



Wiji'idiwag Ikwewag
Women Helping Each Other

ARE YOU PREGNANT & INTERESTED IN SUPPORT FROM A BIRTH HELPER?

Indigenous Birth Helpers are available to provide emotional, physical, spiritual, and cultural support for individuals and families before, during and after childbirth.

Birth Helpers will:

- ✓ Share resources & information on how 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.
- ✓ Advocate to ensure a positive birthing experience.

Who are these services for?

- ✓ Indigenous mothers/individuals and families accessing birthing services at Thompson General Hospital

**If you would like support from a birth helper
please contact the Project Coordinator at
204-226-1905 or email ikwe@wibirthing.ca**



Visit our website at:
www.wibirthing.ca