RESOURCES:

THE BCAAFC DOULAS FOR ABORIGINAL FAMILIES GRANT PROGRAM:

"OFFERED BY THE BC ASSOCIATION OF ABORIGINAL FRIENDSHIP CENTRES (BCAAFC). THE GOAL OF THE PROGRAM IS TO INCREASE HEALTHY BIRTH OUTCOMES FOR INDIGENOUS FAMILIES BY REMOVING THE COST BARRIER TO ACCESSING DOULA SERVICES. THE GRANT PROGRAM PROVIDES INDIGENOUS FAMILIES LIVING IN BC UP TO $1,200.00 OF COVERAGE FOR DOULA SERVICES WITH EACH PREGNANCY"

REFERENCES:

E RUEL, ANISHINAABEG, KELOWNA, BIRTH KEEPER, PERSONAL COMMUNICATION, NOVEMBER 8TH. 2022

OUR INITIATIVES: BGC CANADA'S INDIGENOUS ADVISORY CIRCLE. BGC CANADA. (2022, OCTOBER 7). RETRIEVED NOVEMBER 8, 2022, FROM HTTPS://WWW.BGCCAN.COM/EN/EDI/OUR-INITIATIVES/BGC-INDIGENOUS-ADVISORY-CIRCLE/

RUEL , E. (N.D.). ELISE RUEL - KELOWNA BIRTH SUPPORT. ELISE RUEL BIRTH SERVICES. RETRIEVED NOVEMBER 8, 2022, FROM HTTPS://WWW.ELISERUEL.COM/#/

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ALL TEXT IN QUOTATIONS ARE ELISE'S WORDS

WHAT IS AN INDIGENOUS BIRTH KEEPER?

HEALING AND EMPOWERING ONE BIRTH AT A TIME

ADVOCACY:

AN INDIGENOUS BIRTH KEEPER CAN ACT AS AN ADVOCATE ON YOUR BEHALF AS YOU NAVIGATE YOUR BIRTH. BIRTH CAN BE AN INCREDIBLY VULNERABLE EXPERIENCE; HAVING SOMEONE WHO HONOURS YOUR INDIGENEITY AND UNDERSTANDS THE UNIQUE CONTEXTS OF INDIGENOUS FOLKS CAN MAKE ALL THE DIFFERENCE TO YOUR INTRODUCTION TO PARENTHOOD.

HOLISTIC HEALTH:

"WE THINK ABOUT OUR HEALTH IN SIX YEARS' TIME; OUR COMMUNITY'S HEALTH IN SIX GENERATIONS' TIME"

THIS CAN LOOK LIKE...

- PRENATAL, BIRTH AND POSTPARTUM EDUCATION
- EMOTIONAL, SPIRITUAL AND PHYSICAL SUPPORT DURING BIRTH
- ADVOCATING INDIGENOUS BIRTHING PRACTICES AND CEREMONIES
- DEVELOPING A BIRTH PLAN
- POSTPARTUM FOLLOW UPS AND CARE

SEVEN GRANDFATHER TEACHINGS:

INDIGENOUS BIRTH KEEPERS WILL ADVOCATE FOR YOUR PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL HEALTH WITH CULTURALLY SPECIFIC TEACHINGS, STORIES AND KNOWLEDGE.