

# Caring For Your Newborn DURING COVID-19

*Having a newborn baby at home is a sacred time. During COVID-19, you may have less supports than usual, making this time especially challenging.*

**CONTINUE WITH FOLLOW UP CARE**, including routine immunization, and virtual postpartum visits.

**SKIN-TO-SKIN CONTACT WITH YOUR BABY IS ENCOURAGED** for bonding, breastfeeding/chest feeding and the health of you and your baby. *Breastfeeding/chest feeding is the best nutrition for your baby and a source of protection against viruses for your baby.* It is sacred medicine for the parent and baby that connects the bodies of parents to the sustaining powers of the earth.

*Even if you have symptoms or think you may have COVID-19, you can continue breastfeeding/chest feeding your baby.* Your care providers can help you if you are having difficulty or need some extra support.

**SPEND TIME OUTDOORS WITH YOUR BABY.** *Nature and fresh air are important and healthy for you and your baby.* If possible, you and your baby should avoid indoor public spaces (eg. Shopping malls).

**LIMIT VISITORS TO YOUR HOME.** Use technology to introduce your baby to the special people in your life and participate in ceremony virtually.



## Taking Precautions

*If you have symptoms of COVID-19 or test positive for COVID -19, you can reduce the chance of spreading the virus to your baby:*



Wash your hands often, especially before and after touching your baby.



Wear a non-medical mask or face covering that covers the nose and mouth when you are close to your baby and during feeding time.

## Ask For Help



*Your physical, mental, emotional and spiritual health matter at this time.* If you are feeling anxious or depressed, reach out to your care provider.



It is still helpful and safe for friends and family to bring food and run errands for you.



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