

Nuu-chah-nulth Maternal Child Services

NTC's Postpartum
Doulas: Port Alberni

Wendy Stubbs

Wendy is a mom of two children, and has worked with children & families for the past 20 years. She has had her birth doula training since 2018 and she strongly believes that every birthing person deserves support, if they chose, during their perinatal time. Wendy completed her postpartum training in the fall of 2020 and looks forward to continuing to support families on their journey.



Chelsie Rai

Chelsie is a mother of two, and has a background in Early Childhood Care & Education, with a diploma in Infant + Toddler Care, and Special Needs Care. She has been working with families for, and took her Postpartum Doula training in the fall of 2020. Chelsie believes that having support during the postpartum period is critical, and feels honoured to support families through this journey



"In those first few weeks, a mother should be waited on, served and nurtured."



Postpartum
Doula



What is a Postpartum Doula?

Postpartum doulas are trained and experienced professionals who offer emotional and practical support to new parents. Services may include light housekeeping, help with older siblings, feeding assistance, infant care

The primary role of a postpartum doula is to mother the mother. In our society, we've lost the practice of having groups of women who support new mothers and care for them after birth. This emotional support can help build confidence, especially with new parents

How much time will the Doula spend with my family?

The length of time a postpartum doula works with a family depends on the particular needs of the family. Those seeking daytime support to help transition through the newborn period might have a doula who could make visits several hours throughout the week. Some families hire an overnight doula to help navigate the demands of new sleep routines (or a lack of sleep). In overnight situations, a doula often stays on for a longer period of time.

What types of things does a Doula do?

- Breastfeeding support
- Help with the emotional and physical recovery after birth
- Light housekeeping so that mom does not feel so overwhelmed
- Running errands
- Comfort measures for the mother after birth
- Assistance with newborn care, such as diapering, bathing, feeding and comforting
- Light meal preparation
- Baby soothing & baby wearing techniques
- Sibling support
- Referrals to local resources such as parenting classes, pediatricians, lactation support and support groups
- Postpartum mood disorder awareness and information

NTC Child & Youth Services

Doula Support

PRENATAL, LABOUR & POSTPARTUM SUPPORT SERVICES

A doula provides emotional, physical, and informational support to a pregnant person and their family during pregnancy, childbirth, and postpartum. A doula has no clinical or medical tasks and responsibilities

Prenatal: Works with you during your pregnancy, provides prenatal information and emotional support to help support an optimal pregnancy. They can also help you get connected with other services if/when needed.

Birth Doulas: Usually meet during pregnancy to go over birth wishes and get to know you. They can provide physical comfort, emotional support, information, encouragement, & guidance during labour and delivery, as well as feeding support, and assistance with newborn care after birth.

Postpartum Doulas: Provide emotional and practical support to new parents. Support may look like light housekeeping & meal prep, helping with siblings, feeding assistance, basic infant care, feeding support, running errands, comfort measures, postpartum mood disorder awareness, referrals and more.

Central Region:

Liza Hutton :prenatal & postpartum
250-266-9499 Liza.Hutton@nuuchahnulth.org

Southern Region:

Wendy Stubbs: prenatal, birth & postpartum
250-724-0202 Wendy.Stubbs@nuuchahnulth.org

Chelsie Rai: prenatal, birth & postpartum
250-724-0202 Chelsie.Rai@nuuchahnulth.org

Northern Region:

Julie Colborne: postpartum
778-421-8099 Julie.Colborne@nuuchahnulth.org

Jackie Jack: prenatal, birth & postpartum
1-877-283-2012 x 113 Jackie.Jack@nuuchahnulth.org



NTC MIDWIFERY SERVICES

Port Alberni Midwifery has been working with NTC since November 2020 through FNHA pandemic funds to provide prenatal and post-partum care in the (central?) communities with zoom visits as needed in between. They are primary maternity care providers in pregnancy, labour and 6 weeks post-partum

Sarah Bjorgan and Sora Colvin Reg. Midwives have been to Ahousaht, Ty-Histanis and Anacla. We work closely with the NTC nurses to give interprofessional maternity care, provide individualized care allowing for cultural practices and values.

Midwives are primary care providers and work in a similar way to Family Doctors. They can order all the tests and medications that a woman and her baby will likely need in pregnancy, labour and post-partum. A Midwife consults a doctor, usually an Obstetricians or Pediatrician to get that particular need met while still providing primary care throughout.

The birth can be a home or hospital birth.

If a woman wishes to come into our care she can reach us by going to our website at portalbernimidwifery.ca and filling out an intake form. The other ways to reach out are by email- portalbernimidwifery@gmail.com or call the office at 250-724-2535.

Port Alberni Midwifery Clinic

NUU-CHAH-NULTH MATERNAL CHILD SERVICES		
<p>Prenatal Health Our goal is to establish positive and healthy birth outcomes using the Mother's Story in our care through:</p> <ul style="list-style-type: none">Phone, clinic, and home visitsPerinatal mood disorder assessmentsPrenatal drop-in groupsAssistance with birth plansOffering opportunity to listen to fetal heart beat <p>Maternal and Newborn Health Our goal is to identify physical and emotional needs while fostering bonding/attachment of parents and their babies through:</p> <ul style="list-style-type: none">"Welcome Baby" celebrationsMerging core Nuu-chah-nulth teaching, values, beliefs, practices in newborn and mother careOffering a Safe Sleep Baby boxAdvocating for CPT1a variant testing/educationHead to toe newborn physical assessmentsEducation on variety of topics – tummy time, infant feeding, infant wake-sleep cycles, infant safety, newborn carePURPLE Crying/ preventing Shaken Baby SyndromeBreastfeeding support and information, formula preparationLoan of professional grade electric breast pumpsinformation, referrals, and intervention supportPostnatal depression screening	<ul style="list-style-type: none">The main goal of the NTC Community Nursing program is to establish a trusting, culturally-safe, working relationship to support and encourage positive social determinants of health.CHNs are involved in a variety of health programs with an emphasis on maternal-child health. <p>Early Childhood Health Our goal is to promote healthy outcomes and reaching of developmental milestones through:</p> <ul style="list-style-type: none">Regular scheduled childhood assessments and immunizations for vaccine preventable diseasesReferrals for infant/child development, dental, hearing, and vision, occupational and physiotherapy, mental health and physiciansInformation to parents and caregivers regarding common childhood illnesses, introduction of solid food, food safety, and nutrition <p>School Health Our goal is to improve health outcomes and promote positive, healthy choices of school-aged children and youth through:</p> <ul style="list-style-type: none">Health education sessionsSchool-aged immunizationsGuidance and support to school staff on various childhood illnesses	<p>Communicable Diseases Goal is to reduce the incidence, transmission, and negative outcomes of communicable disease and vaccine-preventable diseases through:</p> <ul style="list-style-type: none">TB education and skin testing as well as referrals and requisitions for x-rays and follow-up care.Collaboration with Island Health and First Nations Health Authority during outbreak situationsInfluenza community education, and immunization clinicsImmunization services for children and adults <p>Reproductive Health Our goal is to promote positive sexual and reproductive health outcomes in a safe, inclusive environment through:</p> <ul style="list-style-type: none">Pregnancy testing, support, options counselling and referralsInformation on healthy sexual relationships, birth control optionsSexually transmitted infection information, referrals. Testing, treatment, contact tracing, and pap testing in some communities <p>Harm Reduction Our goal is to reduce the negative health outcomes and consequences of substance use and addiction through:</p> <ul style="list-style-type: none">Providing community support, information, education, and dispensing of Naloxone kitsProviding harm reduction supplies, education, and supportReferrals and advocacy

