

We suggest using the hyperlinks or going directly to BCCDC for the most up-to-date information.

The COVID-19 Pandemic situation is changing how families are experiencing pregnancy and postpartum; it has changed how we care for the whole family. Pregnancy and birth are healthy events celebrated by the whole family and community; this has also changed. Therefore, the families as well as the whole community may be finding it a tough time and need extra support and understanding. This is practising cultural safety, humility and trauma informed care. (Lucy Barney) (cultural document pending)

Breastfeeding	<p><i>Breast milk is the baby's first traditional food and provides the baby with a secure source of food.</i></p> <p>Breast milk is a sacred gift and a medicine that a mother provides to her infant. During times like the COVID-19 pandemic we are reminded of the important benefits of breastfeeding: immune properties, food security, minimal cost, and the positive impact it can have on the mother's emotional well-being. There is also less risk in passing on germs compared to preparing water, equipment and formula needed for bottle feeding.</p> <ul style="list-style-type: none"> • Discuss breastfeeding during pregnancy to allow the client time to decide. • Discuss the realistic cost of formula for 9 months or more – it is a big expense. • Everyone staying home allows for a perfect opportunity to breastfeed. <p>However, we also recognize that some women may feel they do not want to or cannot breastfeed. It is the client's choice and we need to honour their choices. We certainly do not want to create guilt, extra stress or anxiety around feeding and caring for her baby.</p> <p>Information on breastfeeding Refer to the document for families and communities: Breastfeeding your Infant During COVID-19</p> <p>COVID-19 and breastfeeding video; see: Health e-learning (YouTube 9min)</p> <p>The Creator's Gift to Mothers - Shibogama First Nations Council; see: Video (6:42min)</p> <p>Breastfeeding information for Indigenous Families – great resource from Ontario</p> <p>COVID-19 Guideline for Lactation for Women/Individuals Who Are Confirmed or Suspect Cases of COVID-19; see: BCCDC</p> <p>Breastfeeding and COVID-19 poster; see: BCCDC</p> <p>COVID-19 Infant Feeding Resources; see: Safely Fed Canada</p>
Formula feeding	<p>Information on formula: Refer to the document for families and communities: Formula Feeding During COVID-19</p> <p>If baby is not being breast-fed, ensure formula is being given. During these times people are experiencing financial hardships. However, it is very important to ensure</p>

	<p>babies are NOT being fed homemade “formula” using evaporated canned milk - or watering down formula so it lasts longer.</p> <p>Detailed information on types of formula (concentrated, ready to feed, and powder), preparation, and sterilization of water and equipment; see: Infant Formula booklet BC</p> <p>BFI Safe Formula Preparation; see: Video (9min)</p> <p>SafelyFed Canada: see information on their Facebook page or their website</p>
	<p>Introduction of other foods around 6 months</p> <p>There may be challenges around food security but it is very important to ensure the baby begins receiving iron rich foods around 6 months. Parents do not need to use store bought baby food; for more information, see: A Guide to Your Baby's First Foods</p> <p>It is also important for baby to continue receiving breastmilk. If the baby is not breastfeeding, then use store bought formula.</p>
<p>Newborn/ Infant during the 1st year</p>	<p>Routine care in hospital: rooming in with mother with strict handwashing before and after handling the baby.</p> <p>If mother is COVID-19 positive, or is a suspected case: there are more details specific to the baby’s care both in hospital, through the discharge process and at home:</p> <p>Guideline for the Management of the Healthy Newborn Born to a Pregnant Mother/Individual Who Is a Confirmed or Suspect Case of COVID-19; see: BCCDC</p> <p>Follow-up once baby is home:</p> <ul style="list-style-type: none"> • Doctors may be using virtual visits (Zoom) and phone appointments. • Will you be able to follow the family? Will you be able to provide home visits? • Connect with the nearest public health unit and advise them of what services you can or cannot provide. It will be important to ensure families do not get missed. • Physical assessment of the baby by a health care provider remains important. Use Rourke baby record or the assessments forms you usually use. • Weight checks are still required, the first one 7-10 days after birth (as stated by physicians on the UBC webinar April 16th – management of newborns). Checking weight using an adult scale and adult holding the baby is not accurate nor recommended. Some food scales or a fish scale could be used so parent could weigh and report the weight on a phone call.

	<p>Assessing other aspects of baby's health:</p> <p>Jaundice: Ensure the family knows the signs and symptoms of jaundice and what to do; see: Jaundice in Newborns</p> <p>Illness in newborn babies: common health concerns to review with parents; see: Baby's Best Chance (pages 78-81)</p> <p>For health concerns during the first year, see: HealthyFamilies BC</p> <p>Infant/young child needing to see a doctor, see: First Nations Virtual Doctor of the Day</p>
	<p>Ensuring baby's safety</p> <p>The pandemic is creating extra stress and anxiety with lifestyle changes and everyone having to stay home. A baby requiring 24hr care and potentially crying a fair amount may just tip a person's coping abilities that could lead to shaking the baby. It is important to assess and have discussions on coping techniques; see: Purple crying</p> <p>Parent/caregiver stress over hospital/clinic visits with their baby</p> <p>Parents/caregivers will be worried if they have to return to a clinic/hospital during COVID-19 with their baby for tests or an appointment. Providing them with some tips on how to minimize exposure will help decrease their stress. You may have your own suggestions, here are a few examples:</p> <ul style="list-style-type: none"> • If two people are able to attend, one person holds the baby and the other person opens the doors and touches public places • It is best to bring baby in a stroller or car seat if at all possible, especially if only one person can attend the appointment as it provides a clean place to put baby down • Wear gloves, wash hands or use hand sanitizer (bring their own if possible) after touching public items and before touching baby/baby equipment • If they plan to use gloves, ensure they know how to remove them to stay clean • Wait until the elevator is empty • Drape a thin sheet over the whole car seat or stroller so there is a barrier between baby and the outside world • Have the parent put a clean shirt, sheet or blanket over their outside clothes, so when holding the baby, the baby is being held against a clean surface

Resources

Growing up healthy - <https://www.fnha.ca/Documents/growingup.pdf>

Family connections - <https://www.fnha.ca/Documents/growingup.pdf>

Parents as first teachers - <https://www.fnha.ca/Documents/parentteacher.pdf>

Fatherhood is forever - <https://www.fnha.ca/Documents/growingup.pdf>