

Together Our Community Can Help Prepare For New Life

Together we can help women set the stage for generations to come. Here are some ways you can help mothers and babies.

Community Groups

Ask your Tribal Council, leaders in your church and community leaders to create programs and services that focus on women's health and babies' health.

Have church members start a "baby basket." Put baby items in a basket 3-4 times a year and give them to mothers in need.

Ask elders to teach new mothers and healthcare providers about American Indian ways.

Ask tribes, Indian organizations and Indian church leaders to help families adopt healthy lifestyles.

Share these messages at pow wows, other events in health clinics and stores.



Occaneechi Saponi

As a group (church, Tribal Council, civic group) we will:

Write down ways you can help women in your family and community have healthier babies.

A Call to Action

Now turn your ideas into actions.

As a family member or friend, I will:

- Share snacks of fruits, nuts or fresh vegetables.
- Go outside and walk during lunch or at breaks.
- Let your co-worker know she can call you for help. Give her your phone number.
- Plan a baby shower. Give baby clothes to new moms.
- Encourage employers to make offices non-smoking areas.



Waccamaw-Siwan-Lumbee-Lumbee



Edisto Saponi

Co-Workers

Family & Friends

- Offer support. Help a pregnant woman or new mom with chores, shopping or cooking.
- Do not smoke around pregnant women and babies.
- Visit often. Talk, take a walk or see a movie together.
- Share a meal. Treat a pregnant woman or new mom to lunch or dinner.
- Go with your partner to her doctor visits. Go to birthing classes and be there for the birth.
- Help take care of the baby so the mom can rest.



Occaneechi Saponi

Did you know . . .

American Indian babies are almost two times more likely to die before their first birthday than white babies.*

The main causes of death for American Indian babies are:

- being born too early (before 37 weeks)
- being born too small (less than 5½ pounds)
- lung or breathing problems
- birth defects

Premature and low birthweight babies often have health problems for the rest of their lives.

Many of these deaths can be prevented.

*It is important to answer questions about race and ethnicity on health records. This helps give a truer record of American Indian births and infant deaths.

By working together, we can change these things and help each American Indian child be born strong and survive.



Haliwa Saponi

There is still much to learn

1-800-367-2229

NC Family Health Resource Line
English and Spanish

1-800-FOR-BABY

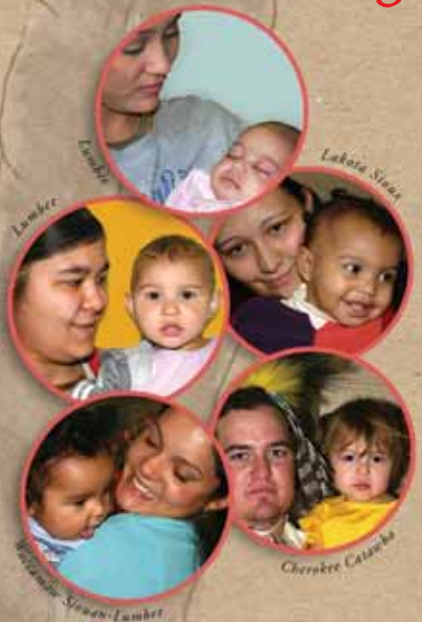
TTY: 1-800-976-1922
for hearing impaired

Call for information and referral about:

- Health before pregnancy
- Family planning
- Pregnancy and prenatal care
- Substance use or smoking in pregnancy
- Breastfeeding, nutrition and WIC
- Infant, child and teen health
- Children's health insurance

Contact your health agency, Tribal Council or urban organization for resources and to take action for keeping the circle healthy.

Keeping the Circle Healthy



We can work together to help American Indian babies in our families, in our tribes, in our communities be born healthy and live strong.

The survival of each new face ensures the survival of our people.

V. Jeffries (Occaneechi Saponi)

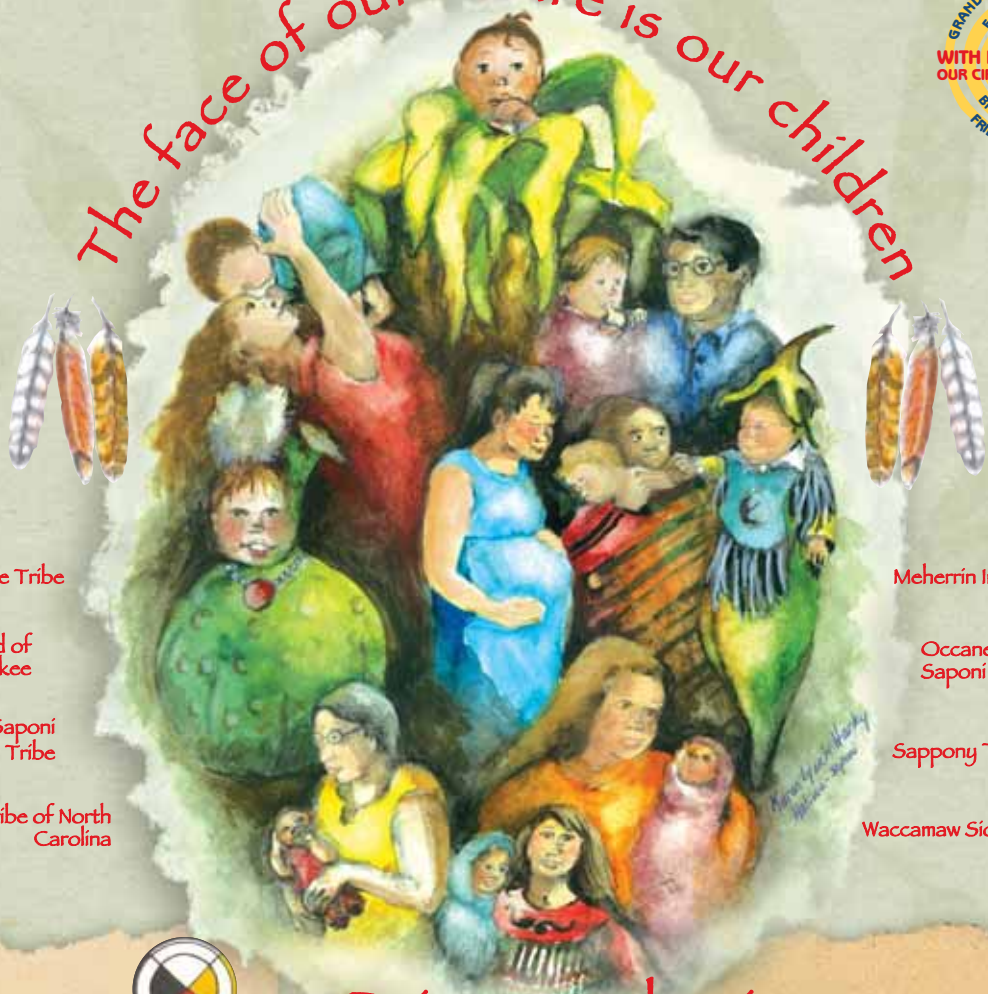


In collaboration with the N.C. Commission of Indian Affairs, the N.C. Division of Public Health and the Office of Minority Health and Health Disparities



<http://www.doa.state.nc.us/cia/indian.htm>

The face of our future is our children



Coharie Tribe

Meherrin Indian Tribe

Eastern Band of Cherokee

Occaneechi Band of the Saponi Nation

Haliwa Saponi Indian Tribe

Sappony Tribe

Lumbee Tribe of North Carolina

Waccamaw Siouan Tribe

Wise Sayings



given to us by American Indian leaders

- May every American Indian child be born strong and healthy, and grow with wisdom and compassion.
- We teach from the heart so each new child may know truth.
- We nurture and love so each new child may grow strong and live long.
- Together we seek blessings so each new child may show kindness.
- We celebrate our past and hold fast to our ancestors' words so each new child may grow wise.
- Together we share responsibility that our Native sons and daughters have the best chance in life.

Emergency Information

Doctor's name: _____

Doctor's phone: _____

Emergency phone: _____

We live at (address): _____

Being a mother is very special

To help our sons and daughters enter this world healthy, women should:

- Get medical care early in pregnancy. Go to all health check-ups.
- Talk to a doctor if already taking medicine and thinking about getting pregnant.
- Eat more fresh fruits and vegetables including corn, beans, squash and leafy greens. Steam or bake meats instead of frying, and cook well.
- Take a multivitamin with 400 micrograms of folic acid every day. This can prevent some birth defects even before a woman knows she is pregnant.
- Drink extra fluids: 6-8 glasses of water, juice or milk a day. Limit caffeine from coffee, tea or sodas.
- Choose not to drink beer or alcohol. Drinking any alcohol during pregnancy may cause birth defects and damage the baby's brain and nerves. This can result in learning and behavior problems in children. It also increases the baby's chances of Sudden Infant Death Syndrome (SIDS).
- Avoid drugs or any substances used to get high. Drugs can cause miscarriage (loss of the baby), birth defects and nerve damage in the baby.
- Choose not to smoke or chew tobacco because they can cause a baby to be born too early or too small. Smoking causes lung problems and learning disabilities in babies. It puts babies at a greater risk of dying from SIDS.
- Get help if someone is hurting you or your baby.
- Form or join a Native talking circle. Seek counseling if feeling very sad or depressed.
- Find ways to manage stress with quiet time, deep breathing, chanting, making changes or getting help.
- Exercise every day for 20-30 minutes. Walk the land or around the block with a friend.
- Control diabetes. Blood sugar (glucose) levels will be affected by pregnancy and may require more effort to maintain.
- Manage high blood pressure. It can cause the baby to be born with a low birthweight or early. High blood pressure can harm the mother's kidneys and other organs.
- Try to breastfeed your baby until the first birthday.
- Seek the advice of elders. Reflect on your Tribal heritage and what you will teach your child.

Our children – our gift to the future

Artist: Karen Lynch Harley, Haliwa Saponi



Keeping the Circle Healthy

