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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This document provides client-friendly information designed to help you better understand some of the considerations and choices you may face while receiving care from your midwife. It is not intended to replace the informed choice discussions that you and your midwife will have. If you have any questions, concerns or ideas after reading over this document, please share them with your midwife.

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