



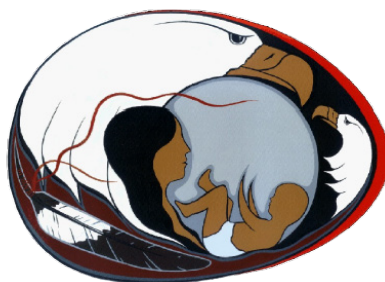
Bebiins Miinwaa Niin Jiibwaa Daadzid Miinwaa Gmaapiich

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

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.



Contact:

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N'Swakamok Indigenous Friendship Centre

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Hours

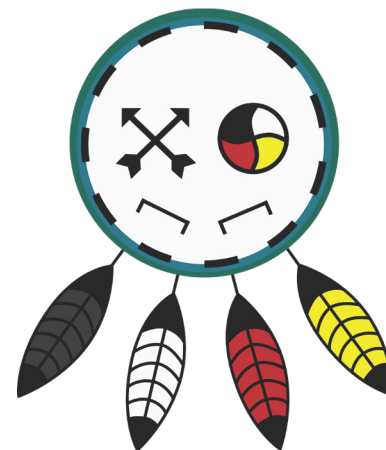
Monday - Thursday

8:30 to 4:30

Friday

8:30 to 2:30

Aboriginal Prenatal Nutrition Program



N'Swakamok Indigenous Friendship Centre

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 provided
- 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

Assessment of

- Postpartum Recovery
- Newborn health

Talk and Task

- Crafting, Quilting Knitting, Baking
- Sharing about successes and challenges of infant care, parenting, safety, relationships, and lifestyle
- Breastfeeding Support
- Nutrition information and snack

Referrals & Linkages

N'Swakamok Programs

- CAP-C
- Healing & Wellness
- Drug & Alcohol
- Alternative School
- Employment Services
- Life Long Care
- Indigenous Courtwork
- Healthy Babies, Healthy Children
- Indigenous Housing Support

Assessment of

- Postpartum Recovery
- Newborn health

