

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

The COVID-19 pandemic situation changed how we care for the whole family - and how families are experiencing pregnancy and postpartum is no exception.

Activities and events that occur such as gatherings, celebrations, and ceremonies are no longer part of a family's experience during and after the pregnancy. In person support from family and friends is also missing. As a result clients and their families may be experiencing emotional challenges such as sadness and anxiety. We may keep in mind the other layers of the emotional historic aspect that need to be recognized and acknowledged: the history of communicable diseases (e.g., TB and smallpox), Indian Hospitals, and residential schools. Therefore, 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)

Maternal child covers many time periods, therefore information will be divided into 4 separate parts:

1. General COVID-19 information, travel planning, mental wellness, partner violence and crisis support
2. Pregnancy
3. Labour, birth and postpartum
4. Infant feeding (breastfeeding and formula) and newborn

General information on COVID-19	<p>Protecting yourself from COVID-19</p> <p>Encourage proper hand washing</p> <p>Physical distancing</p> <p>Avoiding activities with groups (e.g., visitors in the home, crowded places)</p> <p>Avoid touching common surfaces and disinfect common areas regularly; see: Frequently Asked Questions</p> <p>For more material and FNHA personnel contact information in the different regions, see: CD Management Resources: FNHA Regions</p> <p>For clients diagnosed with/exposed to COVID-19 or have travelled: page 3 Self-isolation</p>
Travel	<p>Medical Transportation benefits are still available for urgent appointments or urgent travel, including things like pregnancy, and travel requests are being processed as “exception” requests.</p> <p>Client should call Health Benefits (HB) (1-855-550-5454) and give the details of the situation. An assessor will tell them how to proceed.</p> <p>The process may take longer so PLAN EARLY when possible to be ready.</p>

	<p>Despite planning, each Health Authority has different processes based on the needs, priorities, and human resources. It may not go as smoothly as usual so checking ahead would be a good plan to help decrease stress for the client and family.</p> <p>See: Temporary Medical Transportation Changes</p>
<p>Mental wellness, gender based/ partner violence and crisis support</p>	<p><i>“when stressed we tend to forget new learnings and we operate from a triggered place” (Harley Eagle).</i></p> <p>Stress and anxiety due to the pandemic, potentially compounded by past traumas and historical /epigenetic trauma can lead to a client feeling unbalanced.</p> <ul style="list-style-type: none"> • How are they coping? • Who can they talk with? • What are their support systems? (They may have changed due to COVID-19 and the inability to get together in a group.) • What services are available to support them? <p>For mental health and cultural supports throughout BC:</p> <p>Mental Health & Cultural Supports</p> <p>Impacts of the Pandemic on Mental Health and Wellness</p> <p>Isolation, inability to go out, see friends, go to work or support group activities all increase a person’s risk when living in a household with violence (or these current situations may initiate violence). Crisis lines in BC are seeing an increase in calls. It is important to have conversations around safety, planning, and support.</p> <p>KUU-US: provincial aboriginal 24hr crisis line for Adults/Elders (250-723-4050), Child/Youth (250-723-2040), Toll Free Line (1-800-588-8717).</p> <p>BC Women’s Hospital: Violence Against Women</p> <p>VictimlinkBC</p> <p>Gender-Based Violence, Sexual Assault, and Domestic Violence Includes many links and helpful numbers (24hr support). 1-800-563-0808 (toll-free) bc211 (dial 2-1-1) to find services and supports; 9-1-1 for emergency help</p> <p>Battered Women’s Support Services, see: https://www.bwss.org/</p> <p>See also: 'Labour, Birth and Postpartum Information . . . - Part 3 of 4' – COVID-19 for Health Professionals</p>
<p>Support for fathers</p>	<p>A resource booklet about fathering for FN and Métis in BC: Fatherhood is forever</p> <p>For information and conversation starters specific to Aboriginal dads, see: Dad Central</p> <p>An initiative to end violence against women and children: Moose Hide Campaign</p>