

A Catalogue of  
Online Resources for

# First Nations Mothers and Prenatals



MATERNAL ADDICTIONS



CONTINUUM OF CARE PROJECT



# Pregnancy is a time of excitement and great expectations...

*But also one of anxiety about how to become the best possible parent to your new child.*

This catalogue has been developed by  
Shibogama Health Authority  
to help new mothers and pregnant women  
navigate the path to successful motherhood.

There are many online resources that can help you prepare for your journey.

This booklet directs you to a few of those resources and provides you with links, apps and helplines that may make you more comfortable with your questions or concerns.

*We hope this resource list helps you transition through a healthy pregnancy to a happy family life with your newborn and growing children.*

*Photos by Willow Fiddler Blasizzo and Avery Fiddler*

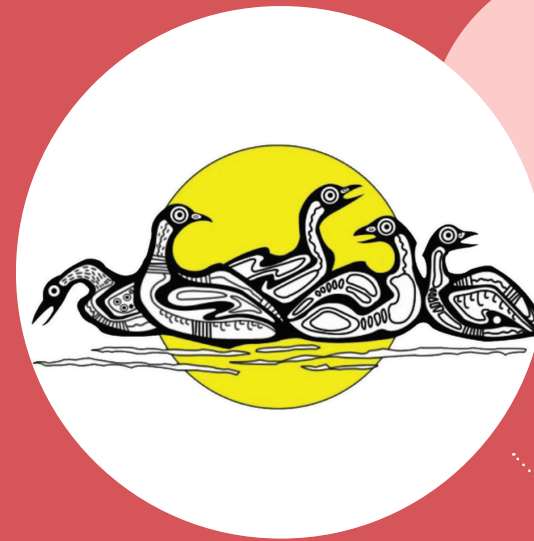
*Catalogue Created December 2014*

MATERNAL ADDICTIONS



CONTINUUM OF CARE PROJECT

The MACC Project is made possible by the funding of Health Canada through the Health Services Integration Fund.

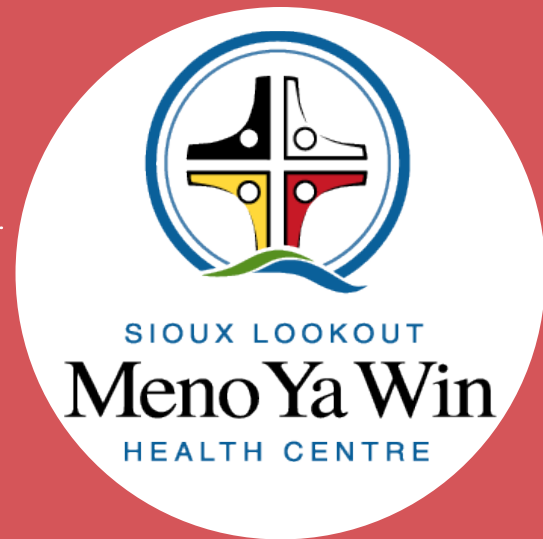


Printed and Designed by:  
Kwayaciiwin Education  
Resource Centre

Partners in this project are:



Shibogama Health  
Authority  
Sioux Lookout, ON



Sioux Lookout Meno  
Ya Win Health Centre  
Sioux Lookout, ON



Thunder Bay Regional  
Health Sciences Centre



the North West  
Local Health  
Integration  
Network

# Information About Pregnancy And Parenting

## 1. It's Time to Bring Home Your New Baby: Healthy Choices for Healthy Babies

Produced by Sioux Lookout Meno Ya Win Health Centre with funding from Nishnawbe Aski Nation and Ontario Ministry of Health and Long-Term Care

[http://www.slmhc.on.ca/assets/files/healthy\\_babies/new-baby-booklet.pdf](http://www.slmhc.on.ca/assets/files/healthy_babies/new-baby-booklet.pdf)

This is an informative



booklet that is appropriate for a new mother from the Nishnawbe Aski region. It provides useful information about caring for your newborn and for yourself. Some of the subjects it covers are: Why Your Baby Cries; What is Colic; Bath Time for Baby; When Baby Sleeps; Mom's Body; Making Mom Comfortable; etc. It includes words of wisdom from Gookoom and Shoomis, and northern specific references like cradle board tips and how to swaddle your baby.

## 2. Beginning Journey: First Nations Pregnancy Resource

Best Start Resource Centre, 2013

[http://www.beststart.org/resources/rep\\_health/E33A\\_Beginning\\_Journey.pdf](http://www.beststart.org/resources/rep_health/E33A_Beginning_Journey.pdf)

This 120 page prenatal book will help First Nations women to prepare for pregnancy, to have a healthy pregnancy, and to welcome your new baby into the family. It shares cultural knowledge from Elders, community members, and First Nations caregivers. It also provides medical information about each of the pregnancy trimesters, about the labour and birth process and about caring for your newborn. At the end of each chapter there is a page where you can make notes about your own pregnancy.

## 3. Useful Websites and Helplines

**Baby Center Canada:**

<http://www.babycenter.ca/>

This site has information about all stages of pregnancy, labour and delivery, and about you, your newborn, growing baby, toddler and preschooler. It includes articles, videos, free newsletters you can sign up for to track your baby's development while you are pregnant. Lots of fun stuff too, like baby name videos and their meanings, how to "Bond with your Bump", and answers to questions you might never have thought to ask.

**Best Start Resource Centre:**

<http://www.beststart.org/>

Good website for up to date news and articles related to prenatal, maternal and child health, and parenting. It has a section for parents and specifically for Aboriginal parents. Lots of resources to download as well.

**Motherisk:**

<http://www.motherisk.org/women/index.jsp>

Motherisk offers helplines and a clinic for information and counselling pregnant women about the effects of alcohol and drugs on a developing fetus. Their website is maintained by the Hospital for Sick Children (SickKids) in Toronto. It provides extensive information about pregnancy and breastfeeding including substance use during pregnancy and breastfeeding. It regularly posts new information and research on issues of interest to pregnant women and parents and includes many links to websites to help you have a healthy pregnancy and raise a healthy child.

Motherisk also operates free helplines for women. It has trained counsellors who provide confidential telephone support. There is also a specific phone number women can call to ask questions on drug and alcohol use during pregnancy.

**Motherisk General Helpline: 1-877-439-2744**  
**Alcohol and Substance Info Line: 1-877-327-4636**  
**Morning Sickness Helpline: 1-800-436-8477**



#### **Parents Canada:**

<http://www.parentscanada.com/>

This is the website of the publishers of Parents Canada Magazine. digital issues on your computer or other digital devices by downloading digital issues. The website has information about pregnancy, raising your baby, toddler, and school-aged children. Lots of jam-packed stuff to read.

#### **Healthy Pregnancy Calendar:**

<http://www.phac-aspc.gc.ca/hp-gs/calendar/calendar-eng.php>

The Public Health Agency of Canada has lots of information for prenatals and parents. This link is an example of a calendar where you can input your approximate conception date and find out how your baby is developing during each month of your pregnancy. For instance, do you know when your baby opens its eyes? (Month 6) Or when its eyebrows start to grow? (Month 5)

## **4. Cell Phone Apps**

### **BabyCenter My Pregnancy Today app**

*Free for Androids, iPhones or iPod Touch available on the App Store (iTunes)*

This app provides comprehensive daily information and advice for your smart phone, including fetal development images; a pregnancy checklist; videos about what's happening inside your body and live action births; access to birth clubs to meet other moms-to-be due about the same time; due date calculator and a nutrition guide.

### **BabyCenter Birth Class**

*Free App for the iPad*

This app helps you and your partner prepare for labour and birth with an instructor-led birth class from BabyCenter. It's full of important information and birth stories shared by parents.

### **BabyCenter My Baby Today app**

*Free for Androids and iPhones available on the App Store*

Includes a personalized daily calendar of your newborn baby's development; helpful checklists and reminders you can update to fit your needs; a photo album for recording your baby's growth and special moments; answers for when you wonder, "Is this normal?"; information on health and safety; suggested activities for your baby each week; advice on care and feeding; and ideas for taking care of yourself too.



# Drug And Alcohol Use In Pregnancy And Parenting



1. **Give and Take: A booklet for PREGNANT WOMEN about alcohol and other drugs**

Action on Women's Addictions – Research & Education, AWARE Press, 2009

[http://www.aware.on.ca/sites/default/files/Give-and-Take\\_o.pdf](http://www.aware.on.ca/sites/default/files/Give-and-Take_o.pdf)

This 66 page booklet support spregnant women who struggle with substance use issues. It is based on harm reduction principles and provides pregnant women with information about alcohol, tobacco, and other drugs (including prescription medications, over-the-counter drugs, and street drugs).

See more at:

<http://www.aware.on.ca/resources/resources-women>

2. **Fact Pack: 5 Hot Topics for Young Women**

AWARE Press, January 2009

[http://www.aware.on.ca/sites/default/files/fact-pack-5-hot-topics\\_o.pdf](http://www.aware.on.ca/sites/default/files/fact-pack-5-hot-topics_o.pdf)

Information aimed specifically for young women. The five hot topics include: smoking, self image, sexual health, stress and pregnancy, and sexual abuse. The booklet gives information about how the topics are impacted by alcohol and drugs and offers suggestions as to where to get more information and support.

# Breastfeeding

Many resources are available online from Best Start regarding breastfeeding. They can be downloaded from the website:

<http://www.beststart.org/resources/breastfeeding/>

The following are just a few resources that seem appropriate for northern women. It is useful to keep checking the Best Start website for new or updated resources.

## 1. Breastfeeding for the Health and Future of Our Nation, A Booklet for Aboriginal Families and Communities in Ontario

Best Start Resources Centre, 2013

[http://www.beststart.org/resources/breastfeeding/BFHFN\\_sept26.pdf](http://www.beststart.org/resources/breastfeeding/BFHFN_sept26.pdf)

This is a 48 page booklet available online that was created to support First Nations women to breastfeed. It provides supportive strategies for mothers, babies and families. The Medicine Wheel is used to symbolize the balance needed to support breastfeeding women. It provides:

- Information about Aboriginal traditions around breastfeeding
- How the teachings of the medicine wheel support the teachings about breastfeeding

- Information about why breastfeeding is important
- Practical tips on how to get started and continue to breastfeed
- Answers to common questions about breastfeeding
- Helpful information and resources

## 2. Breastfeeding Matters: An important guide to breastfeeding for women and their families

Best Start Resources Centre, Revised 2013

[http://www.beststart.org/resources/breastfeeding/pdf/BreastfeedingMatters\\_2013\\_low\\_ref\\_reference.pdf](http://www.beststart.org/resources/breastfeeding/pdf/BreastfeedingMatters_2013_low_ref_reference.pdf)

This 44 page booklet helps women and their families explore breastfeeding from prenatal decisions, to learning the breastfeeding basics, to gaining confidence. Topics include: making an informed decision, getting started, learning to breastfeed, common concerns, frequently asked questions, and where to get help.

## 3. Useful Breastfeeding Websites:

La Leche League:

<http://www.la lecheleague.org/>

La Leche League is a society that has been providing mother-to-mother support, encouragement, information, and education about breastfeeding for decades. Its website is extensive and provides “answer pages” to every question you can think of about breastfeeding.

## 4. Breastfeeding Your Baby After a Caesarean Birth

<http://trilliumhealthpartners.ca/patientservices/womens/Pages/breastfeeding-after-caesarean-birth.aspx>

This is a 12 minute video with helpful tips and information that address the particular challenges experienced by breastfeeding mothers after a caesarean birth.

## 5. Video: Bonding Circle of Breast-Feeding

<http://www.youtube.com/watch?v=uNvM3GIO-Mg>

This video portrays a positive experience in teaching the holistic way of life that most First Nation People of North America are accustomed to. It sends a message loud and clear that breast-feeding is and will always be a part of our First Nations’ tradition and culture.



# Baby Registration

---

## 1. Baby Registration in Ontario

<https://www.ontario.ca/government/register-your-newborn-baby>

## 2. Register Child for Indian Status

<https://www.aadnc-aandc.gc.ca/eng/1309962245546/1309962379050>

## Additional Resources

### Video: The Life You Want: A Young Woman's Struggle Through Addiction

<http://www.slnha.com/health-services/prescription-drug-abuse/>

In the fall of 2010, Sioux Lookout First Nations Health Authority (SLFNHA) and The Chiefs Committee on Health started working on a film project on opiate drug abuse. In early 2011, SLFNHA hired Thunderstone Pictures to produce a documentary to follow a young woman from Eabametoong First Nation (Fort Hope) on her journey to overcome her addiction to OxyContin and the struggle to access treatment.

# Regional Resources For Mothers





# Sioux Lookout Resources

## Sioux Lookout Meno Ya Win Health Centre: Healthy Choices for Healthy Babies

<http://www.slmhc.on.ca/healthy-choices-for-healthy-babies>

This resource provides some useful information to answer some of your questions about caring for your new baby and being a new mother. Additional information is available to access such as Caring for Baby's Teeth; Immunization; Breastfeeding; Playing, Reading & Talking; and an interactive Breastfeeding Medicine Wheel.

## Sioux Lookout Parenting Inventory, Northwestern Health Unit

<https://www.nwhu.on.ca/communitypages/SiouxLookout/Pages/Sioux-Lookout-Parenting-Inventory.aspx>

If you are visiting Sioux Lookout by yourself or with your family, join in on some of the activities and access some of the services that may be available to you in this online resource.

## Northwestern Health Unit - Sioux Lookout Page

<https://www.nwhu.on.ca/communitypages/SiouxLookout/Pages/home.aspx>

This page provides information on community news, events, things to do and useful links for when you are in Sioux Lookout.

## Nishnawbe-Gamik Friendship Centre

<http://www.ngfc.net/>

Visit the Nishnawbe-Gamik Friendship Centre's new and improved website. It provides information about their programs including their Aboriginal Best Start Hub, Aboriginal Healing and Wellness. They have many activities for families, youth and children.

# Thunder Bay Resources

## Thunder Bay Regional Health Sciences Centre Maternal Child Services

[http://www.tbh.net/programs\\_&\\_services/maternal\\_child.asp](http://www.tbh.net/programs_&_services/maternal_child.asp)

The Maternal Child Services of TBRHSC provide services for parents before, during and after birth and for the new born baby. They also provide care for children from infancy up to 17 years through their Pediatric unit.

Parents and their newborns are prepared for their return home in their comfortable, 18 bed, Mother Baby Combined Care Unit. Healthy mothers and babies are cared for together by one nurse to foster confidence and competence in self-care and baby care skills; and to promote parent-infant bonding. Their specialized registered nurses provide individualized care for mothers and their babies including mother and baby care education.

## Thunder Bay Regional Health Sciences Centre Maternity Centre Services Brochure

[http://www.tbh.net/programs\\_&\\_services/maternity\\_centre/Maternity%20Centre%20Brochure.pdf](http://www.tbh.net/programs_&_services/maternity_centre/Maternity%20Centre%20Brochure.pdf)

The Maternity Centre is a comprehensive prenatal program which offers services from a team of care providers. Obstetricians, Midwives, Family Physicians and a Nurse Practitioner offer prenatal care to women in Thunder Bay and the region. All women without a care provider during their pregnancy are welcome to call the Centre to schedule an appointment with one of our prenatal care providers. The nurse practitioner also offers a prenatal walk-in clinic for women who have not had prenatal care during their pregnancy.

In addition to prenatal care, the Maternity Centre has an interdisciplinary team of support staff available to assist with any of your needs during pregnancy that will help you and your baby maintain a healthy lifestyle. The team has a dietitian, a social worker, an exercise therapist, a lactation consultant, prenatal educators, a smoking cessation coach, and a cultural liaison worker.

## Anishnawbe Mushkiki

<http://mushkiki.com/>

Anishnawbe Mushkiki is an Aboriginal Community Health Centre established as a primary health care facility within the District of Thunder Bay. Anishnawbe Mushkiki serves all Aboriginal people throughout their lifecycle. They provide wholistic healthcare including primary, traditional and alternative approaches. Their services include clinic care, culture, education, intervention and prevention.

## Thunder Bay Indian Friendship Centre

<http://www.tbifc.ca/>

The Friendship Centre offers a large variety of regular and special programming including parenting programs. Check out their website or call them to connect with a program that interests you.



# Winnipeg Resources

## Winnipeg Health Sciences Centre Women's Hospital Online Women's Hospital Prenatal Tour

<http://www.hsc.mb.ca/patients/WomensHosp.html>

The Tour has a video posted that will answer some important questions you may have as you prepare for childbirth at WHSC such as:

- What do I need to bring with me?
- How do I know when I'm ready to go to hospital?
- What will happen when I arrive?
- What will happen during childbirth?
- What happens when I'm ready to go home with my newborn?

The website has the following links to learn more about:

- Checking Your Baby's Movements
- Pre-labour and True Labour
- Role of Support Person
- Safety
- Resources

## Indian and Metis Friendship Centre of Winnipeg

[http://www.tbh.net/programs\\_&\\_services/maternity\\_centre/Maternity%20Centre%20Brochure.pdf](http://www.tbh.net/programs_&_services/maternity_centre/Maternity%20Centre%20Brochure.pdf)

Website: <http://imfc.weebly.com/>

Facebook Page: <https://www.facebook.com/pages/The-Indian-Metis-Friendship-Centre-of-Winnipeg-IMFC/626710274019206>

The mission of the Indian and Metis Friendship Centre of Winnipeg (I.M.F.C.) is to help and support the Aboriginal community. They have varied programs and special activities for all.

## **Guide to Health and Social Services for Aboriginal People in Manitoba**

<http://www.wrha.mb.ca/aboriginalhealth/services/files/AHSGuide.pdf>

While some may be eligible for services through the First Nations and Inuit Health Branch, others may not. Different levels of government provide different services to different people, and this complicated system can be confusing. The Winnipeg Health Region's Aboriginal Health Programs has created this resource to help. Depending on your status (First Nation, Non-status, Inuit or Métis), different eligibility criteria may apply. To help you determine your eligibility for the services listed, you will find a colour code above each listing, as follows: First Nations, Inuit, Metis, & Non-Status.

## **Winnipeg Regional Health Authority**

**Aboriginal Health Programs, Health Services Brochure:**

<http://www.wrha.mb.ca/aboriginalhealth/services/files/Brochure-Services.pdf>

## **GUIDE TO MENTAL HEALTH RESOURCES For First Nations, Métis & Inuit people in Winnipeg**

<http://www.wrha.mb.ca/aboriginalhealth/services/files/MentalHealthGuide.pdf>

The Winnipeg Regional Health Authority Aboriginal Health Programs in collaboration with the Regional Mental Health Program has put together this guide to assist First Nations, Métis, and Inuit peoples find mental health care information and services within Winnipeg. If someone is experiencing mental health problems or emotional health concerns, this guide will provide information on types of services available in Winnipeg and how to access the various services.

## **Aboriginal Health Programs – Health Services Patient Handbook of Frequently Asked Questions**

<http://www.wrha.mb.ca/aboriginalhealth/services/files/PatientHandbook.pdf>

This 20 page guide provides a variety of information to address questions about Aboriginal Health Programs relating to travel, accommodations, food, clothing, medical, contact information, etc.

## **Overall Resources for Winnipeg Regional Health Authority:**

<http://www.wrha.mb.ca/aboriginalhealth/services/resources.php>

# MATERNAL ADDICTIONS



## CONTINUUM OF CARE PROJECT

The MACC Project is made possible by the funding of Health Canada through the Health Services Integration Fund.

Partners in this project are



Shibogama Health Authority  
Sioux Lookout, ON



SIoux LOOKOUT  
**Meno Ya Win**  
HEALTH CENTRE

Meno Ya Win Health Centre

Thunder Bay Regional Health Sciences Centre and  
the North West Local Health Integration Network

Printed and Designed by:



Kwayaciiwin Education Resource Centre