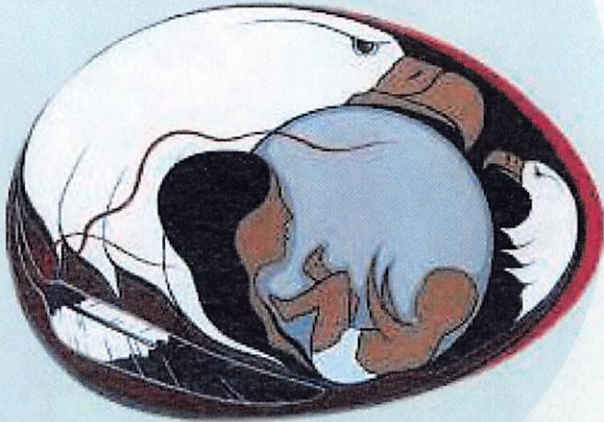


Bebiins Miinwaa Niin Jiibwaa Daadzid Miinwaa Gmaapiich

.. is a program coordinated by a
Canadian Prenatal Nutrition Program
(CPNP) Worker
PROGRAM GOAL

To support the health of Aboriginal
women and their infants and families
through community based prenatal
and postnatal Aboriginal programs.

We educate, encourage, and support
women in a holistic way by
incorporating traditional values and
beliefs in all programs. In this way, we
enhance the physical, emotional,
spiritual, and mental well-being of
mother, infant, family, and
community.



Location and Sponsored by:

N'SWAKAMOK NATIVE FRIENDSHIP CENTRE

110 Elm Street
Sudbury, Ontario
P3C1T5

FOR MORE INFORMATION:

Phone: (705)674-2128
Fax: (705)671-3539
Email: prenatal@nfcsudbury.org

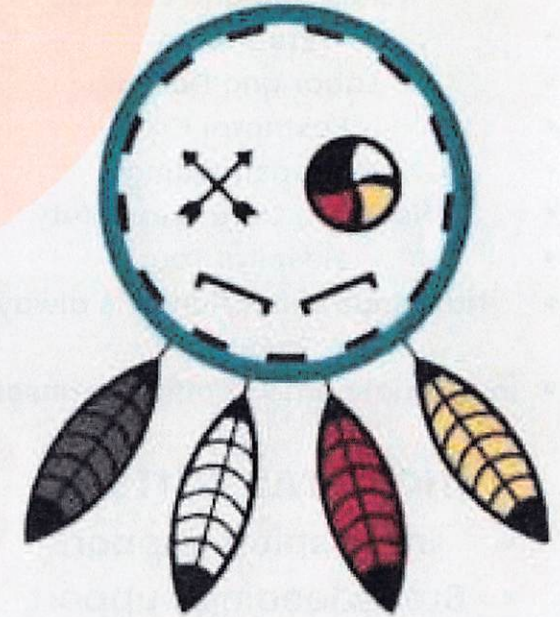
OFFICE HOURS

Monday to Friday
8:30 a.m to 4:30 p.m

Summer hours
Monday to Friday
8:00 a.m to 4:00 p.m

N'SWAKAMOK NATIVE FRIENDSHIP CENTRE

**NEBIINS MIINWAA NIIN JIIBWAA
DAADZID MIINWAA GMAAPINCH**



**BABY AND ME BEFORE BIRTH
AND LATER ON**

ABORIGINAL PRENATAL NUTRITION PROGRAM

PRENATAL PROGRAM

Support persons are encouraged to attend!

- Cultural Teachings
- Nutrition
- Relaxation and Exercise
- Pregnancy
- Labor and Delivery
- Postnatal Care
- Breastfeeding
- Newborn Care and Safety
- Hospital Tours
- Nutritious snack/lunch is always available
- Individual home or office counseling

HOSPITAL VISITS

- in-hospital support
- Breastfeeding support
- Delivery of baby basket



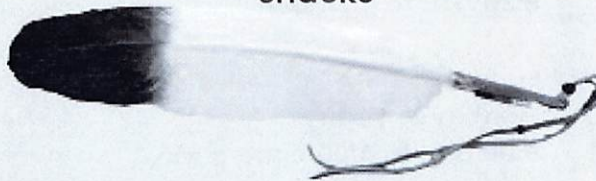
HOME VISITS

Information and support concerning:

- Setting up
 - Newborn Care
 - Breastfeeding
 - Relationships
 - Sexuality and Birth Control
 - Family adjustment and growth
- #### ASSESSMENT OF
- Postpartum recovery
 - Newborn health

TALK AND TALK

- Crafting, quilting, knitting, baking
- Sharing about successes and challenges of infant care, parenting, safety, relationships and lifestyle
- Breastfeeding support
- Nutrition information and snacks



REFERRALS & LINKAGES

- Aboriginal Family Support
- Healing and Wellness
- Drug & Alcohol Program
- Alternative School
- Employment Services
- Life Long Care
- Court Workers (Family and Criminal)

