

# Birthing DURING COVID-19

*Welcoming a new baby into the family is a sacred time. The COVID-19 pandemic will impact how you plan for your birth. The ways your family and community can support you may also be different than they hoped.*

## **IF YOU ARE FEELING NERVOUS ABOUT GIVING BIRTH DURING THE PANDEMIC, YOU ARE NOT ALONE.**

- *Talk to an Elder, your care providers and your support circle.*
- *Connect with cultural teachings and take care of your physical, mental, emotional and spiritual health.*
- *Plan ahead so you have what you need for your best birth and early days.*



## Preparing For Birth



During your prenatal appointments, talk about the *ways your support circle can be included.*



You can expect that your care providers will be wearing a *mask, eye protection, gloves, and gown.*



Learn about the COVID-19 related precautions that are in place. Ask your care provider to help you understand anything that needs to change in relation to where you are giving birth and who can be with you.



Ceremony is still possible with some changes. Talk to your care providers and support circle to *plan ahead.*

## Everyone wants you to have the best birth possible!

You have the right to decide when, where and how you have children, who your care providers will be and to parent the children you have in a healthy environment.



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