

Call the clinic if you have:



Bleeding or spotting from the vagina
Stomach, thigh or back cramps or pain (These may be contractions)
A very bad headache that won't go away
Blurry eyesight, flashes or spots of light
Swelling of your face or hands
Very fast weight gain
Itching, burning or leaking from your vagina
Fever and/or chills
Burning or pain when you pee.
Feeling your baby move less than usual
Anything else that worries you

Make a plan for childbirth

Invite someone you trust to be there during childbirth. Ask yourself who makes you feel relaxed and safe.
Think about positions for giving birth. Some women like to squat or kneel instead of lying on their backs.
Have someone there to massage you. Practice during pregnancy.
Think about what kind of pain relief you want (relaxation, breathing, epidural).

Pack for your stay at the hospital:

Toothbrush, shampoo, soap
Menstrual pads
Comfortable clothing, bras, nursing pads, slippers
Diapers, baby clothes, blankets
Infant car seat, for the ride home
Walkman, books, playing cards
Camera and film



Tips for the second half of pregnancy



Cree traditional practices for swelling:

Warm compress
Hot rocks.



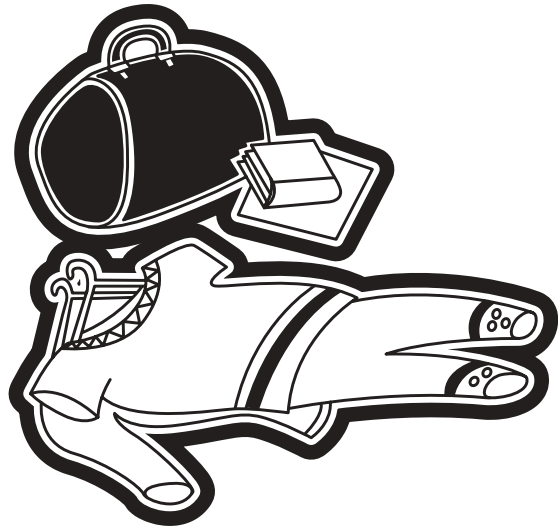
CH-6

Version française disponible

Design et illustrations : Le Zeste graphique



Conseil Cri de la santé et des services sociaux de la Baie James
σ Dδλ^a bλ ΔΓΔ ·ΔiΔ^a Δa.a.bΓC·bσD^u
Cree Board of Health and Social Services of James Bay



Your due date is getting closer... here are some **things** you need to know:

For coastal communities and Nemaska

If this is your first baby you will have to leave 2 to 3 weeks before your due date.

If this is your second baby or more, you will have to leave 3 to 4 weeks before your due date.

For OJ, Mistissini and Waswanipi

You will have to leave about 1 week before your due date.

If you have any problems with this pregnancy, you may have to leave earlier.

Plan ahead. If you have other children, make sure you find a babysitter for them.

Prepare your body: Do Kegel exercises

Kegel exercises strengthen the muscles inside your body that help in childbirth and after the baby is born. Doing these exercises during and after pregnancy will help you have:

- ▶ Better bladder control after birth
- ▶ Fewer hemorrhoids
- ▶ Better healing from childbirth



Learn about breastfeeding

Breastfeeding is the greatest and healthiest gift you can give your baby. It is also cheap, ready-to-use and always at the right temperature. Read more about it and speak to moms who breastfed and the clinic staff.

How to do a Kegel:

1. Tighten the muscles around your vagina and bum. To feel how to do this, try to stop peeing once you have started. Or, put your finger in your vagina and squeeze tightly. (Your stomach and bum should not move; just your inside muscles).
2. Hold the tightness for 8-10 seconds before relaxing. (That's 1 Kegel).
3. Start with a few Kegels throughout the day.
4. Work up to 3 or 4 sets of 10 Kegels, three times a day.

