



# INDIGENOUS DOULA INITIATIVE: PRE AND POST PREGNANCY CARE

## WE WORKED DIFFERENTLY FOR CHANGE

The Child-Centred Model – a way of working for positive change developed by the community of Point Douglas – helped us find the best ways to help families get the support of an Indigenous doula.

**We worked to support pregnancy care approaches that were based on community wisdom** rather than using approaches that work in other places.

**We worked to provide wholistic and flexible supports for families** rather than being restrictive about the supports they could choose.

**We supported mothers' control and self-determination in their pregnancies** rather than leaving decisions to 'experts.'


**When we work with the Child-Centred Model as our guide, we are able to support positive change for children, parents, families, and the community.**

To learn more about the Child-Centred Model, read the full report at [winnipegboldness.ca/childcentredmodel](http://winnipegboldness.ca/childcentredmodel)

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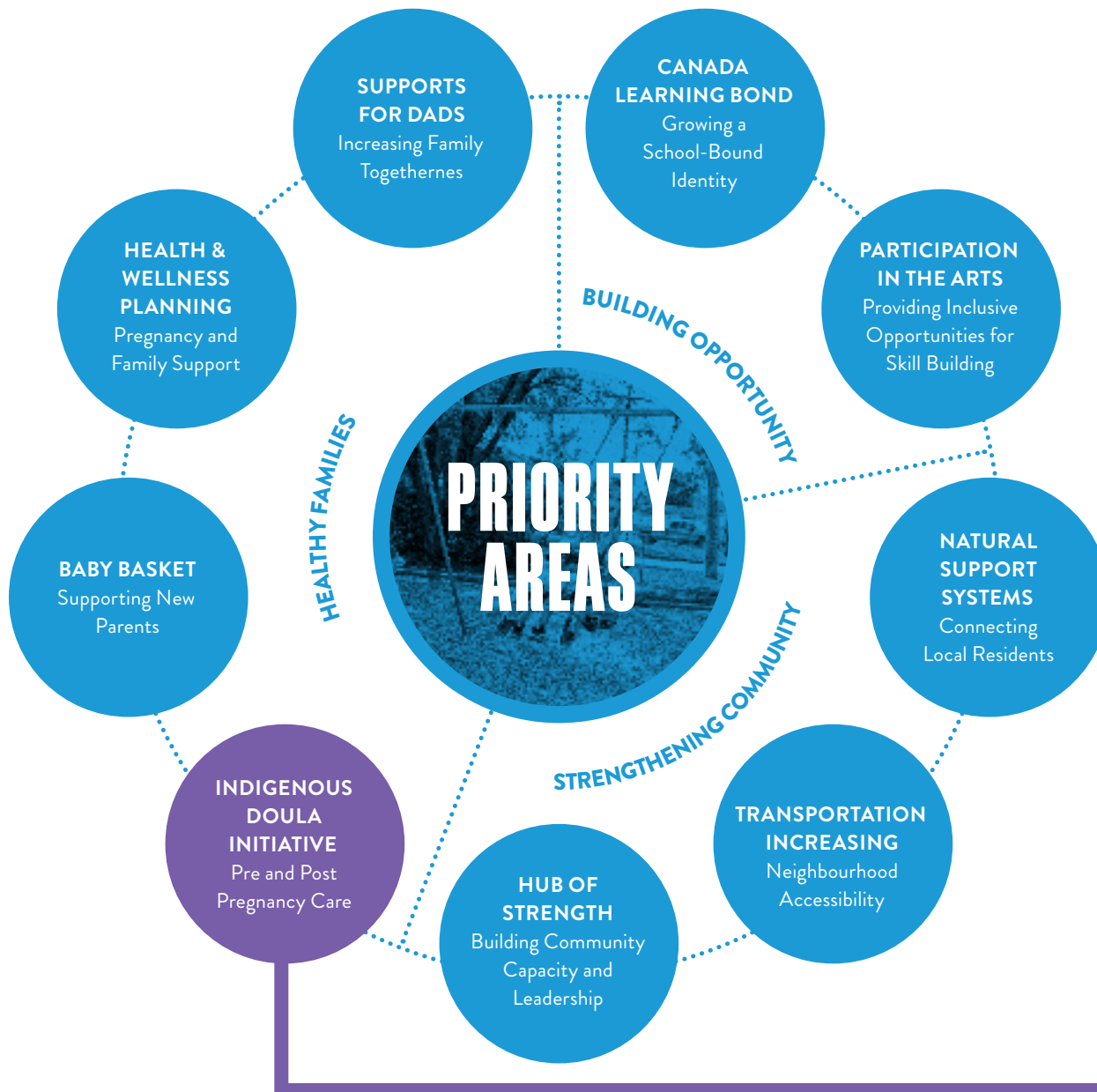
## CHANGING THE SYSTEM FOR TOMORROW

Through this work we found that there are larger barriers that affect families and community members. We need governments, non-profits, and businesses to work together in order to:

- 1 | ENSURE THAT FUNDING STRUCTURES SUPPORT WHOLISTIC, TRADITIONAL APPROACHES.**
- 2 | TREAT BIRTH AS A CELEBRATION, NOT AS A CRISIS EVENT.**
- 3 | PROVIDE WHOLISTIC SUPPORTS TO MOTHERS.**
- 4 | PROVIDE CONNECTIONS TO INDIGENOUS KNOWLEDGE KEEPERS.**

To learn more, read the full Pre- and Post- Pregnancy Care POP report [\[reference\]](#), read our report on helpful ways to work with Point Douglas [\[reference\]](#), and explore our other POP reports [\[reference\]](#),

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The Winnipeg Boldness Project is working towards a bold goal:

**Children and families in Point Douglas will experience dramatically improved wellbeing in all aspects of self: physical, emotional, mental, and spiritual.**

We are working with residents and groups in this neighbourhood to test new ideas to support the wellbeing of children and families. These prototypes which we are calling Proofs of Possibilities (POPs), support a vision for change in our community. We are exploring possibilities in the following areas:

## COMMUNITY VISION:

Every woman will be able to choose culturally safe supports before, during, and after pregnancy.

The healthcare system can be scary and stigmatizing for Indigenous women. Indigenous doulas – people who provide culturally safe supports in the non-medical parts of pregnancy – are a promising way to help move the experience of birth from a crisis event to a celebration of life and change. We focused on three areas to support the training and practice of Indigenous doulas:

**Curriculum Development:** Working with traditional knowledge keepers to develop a training process based in Indigenous perspectives and ceremonies.

**Building Community Capacity:** Building knowledge of the supports that doulas can provide.

**Supports for Doulas and Families:** Working with doulas and families to learn from their experiences and understand the supports that are needed.