

# JOURNEY for Two

a guidebook for  
when you're away  
from your community  
to give birth



## Important Notice

Please read: NWAC has taken care in the preparation of this booklet, but the information within this guide is not intended as a substitute for the expertise, advice and care of your midwife, doctor or other health-care provider. Please consult with your health care provider if you have any questions about your health care.

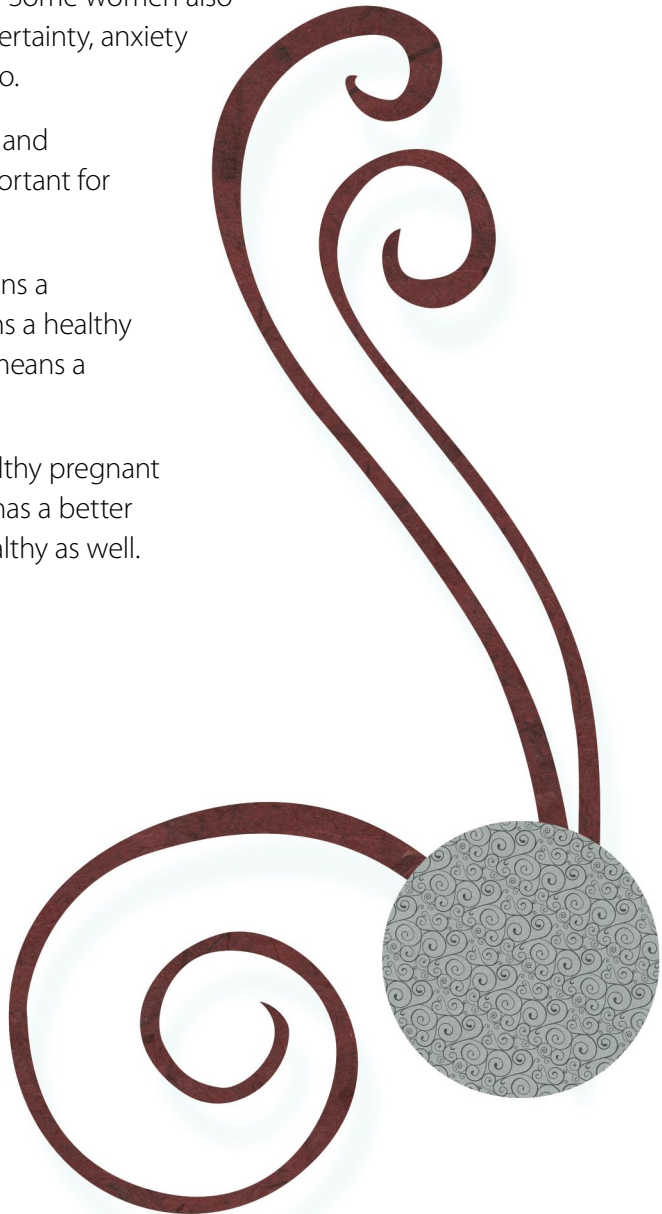
## Pregnancy is a time of great importance and change.

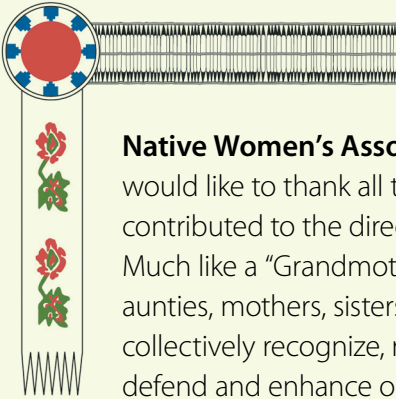
For most women and families, pregnancy, labour and birth is a time of excitement, anticipation and joy! Some women also have feelings of uncertainty, anxiety and fear mixed in too.

Childbirth, maternal and child health are important for many reasons.

A healthy child, means a healthy family, means a healthy community which means a healthy Nation!

When you are a healthy pregnant woman, your baby has a better chance of being healthy as well.





### **Native Women's Association of Canada**

would like to thank all the women who contributed to the direction of this guidebook. Much like a "Grandmother's Lodge", we as aunties, mothers, sisters, brothers and relatives collectively recognize, respect, promote, defend and enhance our Native Ancestral laws, spiritual beliefs, language and traditions given to us by the Creator.

Printed March 2009

For more information or to order copies contact:  
Native Women's Association of Canada **1.800.461.4043**

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# Hello, Boozhoo, Anin, Tansi, Kwe, Wotziye, Oki, Wacheya!

Giving birth to a child is an emotional, spiritual, physical and mental experience. When it comes to the sacred event of giving birth, living in an isolated or rural location may mean that you have to travel a long distance to give birth. Not only does this separate you from family, there is a loss of community and potentially culture.

This guide was made especially for those who may not have access to the resources, programs or services in their host communities, which can help through this very special time. Birth services in home communities may be limited and local health centres cannot always provide the care necessary for all pregnant women. A shortage in midwives, nurses and doctors means that some pregnant women have to travel long distances to give birth.

Each woman's needs and the needs of her baby are important and unique. Being prepared and informed can help to ease the fear and stress of traveling to give birth.

We encourage you to share this information and use this guide as a starting point to get an out-of-community birth you desire. It is important that birth is a positive experience for women and everyone involved. We hope this book will be of use when you prepare for travel.

# What do you bring for yourself?

- Health card, identification, NIHB information
- Clothes, nightgown / PJs that open at the front, robe, sweater, slippers, socks, cotton underwear / nursing bras, swim suit (if doing some labour in a bath), laundry bag for dirty clothes
- Toothbrush / toothpaste, face wash, lotion, lip gloss, deodorant, shampoo, conditioner & body wash
- Hairbrush / hairdryer / elastics
- Menstrual pads (tampons are not recommended)
- Pillow & pillowcases, earplugs
- Books / magazines / games / hobbies
- Portable CD / DVD player and CDs & DVDs
- MP3 player / Ipod
- Camera and / or video camera
- Snacks / gum
- Credit cards / money
- Birth plan
- Pictures of loved ones
- Traditional items (feather, drum, medicines etc)
- Craft / hobby materials
- Puzzles, cards, games



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# What do you bring for your baby?

- Clothes, sleepers, hats, bibs, moccasins, socks
- Diapers, baby wipes, small washcloths
- Blankets, large and small, receiving blankets
- Baby carrier / moss bag / baby sling
- Car seat

## Remember also to bring:

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## Do you currently take medications?

Don't forget to bring these along and to remind your new healthcare provider of these medications.



If you want more information about your medication and breastfeeding, contact Motherisk at the Hospital for Sick Children in Toronto. **[www.motherisk.org](http://www.motherisk.org)** (416) 813-6780

*You have  
the right to  
ask questions.*

*"Every time they came in with something, I'd ask, "what's that for? Why do you have to put that there?" I am the kind of person who won't just lay back and be submissive. I want to know what's going on here. And they were very, very nice. They tried to answer all my questions."*

Little Current <sup>1</sup>

<sup>1</sup> Long Distance Delivery: A Guide to Travelling Away from Home to Give Birth. Northwestern Ontario Women's Health Information Network, Red Lake Women's Information Group. Rexdale: Helmsman Press, 1990.

## Questions you may want to ask:

At what point do you recommend that I come to the hospital / birth centre? Do I call first?

Do I labour and give birth in the same room? Are the labour rooms private?

Is an epidural available on a 24-hour basis, should I want one? What pain relief options are available?

Why would I be moved to a delivery room?

Who is with me during my labour? Is there one-on-one nursing care?

Who is allowed to visit during labour?

How many support people are allowed to be at the labour and birth?

What is the policy for allowing my other children to be present at the birth?

If I write a birth plan, will it be honoured? Who will read it?

How often are vaginal exams performed during labour?

Are showering and bathing allowed during labour?

Are eating and drinking allowed during labour?

Can my partner cut the umbilical cord?

Is videotaping allowed? Can I take pictures?

Does this birth centre / hospital allow water births? What facilities are available for water births?

What if I have to have a cesarean section? Is my partner allowed to be there? What about other labour support people?

Does the hospital provide or offer doula services?

Does my baby stay in the same room with me?

Does the same nurse take care of baby and mother?

Can my partner or a support person stay with me in my room overnight after the birth?

What are visiting hours? How many visitors are allowed?

Do you have private or semi-private rooms? Is there a cost to these types of rooms?

Will there be information about breastfeeding? Are there lactation consultants and / or a breastfeeding clinic available? Will someone help me breastfeed?

How long do I stay in the hospital? Can I leave earlier if I want to? Can I stay longer?

What happens if I pass my due date? Will I be induced? How will I be induced?

If I feed my baby formula, which one should I use? What supplies will I need? How do I prepare the formula?

## Other questions I want to ask...



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## Discussing your spiritual and ceremonial needs with hospital staff.

Talk with the hospital staff about your plans for ceremonies and/or spiritual practices. For instances, you may be able to invite an elder or drummers / singers to sing welcoming songs to your baby once you are in the postpartum section of the hospital.

If you are keeping the placenta and umbilical cord, let the nurses know. They can label it and set it aside for you. This is becoming a very common request. Don't be shy to ask!

Many hospitals have an Aboriginal Liaison person on staff or a special room for spiritual needs and ceremonies.

Other hospitals have birthing rooms with special ventilation for smudging. You can request to have one of these rooms.



*“Birth though natural and exciting, also marks a major change in human experience; moving from inside the womb into the world. The Elders tell us to talk to the baby while in labour and express in your own way what is happening and to convey that there is nothing to worry about.”*

Traditional Teachings at Elders Gathering,  
Native Canadian Centre of Toronto, 1996

# After your baby is born

Remember to:

Complete the required documentation to register the baby with the province in order to obtain a birth certificate. If applicable, complete the required documentation to register with baby with your band.

Take advantage of parenting and baby care workshops being offered in your host community and your own community. If possible, reach out and make connects with other moms. They can be a great source of information, friendship and support. You may also want to make plans for having your baby welcomed into your family and community. Some of the ceremonies are: a naming ceremony, lifting / holding up ceremony, Welcoming ceremony or a cord ceremony.

Welcoming ceremonies can differ in their length and complexity. Some may take an hour in which prayers of thanksgiving are said, sung or chanted. Others may include the use of a pipe, drumming, special songs, dancing and feasts. You can plan a welcoming ceremony with your partner, family and friends in the way you would like your child to be welcomed into your family, community and the world.

A naming ceremony can be simple or elaborate. Often a person in the community will have the power and gift of name giving. This individual would be responsible to make sure the name is given and announced to the baby, parents, family and community at a special naming ceremony. Sometimes, a grandfather or even the parents can name the child based on their observations during pregnancy and labour or the response they have received from prayers.



There are a number of traditional ceremonies that are associated with the birth of a baby. Speak with an Elder or someone in your community if you want more information.

Usually at a naming ceremony, a give-away and feast are held in honour of the naming of the child. This event can be held for the whole community or only for family and friends. It is up to the parents and is dependent on the customs and traditions of your people.



Krista's story is about the umbilical cord ceremony.

*"The baby's grandfather (her partner's dad) would put the baby's umbilical cord in the ground at the family camp so the little one would know her place and never want to wander too far away."\*<sup>2</sup>*

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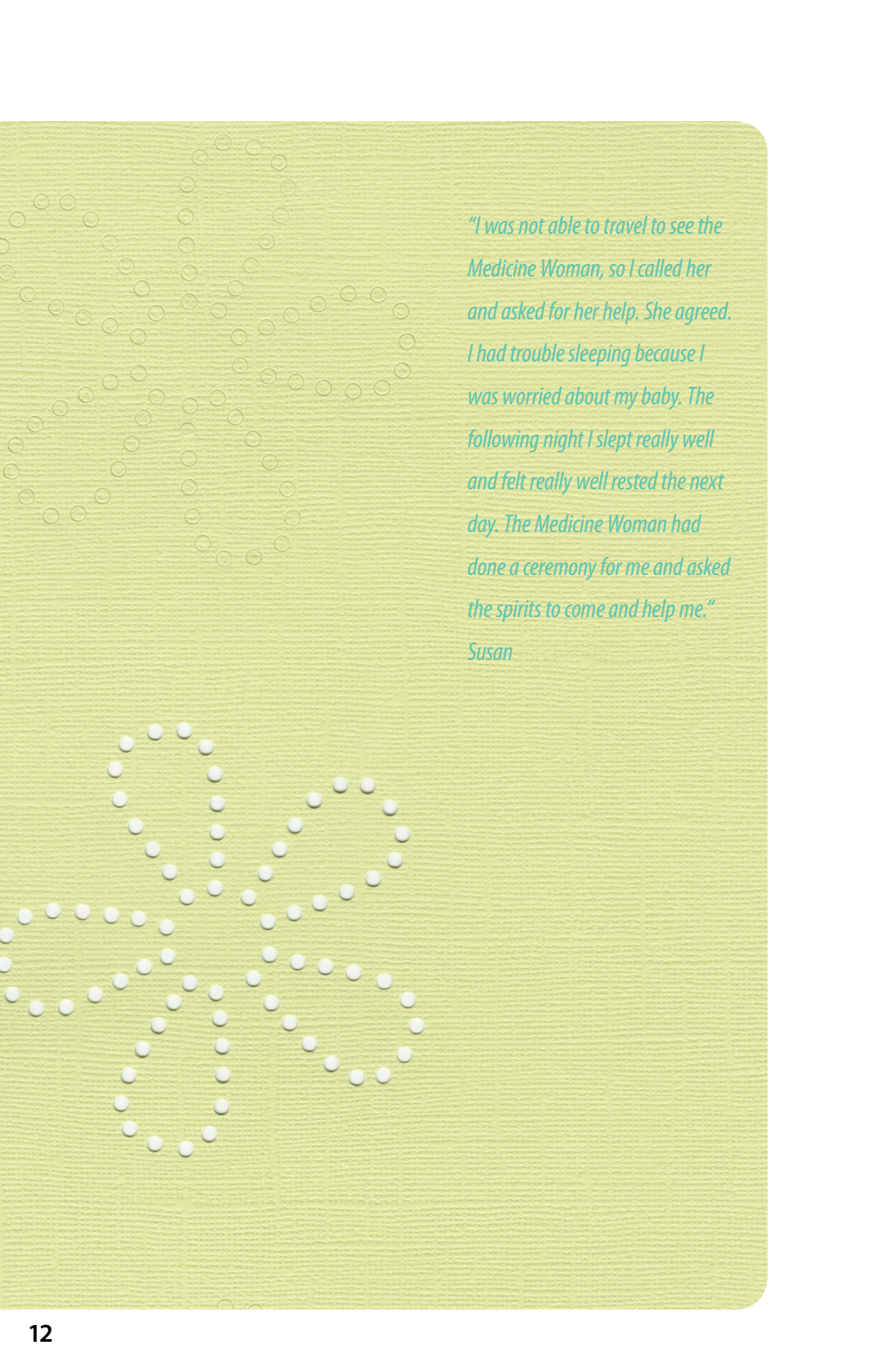
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*"I was not able to travel to see the  
Medicine Woman, so I called her  
and asked for her help. She agreed.  
I had trouble sleeping because I  
was worried about my baby. The  
following night I slept really well  
and felt really well rested the next  
day. The Medicine Woman had  
done a ceremony for me and asked  
the spirits to come and help me."  
Susan*



# Mental Health

The importance of physical health is heard frequently. The health of your mind is just as important as your body. Having the information and resources about the most common signs of mental unwellness can help break the silence and shame of “mental illness”.

Depression is the most common mental illness. Feeling very low, hopeless, sleep pattern changes, an inability to have fun and thoughts of death or suicide are some of the symptoms of depression. Depression can last several weeks, interfere with life and the low feelings can become severe.

Women typically do more of the childcare, housework and food preparation. Adding the responsibility of caring for a newborn can be not only physically exhausting but mentally too. In order to give you the tools to help recognize depression after your baby is born, the three types of post partum depression are listed. This information was obtained from the Canadian Mental Health Association. [www.cmha.ca/bins/index.asp](http://www.cmha.ca/bins/index.asp)

**Baby blues:** mood changes, irritability, feeling vulnerable, sensitive, weepy, tearful, usually begins 1-3 days after the birth, can last for several weeks; approximately 50-80% of women experience the baby blues.

**Postpartum depression (PPD):** feelings of inadequacy, guilt, anxiety, fatigue, headaches, numbness, chest pains, hyperventilation; women with PPD may not be interested in the baby; approximately 3-20% of women experience PPD; any depression within the first year after the birth is PPD.

**Post partum psychosis (PPP):** extreme confusion, fatigue, agitation, shame, hallucinations, mania; affects one in 1000 women.

*Mental  
unwellness is not  
your fault and  
your health care  
provider does  
want to help you  
through this time.*

# How to build support before and after the birth of your baby

It is ok to ask for help and accept it. After birth support systems are available. Self-care is important for new moms!

Some places where parents meet:

- Pregnancy outreach programs
- Prenatal outreach programs
- Breastfeeding groups
- Movie theatres reserved for parents and babies
- Playgrounds
- Community centres
- Family resource centres
- Friendship centres

*"We had a Wednesday morning support group. It was great when we all had small babies. Snow, rain, whatever, we'd have it. It was a chance to get together to talk about things and just know, 'hey, I'm normal!'"* Ignace<sup>3</sup>

If you have questions about postpartum depression or want more information visit [www.lifewithnewbaby.ca/index\\_eng.htm](http://www.lifewithnewbaby.ca/index_eng.htm) for answers and helpful resources.

Sara stayed with a family friend for about four weeks before the birth.

*"My friend was extremely supportive. She gave me the opportunity to maintain my own routine with household tasks such as laundry and cooking and was present at the birth."* Sara's friend also went with her to doctor appointments and they both did physical activities together.

Sara encourages others to get supports in place because it is important to having a stress free time away from home to give birth in a host community.<sup>4</sup>

## Domestic Violence

First Nations women experience much higher rates of domestic violence than non-Aboriginal women. Our family sizes are larger, too - and our average income level, especially on reserves, is significantly lower as well. These factors can influence a woman's decision to leave an abusive relationship. This is a difficult choice to make, especially because of the lack of housing in most communities and the poverty and discrimination that we, as Aboriginal women, face from both outside society and sometimes even within our communities.

There are organizations that are able to help if you are a woman who wants to make the life-altering move to leave abuse behind. The women's shelter in some reserves, and those in non-Aboriginal communities are in a position to help you. Your children will be considered, whatever their ages, and you will be given counselling and other support to help you transition into a healthier way of living - both for yourself and your children.

Remember, you are not alone....too many Aboriginal women and children are suffering in silence. Many have successfully moved into much healthier ways of daily living, and this is available to you, too. There are people who can give you support and the aid you need, even if it is just to talk things out. Perhaps you are not ready to leave just yet, but being informed is very valuable, for now and your future.

## NIHB - Non Insured Health Benefits

If you are eligible for Non Insured Health Benefits, let your midwife, doctor or nurse know. You may be asked for identification including mailing address and phone number.

Eligible Recipients for NIHB include:

- a registered Indian according to the Indian Act;
- an Inuk recognized by one of the Inuit Land Claim organizations;  
or
- an infant less than one year of age, whose parent is an eligible recipient.

*"I think the main message I would like to tell everyone is to watch your diet and watch what you eat. Eat right and exercise." Margaret*

## Pregnant and Alcohol Free

There is no safe amount of alcohol to drink during pregnancy. Even one is too many! Alcohol affects the developing brain of your baby and can cause lifelong problems.

This means not drinking any type of alcohol including beer, wine, coolers and hard liquor.

It can be really hard for some women to stop drinking during pregnancy. If this is true for you, speak to your health care provider to find out what help is available to you.

Alcoholics Anonymous is a well known support group that helps people who want to quit drinking. They have local groups across Canada. To contact a group in your community, look in your phone book or look at their website: [www.aa.org](http://www.aa.org).

## Recommended books on pregnancy, childbirth and the babyworld

### **Pregnancy, Childbirth and the Newborn: The Complete Guide**

(2001), by Penny Simkin, Janet Whalley and Ann Keppler. Comprehensive in-depth resource manual with clear and accurate information, helpful illustrations and tools, and solid practical advice.

### **The Pregnancy Book: Month-by-Month, Everything You Need to Know From America's Experts**

(1997), by William Sears and Martha Sears. Comprehensive guide to your physical and emotional changes, fetal development, having a healthy pregnancy, and planning for birth.

### **The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labour Companions**

(2008), by Penny Simkin.

### **The Birth Book: Everything You Need to Know to Have a Safe and Satisfying Birth**

(1994), by William Sears and Martha Sears. Helps you make informed choices about your birth, including your maternity caregiver, place of birth, help with pain relief and other decisions. Emphasizes safest practice. Includes many birth stories.

### **Natural Childbirth after Cesarean: A Practical Guide**

(1996), by Karis Crawford and Johanne C. Walters. Information, encouragement, practical advice, and personal stories for pregnant women who want a vaginal birth after a previous cesarean (VBAC).

### **Cesarean Recovery**

(2004), by Chrissie Gallagher-Mundy. Helps with physical and emotional recovery from surgery while in the hospital, during the initial days at home, and over the first six months after birth. Topics include breastfeeding, nutrition and exercise.

**The Year After Childbirth** (1994), by Sheila Kitzinger. Support for your physical and emotional well-being, your mothering, and your relationship with others including any older children and your partner. Helps you get support and care for yourself.

**When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women** (2004), by Penny Simkin and Phyllis Klaus. Helps the many survivors of sexual abuse and health professionals who work with them understand how this experience can impact pregnancy, childbirth and the postpartum experience and helps them address challenges of childbearing.

**Empty Cradle, Broken Heart: Surviving the Death of Your Baby** (1996), by Deborah L. Davis. Information, coping strategies and personal stories for bereaved families experiencing loss throughout the childbearing cycle. Covers interaction with and memorializing your baby, emotions and physical recovery, and subsequent pregnancy, birth and parenting.

**Ended Beginnings: Healing Childbearing Losses** (1987), by Claudia Panuthos and Catherine Romeo. Covers with sensitivity the full range of childbearing losses, including infertility, miscarriage, ectopic pregnancy, stillbirth, traumatic birth, adoption, newborn with disabilities, and sudden infant death syndrome. Includes many personal stories.



## Recommended websites

Ask Dr. Sears

**[www.askdrsears.com/default.asp](http://www.askdrsears.com/default.asp)**

Canadian Association of Midwives (CAM)

**[www.canadianmidwives.org](http://www.canadianmidwives.org)**

The national organization representing midwives and the profession of midwifery in Canada. For more information on CAM and what is offered in your area (based on province and territory) call them at (514) 807-3668.

Canadian Mental Health Association

**[www.cmha.ca/bins/index.asp](http://www.cmha.ca/bins/index.asp)**

A national organization that promotes the mental health of all people.

Childbirth Connections

**[www.childbirthconnection.org](http://www.childbirthconnection.org)**

Canadian Breastfeeding Foundation

**[www.canadianbreastfeedingfoundation.org](http://www.canadianbreastfeedingfoundation.org)**

Dr. Jack Newman

**[www.drjacknewman.com](http://www.drjacknewman.com)**

Has instructional video clips and a help section for breastfeeding.

Kelly Mom

**[www.kellymom.com](http://www.kellymom.com)**

Breastfeeding and parenting website

La Leche League Canada

**[www.lllc.ca](http://www.lllc.ca)**

They encourage, promote and provide mother to mother breastfeeding support and educational opportunities as an important contribution to the health of children, families and society. For more information and to find services near you, contact the national office at (613) 774-4900

Motherisk

**[www.motherisk.org](http://www.motherisk.org)**

The Motherisk Program at The Hospital for Sick Children in Toronto, is a clinical, research and teaching program dedicated to antenatal drug, chemical, and diseng. Motherisk provides evidence-based information and guidance about the safety or risk to the developing fetus or infant, of maternal exposure to drugs, chemicals, diseases, radiation and environmental agents. Contact information:

Motherisk's Home Line - (416) 813-6780

HIV and HIV Treatment in Pregnancy - 1-888-246-5840

Nausea and Vomiting of Pregnancy Helpline - 1-800-436-8477

Alcohol and Substance Use Helpline - 1-877-327-4636

Society of Obstetricians and Gynecologists of Canada (SOGC)

**[www.sogc.org/health/pregnancy-resources\\_e.asp](http://www.sogc.org/health/pregnancy-resources_e.asp)**

SOGC Clinical Practice Guidelines can be found at

**[www.sogc.org/guidelines/index\\_e.asp](http://www.sogc.org/guidelines/index_e.asp)**

## Smoking Cessation Programs

National Indian & Inuit Community Health Representatives Organization (NIICHO)

**[www.niichro.com/FHealingHearts/heal\\_3.html](http://www.niichro.com/FHealingHearts/heal_3.html)**

They help pregnancy women and new mothers quit smoking.





*Susan was evacuated two and a half months prior to her delivery. Her husband stayed at home to look after their other children. "I stayed in a hotel. My husband was supported by Jackie, the family home visitor. She checked in on the children and accepted long distance calls when I needed someone to talk to. She also made a referral and then Kimberley, another family home visitor, began making visits to me in my hotel room. She brought me information and articles to read and spent time with me because I missed my family a lot. What helped me the most while being away from home was knowing that my children were fine because of Jackie and Kimberley."*

*The elders tell that because infants have just left the world of the Creator or the “spirit world”, they continue to be extremely sensitive. Infants can deeply sense everything around them which influences them for a long time. Traditional Teachings from Adam Luccier, Anishinabe Healer, Anishinabe Health Toronto.*

# What's Important to Me

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# Birth Plan

Why write a birth plan? A birth plan can start the process of thinking about your pregnancy, labour, birth and the long period of time after your baby's birth! It can also help to begin to think about what you want and what you don't want. Life does not usually go as planned. Pregnancy, labour and birth are often the same: there are unexpected situations. Be open to change. List what is important to you - the birth plan is for you.

Please open the next page and write whatever you want. Some women may include pictures of their family and of the ultrasound of the baby. It is up to you whether you want to share your birthplan or just bits of it with your nurses, doctor or midwife. Sharing your birthplan can give them a better understanding of your needs and wants.

## ***Things to think about:***

What are your pain relief options? What would you like to use? Examples: TENS machine, laughing gas (nitrous oxide), bath, shower, massage, acupressure / acupuncture, sterile water injections, homeopathy, breathing techniques, epidural and pudendal block. Not every hospital will have these options.

Do you want to walk around? Where can you walk?

Who do you want with you? Do you want them there at all times? Are their people you do not want with you?

Do you mind having your waters (membranes) broken?

Will your baby be monitored continuously or just every now and then?

Do you want to be able to eat and drink as you want during the labour?

*"It gave me a concrete plan. Making a birth plan made me realize what was important to me was decision making. I realized that I wanted to be consulted about decisions, rather than just being told what to do."<sup>5</sup>*

5 IBID



Do you want to be told when to push or let your body guide you?

Would you rather have an episiotomy, or tear?

Some women ask for warm compresses or counter pressure when the baby is coming out. Do you want to watch or feel the baby come out? Many birthing units have mirrors available. Some women can find it helpful to push with a mirror, others do not.

How would you like to have the placenta delivered: with the aid of drugs, or let it come naturally? Do you want to see the placenta? Do you want to take the placenta home? Some women will bury it and then plant a tree on top of the area.

Are you planning on collecting the baby's cord blood for banking? Is the staff aware of this and familiar with how it is done?

Do you want the baby cleaned up first or do you want to cuddle her / him straight away?

Are you planning to breastfeed? If so, would you like some help or tips for breastfeeding? If not, do you want to be the first person to feed your baby?

Do you think you might want to stay in hospital for a couple of nights or do you want to get out as soon as you can?

If you have any special needs, whether they're related to your religion / culture, your diet, or any disability, note them as well.

Some families will speak with the hospital staff about smudging or drumming. Many women and families will have a moment of prayer or thanks after the delivery. If this is important to you, please let your doctor or nurse know so they can give you the privacy you may want.

There may be other rituals for the end of pregnancy and the beginning of parenting that are important to you. Talk to an Elder or a traditional teacher if you need more information.



A blank sheet of lined paper with horizontal ruling lines, placed on a light-colored, textured background.

A sheet of white paper with horizontal ruling lines, placed on a light blue textured surface with some dried plant matter.



A blank sheet of lined paper with 20 horizontal lines, placed on a textured, light-colored background. The paper has rounded corners at the top and bottom. The lines are evenly spaced and extend across the width of the page.

# Definitions

**After pains:** these are contractions after the baby is born which help to control bleeding. After pains may not be noticed with the first pregnancy but can become stronger and some even say painful with each pregnancy.

**Artificial rupture of membranes (ARM):** the process of breaking the bag which holds the fluid around the baby. ARM can be used to start labour or to increase the strength of contractions.

**Breech position:** an uncommon position of the baby inside the uterus; the bum is down and the head is up. It is more common for a baby to be head down.

**Cervix:** the opening to the uterus; located in the vagina; the cervix opens, thins out and becomes soft when a woman is in labour

**Cesarean section (c/s):** a specific type of surgery used to deliver the baby through the abdomen and uterus.

**Community Health Representative (CHR):** a person who works directly with the community and health care providers to educate and provide information about health to individuals, families and the communities. A CHR provides up-to-date information and resources to promote healthy lifestyles through education, immunization and clinics.

**Contractions:** when uterine muscles tighten. When you are having contractions, your abdomen will tighten up, much like when you have a cramp in your leg. Most women say these hurt. Contractions cause the baby to come out of your body.

**Dilation:** opening of the cervix so that your baby can come out of the vagina. When you are ready to push, the cervix will be completely open / dilated or 10 cm.

**Doula:** a trained labour support person; a woman experienced in childbirth who provides continuous physical, emotional, and informational support to the mother before, during and just after childbirth.

**Effacement:** the thinning and shortening of the cervix.

**Electronic Fetal Monitoring (EFM):** a way to monitor the baby's heartbeat using a machine which also records the labour contractions continuously.

**Epidural:** refers to the process where medication is injected into a part of the spine known as the epidural space. An epidural is often used to block the pain of childbirth. Like an IV, a needle is used to start the epidural but it is not left inside your body.

**Episiotomy:** cutting of the skin and muscle near the opening of the vagina to speed delivery of the baby. An episiotomy does require stitching.

**Forceps:** a set of medical instruments used to help turn a baby or to help with delivery. They are made of metal and look like salad tongs.

**General anesthetic:** a medication which causes the patient to become unconscious during surgery.

**Gestational diabetes:** occurs when a non-diabetic woman develops diabetes in pregnancy.

**Gestational hypertension:** high blood pressure that happens during pregnancy.

**Glucose Tolerance Test (GTT):** a blood test used to determine if someone has diabetes including gestational diabetes.

**Gynecologists:** a doctor who specializes in treating diseases of the female reproductive organs.



**Induced / Induction:** starting labour before your body naturally does. Induction can be started with medications, or breaking of the waters (artificial rupture of membranes/ARM) or both.

**Intern:** a medical student in their final year of medical school.

**IV:** a way liquids and some medications are given directly into a vein. An IV is started with a needle but the needle is removed once the IV is started and a small thin plastic tube is left inside the vein.

**Jaundice:** a yellowish colouring of the skin. The yellow is caused by the by-products when red blood cells are broken down. Most babies will have some type of jaundice in the early part of life.

**Labour:** the process a woman goes through to birth her baby and the placenta.

**Labour support person:** a person who helps women during labour and birth.

**Lactation consultant (LC):** a professional breastfeeding specialist who is trained to help mothers with a variety of issues. Typically, she helps mothers and babies with latching difficulties, painful nursing, low milk production, or inadequate weight gain.

**Midwife:** a trained professional who specializes in normal pregnancy, childbirth and postpartum care of the woman and her baby. Midwives assist women in giving birth and can conduct deliveries on their own responsibility.

**Miscarriage / Miscarry:** a term used for a pregnancy that ends on its own within the first 20 weeks of gestation. This is also called a spontaneous abortion.

**Neonatal Intensive Care Unit (NICU):** an intensive care unit for babies.



**Obstetrician:** a doctor that specializes in women's health and a reproductive health specialist.

**Oxytocin:** the hormone which stimulates labour contractions and the secretion of milk; a synthetic form of oxytocin can be used to start (induction) or augment labour.

**Pediatrician:** a doctor that specializes in the development, care, and diseases of children.

**Perineum:** the area of skin between the vaginal opening and the anus.

**Placenta:** the organ which exchanges nutrients and waste to and from the woman and the baby.

**Physician=Medical Doctor:** a skilled health-care professional trained and licensed to practice medicine.

**Placenta previa** occurs when the placenta adheres to the lower portion of the uterus near or on the cervix; can result in severe bleeding; usually results in a cesarean section.

**Premature delivery:** the birth of a baby before 37 weeks of pregnancy.

**Prenatal classes:** classes that help to prepare a woman and her partner for childbirth.

**Prenatal record:** the legal record where information about your pregnancy is recorded by your midwife, doctor or other health care provider.

**Prostaglandins:** a natural hormone found in semen; chemically produced and manufactured to use to start (induce) labour.

**Public Health Nurse:** a nurse who works mainly in the community rather than a hospital; often offers well baby clinics.



**Public Health Unit:** an agency in your community that offers health information and other health services in the public. Public Health Nurses usually work from this office.

**Resident:** Residents are real doctors. They have successfully completed medical school and graduated with a Doctor of Medicine (MD) degree. Prior to starting practice however, these new doctors must undergo a further period of training known as a residency.

**Tear:** during delivery, the skin and muscle around the opening of the vagina or inside the vagina can tear. This may or may not require stitches.

**TENS:** Transcutaneous Electrical Nerve Stimulation, is defined by the American Physical Therapy Association as application of electrical current through the skin for pain control.

**Uterine rupture:** a tear or opening in the uterus; an uncommon obstetrical complication.

**Uterus:** also called the womb; this is where the placenta and baby grow in most pregnancies; it is a muscle which expands to accommodate the growing baby.

**Vacuum:** a medical instrument that looks like a small rounded plastic cup that is placed on the baby's head to help the delivery.

**VBAC:** Vaginal Birth After Cesarean section.

**Vagina:** part of the birth canal; at the end of the vagina on the inside is the cervix.

**Vaginal exam:** this is checked in the last bit in part to assess the progress of labour; this is an internal exam; two fingers are admitted into the vagina to locate the cervix which is then used to assess labour progress.



# Resource Directory

The community you are being evacuated to has many services to help during and after pregnancy for you and your baby. We have made a list of services with phone numbers for many of the cities you may be evacuated to.

*"It was nice to get home visits because the programs in the community are helpful."  
The Healthy Baby, Healthy Children Program run out of the local Native Women's Centre is very actively involved in preparing women for birth. "I learned a lot from other parents. We are a good support for each other. I learned about nutrition, parenting and traditional sewing. I now know how to make mittens and moccasins for my children. The programs [also] helped me with things I needed to know about like: baby preparation, baby supplies, car seats, and birth preparation." Sara*

## Canadian Resources

**Canada Motherisk:** The Motherisk Program at The Hospital for Sick Children in Toronto, Ontario, Canada is a clinical, research and teaching program dedicated to antenatal drug, chemical, and disease risk counselling. It provides evidence-based information and guidance about the safety or risk to the developing fetus or infant, of maternal exposure to drugs, chemicals, diseases, radiation and environmental agents.

Motherisk's Home Line - (416) 813-6780

HIV and HIV Treatment in Pregnancy - 1-888-246-5840

Nausea and Vomiting of Pregnancy Helpline - 1-800-436-8477

Alcohol and Substance Use Helpline - 1-877-327-4636

**Canadian Association of Midwives:** CAM is the national organization representing midwives and the profession of midwifery in Canada. (514) 807-3668

**Society of Obstetricians and Gynaecologists of Canada:**

Clinical Practice Guidelines can be found at

**[www.sogc.org/guidelines/index\\_e.asp](http://www.sogc.org/guidelines/index_e.asp)**

**Effective Care and Pregnancy in Childbirth:**

**[www.childbirthconnection.org](http://www.childbirthconnection.org)** - A trustworthy source of up-to-date evidence-based information and resources on planning for pregnancy, labour and birth, and the postpartum period. Promotes safe, effective and satisfying evidence-based maternity care for all women and families.

**La Leche League Canada:** To encourage, promote and provide mother to mother breastfeeding support and educational opportunities as an important contribution to the health of children, families and society. For more information and to find services near you, contact the National office at (613) 774-4900

**Information on Postpartum Depression:**

**[www.lifewithnewbaby.ca/index\\_eng.htm](http://www.lifewithnewbaby.ca/index_eng.htm)**



Visit [www.LLCC.ca](http://www.LLCC.ca) for an online interactive map.



**Central Phone Lines**

**British Columbia**

Vancouver (604) 520-4623  
 Victoria (250) 727-4384

**Alberta**

Lethbridge (403) 381-7718  
 Red Deer (403) 348-1829  
 Calgary (403) 242-0277  
 Edmonton (780) 478-0507

**Saskatchewan**

Regina (306) 584-5600  
 Saskatoon (306) 655-4805

**Manitoba**

Winnipeg (204) 257-3509

**Ontario**

Ottawa (613) 238-5919  
 Toronto (416) 483-3368  
 Hamilton (905) 381-1010

**Quebec**

Montreal (French) 1-866-ALLAITEZ (255-2483)  
 Montreal (English) (514) 842-4781

**Nova Scotia**

Halifax (902) 470-7029

**All other locations**

Monday - Thursday 1-800-665-4324  
 8:30-4:00 Eastern Time



# LA LECHE LEAGUE CANADA

## Communities with Groups 2009







# LLLC GROUPS in CENTRAL & SOUTHERN ONTARIO

Towns or cities indicated on this map have a La Leche League Canada Group. The bracketed number beside some city names indicates the number of LLLC Groups in that community.





# ALBERTA

**Alberta Health Link:** 1-866-408-5465

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## *Calgary*

**Healthy Babies, Healthy Families:** This free interactive 2 1/2 hour class will cover topics like preventing and relieving common discomforts, what to do if you have warning signs of preterm labour, good sources of key nutrients needed in pregnancy and how to make healthy lifestyle choices in pregnancy. For more information call (403) 943-1111

**Birth and Babies:** This pre and postnatal course gives you information and skills for labour and birth as well as comprehensive baby care and a new parent component. For more information call (403) 781-1450

**Baby & You for Moms:** These free, fun and informative classes will help you understand your baby and your family. Topics include: infant crying and getting baby back to sleep; toys and games; eating well to grow strong--introduction to solids; family transitions; caring for baby's teeth; infant safety; common illnesses; community resources. For more information call (403) 943-1111

**Healthy Babies Network:** Through the Catholic Family Service of Calgary the program offers a community kitchen, food supplements, nutrition counselling and pre/postnatal information and support. For more information call (403) 777-7635

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## *Edmonton*

**Prenatal Classes:** Prenatal education is for first time parents, second time moms who have waited more than five years to have another child or first time dads. Classes include information on pregnancy, preparation for labour, birth and breastfeeding and care of the newborn. There is a fee of \$65.00. Fee reductions are available for low income women. For more information call (780) 413-7980

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### *Fort McMurray*

**Food for Two Program:** Offers breastfeeding support, nutrition counselling and pre/postnatal information and support. For more information call (780) 743-3309

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### *Peace River*

**Building Better Babies:** Offers breastfeeding support, nutrition counselling and pre/postnatal information and support. For more information call (780) 618-3459

# BRITISH COLUMBIA

**British Columbia Nurse-Line:** 1-866-215-4700

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## *Prince George*

**Early Pregnancy Classes:** Offers breastfeeding support, nutrition counselling and prenatal information and support. For more information call (250) 565-2910

**Healthiest Babies Possible Program:** Offers nutrition and prenatal lifestyle counselling, opportunities to meet other pregnant moms, prenatal vitamins, breastfeeding information and labour and delivery information. For more information call (250) 561-2689

**Bona Dea Midwifery Practice:** Offers complete labour and birth preparation classes with focus on physical awareness, body awareness and breathing and relaxation. For more information and booking call: Karin Gerlach, Registered Midwife (250) 964-6473

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## *Vancouver*

**Healthiest Babies Possible Program:** Offers nutrition and prenatal lifestyle counselling, opportunities to meet other pregnant moms, prenatal vitamins, breastfeeding information and labour and delivery information. For more information call (604) 877-4673

**Fit 4 Two:** Offers several pre and postnatal fitness programs in the downtown Vancouver area. For more information call (604) 602-1546

**Sheway:** Offers pre/postnatal information and support as well as nutrition counselling. For more information call (602) 216-1699



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## *Terrace*

**Building Healthy Babies:** Offers nutrition and prenatal lifestyle counselling, opportunities to meet other pregnant moms, prenatal vitamins, breastfeeding information and labour and delivery information. For more information call (250) 635-1830

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## *Williams Lake*

**Pregnancy Outreach Program:** Offers pre/post natal information and support, nutrition counselling, breastfeeding support, father involvement and a resource library. For more information call (250) 392-3583

# MANITOBA

**Manitoba Health Link:** 1-888-315-9257

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## *Brandon*

**Midwife Services:** Offers prenatal care, labour and birth, after baby is born and all services are covered by your provincial health insurance. For more information call (204) 571-5530.

**Birthscape Doula Services:** Offer prenatal education (Birthing From Within style,) prenatal visits, birth support, postpartum care. We do birth photography and videography (you must supply the cameras and film.) We can provide experienced and knowledgeable breastfeeding support. We are experienced with Blessing Ways and Belly Casting. For more information call (204) 725-0052

**Brandon Friendship Centre:** Offers Canada Prenatal Nutrition Program, which offers support to women to help them, have healthier pregnancies and connect with other services and supports in their community. Also offer the In a Good Way community kitchen which offers a parenting program to young Aboriginal women and men. For more information call (204) 727-1407

**Healthy Beginnings:** Healthy Beginnings sessions focus on prenatal and postnatal well-being. They are friendly and informal gatherings that will connect you with other moms and moms-to-be. In addition to the community support program we can help you apply for the Manitoba Prenatal Benefit. For more information on Healthy Start for Mom & Me call (204) 578-4824 and for more information on Healthy Beginnings call (204) 945-1301.

**Community Post Partum Program:** Community Postpartum Program is operated seven days a week from 8:30 am to 4:30 pm. Registered nurses provide support for mothers and newborns who reside in or are discharged to an address within the Brandon Health Unit limits. For more information call (204) 571-8389

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## *The Pas*

**Clearwater Midwives:** Offers prenatal care, labour and birth, after baby is born and all services are covered by your provincial health insurance. For more information call (204) 623-9637

**Nor-man Regional Health Authority:** Offers Baby and Me Best Beginnings program, Well Baby Clinics and Prenatal Health Classes. For more information call (204) 623-9650

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## *Thompson*

**Burntwood Community Resource Centre:** Offers prenatal care, labour and birth, after baby is born and midwifery. All services are covered by your provincial health insurance. For more information call (204) 677-1760

**Survival Skills for the New Parent:** This two-hour class is intended for the new parents-to-be and will cover topics such as: feeding, diapering, sleeping, medical care, bathing, safety, current American Academy of Pediatric guidelines, physical and emotional changes to expect of both the baby and parents. For more information call (585) 396-6497

**Childbirth Preparation Class:** This series of classes is suggested for the later three months of pregnancy. The classes will also give the mother and her partner an awareness of both the physical and emotional changes and challenges during and following the childbirth experience. For more information call (585) 396-6497

**Ma-Mow-We-Tak Friendship Centre: New Beginnings** is a program for children ages 0-6 and their parents. The program focuses on the following components: culture and language; health promotion; education; nutrition; social support programs; and parental and family involvement. For more information call (204) 677-0950

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## *Winnipeg*

**Birth Roots Doula Collective Inc.** Offers a full spectrum of services for the childbearing community in Winnipeg, Manitoba. For more information call (204) 792-6769

**Aboriginal Health and Wellness Centre:** Pregnant women or women within two months of childbirth may access the “Stop FAS” program which is a prevention program where mentors work with women at risk with drug / alcohol use. For more information call (204) 925-3700

**Indian & Métis Friendship Centre of Winnipeg:** Offers a variety of programs including; Sweet Grass and Little Braids & Healthy Baby programs which both focus on prenatal and postnatal education. Healthy Start for Mom & Me: Program does vary based on location and date but covers general pre and post natal topics such as (but not limited to) healthy eating, parenting choices and awareness of babies nurturing needs. Run through the Manitoba government, the program also offers a prenatal benefit. This is based on net family income or confirmation of receipt of income assistance and would give women with low income a monthly cheque during pregnancy that is meant to help with eating well. For more information on Healthy Start for Mom & Me call (204) 949-5350 and for more information on the Manitoba Prenatal Benefit call (204) 945-1301.



# NEW BRUNSWICK

**New Brunswick Tele-Care:** 1-800-244-8353

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## *Fredericton*

**Healthy Baby & Me:** The overall goal of Healthy Baby & Me is to contribute to a healthy pregnancy and the healthy growth and development of infants and participants. For more information call (506) 357-8542

**Couples Preparation for Labour Workshop:** Offers information on what to expect and how to provide physical and emotional support during each of the birth stages. Doula services are also available. For more information call (506) 455-2444

**Welcome Baby: Tools for the Journey:** Course is offered through the University of New Brunswick and offers information on the journey of pregnancy. Course begins with the early parenting period with a particular focus on the childbirth and postpartum periods. For more information call (506) 453-4646

**VON Programs:** Offers several prenatal programs. For more information call (506) 357-8542

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## *Campbellton*

**Healthy Baby & Me:** Offers information on prenatal education especially for youth. Discussion topics include: labour & delivery, breathing and relaxation exercises, nutrition and feeding the baby among others. For more information call (506) 789-0333

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## *Moncton*

**Healthy Baby & Me:** Offers FAS / FAE information services, father involvement, food / vitamin supplements, pre/postnatal information and support and social support. For more information call (506) 387-6254



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## *Woodstock*

**Healthy Baby & Me:** Offers information on prenatal education especially for youth. Discussion topics include: labour & delivery, breathing and relaxation exercises, nutrition and feeding the baby among others. For more information call (506) 328-2944

# NEWFOUNDLAND & LABRADOR

**Newfoundland & Labrador Health Line:** 1-888-709-2929

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## *Happy Valley Goose Bay*

**Healthy Baby Club:** The Aboriginal Family Centre Healthy Baby Club is a pregnancy support program responding to the needs of pregnant mothers of Inuit, Innu, or Métis children living in Happy Valley-Goose Bay needing extra pre-natal education and support with limited resources. It provides friendly support, home visits, tips on healthy eating, food supplements, teen-friendly classes, hospital tours, support in making healthy lifestyle changes and activities include prenatal classes, guest speakers and follow up activities after the birth of the baby. For more information call (709) 726-5902

**Labrador Friendship Centre:** Offers the Aboriginal Family Centre which will promote social, cultural, educational, physical, emotional, and nutritional growth with Métis, Innu and Inuit children (infancy - 6 years) and their parents / caregivers. For more information call (709) 896-4398

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## *St. John's*

**The Healthy Baby Club:** Flexible, continuous-entry program that provides nurturing and guidance to pregnant mothers. The pregnant mother is supported by a volunteer Resource Mother who guides her throughout her pregnancy, a Public Health Nurse who works within the community, a Nutritionist from Health & Community Services, and the Community Centre or site. This program is funded through the Canada Prenatal Nutrition Program. For more information call (709) 739-8096

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## *Grand Falls*

**Exploits Valley Healthy Baby Club:** Offers breastfeeding support, nutrition counselling and pre/postnatal support. For more information call (709) 489-8133

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## *Corner Brook*

**North Shore Healthy Baby Club:** Offers breastfeeding support, nutrition counselling and pre/postnatal support. For more information call (709) 783-2996

**Corner Brook Healthy Baby Club:** Offers FAS / FAE information services, father involvement, food / vitamin supplements, pre/postnatal information and support and social support. For more information call (709) 634-2316

# NORTHWEST TERRITORIES

**Northwest Territories Health Line:** 1-888-255-1010

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## *Yellowknife*

**Healthy Family Program:** A voluntary home visitation program for families with newborn babies. Services are initiated prenatal or shortly after birth. Family home visitors work from a strength-based approach to promote healthy childhood growth and development, positive parenting and parent-child bonding. Home visitors also link parents to other services and programs in the community. There is no cost for the program. For more information call (867) 873-7412

**Healthy Baby Club:** Offers clothing and baby equipment bank, FAS information services, nutrition counselling and pre/post natal support and information. For more information call (867) 873-2566

**Brighter Futures:** For First Nations and Inuit children from ages 0-6. Offers Healthy Baby program which focuses on pre/postnatal information and support. For more information call (867) 920-6337

**Canada Prenatal Nutrition Program:** The CPNP Nutritionist, whose office is located in Inuvik, works in collaboration with CPNP workers in surrounding communities to ensure high quality prenatal nutrition services are available to pregnant women throughout the region. For more information call (867) 920-6337

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## *Fort Smith*

**Our Babies, Our Future:** Offers breastfeeding support, nutrition counselling and pre/post natal support. For more information call (867) 872-3321

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## *Hay River*

**Growing Together:** Offers breastfeeding support, FAS information services, nutrition counselling and pre/postnatal information and support. For more information call (867) 874-4545

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## *Inuvik*

**Healthy Babies:** Offers breastfeeding support, nutrition counselling and pre/postnatal information and support. For more information call (867) 777-2166

**Canada Prenatal Nutrition Program:** The CPNP Nutritionist, whose office is located in Inuvik, works in collaboration with CPNP workers in surrounding communities to ensure high quality prenatal nutrition services are available to pregnant women throughout the region. For more information call (867) 777-8052

# NOVA SCOTIA

**Nova Scotia Tele-Health:** 1-866-231-3882

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## *Antigonish*

**Kids First Prenatal Nutrition Program:** The program promotes the health of mothers, infants, and pregnant women by enhancing prenatal and infant nutrition through home visits, food supplements, individual counselling, and breastfeeding support. Program also offers a prenatal education course. For more information call (902) 755-1213

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## *Halifax*

**Gentle Birth Choices:** Offers prenatal education course. For more information call (902) 430-5293

**Midwife Services:**

Offered by Louise McDonald. For information call (902) 542-9482

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## *Preston and Area*

**Prenatal Nutrition Program:** Offers individual and group nutrition counselling, workshops on breastfeeding, and a resource library with culturally appropriate educational material. For more information call (902) 462-7266

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## *Cape Breton*

**Baby Building Club:** Offers a comprehensive prenatal program in three of the four counties focusing on healthy food choices and breastfeeding support. (902) 562-5616 ext: 222

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## *Truro*

**E’Pit Nuji Ilmuet (Woman Advisor):** Project of the Native Council of Nova Scotia that provides culturally and linguistically appropriate programming for young or low-income Aboriginal women who are pregnant, enabling them to make informed decisions about pregnancy, child birth, and parenting. (902) 895-1738



# NUNAVUT

**Nunavut Tele-Care:** 1-888-255-1010

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## *Iqaluit*

**Tasiuqtigiit Society:** Offers community kitchen, nutrition counselling, a resource library and pre/postnatal information and support. For more information call (867) 979-6301

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## *Rankin Inlet*

**Prenatal Nutrition:** Offered through the Pulaarvik Kablu Friendship Centre the program offers hands-on activities three times a week, new and expectant mothers learn what their bodies need to grow a healthy baby, and how to prepare nutritional meals. Emphasis is placed on the use of traditional foods such as caribou and char, and how to use the Nunavut Food Guide. The staff also facilitates workshops for programs across Nunavut. For more information call (867) 645-2600



# ONTARIO

**Ontario Tele-Health:** 1-866-797-0007

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## *Sioux Lookout*

**Meno Ya Win Health Centre:** Offers prenatal, obstetrics and maternity services as well as traditional healing, medicine, foods & support programs. For more information call (807) 737-3030

**Aboriginal Healthy Babies, Healthy Children:** Offers prenatal support for parents, childbirth information, breast-feeding promotion / support, nutrition advice / education, play opportunities, peer interaction, referrals to other service providers, parenting workshops, food security programs, clothing exchange. For more information call (807) 737-7922

**Nishnawbe-Gamik Friendship Centre:** Offers a drop in prenatal program for Aboriginal women with babies 0-6 years; program offers information on nutrition, parenting and resources for new mothers. For more information call (807) 737-7521

**Canadian Prenatal Nutrition Program:** Pre/Post Natal support program provides education and support around pregnancy and post partum health, including nutrition counselling, labour and birth, postnatal and newborn care and breastfeeding support and education. For more information call (807) 737-7922

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## *Kingston*

**Mothers Helping Mothers:** Through the guidance of a mental health counselor and a peer support worker, this peer support group helps women who are experiencing postpartum adjustment difficulties. For more information call (613) 549-1154 ext. 555

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## *Kingston continued*

**Food for You, Food for Two:** Weekly drop-ins support pregnant women throughout their pregnancy and until their babies are six months old. Health professionals offer nutrition education, breastfeeding support, groceries, and prenatal vitamins. For more information call (613) 354-3357 ext. 416

**Prenatal Classes:** These classes help families have a healthy pregnancy, a healthy birth experience, and a healthy baby. Classes are offered throughout the Kingston area, during the evening and on weekends. Participants should start classes before the 20th week of pregnancy. For more information call (613) 549-1154 ext. 555

**BabyTalk drop-in:** Offers parents a chance to meet with a public health nurse and receive resources and support. For more information call (613) 549-1154 ext 555

**Katarokwi Native Friendship Centre:** Offers Aboriginal Healthy Babies and Aboriginal Prenatal Programs. For more information call (613) 548-1500

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## *Ottawa*

**Midwifery Group of Ottawa:** The group offers complete midwifery care for your pregnancy, labour, birth and postpartum period. We care for both mother and baby until 6 weeks postpartum. Midwifery care is free for residents of Ontario. Midwives are registered to practice midwifery by the College of Midwives of Ontario. For more information call (613) 729-9957

**Wabano Centre for Aboriginal Health:** Perinatal program offers pre & post natal programming to expecting parents as well as families and their children (0 - 12 months). Centre also provides a Parents as Teachers program which focus' on parents who have children 0-6 years old the following: how to enhance speech and language, social emotional and intellectual development with the

guidance of a personalized service plan designed for your child's age appropriate needs and aspirations. For more information call (613) 748-0657 ext 216

**Healthy Babies Healthy Children:** This program is for pregnant women and parents of young children. A Public Health Nurse or a Family Visitor will provide information about pregnancy and childbirth, preparing for your baby, supports in your community, taking care of yourself during pregnancy and after your baby is born, emotional health and postpartum depression, what to expect as your baby grows and develops, how to keep your baby safe, and feeding your baby. For more information call (613) 580-6744

**Odawa Native Friendship Centre:** Offers two programs for Aboriginal women: Aboriginal Healthy Babies Program and the Aboriginal Pre-natal Nutrition program. For more information call (613) 722-3811

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### *Thunder Bay*

**Community Midwives of Thunder Bay:** Offers prenatal, late prenatal classes (after 27 weeks), breastfeeding class, prenatal exercise classes, and healthy weights postpartum. For more information call (807) 622-BABY (2229)

**Anishnawbe Mushkiki Community Health Centre:** Offers pre/postnatal care, healthy beginnings prenatal care program and traditional pregnancy practices. For more information call (807) 343-4843

**Beyond the Baby Blues Postpartum Depression and Anxiety Support Group:** The group provides an opportunity for women to talk about their feelings with other women. They are able to learn about the illness and learn effective ways in which to cope. For more information call (807) 625-5972

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## *Thunder Bay continued*

**Healthy Babies, Healthy Children:** Free, voluntary program for families who are expecting a new baby or have children under the age 6 years who would like to receive reliable information and support to help them give their children the best start in life. For more information call (807) 625-8814

# PRINCE EDWARD ISLAND

**PEI Health Line:** 1-902-368-6130

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## *Charlottetown*

**Magical Child Pregnancy & Birth Support Services:** Offers pre/postnatal information and support. For more information call (902) 629-4833

**Prenatal Nutrition Program:** Offers breastfeeding support, nutrition counselling and pre/postnatal support. For more information call (902) 892-8744

**Mi'kmaq Family Resource Centre:** Offers breastfeeding support, nutrition counselling and pre/postnatal support. For more information call (902) 892-0928

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## *Montague*

**Carousel Prenatal and Postnatal Program:** Offers breastfeeding support, community kitchen, nutrition counselling and pre/postnatal information and support. For more information call (902) 838-4600

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## *Alberton*

**West Prince Prenatal Nutrition Program:** Offers breastfeeding support, community kitchen, nutrition counselling and pre/postnatal information and support. For more information call 1-800-778-3444

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## *Summerside*

**East Prince Prenatal Nutrition Program:** Offers breastfeeding support, community kitchen, nutrition counselling and pre/postnatal information and support. For more information call (902) 436-1348





## QUEBEC

**Quebec Info-Santé:** Residents can dial 811 to access health line. In Quebec, the Centres de santé et des services sociaux (CSSS) are the main gateways to accessing information and support. Those seeking pre-natal support and birthing support can get information from the province's INFO-SANTÉ helpline at 8-1-1. Birthing Centres are also under CSSS services with experienced and certified midwives.

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### *Montreal*

**Birthing Centres in the Greater Montreal area:** Affiliated with CSSS's, birthing centre services include care and follow-up during pregnancy, prenatal classes, services of a dietician, pre- and post-natal home visits, psycho-social support, support groups for parents, the option of birthing at home with a midwife, or at a birthing centre with a midwife, father, children or other family members present. Birthing centres are located at:

- CLSC du Lac-Saint-Louis (514) 697-1199
- Maison de naissance Côte-des-neiges (514) 736-2323
- Maison de naissance CSSS Jeanne-Mance (514) 527-2361

**Centre des femmes / Women's Centre of Montreal:** Offers mother-child weekly support group meetings for mothers with children aged 0 to 3 years of age. The centre distributes diapers, used baby furniture, items and clothing for low-income families. Its Mother-Child program offers workshops on parenting, operates a collective kitchen and educational outings. The centre employs two Aboriginal workers to provide culturally-appropriate support. For more information call (514) 842-4781.

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## *Montreal continued*

**Ligue La Leche:** Offers mother-to-mother support for breast-feeding. For more information call 1-866-2483.

**L'ordre des sages-femmes du Québec:** Provides Quebec midwives with a supportive environment in which to practice and develop their professional skills while assuring the protection and public safety of the public. It maintains a directory of qualified and certified midwives in the province of Quebec. For more information call (514) 286-1313.

**Nourri-Source Montreal:** Offers support groups and mentoring for mothers who are breast-feeding with volunteer mothers providing support and guidance. For more information call (514) 948-5160.

**Rising Sun Daycare Centre:** (Opening Fall 2009) Offers daycare services and educational support for Aboriginal parents with children aged 3 months to 5 years of age. Includes promotion of Aboriginal culture and language, healthy nutrition, security, social support and parental involvement. For more information call (514) 452-0075.

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## *Quebec City*

**Centre d'amitié autochtone du Québec:** Programme P.A.C.E. offers nutritional counselling and support by a trained nutritionist. Also offers an Aboriginal HEADSTART and daycare programs that offer culturally-appropriate intervention programs for children from 3 months to 5 years of age including health, nutritional, parental counselling and support. For more information call (418) 843-5818.

**CSSS de santé et de services sociaux:** Four CLSC's offering prenatal courses, prenatal clinics with nursing and counselling support, nutritional and psychosocial support for low-income families. For more information call (418) 651-8005.

**Maison de naissance de la Capitale-Nationale:** Offers prenatal, obstetrics and maternity services as well as child birthing and breast-feeding classes, home-birthing services, post-delivery follow-up for mother and baby and breast-feeding support. For more information call (418) 651-7453.

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### *Sept Îles*

**CLSC – Sept-Îles:** Offers prenatal courses, prenatal clinics with nursing and counselling support, nutritional and psychosocial support for low-income families. For more information call (418) 962-2572.

**Collectif de Sept-Îles pour la santé des femmes:** Provides information sessions and workshops on women's health issues. For more information call (418) 968-2436.

**Centre femmes aux quatre vents:** Support services provide to help women break out of their isolation and improve their living conditions. For more information call (418) 968-2925.

**Programme Uauitshitun - Mammit Innuat:** Offers prenatal, medical and nutritional support to Innu women in Sept Îles. For more information call (418) 962-0222.

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### *Val d'Or*

**Centre d'amitié autochtone du Val d'or:** The Friendship Centre of Val d'Or offers an Aboriginal HEADSTART and daycare programs that offer culturally appropriate intervention programs for children from 3 months to 5 years of age including health, nutritional, parental counselling and support. Also provides medical transport services for pregnant and nursing women. For more information call (819) 825-6857.

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*Val d'Or continued*

**Centre de santé et de services sociaux de la Vallée-de-**

**l'Or:** Offers prenatal courses, prenatal clinics with nursing and counselling support, nutritional and psychosocial support for low-income families. For more information call (819) 825-6711.

**Maison de la famille de Val-d'Or:** Offers regular parent/child meetings, parental support with temporary childcare services, and coffee shop for parents. For more information call (819) 874-3383

## SASKATCHEWAN

**Saskatchewan Healthline:** Phone: 1-877-800-0002

HealthLine is a free, confidential twenty-four hour health advice telephone line, staffed by registered nurses who are highly experienced, registered to practice in Saskatchewan, and specially trained to help you make decisions about your health care options. HealthLine service is offered in English, with translation in a wide variety of other languages including Cree, Dene, French.

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### *La Ronge*

**Parent Education / Support Program:** Offers nutrition counselling and pre/postnatal support and information. For more information call (306) 425-2051

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### *Prince Albert*

**Family Futures Program:** Offers breastfeeding support and pre/postnatal information and support. For more information call (306) 763-0760

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### *Regina*

**Healthiest Babies Possible Program:** Offers breastfeeding support, nutrition counselling and pre/postnatal information and support. For more information call (306) 766-7651

**Babies Best Start:** Offers breastfeeding support, nutrition counselling and pre/postnatal information and support. For more information call (306) 766-7662

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## *Saskatoon*

### **Midwife services:**

Offered by Debbie Mpofu. For information call: (306) 655-5663

Offered by Jessica Bailey. For information call: (306) 655-5762

**Food for Thought:** Offers breastfeeding support, childcare services, community kitchen, nutrition counselling, social support, transportation services and pre/postnatal information and support. For more information call (306) 655-4835



# YUKON

**Yukon Health Line:** Residents can dial 811 to access health line.

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## *Whitehorse*

**Healthy Families:** This program is designed to provide one-to-one support for parents of newborns. The program goals are to: enhance family functioning; promote positive child-parent relationships; and promote healthy childhood growth and development. For more information call Telephone: (867) 667-3745

**Whitehorse Health Centre:** Provides activities such as prenatal classes and postnatal care. For more information call (867) 667-8864

**Jim Skookum Friendship Centre:** Prenatal Nutrition Program provides a variety of services such as advocacy, referrals, counselling, weekly drop-in sessions, home visits, and dietary assessments / nutritional counselling - all aimed at proYukon Health Line: Residents can dial 811 to access health line.

moting and supporting the health of women throughout their pregnancies, and women with babies up to the age of 6 months old. For more information call (867) 633-7682

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## *Dawson Lake*

**Healthy Moms, Healthy Babies:** Offers breastfeeding support and pre/postnatal information and support. For more information call (867) 993-5149

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## *Watson Lake*

**Healthy Moms, Healthy Babies:** Offers breastfeeding support, nutrition counselling and pre/postnatal information and support. For more information call (403) 536-2668













