



Our Sacred Journey



Aboriginal Pregnancy Passport

Important Information and Phone Numbers

My name:		Phone:	
My health care people: (doctor, registered midwife, nurse practitioner)		Phone:	
My community health centre / public health unit:		Phone:	
My community/public health nurse or community health representative:		Phone:	
The place where I plan to give birth		Phone:	
My partner or family member to contact first:		Phone:	
My labour helpers (e.g., doula, aunt, mom, friend)		Phone:	
		Phone:	
Emergency (Fire, Police, Ambulance)		Phone:	911
HealthLink BC for 24/7 health information and services	www.healthlinkbc.ca	Phone:	811
Healthy Families BC for pregnancy, birth and caring for baby information	www.healthyfamiliesbc.ca		
If you need to travel outside your community for your baby's birth you need to:	Estimated Date of Travelling:		
<input type="checkbox"/> Have a health care person's note for your band office for travel approval and planning <input type="checkbox"/> Find a place to stay if you have to leave weeks prior to giving birth <input type="checkbox"/> Bring your health card and photo ID			

Developed by: Perinatal Services BC in collaboration with the Ministry of Health and the First Nations Health Authority

Adapted from: *Women's Health Pregnancy Passport 2011*

Acknowledgements:

A special thank you to the First Nations and Aboriginal Elders, community members and professionals who helped develop this resource

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The Population and Public Health Program, Provincial Health Services Authority

For more specific acknowledgments go to: tiny.cc/AboriginalPregPassport

A Message to Pregnant Women, Families and Communities

This Aboriginal Pregnancy Passport is for your sacred journey through pregnancy, birth and baby's early weeks. This may or may not be your first baby. Women share many similar experiences and needs. Each journey is different and that's OK. This passport tells about experiences and needs. It also tells about important things to think about or do.

You can use this Pregnancy Passport to keep your own records. You can write down your goals, questions, your ideas and your decisions. Then you can talk with your health care people and your family. The first two sections include useful information for your whole pregnancy. You can read each part of this book as you get to that part of your pregnancy journey.

Welcome

Amaa sa (Nisga'a), ǵiáxsiǵa yis háqáyaqvs (Heiltsuk), Mačinu?i (Nuu-chah-nulth) and Tsùllcwe (Secwepemc)

OUR SACRED JOURNEY: Aboriginal Pregnancy Passport. This book 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)

We are responsible for seven generations ahead of us.

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.

Statimc Prayer

Kukwstumulhkacw nk'ul'tsten, ki skelkekla.
Ihkalha, kwsu u. Mmentumulh ta gelgela sptinusem
muta. Ta stsunam'entumulhacwa kws kalh ka wakwcal
ki skukwza A.kws wa. Wit gelgel muta mawal' lhus ka-
hal'hawit.kukwstumulh kacw kws kacw cwa. Antumulh
smelhmulhlhats kws kalh gelgelanwas muta gelgel.

Kukwstumulh Kacw Kwsu Tsunamentumulh Kwsd Kalh
Ka Tsunam'en I Stsmal't Kalha Kws Gelgelwit, Kws Ka
Ats'xtsutwita,Kws Ka Zwatetcalwita Kw Ama.

Stexw Kalh Xwumstumim,Xwiystumim,Kwsu Papt Wa.
Ats'xstumulh.papt Lhkacw Wa Wa. Eltsnimulh,Papt Lhkacw
Wa. Nuk'wantumulh.wa. Ihkalh Tsa. Cw Kws Kalh Ka
Wa7ancala Kw Skukwza. ,Kukwstumulh Lhkacw Snimulh
Smelhmulhats.

Translation by Linda Redan,
Statimc Language Teacher

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 many 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 past, present, and future
- connectedness and relationships of all things
- respect for the spirit, body, emotions, and mind of all human beings.





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 and your knowledge and experiences
- knowledge keepers
- Elders
- grandmothers and grandfathers
- Aboriginal Friendship Centres
- Longhouse resources

Some teachings are about:

- Ceremonies such as birthing, naming or welcoming ceremonies
- Care from traditional healers or traditional aunties (labour supporters)
- Prayer, singing, being near drumming and avoiding being near death or dying
- Speaking your traditional language
- 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, salmon and other fish, meats
- Ways of handling the placenta (afterbirth) and your baby's umbilical cord
- Use of a cradleboard or moss bag
- Cleansing practices such as smudging, use of sweet grass

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

Lucy Barney, Titqet Nation.

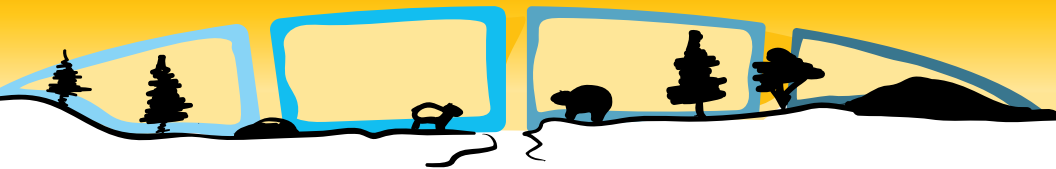


Our Sacred Journey Notes:

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

I plan to learn by:

This is what I learned and want to pass on to my child:

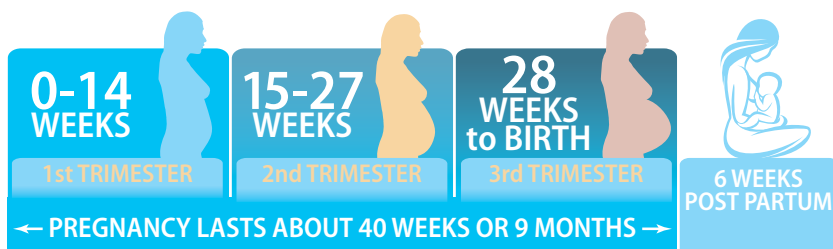


ABOUT YOUR PREGNANCY, BIRTH & AFTER BIRTH

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

Your pregnancy will last about 40 weeks or about 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)
- 28 weeks to birth (third trimester)



Choosing your health care people

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

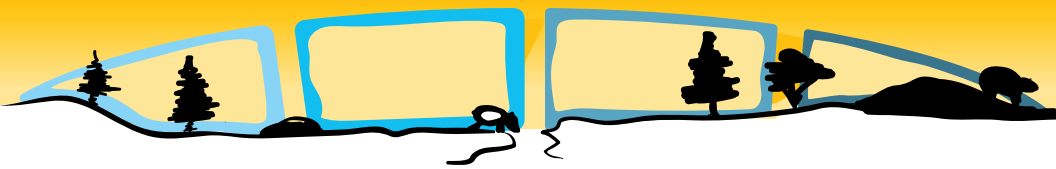
It is good for you to start going to health care visits early in your pregnancy. You can use this book to write down questions you want to ask when you have your visits. You can talk about having your baby at home or in a hospital, depending on your community's services and your specific health needs.

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 OK 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 and Vitamin D
- Continue to be active: plan for physical activity every day
- Avoid smoking tobacco and being around other people who are smoking
- Avoid drinking alcohol or using drugs
- Talk to your health care person about taking your prescription medicines, drugstore medicines or traditional medicines
- Eat a healthy diet to keep your body strong and help your baby grow
- Remember to:**
 - Enjoy a variety of food from the four good groups every day (frozen and canned vegetables can increase the kinds available)
 - Eat three meals and two to three snacks every day
 - Eat foods rich in nutrients
 - Limit foods and beverages high in calories, fat and sugar or salt (sodium) such as cakes, pastries, dough-nuts, potato chips, fruit flavored drinks, soft drinks, sports drinks and energy drinks
 - Limit foods high in trans fat
 - After your first trimester (early pregnancy) you need a little more food – an extra 2-3 servings from any of the food groups
 - Learn about and practice cultural food traditions
- Remember your baby is affected by all these

Prepare your plate to look like this...



VEGETABLES

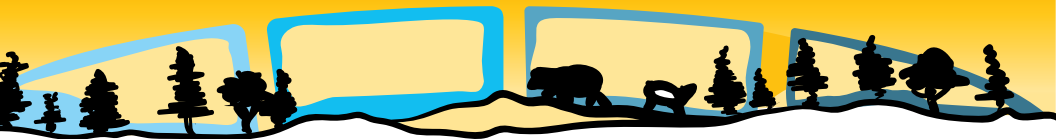
- 2 or more different kinds
- Fill half your plate with vegetables

PROTEIN

- one of these: traditional meat, fish, skinless chicken, peanut butter, eggs

STARCH

- one of: whole wheat bannock, whole wheat bread, potato, whole wheat pasta, brown rice



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
- Know that during pregnancy after the birth of your baby, you may feel “blue”, anxious or a little depressed
- Learn about what help you can get from health care people if you feel sad, anxious or depressed
- It’s OK to let other people know if you feel unsafe or if someone is hurting you. Create a plan to have a safe place to live. (See Safe Housing Resources at end of this booklet)

Your mind

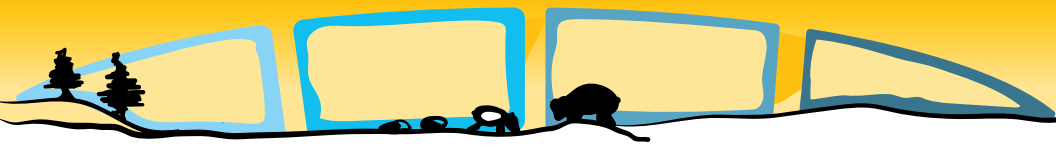
- Talk to others you trust about the decisions you need to make and about things you don’t understand
- You may notice changes in your way of thinking about things
- You may notice changes in your moods – If you are concerned talk to your health care person
- Read, talk and think about feeding your baby and birthing options such as home birth

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

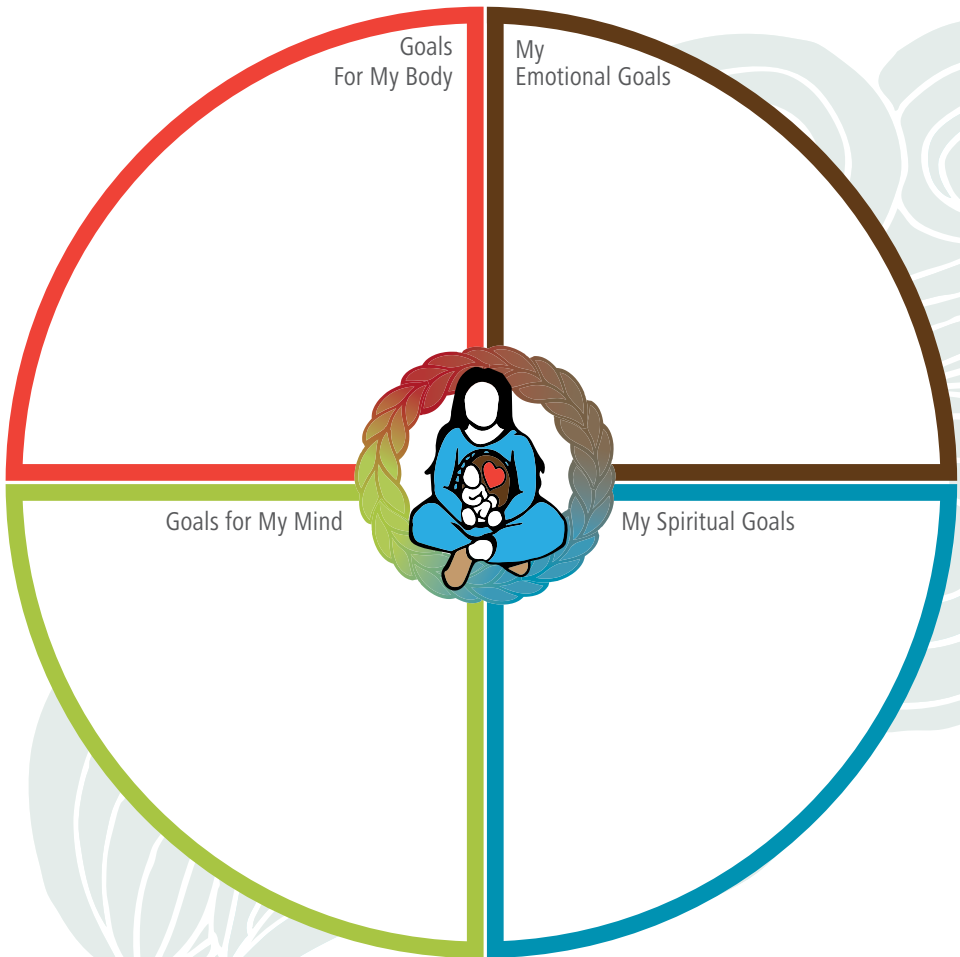
**“As Aboriginal mothers,
we have learned many of our life skills from
our mothers and grandmothers. Sharing knowledge through
storytelling is a big part of our culture. We believe that
mentoring is a powerful and effective teaching tool. For many
years we have encouraged mentors...”**

An Aboriginal mother






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

In our sacred journey my goals include (you can list these in the image below):

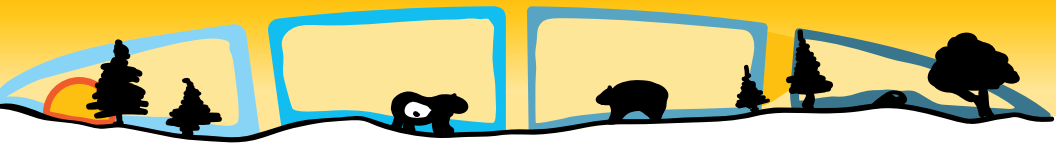


Our Sacred Journey Chart

This is how I will keep track of our sacred journey through pregnancy and about 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 (kg)					
Weeks of Pregnancy ¹					
My belly size (cm) ²					
My baby's heart rate-drumbeat ³	I can hear the drumbeat of my baby! from about 6 weeks on...  				
My baby's movement ⁴	20 weeks and baby is letting me know she/he is there! from about 20 weeks on... 				
My baby's position ⁵					

- 1 – My pregnancy started with my last menstrual period
- 2 – My belly size is determined by measuring my fundus (uterus)
- 3 – About six weeks, my baby's heart beat can usually be detected
- 4 – I may begin to feel my baby move at about 20 weeks
- 5 – In my last month of pregnancy my baby's position changes to prepare itself for labour and delivery



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 the flu, sexually transmitted infections and other infections
- Getting the flu vaccine
- Choosing a health care person
- Support or services I need for my pregnancy
- Services in my community such as prenatal programs
- Having a support person or doula at my baby's birth
- Why breastfeeding is important for me and my baby (healthy and saves money)
- Driving and seat belt use
- Having sex during pregnancy
- Contacting my doctor or midwife in an emergency
- Signing up for the prenatal registry in my health authority and finding out about public health services

At visits with my health care person

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

- Adjustment to being pregnant (body, mind, emotions and spirit)
- Reactions to being pregnant such as discomforts, morning sickness, being tired, worried
- Take Prenatal Vitamins with Folic Acid and Vitamin D
- Prenatal genetic screening options
- Prenatal programs for pregnant women, partners and family
- Lifestyle and any changes that are recommended
- When my baby is expected – my due date
- Where I plan to give birth
- If/when I need to 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 breastfeeding for me and my baby
- Signs and symptoms of pregnancy loss and what to do
- Emergency contact information





During my prenatal visits

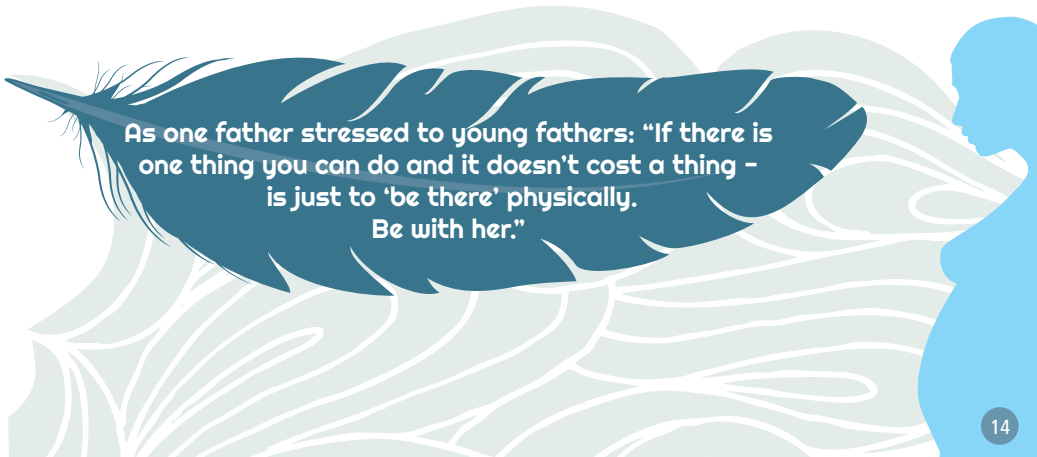
I can expect to be checked for and to record in Our Sacred Journey Chart (page 11-12):

- My height and weight. I should be told how much weight I should gain
- Body Mass Index (BMI) done at first visit: number calculated from my weight and height used to determine how my weight may affect my health
- Complete physical exam which may include a pelvic exam and a pap test if needed
- Diabetes: Gestational diabetes is high blood sugar that some women have during pregnancy
- Baby's heart rate (drum beat) after I am 12 weeks pregnant

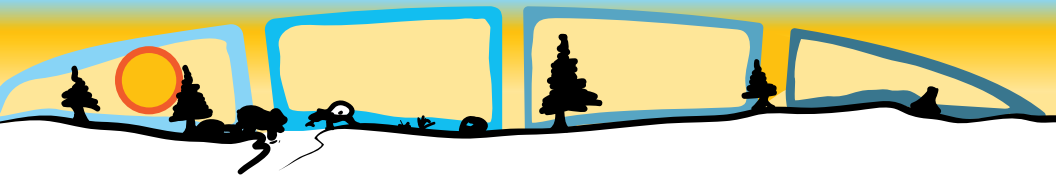
I can expect to be offered the usual-routine:

- 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
- Referral to public health prenatal registry and services
- Flu vaccine during flu season
- The pregnancy information book "Baby's Best Chance"

Reminder – Resources you might find helpful are found at the end of this booklet.



As one father stressed to young fathers: "If there is one thing you can do and it doesn't cost a thing - is just to 'be there' physically. Be with her."



Our Sacred Journey Notes

Review my goals for a healthy pregnancy (page 10).

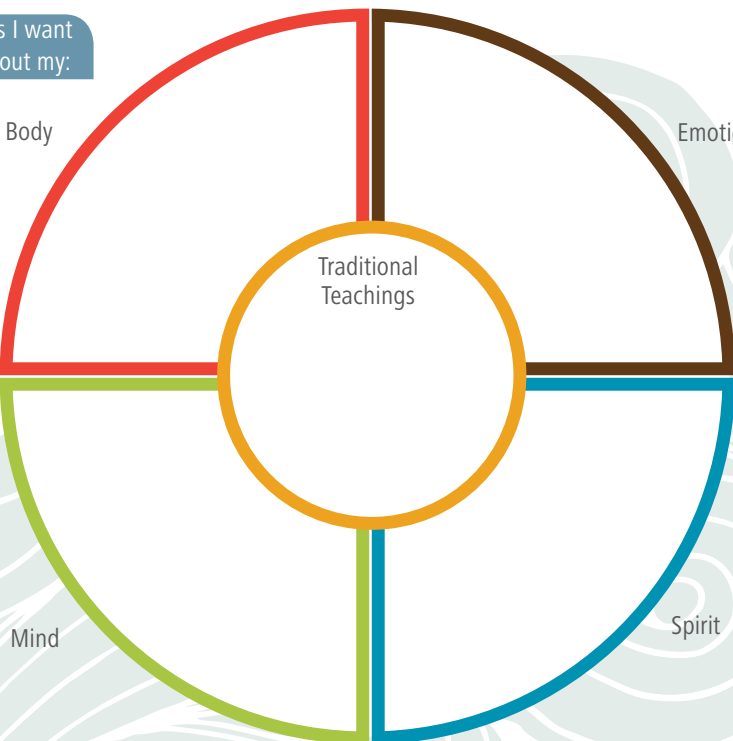
What I want to think about right now:

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 my:





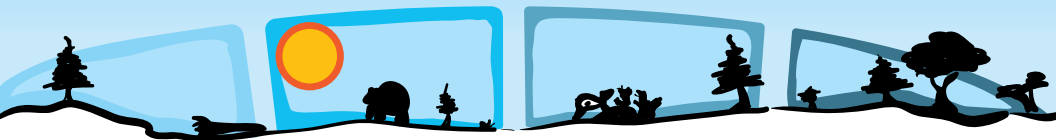
Decisions I need to make

- What choices do I have for a health care person in my community? Is there a registered midwife, family physician, obstetrician, or nurse practitioner? How are they different? Who would I prefer?
- What programs are available in my community like a community or public health nurse, pregnancy outreach program 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?
- If needed, what can I do to avoid drinking and smoking and being around others who smoke?
- Where can I go to classes about pregnancy and birth? Who can come with me?
- Where will I learn about breastfeeding and who will support me?
- Who can help during my pregnancy and after birth?
- Who are the traditional knowledge keepers in my community?
- How will I choose where to give birth? Can I have my baby at home or will I go to a hospital? Will I have to leave my community?

Decisions I have made:

New things to think about:





Mid-Pregnancy (15 - 27 weeks)

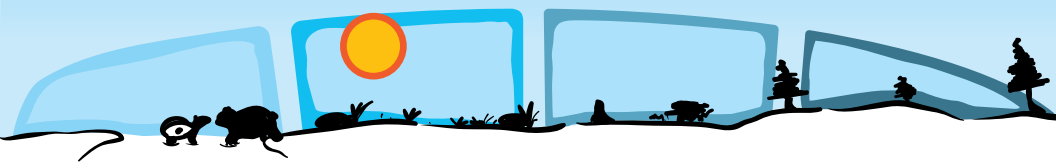
Things to think about and discuss

- 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 breastfeeding 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
- What I plan for labour and birth
- If I had a Caesarean birth before, can I have a vaginal birth this time?
- If I have a helper or doula at birth, who that might be?
- The signs of labour months 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
- If I should get the flu vaccine



In your second and third trimester, you can eat an extra 2 to 3 servings of fruit and vegetables, grains, meat and milk (or alternatives). This could be 1 piece of fruit plus 3/4 cup of yogurt, or 1 piece of toast plus one cup of milk.

Remember to choose healthy snacks to satisfy your cravings. Some healthy snacks are fresh fruit, raisins and nuts, vegetables, granola bars, crackers and cheese, yogurt, cereal and peanut butter on toast.



During my prenatal visits

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

- My test results including genetic screening
- Ways that I can know that my baby and I are healthy (growth of baby, movements)
- Whether I am on track for a healthy weight gain
- Community resources for help with breastfeeding
- 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 11-12):

- 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 (drum beat)

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
- Blood test for gestational diabetes – high blood sugar that some women have during pregnancy
- Flu shot if recommended for me

Reminder – Resources you might find helpful are found at the end of the booklet





Our Sacred Journey Notes

Review my goals for a healthy pregnancy (page 10). What I want to concentrate on right now:

What I want to think about:

Body and emotional changes I've noticed:

Things I could use help with during our sacred journey:

Questions I want to ask about my:

Body

Emotions

Traditional
Teachings

Mind

Spirit



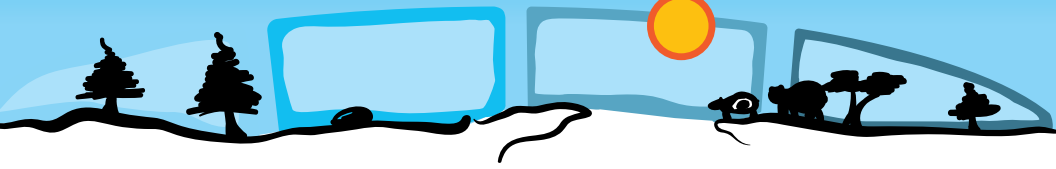
Decisions I need to make

- Will I have more screening tests like prenatal genetic screening and gestational diabetes?
- Where will I give birth? How do I pre-register? Is a tour of the hospital available?
- Do I have a plan for feeding my baby? How long will I breastfeed my baby, if I do breastfeed?
Any amount of breast milk makes a difference to baby's health.
- Will I register for classes about pregnancy, labour and birth?

Decisions I have made:

New things to think about:





28 weeks to Birth (Third Trimester)

Things to think about and discuss

My Pregnancy

- My health: body, emotions, spirit and mind (page 10)
- How my family and I are adjusting to the pregnancy
- How I am sharing 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 breastfeeding is best for my baby and me
- What I want to do for labour and birth (my birth plan)
- Know that after the baby's birth some mothers experience baby blues or depression
- Have a tour of the hospital if possible and if I plan to give birth in a hospital
- Know the signs of preterm (premature) labour

Getting ready for labour and birth

- Arrange for support in labour
(partner, friends, family, doula)
- Know:
 - the signs of labour
 - when to contact my doctor/midwife when I'm in labour
 - what comfort and coping methods are available with pain in labour
- If I am planning to give birth in the hospital – know:
 - when I should go to the hospital
 - how long I will stay in hospital
 - what I need to have packed to bring
- If I am planning to give birth at home – know:
 - what supplies I need to have
 - when my midwife will come
 - what I need to have packed if a trip to the hospital is required
- When I am in labour – know:
 - what to do for my comfort and to cope with pain
 - to ask what I can eat and drink and how to stay active





Caring for my baby after birth

- Getting support for breastfeeding in hospital and at home: who, where, how?
- My baby getting eye ointment, vitamin K, and having blood work and hearing tests
- 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, including my emotions such as feeling sad, depressed or anxious
- My wishes for labour and birth (birth plan and goals)
- Plan for baby being more than 1-2 weeks past my due date
- Tests for common bacteria that can make my baby sick (for example Group B Strep - GBS)
- Whether I am on track for a healthy weight gain
- Baby's growth and movements
- How I want to feed my baby. Why breastfeeding is best for my baby. How I can get support if I have difficulty, questions or worries with breastfeeding.

I can expect to be checked for and helped to record in Our Sacred Journey Chart (page 11-12):

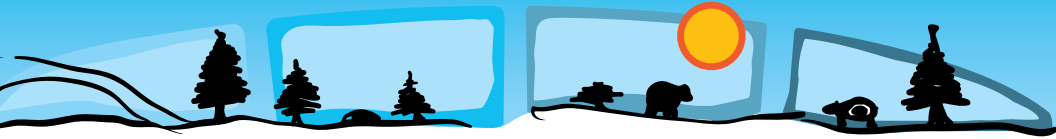
- Blood pressure
- Weight
- Urine (pee) testing
- My belly size (measured from the top to bottom of my belly - uterus)
- Baby's position
- Baby's heart rate (drum beat)

I can expect to be offered and might need:

- Rh Immune Globulin injection if my blood type is Rh negative (at 28 weeks or more)
- Flu shot during flu season
- 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

Review my goals for a healthy pregnancy (page 10). What I want to think about right now:

Changes I see in my body and emotions:

Things I could use help with as I prepare for birth:

Questions I want to ask about my:

Body

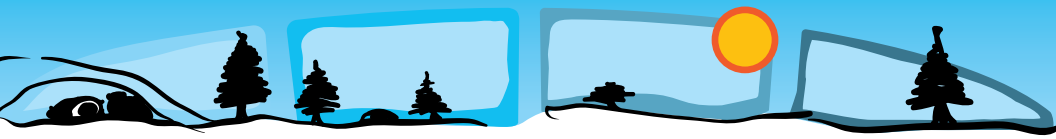
Emotions

Traditional
Teachings

Mind

Spirit





Decisions I need to make

- What to include in my birth plan wishes
- 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 me if I need to leave my community
- Who will look after my children when I am in labour, giving birth or at the hospital
- Who I will ask to help me in the first weeks after birth
- What foods I can prepare ahead of time for when I come home after the birth

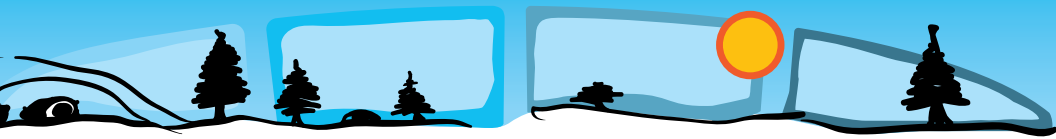
Decisions I have made:

New things to think about:

A Nuu Chah Nulth Elder's Story:

My grandmothers taught me that having good vitamins is a good way to stay healthy and strong. Some traditional teas are healthy in vitamins. The nice thing is you can have these teas hot or iced!





Giving Birth

Things to think about and discuss

For all births

- How I feel and what I expect for my baby's birth
- Going past my due date
- Changes I have decided to make to my plans
- How to ask for support when in labour from a nurse, partner, family member, or doula
- Comfort and coping with pain in labour
- Injection after birth to help decrease bleeding
- Skin-to-skin contact with my baby right after I give birth
- Breastfeeding my baby soon after birth when the baby is ready
- Traditional practices noted in my birth plan

For Caesarean births

- Do I need to see an anesthetist before the surgery?
- Will I be awake or asleep?
- Can my helper or doula be with me in the operating room?

What I can expect during labour and birth

- My baby and I will be checked regularly
- Someone will listen to the baby's heartbeat using a hand held machine
- An electronic monitor to listen to baby's heartbeat might be needed
- I will get encouragement and support
- I may have antibiotics if I have Group B Strep

What I can do during labour

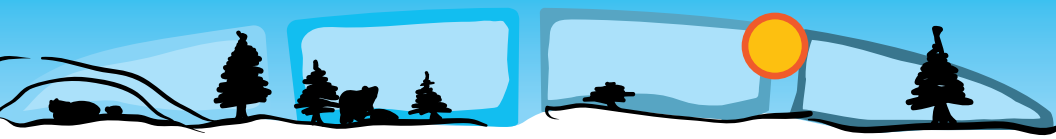
- I can change positions and do other activities to keep comfortable
- I can drink fluids and eat a little if I feel like it and am not having a Caesarean birth
- I can push when I feel the need to push, after my cervix is fully open
- I may choose comfortable positions when pushing and giving birth

After birth my baby will

- Be given eye ointment and Vitamin K after I discuss with my health care person
- Have a physical assessment and be weighed
- Get a name band if in the hospital

After birth I can expect

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



Our Sacred Journey Notes

Review my goals for birthing (page 10)

Questions I want to ask about labour and birth:

Other questions I want to ask about:

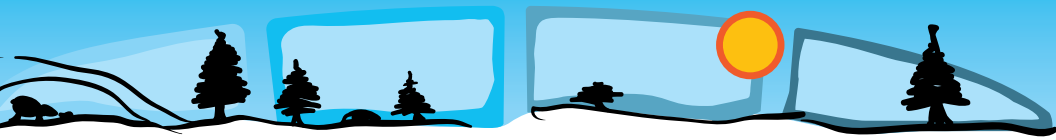
My health: body, emotions, mind and spirit:

My baby's health:

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

Other teachings:

Things I could use help with during labour and birth:



Decisions I need to make

- 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 that I can choose 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

Once completed, tear this page out as a keepsake of your journey

My baby's information

Date of Birth		Time	Baby name
Weight (grams)			Length (centimeters)
Hearing Test	Newborn Blood Screening		Bilirubin (Jaundice) Test
Date	Date	Date	

A picture of my baby
or my baby and me



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 behaviour 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 milk and growing well
- Other feeding options if I am not breastfeeding and support available.
- Safe sleeping for me and my baby

Getting ready to go home and help at home:

- I will have someone to stay with me
- Getting health care for me and my baby

What to expect

Before I go home I will....

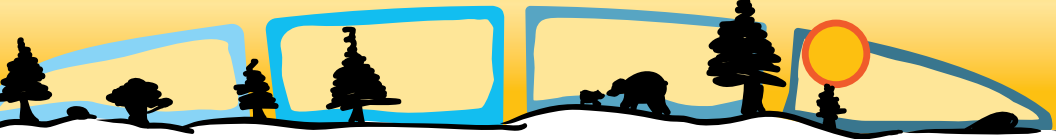
- Learn how to care for myself: stay clean and check for vaginal discharge
- Learn how to care for my baby
- Have help to put my baby to my breast
- If I am breastfeeding, my baby will get colostrum (first milk) for the first 2-3 days until my milk increases
- Learn how to check my baby for a liver condition (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. If my baby was born in a hospital, a public or community health nurse will contact me 1-2 days after going home

My baby will....

- Stay with me at all times
- Sleep for a few hours after the first breastfeeding
- 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 at the end





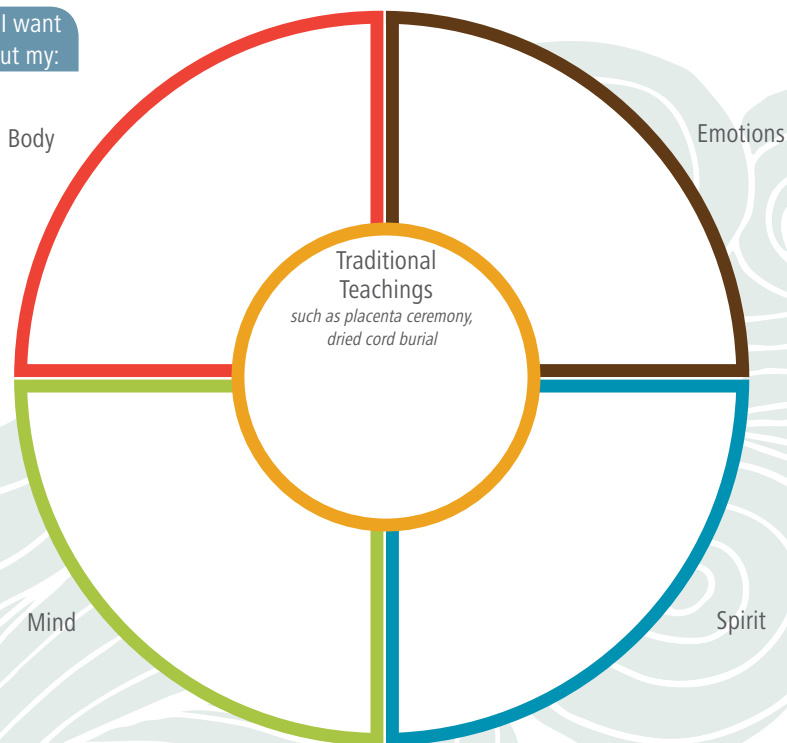
Our Sacred Journey Notes

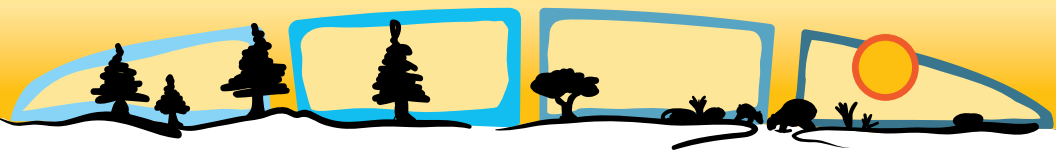
How I'm feeling:

Things I could use help with:

Baby and feeding:

Questions I want to ask about my:





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
 - Midwife
 - Public or Community Health Nurse
 - Nurse Practitioner
 - Community Health Representative
- When do I go for an appointment to see my doctor or midwife?
- Who do I call for breastfeeding support?

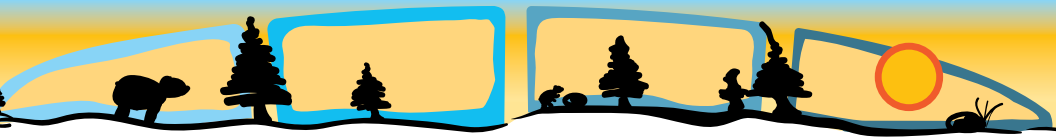
Decisions I have made:

Important things to know

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

- Phone number for HealthLink BC: 8-1-1
- Help like public health/community health nurses, breastfeeding support, health centres or clinics, La Leche League, Mom-to-Mom support
- I can read some of the information given to me when baby is sleeping and I have some quiet time





The first 6–8 weeks postpartum (after baby's birth)

Things to think about and discuss

My birth experience:

- What was good and what I would do next time
- Questions I have about my labour and birth

My health:

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

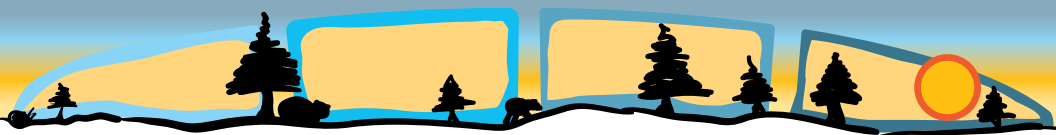
Me and my baby:

- My feelings toward my baby
- My feelings about breastfeeding 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 breastfeeding and being a parent
- Follow-up healthcare for my baby and me
- Checking baby for 30 days after birth for a liver condition (biliary atresia) using baby poop colour card

Me and my family:

- Changes in the family
- Bonding with the baby such as talking and singing
- Sex and birth control methods





What to expect from my health care people

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

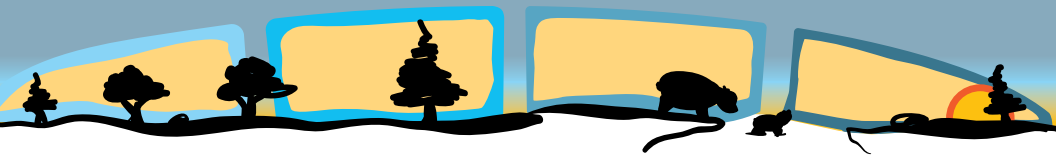
- Caring for myself and my baby, including breastfeeding help and checking for depression
- Information on:
 - When and who to call for help
 - Crying and sleep behaviour for my baby
 - Safe sleep for my baby
 - Tummy time for my baby
 - Services in the community for breastfeeding, parenting support, and baby blues (sadness) or depression
 - Immunizations and making an appointment for my baby's shots at 8 weeks

I can expect

- A public or community health nurse or nurse practitioner to contact me 1-2 days after birth if I don't have a midwife
- I will visit with my doctor, midwife or nurse practitioner within 2 to 4 days after we leave the hospital or the next day after a home birth. More visits might happen until the baby is 8 weeks old

Reminder – Resources you might find helpful are found at the end





Our Sacred Journey Notes

Things I could use help with:

Questions I want to ask about my:

Body health, including sleep

Emotions

Traditional Teachings

Mind and spirit

Baby, feeding, safe sleeping and using poop card





Decisions I need to make

- Who will I call when I have a worry about my baby or myself?
- How do I get help in an emergency? Important phone numbers:

My doctor or midwife: _____

My public or community health nurse: _____

Nurse Practitioner: _____

HealthLink BC: 8-1-1

Poison Control: (604) 682-5050 or toll-free 1-800-567-8911

Police/ Fire/ Ambulance: 9-1-1

Decisions I have made:

New things to think about:



Our Sacred Journey: Aboriginal Pregnancy Passport Resources

Resource	Website	Telephone
Health Care People		
Find a family doctor or obstetrician - College of Physicians and Surgeons	www.cpsbc.ca	1-800-461-3008
Find a registered midwife - Midwives Association of BC	www.bcmidwives.com	1-604-736-5976
Find out about registered nurses and nurse practitioners - College of Registered Nurses Association	www.crnbc.ca	1-604-736-7331
Find a doula - Doula Services Association	www.bcdoulas.org/find-a-doula	1-877-365-5588

Your Sacred Journey Health Online Resources		
Healthy Families BC - pregnancy, birth, bringing baby home, breastfeeding etc	tiny.cc/HFBCPregnancy	
HealthLink BC - 24/7 health information & advice	www.healthlinkbc.ca	
First Nations Health Authority <ul style="list-style-type: none"> Wellness resources Doula services information Traditional food fact sheets Prenatal Nutrition Program 	tiny.cc/FNHAWellness tiny.cc/FNHADoulaServices tiny.cc/FirstNationsFood tiny.cc/FNPrenatalNutrition	
Perinatal Services BC	tiny.cc/PSBC_Family	
Canadian Prenatal Nutrition Program	tiny.cc/PrenatalNutrition	
First Nations Healthy Food Guidelines	tiny.cc/FNHAFoodGuide	
Eating Well - Canada First Nations Food Guide	tiny.cc/CanadaFNFoodGuide	
Healthy Pregnancy - Health Canada First Nations & Inuit Health	tiny.cc/FNPregnancy	
Canada's Physical Activity Guide - tips	tiny.cc/PhysicalActivityTips	
Pregnancy and Breastfeeding Resources	www.motherisk.org	
Safe Housing	tiny.cc/SafeHousing	
Stop Smoking	www.quitnow.ca	
Here to Help - Mental health, alcohol and substance use	www.heretohelp.bc.ca	
BC Mental Health - Reproductive Mental Health	tiny.cc/RPMResources	
Baby Centre (Caesarean-Section)	tiny.cc/CSection	

Resource	Website	Telephone
Your Sacred Journey Health Online Resources continued...		
Celebrating the Circle of Life : coming back to Balance and Harmony - Emotional Health in Pregnancy	tiny.cc/CircleOfLife	

Your Baby's Health Online Resources		
Newborn Blood Screening Tests	tiny.cc/PSBC_NSP	
Early Hearing Program	tiny.cc/NewbornHearing	
Baby's Best Chance (also available at your local health unit)	tiny.cc/BabysBestChance	
Safe Sleep for your Baby - Public Health Agency of Canada	tiny.cc/SafeSleep	
Infant crying - Prevent Shaken Baby Syndrome - BC Children's Hospital	tiny.cc/InfantCrying	
Infant crying	www.purplecrying.info	

Support Groups - Find a Service		
Aboriginal Friendship Centres - Information	www.bcaafc.com	1-800-990-2432
BC Association of Pregnancy Outreach Programs	www.bcapop.ca	
Parent-Child Mother Goose Program - BC	tiny.cc/mothergoose	1-604-678-8884
Parent Support Services of BC	www.parentsupportbc.ca	1-855-474-9777
BC Association of Family Resource Programs	www.frpbc.ca	1-604-738-0068
BC First Nations Head Start Program	www.bcfnhs.org	
La Leche League - Breastfeeding support	tiny.cc/LLLBC	1-800-665-4324
Postpartum Support BC	www.postpartum.org/	1 855-255-7999
Breastfeeding Buddy Online Resource	tiny.cc/breastfeedingbuddy	
Domestic Violence (24 hour help line)	www.domesticviolencebc.ca	1-800-563-0808

Local Resources - to be added here		

