



### Wiji'idiwag Ikwewag Vision

We want to empower families and connect them to their Indigenous language, culture and identity throughout the journey of pregnancy, birth, post-partum and beyond.

Wiji'idiwag is committed to personal healing and wellness to foster nurturing and empowering relationships that will create a strong foundation to support families and communities.

This is a new service initiated by :



[kiminoayawin.com](http://kiminoayawin.com)



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Wiji'idiwag Ikwewag  
Women Helping Each Other

### Indigenous Birth Helper Support



**Are you pregnant and interested in support from a birth helper?**

## What is an Indigenous Birth Helper?

A birth helper is trained to provide emotional, physical, spiritual and cultural support to pregnant individuals and their families before, during and after childbirth.



Birth Helpers share teachings and practices that build confidence and promote the restoration of traditional birth practices, sacred family bonds and healthy relationships.

Birth Helpers do not provide clinical care.

### Birth Helpers will:

- ⇒ Provide you with information to support a healthy pregnancy.
- ⇒ Develop a birth plan with you and share techniques to prepare for labor and birth. Such as: massage, breathing techniques, comfort measures, songs and prayers.
- ⇒ Provide support and guidance in newborn care, breastfeeding, bottle feeding and self-care.
- ⇒ Share traditional birthing and parenting practices.
- ⇒ Attend medical appointments with you, if you wish.
- ⇒ Advocate to ensure a positive birthing experience.
- ⇒ Connect you to other services that you may need.



## Who are these Services For?

This service is available for Indigenous families who are planning to give birth or have given birth at the Thompson General Hospital.

- ◆ Indigenous community member living in a Northern First Nation or community in Northern Manitoba.
- ◆ Indigenous community members living in Thompson.

## How can I get support from a Birth Helper?

- ⇒ Ask your doctor, midwife, nurse, CHR or Maternal Child Health program worker to refer you.
- ⇒ Or contact the Project Coordinator.

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