

Medicine Wheel for Becoming a Mother

North - Spiritual

The mother must accept
the baby as a gift from the Creator.

She must prepare to teach the child how to live
the seven sacred gifts: respect, humility,
compassion, honesty, truth, wisdom
and unconditional love.

There must be involvement and support from the father, the family, and the community.

This circle of people will give the child a sense of belonging and protection.

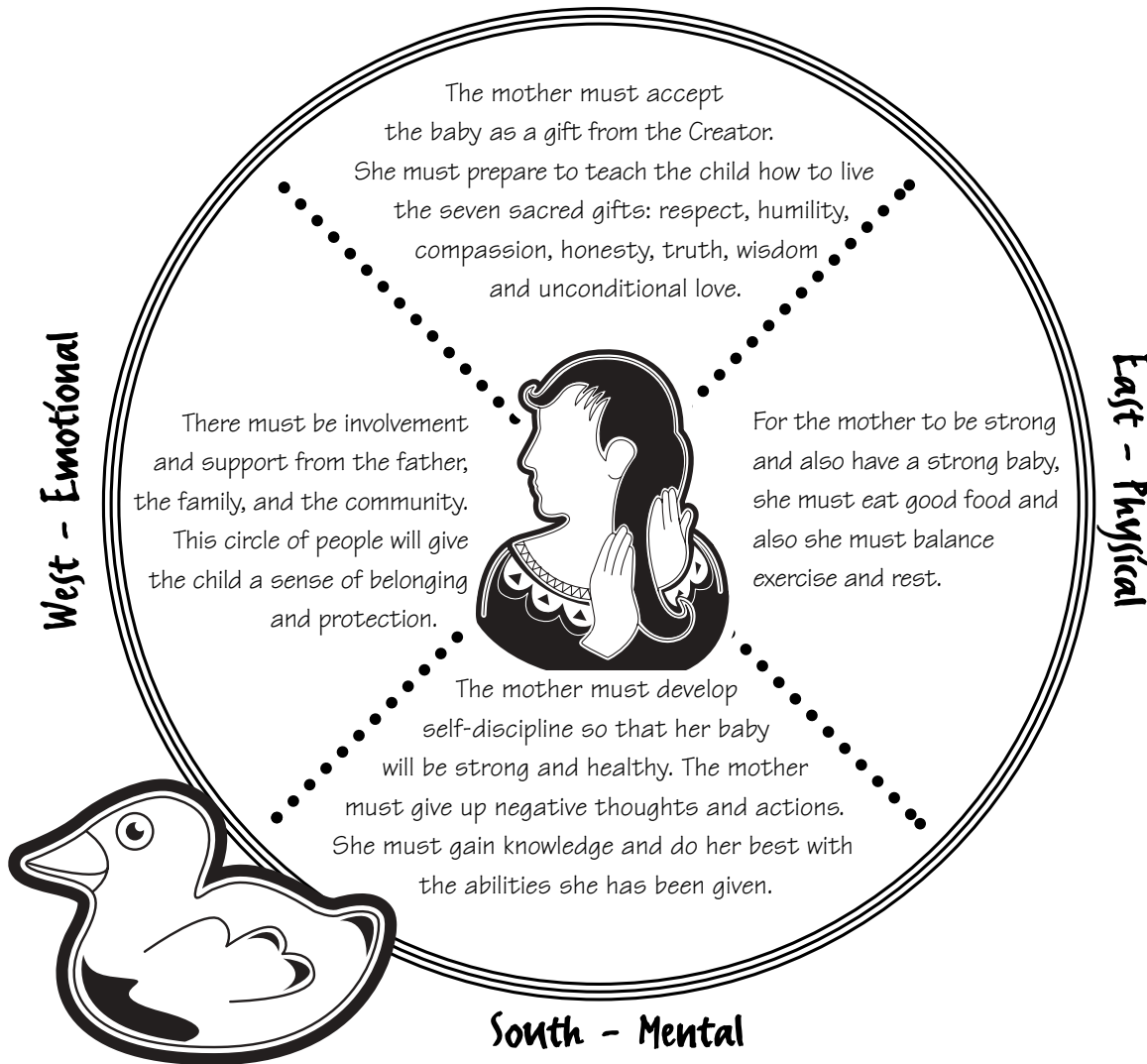
For the mother to be strong and also have a strong baby, she must eat good food and also she must balance exercise and rest.

The mother must develop self-discipline so that her baby will be strong and healthy. The mother must give up negative thoughts and actions. She must gain knowledge and do her best with the abilities she has been given.

South - Mental

CH-16

Version française disponible



Child Development – Week Old



Conseil Cri de la santé et des services sociaux de la Baie James
Cree Board of Health and Social Services of James Bay

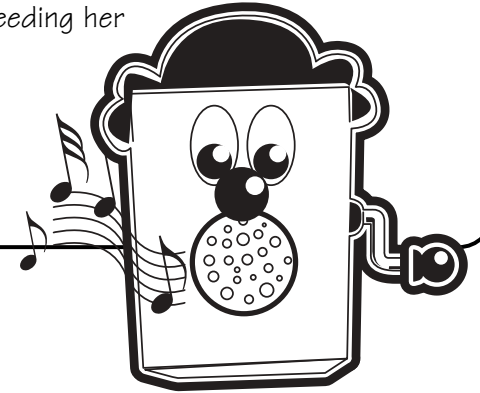
Your baby may be able to:

- ▶ Latch well on to your breast and suck well
- ▶ Turn his head from side to side when on his tummy
- ▶ Turn his head one quarter turn when on his back
- ▶ Look at objects held close to his face; watch the object move from side to side
- ▶ Startle to noise
- ▶ Make matching movements with both sides of his body



You can help your baby develop with these activities:

- ▶ Pick her up and rock her often
- ▶ Hold her while walking, so that she can see different things as you move around
- ▶ Pat or rub her gently when changing diapers, bathing, or feeding her
- ▶ Change her position often
- ▶ Play music
- ▶ Put a mobile above her crib



You can help your baby learn to speak with these activities:

- ▶ Talk to your baby about things that are going on around him, or about what you are going to do together – in the house, at the store, bath time, etc.

