

## How do I get connected to an Indigenous Birth Support Worker?

Referral to our program is voluntary and free, and can be made by:

- Asking your health care provider to complete the referral form before you have your baby.
- Calling the Indigenous Birth Support Worker Program and leaving a message. We will call you within 2 days of receiving the message.
- Letting the nursing staff know you are interested in this program, when you arrive to be admitted to the hospital.

If you are planning to have your baby in Saskatoon, completing the referral form prior to coming to the hospital gives our Birth Support Workers an opportunity to connect with you and to get to know you prior to your baby's birth.

Please be advised that this program is available on a first come, first serve basis.

## How to get to the 3rd floor Maternal Care Centre at the Jim Pattison Children's Hospital



- Use the main entrance located on Level 5 of the parkade. Head directly to the main elevators in the lobby, press the up button and go to the 3rd floor.
- If you park on another level, take the stairs or elevator up to the Main Floor and follow the signs to Maternal Care Centre on the 3rd floor.
- If you are arriving by taxi or being dropped off or picked up, the driver may enter the parkade and drop you off or pick you up at the front doors of JPCH without charge for a maximum of 20 minutes.
- Short term (90 min) parking is available directly in front of the hospital.

Registration is open 24 hours/7 days per week.

### Contact Information:

**103 Hospital Drive  
Saskatoon, SK S7N 0W8**

**Phone: 306-514-7978**

**Fax: 306-655-2067**

**E-mail: [BirthSupportJPCH@saskhealthauthority.ca](mailto:BirthSupportJPCH@saskhealthauthority.ca)**

## Maternal Care Centre Jim Pattison Children's Hospital Indigenous Birth Support Worker



Photo Courtesy of  
Elicia Munro Photography



Artwork by Wakeah Jhane

# Indigenous Birth Support Worker Program

The Maternal Care Centre, located within the Jim Pattison Children's Hospital, offers First Nations, Métis and Inuit women the support of an Indigenous Birth Support Worker. As part of our commitment to the Truth and Reconciliation "calls to action", this free program is a first step to re-establishing trust.

## What can an Indigenous Birth Support Worker do for you?

- Help pregnant mothers feel safe, comfortable and well-informed to voice opinions, ask questions, and make requests.
- Advocate for the mother, her partner, and surrounding family to ensure the memory of the birth experience is positive and protected.
- Provide care using a holistic approach, using the medicine wheel to incorporate balance and to ensure cultural traditions/ ceremonies are available and respected.
- Provide prenatal, labour, and early postpartum support.

## Benefits include, but are not limited to:

- Knowledgeable in the history of Indigenous people and their birth practices.
- Honour and respect cultural protocols:
  - Prayers for safe birth
  - Smudging ceremonies
- Assistance with developing a birth plan which may include traditional medicines, song and connection to Elders, Knowledge Keepers or other spiritual advisors.
- Provide physical, emotional, spiritual and visual comforting measures.
- Helping mothers and families make informed choices based on their values.
- Creating a positive atmosphere for bonding between baby, mom, and all other family members.
- Training in breastfeeding, early childhood education, and nutrition.
- Providing resources and additional supports, if needed.
- Promoting effective communication between families and their healthcare team.

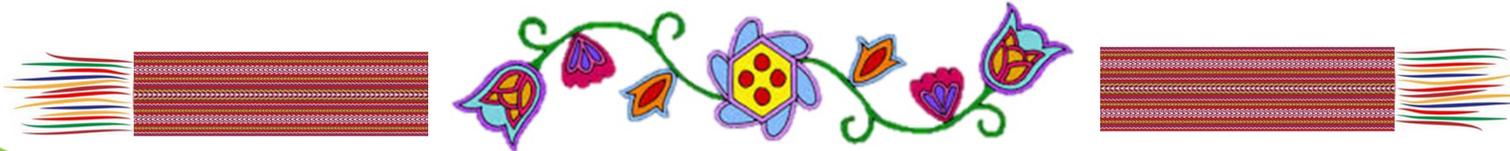


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## How are Indigenous Birth Support Workers trained?

The Birth Support Workers working in the Maternal Care Centre have received training that was developed in partnership with the Saskatchewan Health Authority and Gabriel Dumont Technical Institute. This training incorporates knowledge of traditional birthing practices and follows the educational standards outlined by DONA International.

DONA International's mission is to promote high quality birth and postpartum support by setting the standard for the profession through evidence-based training and certification for doulas of diverse backgrounds.



*"Healing one birth at a time"*