

Zaagi'idiwin

Full Spectrum Indigenous Doula Training

Introduction:

The Birth of Our Nations (pre-contact)

Colonial interruptions

History of Birth for Indigenous Women

Colonial impacts on families

Oppression Wheel teachings

Historical Trauma

Trauma Informed Care

Harm Reduction

Reproductive Justice

Part 2: Grief & Loss

Traditional Ways of Healing

Part 3: Pregnancy

Basic Anatomy/Physiology

Facilitating connections with care providers

Building a relationship with your client

Working through fears

Creating a care plan

Review of tests in Pregnancy

Common Discomforts in Pregnancy

Part 4: Traditional teaching tools

Dreamcatcher Dilation rings
Breastfeeding teaching tool
Traditional teas/Medicines
Nipple Cream
Cedar Water Spray

Part 5: Labor & Birth:

Birth is a ceremony
Stages of Labor
Mechanics of Labor
When Survivors give birth
Physiology of Pain Cycle
Pharmacological & Natural methods of Pain Relief
Review of interventions

Part 6: Postpartum:

The First Hour
The First Feed: Chest/Breastfeeding
Review of newborn procedures
Creating a circle of support for the new dyad/triad
Postpartum Mood Disorders
Welcoming Song
Cutting the Cord
Naming Ceremony
Welcoming Ceremony
Moss bag/Cradleboard teachings
Rites of Passage

Part 7: Caring for the Caregiver

Journey of a birth worker
Building positive relationships
Building a support system

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