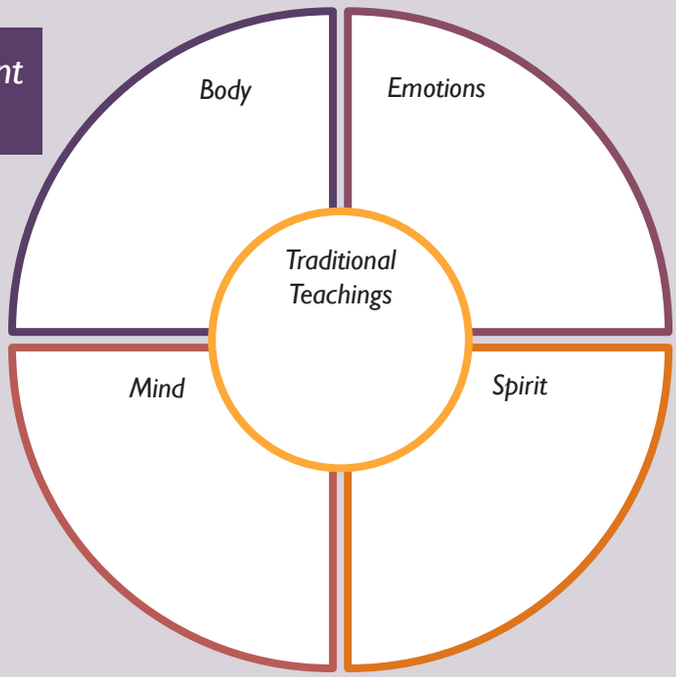
What I want to think about right now:

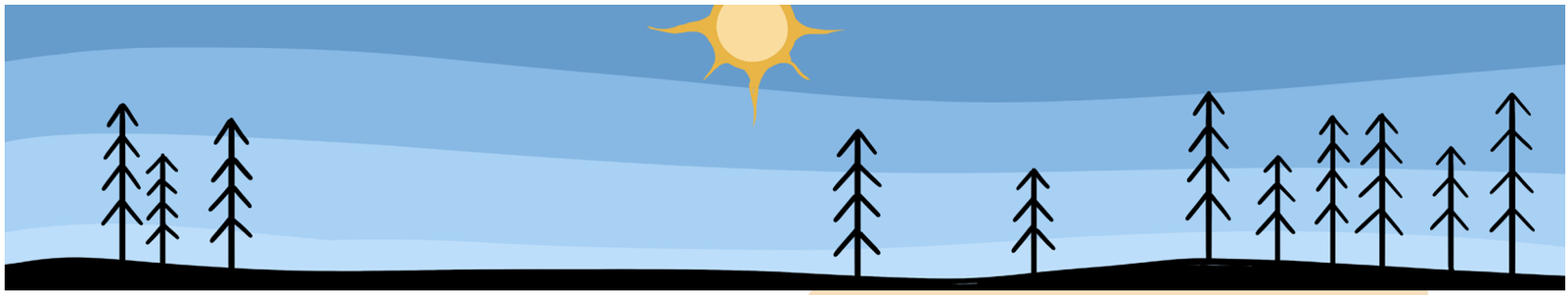
Changes I notice in my body, thinking, or emotions:

Things I could use help with during our sacred journey:

People I can go to for information, help, and support:

Questions I want to ask about...





Decisions I need to make:

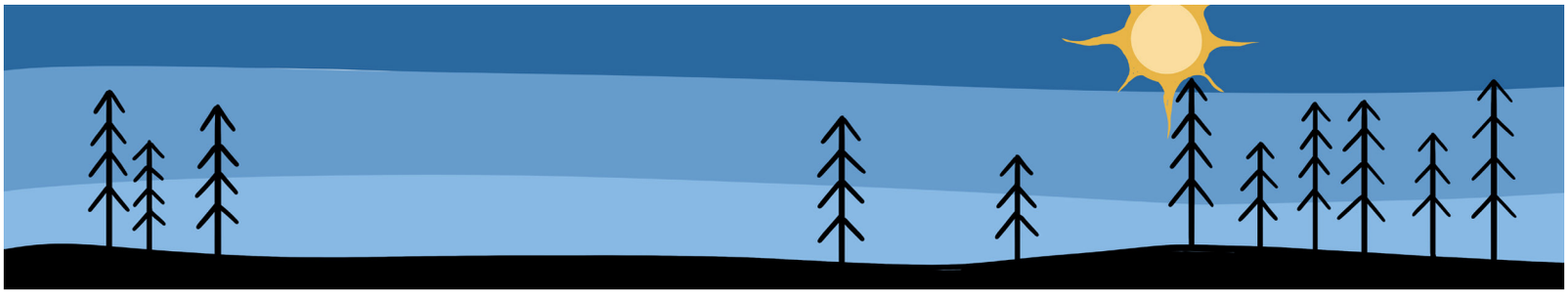
- ☐ What to include in my birth plan
- ☐ Who will provide comfort and support during my labour and birth - remember that you can change your mind at any time
- ☐ Where I will stay and who will support my family and I if I need to leave my community
- ☐ Who will look after my children when I am in labour, giving birth, or at the hospital

Decisions I have made:

New things to think about:

Find out what traditional medicines (herbs and teas) are safe in pregnancy from Elders in your community.

For example:
Raspberry leaf tea helps get the womb (uterus) muscles ready for labour and delivery. You can drink it hot or cold!



Giving Birth

Things to think about and discuss

For all births:

- ☐ My feelings and what I expect for my baby's birth
- ☐ Going past my due date
- ☐ Changes I have decided to make to my plans
- ☐ Asking for support from a nurse, partner, family member, or doula during labour
- ☐ Comfort and coping with pain in labour
- ☐ Getting rest when I can to prepare for labour
- ☐ Injection after birth to help decrease bleeding
- ☐ Skin-to-skin contact with my baby right after I give birth
- ☐ Breast/chest feeding my baby soon after birth
- ☐ Hand expression and storing milk
- ☐ Traditional practices noted in my birth plan

For Caesarean births:

- ☐ Differences between vaginal and Caesarean birth
- ☐ Who can be with me in the operating room
- ☐ Things to know about recovery from a Casearean birth

What I can expect during labour and birth:

- ☐ My baby and I will be checked regularly
- ☐ My baby's heartbeat will be monitored
- ☐ I will get encouragement and support
- ☐ I may have antibiotics if I have group B strep

What I can do during labour:

- ☐ I can change positions and do other activities to keep comfortable
- ☐ I can drink fluids and eat a little if I feel like it and am not having a Caesarean birth
- ☐ I can push when I feel the need to push, after my cervix is fully open
- ☐ I can choose comfortable positions when pushing and giving birth

After birth I can expect:

- ☐ My baby to be put against my bare chest for skin-to-skin and feeding
- ☐ That I may have an injection to decrease bleeding
- ☐ My blood pressure, pulse, and temperature will be measured
- ☐ The top of my uterus and the amount of vaginal bleeding checked
- ☐ To be cleaned up and have a new gown put on

After birth, my baby will:

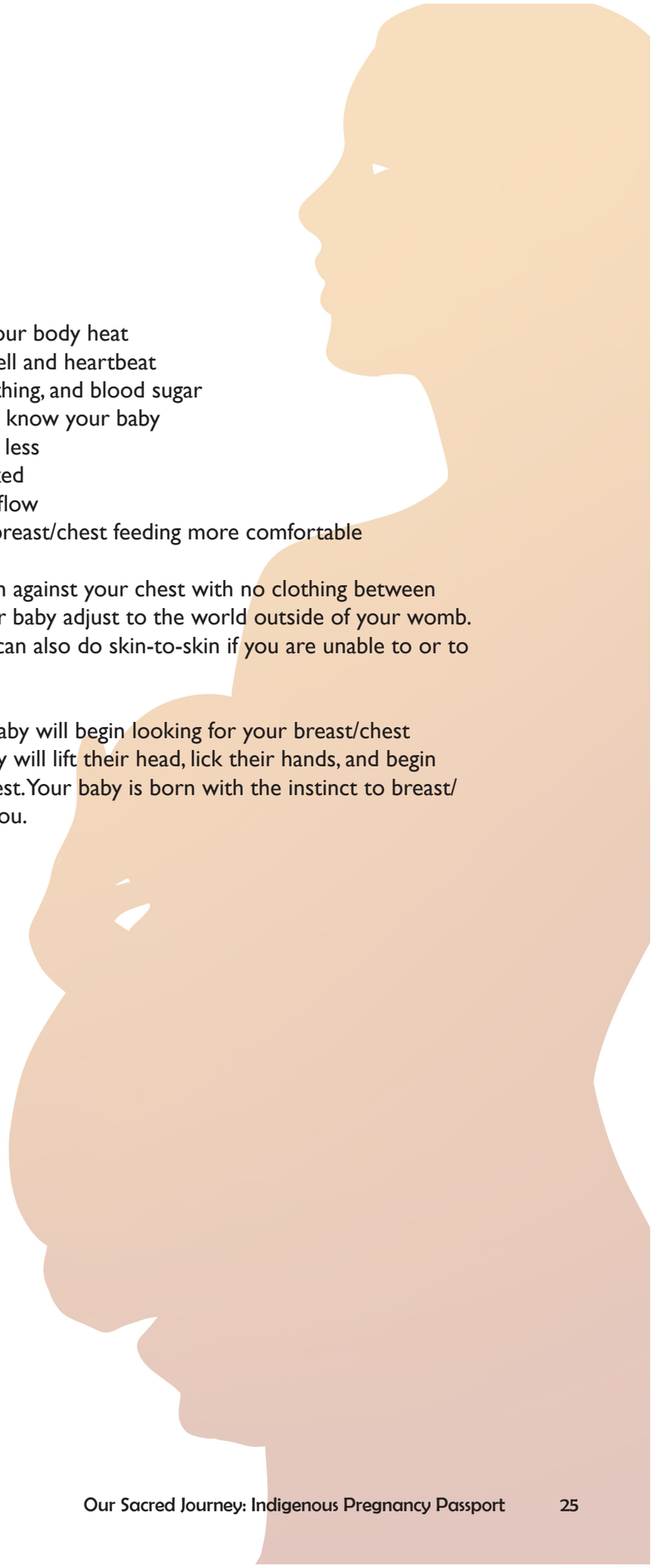
- ☐ Be given eye ointment, vitamin K, and have blood work
- ☐ Have a physical assessment and be weighed
- ☐ Get a name band on both ankles that matches mine

Skin-To-Skin

- ☐ Helps baby stay warm through your body heat
- ☐ Comforts baby through your smell and heartbeat
- ☐ Regulates baby's heart rate, breathing, and blood sugar
- ☐ Promotes bonding and getting to know your baby
- ☐ Helps your baby be calm and cry less
- ☐ Helps you be confident and relaxed
- ☐ Helps your milk supply and milk flow
- ☐ Promotes a deep latch to make breast/chest feeding more comfortable

Right after birth, hold your baby skin-to-skin against your chest with no clothing between you, for at least one hour. This will help your baby adjust to the world outside of your womb. Your partner, or another person you trust, can also do skin-to-skin if you are unable to or to promote bonding with them as well.

If you leave your baby in this position, the baby will begin looking for your breast/chest usually within one hour from birth. The baby will lift their head, lick their hands, and begin bobbing their head towards your breast/chest. Your baby is born with the instinct to breast/chest feed but may need a little help from you.



Chest/Breastfeeding

Nourishes - East

- ☐ Colostrum, the thick yellowish milk right after birth, is the first medicine that your baby receives to protect them
- ☐ As your baby grows, your milk changes to provide exactly what your baby needs for healthy growth and development

Promotes - South

- ☐ Healthy growth and development of bones, jaw, and teeth
- ☐ Bonding and attachment
- ☐ Responsive parenting
- ☐ Restful sleep

Protects - West

You from:

- ☐ Excessive postpartum bleeding (bleeding after birth)
- ☐ Breast and ovarian cancer, type 2 diabetes, and heart disease

Baby from:

- ☐ Harmful bacteria and viruses (ear, respiratory, stomach infections)
- ☐ Sudden infant death syndrome (SIDS)
- ☐ Future diseases (diabetes, heart disease, some cancers)
- ☐ Discomfort by providing soothing when getting needles or other procedures are done

Teaches - North

- ☐ Breast/chest feeding teaches you about your baby and your role as a parent

Traditionally, parents breast/chest fed their babies from birth for at least 2 years and often until 4 or 5 years of age.

By breast/chest feeding your baby, you are thinking of the next 7 generations by promoting good health and development and future breast/chest feeding within your community.

Breast/chest feeding protects the earth because it doesn't produce waste like infant formula does.

You can ask your health care provider for breast/chest feeding support.

"All the rivers of the earth are milk that comes from the breast of the Great Mother. Our breasts give the waters of life to feed the children."

Review of my birthing goals:

Questions I want to ask about labour and birth:

Other questions I want to ask about:

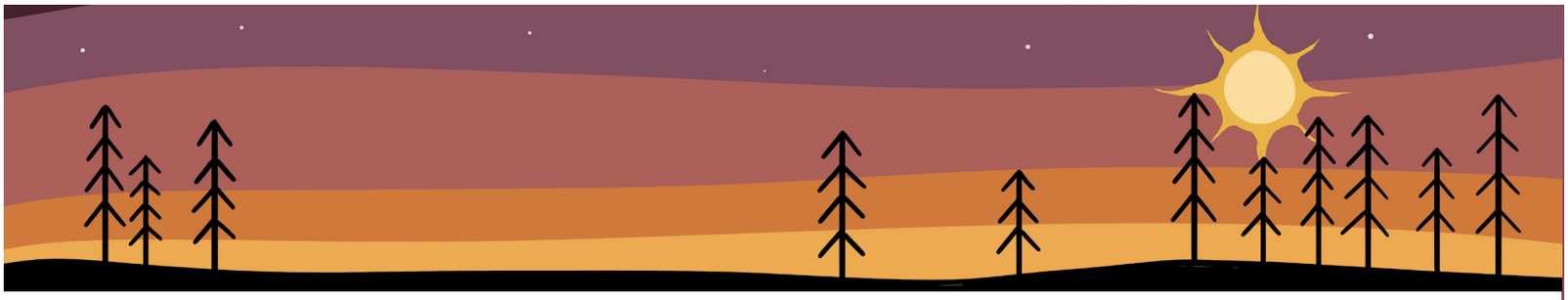
My health: body, emotions, mind, and spirit:

My baby's health:

Traditional teachings and practices I might have (such as smudging and drumming):

Other teachings:

Questions about skin-to-skin and breast/chest feeding:



Decisions I need to make:

- ☐ What to include in my birth plan wishes
- ☐ Who else I would like to have at my birth
- ☐ Comfort measures I want in labour
- ☐ Pain medications I want (if I need them)
- ☐ Positions I would like to try for giving birth
- ☐ Traditional practices that I want during labour and birth

Decisions I have made:

New things to think about:

Our birth story:

My best memories from giving birth; what it was like for me to bring this gift of life to our family; the traditional teachings we followed; who was present during my labour and giving birth; and other thoughts.

My baby's information:

Date of Birth	Time	Weight (lbs or grams)
Baby Name		Length (in or cm)
Hearing Test	Newborn Blood Screening	Bilirubin (Jaundice) Test

A picture of my baby or me and my baby

First days after baby's birth:

Postpartum

Things to think about and discuss:

- ☐ How I am feeling about myself and my baby
- ☐ If I had my baby in the hospital, how long I will stay
- ☐ Follow-up care needs for me
- ☐ Follow-up care needs for my baby
- ☐ Who I can call on for help

Learning about:

- ☐ Changes to my body and how to deal with discomfort or pain
- ☐ My baby's behavior and what it means (when baby is hungry or tired)
- ☐ My baby's crying and soothing methods I can use
- ☐ How to tell if my baby is getting enough breast/chest milk and growing well
- ☐ Other feeding options if I am not breast/chest feeding, and support available

Getting ready to go home and help at home:

- ☐ Who will stay with me to help out in the first days/weeks
- ☐ Follow up care for my baby and I

What to expect:

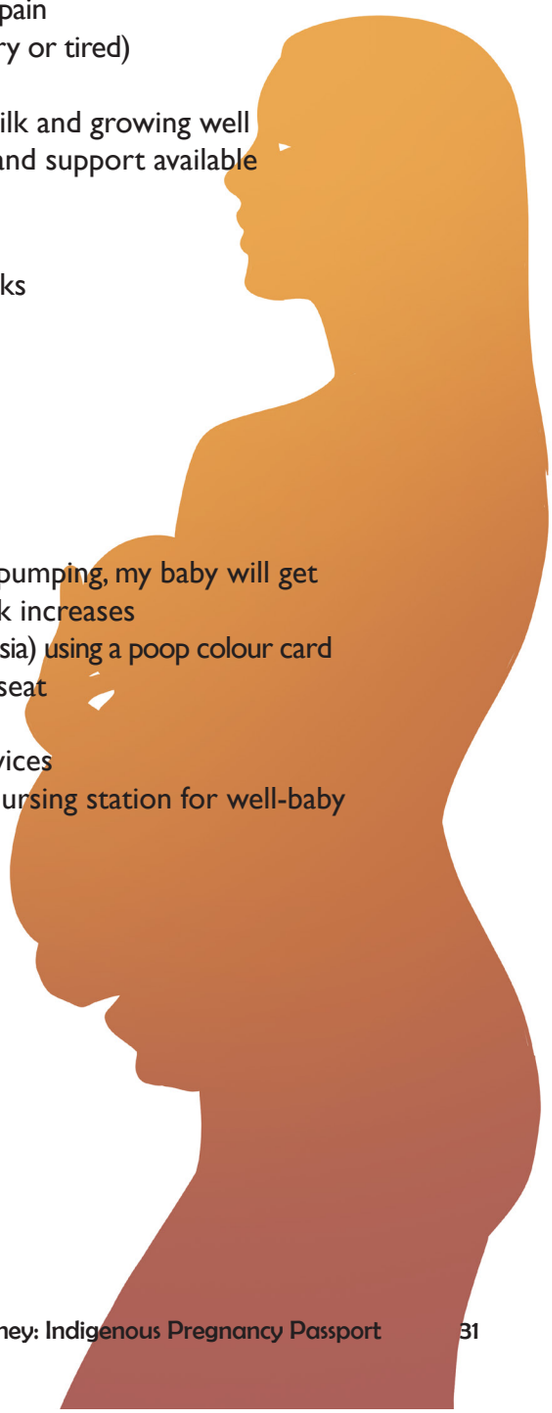
Before I go home I will. ...

- ☐ Learn how to care for my baby
- ☐ Have help to put my baby to my breast/chest
- ☐ Learn how to feed my baby - if breast/chest feeding or pumping, my baby will get colostrum (first milk) for the first 2-3 days until my milk increases
- ☐ Learn how to check my baby for a liver condition (biliary atresia) using a poop colour card
- ☐ Learn the right way to put my baby in an approved car seat
- ☐ Get information on registering my baby's birth
- ☐ Find out about public or community health nursing services
    - Once I return to my community, I will go to my nursing station for well-baby checks and immunizations

My baby will....

- ☐ Stay with me at all times
- ☐ Feed often - 8 or more times in each 24 hours
- ☐ Lose some weight in the first few days
- ☐ Have blood tests (a heel prick) and hearing test

Reminder - resources you might find helpful are found in your baby bundle or at the end of the booklet.



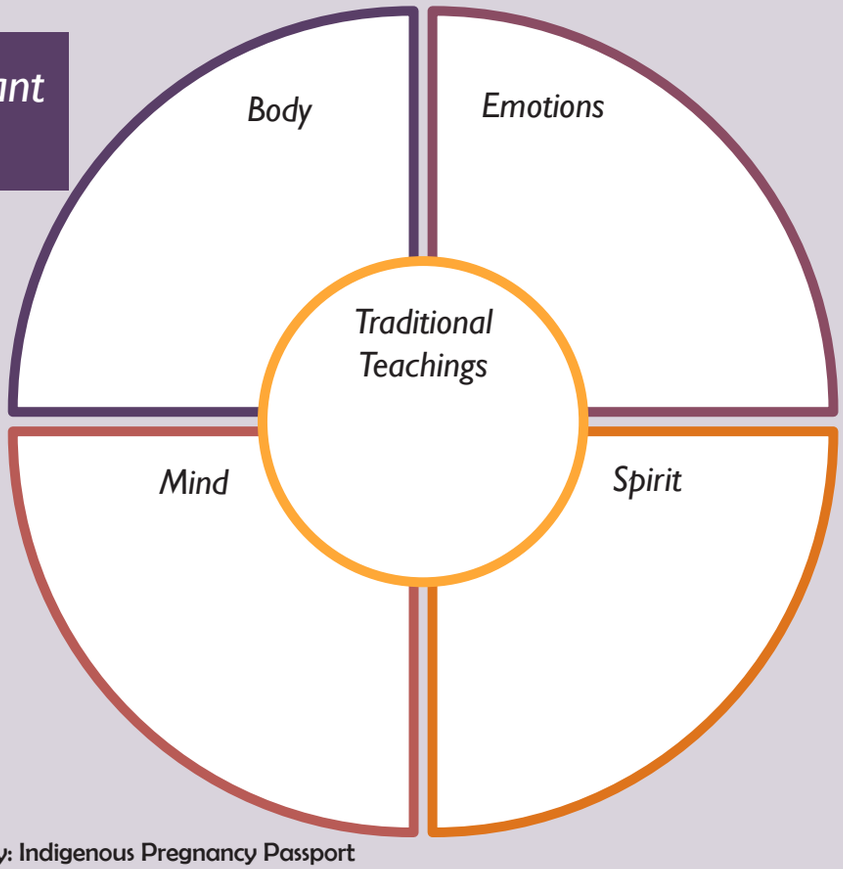
Our Sacred Journey notes:

How I'm feeling:

Things I could use help with:

Baby and feeding:

Questions I want to ask about...



Decisions I need to make:

- ☐ Who will stay with me in the hospital
- ☐ Who will provide follow-up health care for me and my baby
  - ☐ Doctor
  - ☐ Community health nurse and nursing station
  - ☐ Nurse practitioner
  - ☐ Community health representative
- ☐ Who I can call for chest/breatfeeding support

Decisions I have made:

New things to think about:

Important things to know:

Emergency phone numbers for my doctor, nurse, or nurse practitioner:

Help like public health/community health nurses, breast/chest feeding support

The first 6-8 weeks postpartum

After baby's birth

Things to think about and discuss:

Learning about:

- ☐ What went well and what I would do next time
- ☐ Questions I have about my labour and birth

My health:

- ☐ Body - getting enough rest and healthy food
- ☐ Emotions - feeling blue or sad, depressed, or anxious
- ☐ Spirit and mind - having the help I need

Me and my baby:

- ☐ My feelings toward my baby
- ☐ My feelings about breast/chest feeding and knowing my baby is growing well
- ☐ Understanding my baby's behaviour, crying, and signs my baby is hungry
- ☐ Safety for my baby
- ☐ Immunizations (shots) for my baby
- ☐ Traditional teachings like welcoming and naming ceremonies
- ☐ Community services for breast/chest feeding and being a parent
- ☐ Follow-up healthcare for my baby and I
- ☐ Checking baby for a liver condition (biliary atresia) for 30 days after birth using baby poop colour card

Me and my family:

- ☐ Changes in the family
- ☐ Bonding with the baby such as talking, singing, reading books, or telling stories

What to expect from my health care people:

To talk with me about my birth story and support me with:

- ☐ When and who to call for help
- ☐ Crying and ways to soothe my baby
- ☐ Safe sleep for my baby
- ☐ Tummy time for my baby
- ☐ Services in the community for breast/chest feeding, parenting support, and baby blues (sadness) or depression
- ☐ Immunizations to protect my baby

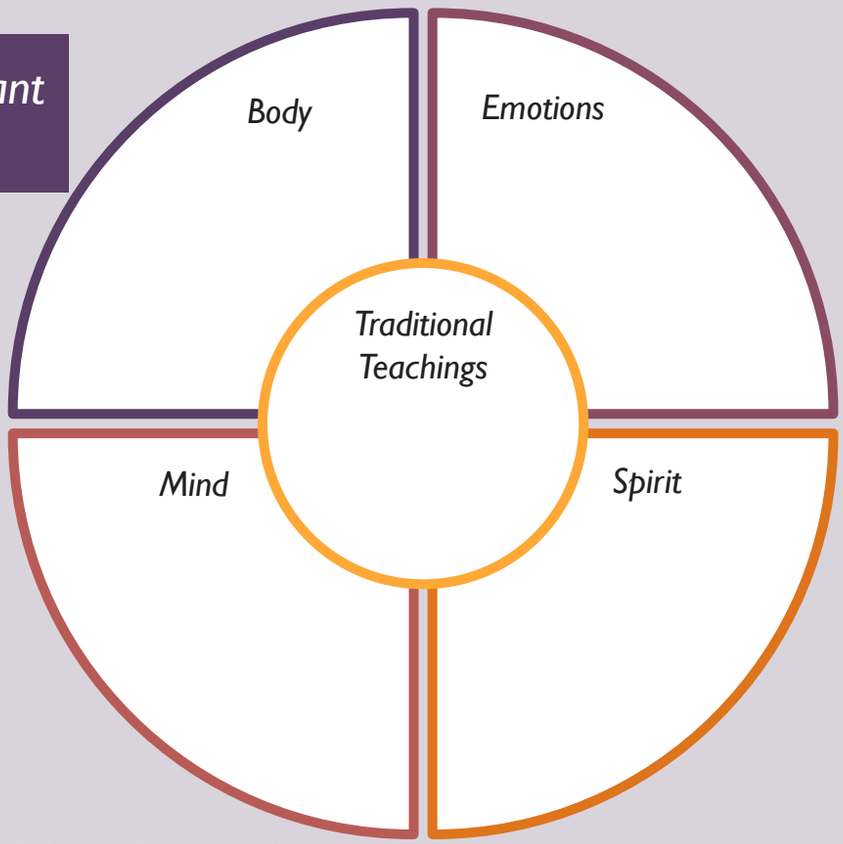
I can expect:

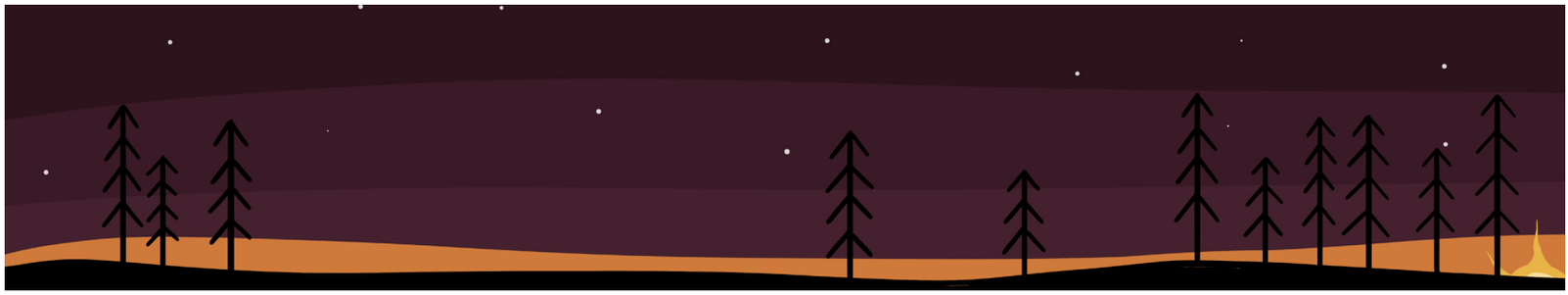
- ☐ Information about follow-up appointments for my baby

Our Sacred Journey notes:

Things I could use help with:

Questions I want to ask about...





Decisions I need to make:

- ☐ Who I will call when I have a worry about my baby or myself
- ☐ How I will get help in an emergency
- ☐ Important phone numbers:
  - ☐ My doctor or nurse:
  - ☐ My public or community health nurse:
  - ☐ Nurse practitioner:
  - ☐ Nursing station:

Decisions I have made:

New things to think about:

Resources

Sioux Lookout First Nations Health Authority	www.slfnha.com	acwinfo@slfnha.com 1 (866)-337-0081
Sioux Lookout Meno Ya Win Health Centre	www.slmhc.on.ca/departments-and-services/prenatal-and-maternity/	1-807-737-3030 ext. 4503
Find a doula - Association of Ontario Doulas	www.ontariodoulas.org	
Newborn Screening Ontario	www.newbornscreening.on.ca/	1-877-627-8330
Safe sleep for your baby	https://www.canada.ca/en/public-health/services/publications/healthy-living/safe-sleep-your-baby-brochure.html	
Breastfeeding for the Health and Future of Our Nation	https://tinyurl.com/56szcmnv	
Infant crying	www.purplecrying.info	
PAIL (Pregnancy and Infant Loss) Network	https://pailnetwork.sunnybrook.ca/	1-888-303-7245
Birth registration	www.ontario.ca/page/register-birth-new-baby#section-2	

Sioux Lookout
First Nations
Health Authority

www.slfnha.com