MOCCASINS AND CRADLE BOARDS FOR BABIES: LINKING AIAN CULTURE WITH EHS EXPECTANT FAMILIES SUPPORT

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Region XI AIAN Training & Technical Assistance
• Celebrate and acknowledge traditional values and knowledge about pregnancy, baby’s arrival and young infant care
• Celebrate and acknowledge EHS values and traditions regarding expectant mother and young infant services
• Find points of intersection or linkage.
• Plan opportunities for braiding traditions and knowledge into various encounters
• Provide opportunity for discussion and planning
WHAT IS “WELL-BEING OF NEWBORN AND PARENTS”?

- A state of safety, health and security...

- Feelings of safety and security are strengthened when linked to existing values and traditions of the family
Parenthood is the primary vehicle for transmitting cultural, religious and family beliefs and cultures from one generation to another.
TRIBAL COMMUNITY SUPPORT TO EXPECTANT MOTHERS AND FAMILIES

- What kinds of information is shared within families, the Tribe and community?
- Who supports and shares information with expectant mothers?
- How do women learn?
How do new mothers learn about nurturing and feeding their child?

Who might they talk to about “baby blues” sleeping problems or sibling acceptance of the new baby?
TABLE TALK ON TRADITIONS
HOW HAS KNOWLEDGE CHANGED?

- Medical advancements
- Health information
- Brain Development
- Formula and breast pumps
- Science of pregnancy
- Psychology of parenting
  - Attachment
  - Maternal depression
What kinds of supports to promote well being does the expectant or new parent have today?
- Family/Friends
- High School Curriculum
- Community/Tribe
- Doula or Midwife, Physicians, Health Services
- Social media (TV, Face Book, U-Tube, Cell Phone)
- Early Head Start
Families have their experiences and feelings heard, held, honored; to experience staff who respect their expertise and competence and traditions.
VALUES AND TRADITIONS OF EHS

- Early, continuous supports and services provide the best opportunity for:
  - Healthy pregnancies and positive childbirth outcomes;
  - Supportive postpartum care for the parents and child;
  - Supportive and enhancing parent-child attachments
VALUES OF EHS CONT.

- fetal development, including the risks from smoking and alcohol;
- labor and delivery;
- postpartum recovery, including information on maternal depression; and
- the benefits of breastfeeding.
  - 45 CFR 1304.40 (c) (1) – (3)
EHS OPTIONS FOR PRENATAL EDUCATION

- The mother’s home
- A community center or high school (home visit for support and follow up)
- Weekly support groups facilitated by EHS staff
- A community setting e.g. EHS staff in building where clinic operates and holds regular meetings with the pregnant women following prenatal health care appointments
EHS PROVIDES INFORMATION THROUGH:

- Classes, support groups, or home visits
- Published resources such as videos, books, prenatal journals, and prepared childbirth courses
- Local libraries, organized groups such as La Leche League or Lamaze, health clinics, and county health departments may offer additional resources
CONTACT POINTS WITH EHS FAMILIES

- Family Partnership Agreements
- Home visiting
- Parent Involvement in health, education, and mental health education
- Education Offerings (Nutrition, information on dental and health home, mental health education, community resources, community interactions, transition etc.)
- Community Engagement (advocacy, transition, community involvement, PC, etc.)
- Group Socializations (Home Visiting Model)
EHS **MUST** ASSIST PREGNANT WOMEN TO:

- **Access** comprehensive prenatal and postpartum care, through referrals which includes:
  - Early and continuing risk assessments, nutritional status as well as nutrition counseling and food assistance, as needed
  - Health promotion and treatment, including medical and dental examinations
  - Mental health interventions and follow-up, including substance abuse prevention and treatment services, as needed
IT IS ALL ABOUT COMBINING TRADITIONS AND VALUES
EHS **MIGHT** ALSO ASSIST WITH

- Linking the expectant family to their values and traditions of the couple, the family, community and Tribe
- What are the tribal “Musts”
- How do we make this connection?
- How can we intentionally infuse tradition and Tribal values?
WAYS TO OPEN DOORS TO BRAIDING TRADITIONS

- Honest communication
- Respect for culture and beliefs
- Build on established networks
- Collaboration with community
CO-CREATING A STRENGTH-BASED RELATIONSHIP

- Community and EHS both want the best for the child and mother/parents during pregnancy and after.
- Both can benefit from their passion for and commitment to tradition.
HOW MIGHT BRAIDING IMPROVE SERVICES?

- Families learning from each other
- Cultural content, knowledge and traditions respected
- A chance for expectant and new mothers to and share across the prenatal and early infant period
- Increased sense of community and EHS serving as as resource rather than the source.
EXAMPLE: STRATEGIES FOR THE POST PARTUM VISIT

- Focus first on the parent
- Connect birth experience to cultural traditions as appropriate
- Follow parent’s lead in relation to baby
- Learn what they already know about their baby
- Increase a sense of well being
EXAMPLE CONT.

- Moccasins and Baby Boards
- Old Wives and Medicine Men
- Books and Lullaby's
PARENTS/FAMILIES BENEFIT FROM

- Being held in the mind of another
- Supportive systems dedicated to helping the parent feel heard, understood, and able
- Sensitive responsive guidance, modulated and accurate information and a helping hand
ONGOING AND CONTINUOUS SUPPORT

- Expectant time
- Post partum
- On-going: Inclusive of new born babies, older infants and their parents
- Culturally connected
QUESTIONS?
THANK YOU!

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