



Our Sacred Journey



Indigenous 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:	9-1-1
HealthLink BC for 24/7 health information and services from nurses, pharmacists and dietitians	www.healthlinkbc.ca	Phone:	8-1-1
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 <input type="checkbox"/> Review the First Nations Health Benefits guide to find out how you can be supported when you leave home			

Developed by: Perinatal Services BC in collaboration with the Ministry of Health and the First Nations Health Authority. **Latest update:** June 2023

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

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

The members of the Provincial Advisory Committee as well as expert reviewers from around the province

The Population and Public Health Program, Provincial Health Services Authority

A Message to Pregnant Women/Individuals, Families and Communities

This Indigenous 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/individuals 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, if you want to, you can share what you have written down and 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 booklet as you get to that part of your pregnancy journey.

Welcome **Amaa sa (Nisga'a), ǵiáxsiǵa yis háqáyaqvs (Heiltsuk), Mačinuži (Nuu-chah-nulth) and Tsùllcwe (Secwepemc)**

OUR SACRED JOURNEY: Indigenous Pregnancy Passport.

This booklet 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. Be sure to share your birth wishes with your health-care person so they can honour your rights as an Indigenous life-giver.

“Out of your bodies our people are going to be coming for generations. So never think of yourself as ordinary. You are an Indigenous woman/individual.”

(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/individuals are in our
communities to keep our children and families strong.
We are in awe of the beauty we as women/individuals 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
smelhmulhhats 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.

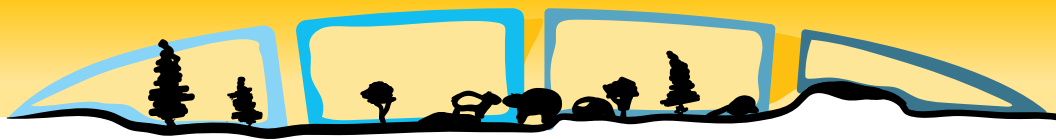
What is important in your pregnancy journey

- 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
- Making sure that when baby is born, first words spoken to baby are in 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:

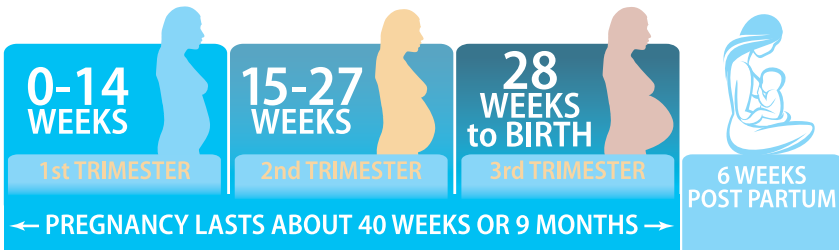


ABOUT YOUR PREGNANCY, BIRTH & AFTER BIRTH

Pregnancy is normal, healthy and life changing.
This booklet 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 booklet 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 discuss with 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 and ceremonies I would like to honour, I am interested to know how you will help me be sure they happen during my pregnancy, labour and the birth of my baby.





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. Discuss with your family and others about ways to keep healthy.

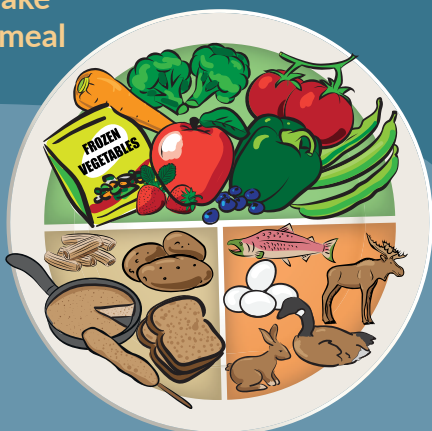
Your body

- Take prenatal vitamins with folic acid, iron and vitamin D
- Continue to be active: plan for physical activity every day
- It is best to avoid using nicotine (smoking tobacco and vaping), and being around others who use nicotine.
- It is best to avoid drinking alcohol or using drugs
- Discuss your prescription medicines, drugstore medicines or traditional medicines with your health-care person
- Eat a healthy diet to keep your body strong and help your baby grow
- Remember to:
 - Continue enjoying cultural food traditions
 - Enjoy regular meals and snacks with a variety of foods each day including vegetables, fruit, whole grains, protein foods, and sources of healthy fats.
 - A little extra food each day, such as an additional snack, can help to meet additional needs for energy and nutrients
 - Choose foods with little to no added sodium (salt), sugars or saturated fat
 - Be mindful of your caffeine intake
 - Enjoy fish and shellfish that are low in mercury
 - If you are not able to eat a variety of foods due to nausea or vomiting, speak to your health-care person

How to make a healthy meal



MAKE WATER
YOUR DRINK
OF CHOICE



VEGETABLES & FRUIT

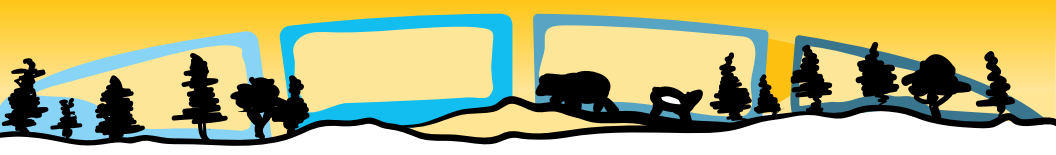
- Fill half your plate with plenty of vegetables, fruits and berries.
- Aim to eat dark green vegetables like seaweed, kale or green beans each day and orange vegetables like squash, carrots or sweet potato on most days.

PROTEIN FOODS

- Fill one-quarter of your plate with protein foods like traditional meat, fish, skinless chicken, seeds, tofu, eggs, lower fat milk and dairy products or fortified soy beverages.

WHOLE GRAIN FOODS

- Fill one-quarter of your plate with whole grain foods like whole wheat bannock, whole grain pasta or breads, whole oats, brown or wild rice.



Your emotions

- During pregnancy and after the birth of your baby you may feel happy and excited. It is normal for new parents to have lots of different emotions and you may also feel sad or worried.
- Sometimes discussing your concerns and feelings can be helpful. If you are worried, discuss with your health-care person and others you trust.
- You're not alone, and there are many ways to find support. Getting help early can mean feeling better sooner.
- Discuss with your health-care person the mental health support services available.
- Asking for help when you need it is a sign of strength, not weakness. Your emotional safety is important for you and your baby. There are services you can access to get more information or confidential support, if you choose to.

Your mind

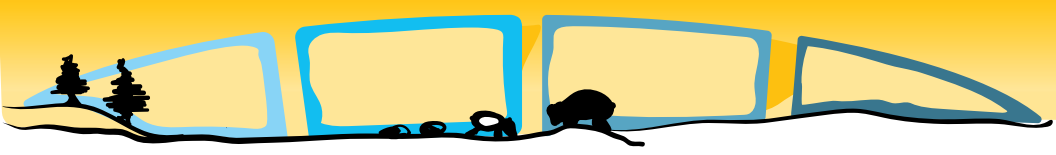
- During pregnancy it is common to have many questions and decisions to make. Try talking about this with someone you trust such as a friend, family member, support person, or health-care person.
- It can be a confusing and exciting time and you may notice changes in your way of thinking about things.
- Read, think about and discuss topics such as birthing options, feeding your baby, and caring for your baby.
- Explore activities you enjoy to help manage any stress (such as walking, exercising, getting outside, meditation, visiting with friends, getting more rest etc.) Do at least one special thing for yourself each day.

Your spirit

- Look after your spiritual health.
- Reach out to someone in the community or family who can share or support you with your cultural traditions, ceremonies, and teachings.
- Think about how you will keep cultural traditions in your sacred journey through pregnancy.

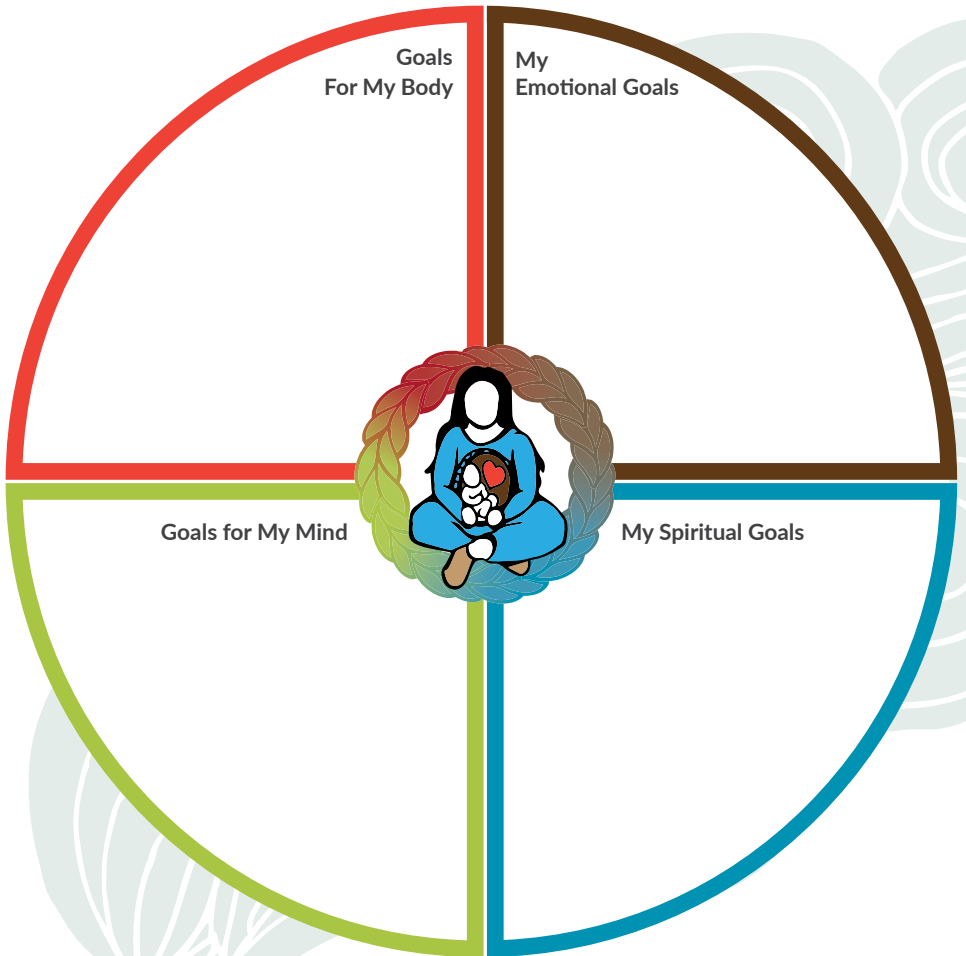
“As Indigenous mothers/caregivers, we have learned many of our life skills from our mothers, grandmothers and caregivers. Sharing knowledge through storytelling is a big part of our culture. We believe that mentoring is a powerful and effective teaching tool. For many years we have encouraged mentors...”

An Indigenous mother/individual




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


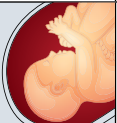
This is how I will keep track of our sacred journey through pregnancy and about the growth of my baby. When I visit my health-care person I can ask for help in completing this chart which will help me learn how my baby and I are doing.

	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 they are 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

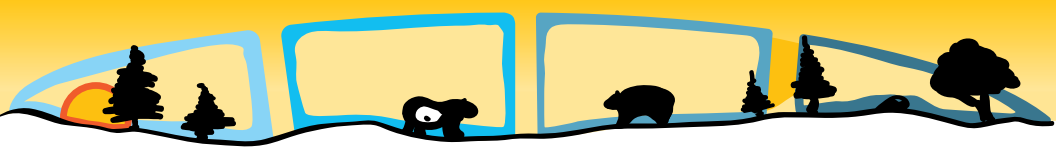


My due date is:

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 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 breast/chest feeding 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, iron and vitamin D
- Prenatal genetic screening options
- Prenatal programs for pregnant women/individuals, 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 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

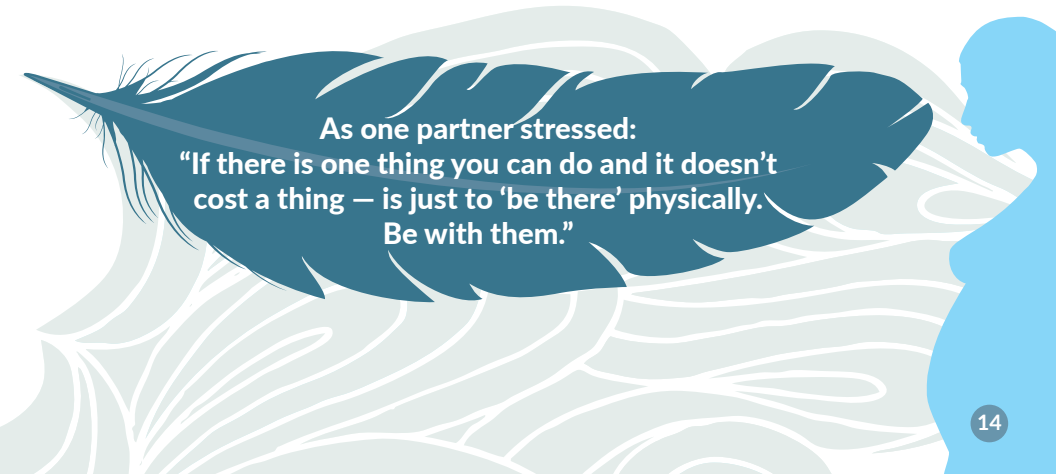
I can expect to be checked for and to record in Our Sacred Journey Chart (page 11 - 12):

- My height and weight
- Body Mass Index (BMI) done at first visit is the 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/individuals 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
- 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
- Pertussis vaccine
- The pregnancy information book "Baby's Best Chance"

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



As one partner stressed:
"If there is one thing you can do and it doesn't cost a thing – is just to 'be there' physically. Be with them."



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:

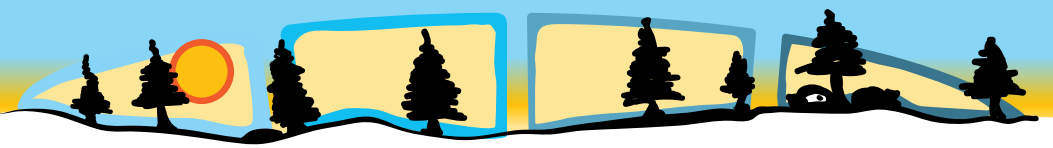
Body

Emotions

Traditional
Teachings

Mind

Spirit



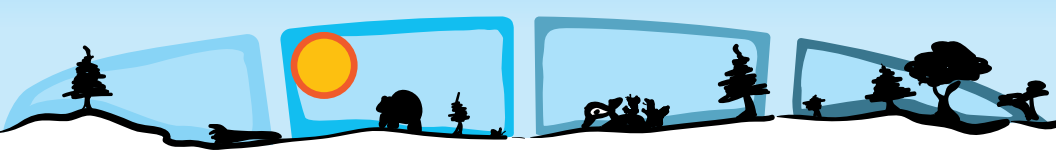
Decisions I need to make

- 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?
- Do I want to have a doula who can support my emotional, mental, and spiritual wellness during my pregnancy and birth?
- 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 breast/chest feeding 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

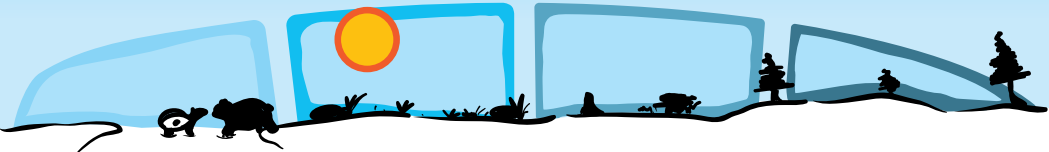
- My health: body, emotions, spirit and mind (page 10)
- How I feel about being pregnant
- How my pregnancy is affecting my family
- How to talk with my other children about the baby
- My baby's movements and growth
- Taking time to sing, talk and read to my baby
- Why breast/chest feeding is important 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
- 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 need more calories to support the growth of your baby.

You need just a little more food each day, such as an extra snack or small meal.

Choose healthy snacks. Some healthy snacks are fresh fruit, raisins and nuts, vegetables, crackers and cheese, yogurt, dry meat or fish and a small piece of bannock, 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 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 11 – 12):**

- Blood pressure
- Weight
- 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/individuals 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

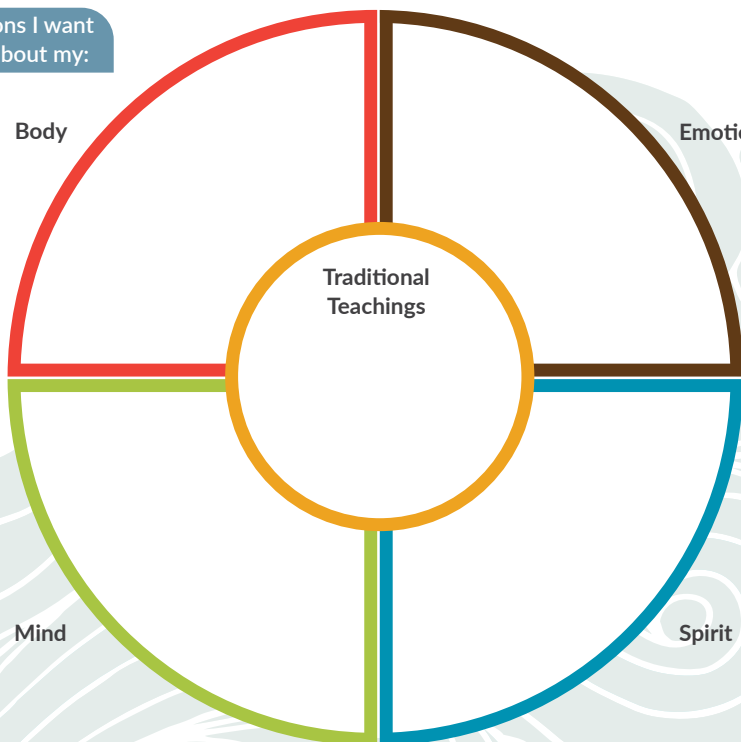
Review my goals for a healthy pregnancy (page 10). What I want to concentrate on right now:

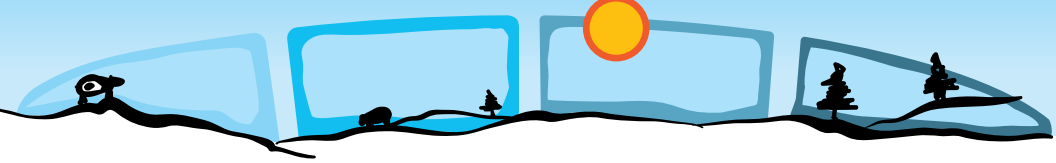
What I want to think about:

Body and emotional changes I've noticed:

Things I could use help with during our sacred journey:

Questions I want to ask about my:





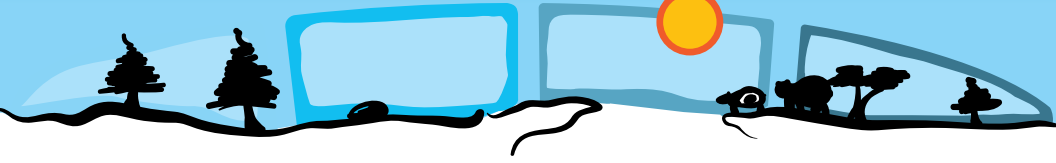
Decisions I need to make

- 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?
- Breast/chest feeding is important for me and my baby. Do I have a plan for feeding baby?
- 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 would like to practice while I am in labour and when I have baby
- Breast/chest feeding is important for me and my baby.
Do I have a plan for feeding my baby?
- What I want to do for labour and birth (my birth plan)
- Know that after the baby's birth some mothers/individuals 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
- When putting my baby to sleep what are the safest surface, environment and position for my baby?

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
- I can expect to be offered information on:**
 - what to expect during the first hour (Golden Hour) after birth for me and my baby.
 - how to practice safe skin-to-skin care with my baby.





My baby after birth

- Skin-to-skin with my baby and how to do it safely
- Delayed clamping and cutting of the umbilical cord
- Getting support for breast/chest feeding 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 Step – GBS)
- Whether I am on track for a healthy weight gain
- Baby's growth and movements
- Why breast/chest feeding is important for both me and my baby.
How I can get support if I have difficulty, questions or worries with breast/chest feeding.

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

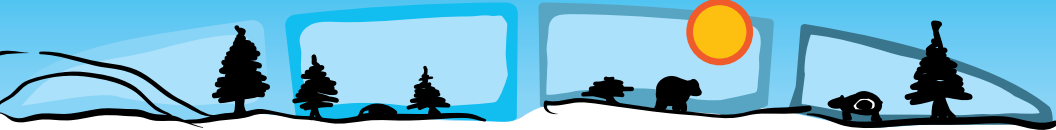
- Blood pressure
- Weight
- My belly size (measured from the top to bottom of my belly – uterus)
- Baby's position
- Baby's heart rate (drum beat)

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
- Pertussis vaccine
- 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*





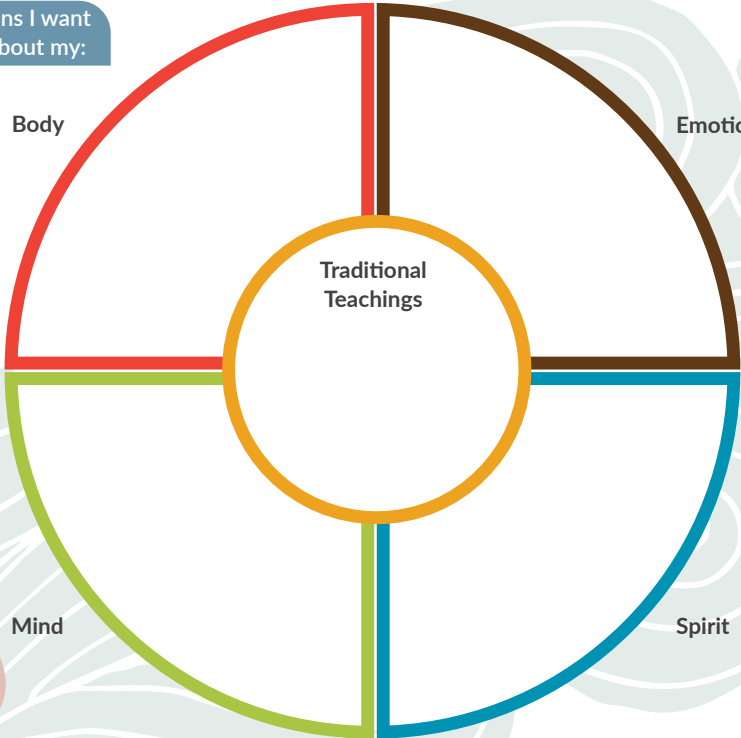
Our Sacred Journey Notes

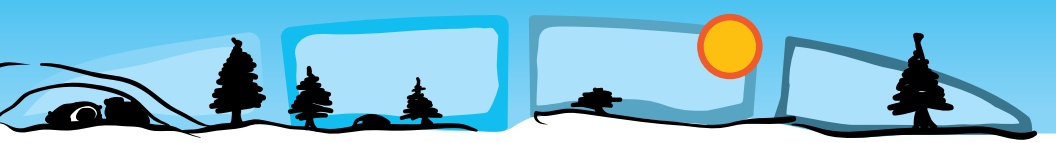
Review my goals for a healthy pregnancy (page 10). What I want to think about right now:

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:





Decisions I need to make

- What to include in my birth plan wishes (such as ceremony or cultural traditions during labor and birthing)
- 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

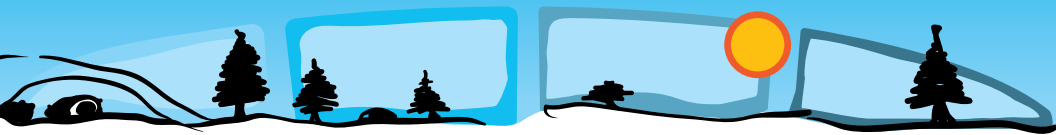
Decisions I have made:

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
- Breast/chest feeding my baby soon after birth when the baby is ready
- Traditional practices noted in my birth plan
- How I can practice ceremony or cultural traditions during the surgery and when baby is born

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

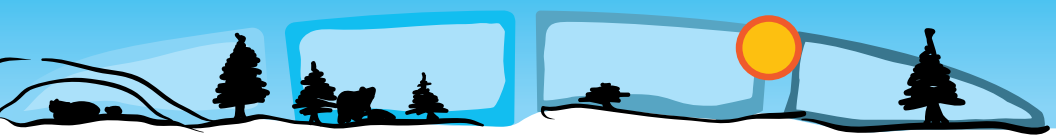
- I can change positions and do other activities to keep comfortable
- I can drink fluids and eat a little if I feel like it and am not having a Caesarean birth
- I can push when I feel the need to push, after my cervix is fully open
- I may choose comfortable positions when pushing and giving birth

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

- To be asked by the health-care person when any ceremony or cultural practices that I have decided to include should happen
- 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
- To feel exhausted, shaky, cold, hungry, thirsty
- My baby to be placed skin-to-skin on my chest and be supported with breast/chest feeding my baby. (If you're sleepy, have a support person with you when you're cuddling skin-to-skin with your baby).
- My placenta separates from the uterus wall and is pushed out the vagina
- 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:

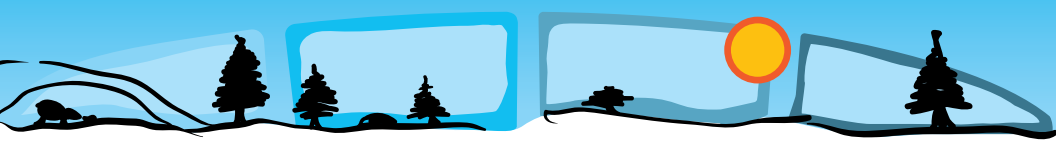
My health: body, emotions, mind and spirit:

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 or ceremonies 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

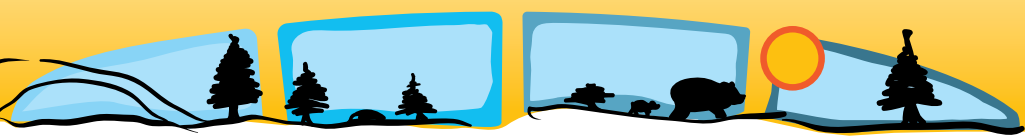
Once completed, tear this page out as a keepsake of your journey

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	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 breast/chest feed. How to tell if my baby is getting enough milk and growing well
- Other feeding options if I am not breast/chest feeding 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....

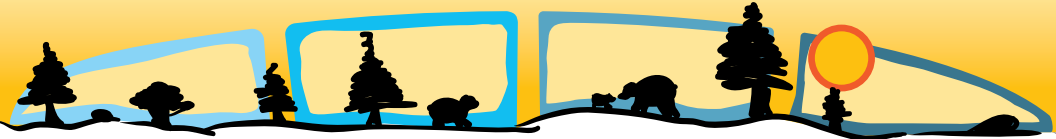
- Learn how to care for myself: stay clean and check for vaginal discharge
- Learn how to care for my baby
- Have help learning how to breast/chest feed
- If I am breast/chest feeding, my baby will get colostrum (first milk) for the first 2 - 3 days until my milk increases
- Learn how to recognize when my baby is hungry
- Learn how to check my baby for a liver condition (biliary atresia), using a poop colour card
- Learn about car seat safety
- 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 breast/chest feeding
- 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 of this booklet*





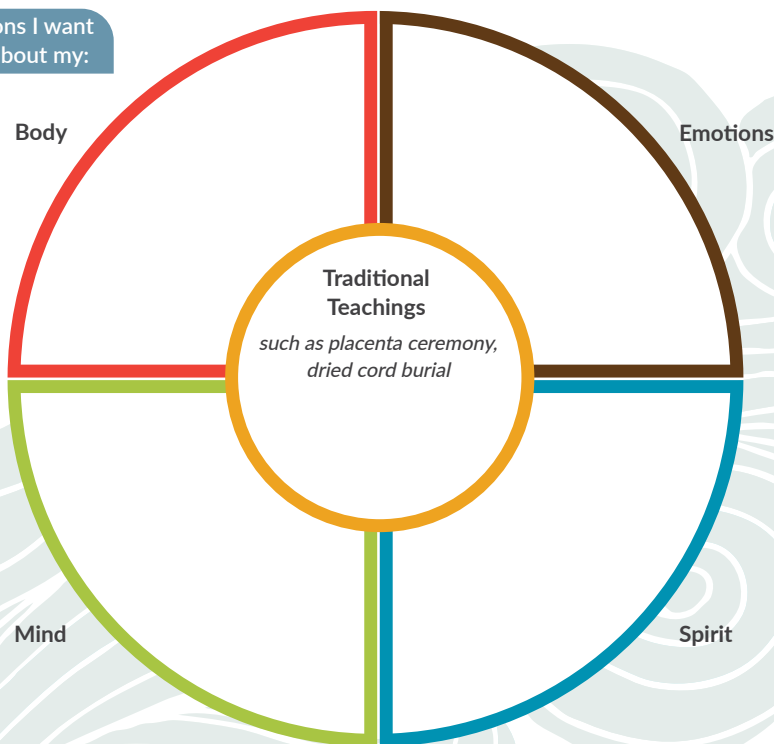
Our Sacred Journey Notes

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 breast/chest feeding support?

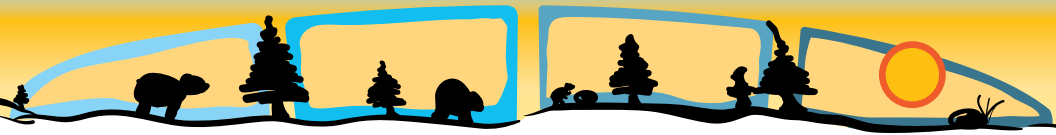
Decisions I have made:

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, breast/chest feeding support, health centres or clinics, La Leche League, parent support groups
- 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
- If I had a cesarean birth – the reason for the surgery and what it means for my next 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

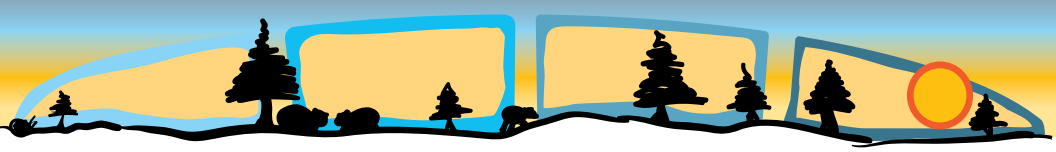
Me and my baby:

- My feelings toward my baby
- My feelings about 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 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 discuss with me my birth and support me with:

- Caring for myself and my baby, including breast/chest feeding 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 breast/chest feeding, 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 2–4 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

Human milk is the first traditional food. Breast/chest feeding was thought to nourish, protect, guide, comfort, and ensure a strong bond between infant and parent. These all contributed to living a good life, just as the umbilical cord had done before birth.

If you have a premature baby, twins, or other special situations, you may need additional help and information. You can find a list of reliable resources and websites at the end of this booklet.



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:



Breast/Chest Feeding My Baby

Human milk is the first traditional food for babies. It's important that all families feel safe and confident feeding their babies. Support is available. See "helpful resources" section for support near you. **How do I know if my baby is getting enough milk?** The best way is by the number of wet and soiled diapers and your baby's weight gain.

Your Baby's Age	1 week					2 Weeks	3 Weeks
	1 Day	2 Days	3 Days	4 Days	5, 6, 7 Days		
How often do I breast/chest feed? Per day, on average, over 24 hours	I am feeding my baby 8 or more times per day (every 1 - 3 hours), including 2 - 3 night time feeds						
How big is my baby's tummy? <i>approximately</i>	5 - 7 ml • Size of a Marble 		22 - 27 ml • Size of a Ping Pong Ball 			60 - 80 ml • Size of an Egg 	
How many wet diapers will my baby have? Per day, on average, over 24 hours * Clear pale yellow urine	At least 1 WET 	At least 2 WET 	At least 3 WET 	At least 4 WET 	At least 5 WET 	At least 6 WET 	
How many soiled diapers will my baby have? Per day, on average, over 24 hours	At least 1-2  black or dark green		At least 2-3  brown, green or yellow			At least 2-3  soft and seedy yellow	
How much will my baby weigh?	Your baby may lose 7 - 10% of its birth weight In the first 3 days after birth		Your baby gains 20 - 35 grams (2/3 to 1 1/3 oz) per day and regains their birth weight by 10 - 14 days			Your baby now gains 120 - 240 grams (4 - 8 oz) per week	
Other Signs	Your baby has a strong cry, moves actively, and wakes easily. Your breasts/chest feel softer and less full after a feeding. After a few weeks it is normal for your breasts/chest to feel soft and still have lots of milk.						

Our Sacred Journey: Indigenous Pregnancy Passport Resources

Resource	Website
Health-Care People	
Find a family doctor or obstetrician — College of Physicians and Surgeons	www.cpsbc.ca
Find a registered midwife — Midwives Association of BC	www.bcmidwives.com
Find out about registered nurses and nurse practitioners — College of Registered Nurses Association	www.bccnm.ca
Find a doula — Doula Services Association	www.bcdoulas.org/find-a-doula
Your Sacred Journey Health Online Resources	
HealthLink BC — 24/7 health information & advice	www.healthlinkbc.ca
<p>First Nations Health Authority</p> <ul style="list-style-type: none"> • Health benefits • Parenting resources grounded in Indigenous Knowledge • Wellness resources • Doula services information • Traditional food fact sheets • Healthy eating resources 	<p>www.fnha.ca/Documents/FNHA-Health-Benefits-Guide.pdf</p> <p>www.fnha.ca/about/news-and-events/news/new-editions-of-childhood-health-and-wellness-resources-support-parents-and-caregivers-to-raise-healthy-vibrant-children</p> <p>https://www.fnha.ca/wellness/wellness-for-first-nations</p> <p>https://www.fnha.ca/what-we-do/maternal-child-and-family-health/maternal-and-child-health</p> <p>www.fnha.ca/WellnessSite/WellnessDocuments/Traditional_Food_Facts_Sheets.pdf</p> <p>www.fnha.ca/WellnessSite/WellnessDocuments/Healthy_Food_Guidelines_for_First_Nations_Communities.pdf</p>
First Nations Health Benefits (Plan W): Over-the-counter drugs (*100% covered by FNHB)	www2.gov.bc.ca/assets/gov/health/health-drug-coverage/pharmacare/planw-otc-meds.pdf



Resource	Website
Your Sacred Journey Health Online Resources continued...	
Perinatal Services BC	http://www.perinatalservicesbc.ca/health-info/pregnancy
Canadian Prenatal Nutrition Program	https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/programs-initiatives/canada-prenatal-nutrition-program-cpn.html
First Nations Healthy Food Guidelines	https://www.fnha.ca/documents/healthy_food_guidelines_for_first_nations_communities.pdf
Eating Well — Canada First Nations Food Guide	https://www.canada.ca/en/health-canada/services/canada-food-guide/about/history-food-guide/eating-well-canada-food-guide-first-nations-inuit-metis.html
Healthy Pregnancy — Health Canada First Nations & Inuit Health	www.sac-isc.gc.ca
Canada's Physical Activity Guide — Tips	https://www.canada.ca/en/public-health/services/being-active.html
Safe Housing	www.bchousing.org/housing-assistance/women-fleeing-violence/womens-transition-housing-supports
Stop Smoking	www.quitnow.ca
Here to Help — Mental health, alcohol and substance use	www.heretohelp.bc.ca
BC Mental Health — Reproductive Mental Health	www.bcwomens.ca/our-services/specialized-services/reproductive-mental-health#Resources
Celebrating the Circle of Life : coming back to Balance and Harmony — Emotional Health in Pregnancy	http://www.perinatalservicesbc.ca/Documents/Resources/Aboriginal/CircleOfLife/CircleOfLife.pdf



Resource	Website
Breast/Chest Feeding Resources	
Breastfeeding for the Health and Future of our Nation	https://resources.beststart.org/wp-content/uploads/2018/12/B05-A-1.pdf
Ten great reasons to breastfeed your baby	www.canada.ca/content/dam/phac-aspc/documents/services/health-promotion/childhood-adolescence/stages-childhood/infancy-birth-two-years/reasons-raisons-eng.pdf
10 Valuable Tips for Successful Breastfeeding, a guide to help you reach your breastfeeding goals	www.canada.ca/content/dam/phac-aspc/documents/services/health-promotion/childhood-adolescence/stages-childhood/infancy-birth-two-years/valuable-tips-successful-breastfeeding-eng.pdf
Taking Care A Short Guide to Breastfeeding and Substance Use	https://cewh.ca/wp-content/uploads/2022/01/Taking-Care_Dec-6-2021-FINAL-WEB.pdf

Your Baby's Health Online Resources	
Newborn Blood Screening Tests	www.perinatalservicesbc.ca/our-services/screening-programs/newborn-screening-bc
Early Hearing Program	www.phsa.ca/our-services/programs-services/bc-early-hearing-program
Baby's Best Chance (also available at your local health unit)	www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance
Safe Sleep for your Baby — Public Health Agency of Canada	www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/stages-childhood/infancy-birth-two-years/safe-sleep/safe-sleep-your-baby-brochure.html
Infant crying — Prevent Shaken Baby Syndrome — BC Children's Hospital	www.dontshake.ca
Infant crying	www.purplecrying.info



Resource	Website
Support Groups — Find a Service	
Aboriginal Friendship Centres — Information	www.bcaafc.com
BC Association of Pregnancy Outreach Programs	www.bcapop.ca
Parent-Child Mother Goose Program — BC	www.bccf.ca/program/parent-child-mother-goose/
Parent Support Services of BC	www.parentsupportbc.ca
BC Association of Family Resource Programs	www.frpbc.ca
Aboriginal Head Start Association of BC	www.ahsabc.com
La Leche League — Breast/chest feeding support	www.lllc.ca/lllc-group-listings/BC
Postpartum Support BC	www.postpartum.org
Domestic Violence (24 hour help line)	www.domesticviolencebc.ca



Resource	Website
Local Resources — to be added here	

