

Do you need support services?

What is the Pre-Natal program?

Are you pregnant?

What is the Post-Natal program?

Did you recently have a baby?



Squamish Nation:
Ayas Men Men Child and Family Services

Pre-Post Natal Program

Contact Information

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Instructor	Class
Marjorie Saely	Early Pregnancy Classes
Chris Simmons	Prenatal Labour & Delivery



Squamish Nation: Ayas Men Men Child and Family Services is a department of the Squamish Nation Indian Band.

Family Program House Team

Pre-Post Natal Program



*"Peace to our children by strengthening our families:
Ayas Men Men iyimen ta s7ekw'i7telchet"*





Early Pregnancy Classes

We offer two Early Pregnancy classes for newly expectant mothers and their partners during the first six months of their pregnancy.

You will learn how to keep yourself and your baby healthy. The Community Health Nurse shares information about your baby's development during these important first months.

During this session we offer one nutrition kitchen. This class plans, prepares and then eats a nutritious meal together. Nutrition concerns that are linked to pregnancy are discussed, such as nausea, and weight gain. We can support you in setting and achieving your personal goals over the course of your pregnancy.

Middle Pregnancy

This program is offered 3 times a year between the early pregnancy and labour and delivery classes.

The middle pregnancy program includes various workshops using a traditional holistic approach to pregnancy. These classes include special guest speakers on the following topics:

- Medicine wheel on the three trimesters
- Nutrition talk
- Cultural teachings
- Arts and crafts

This class also includes a special session

for the Honouring our Babies Ceremony held in November. Our upcoming parents will be able to create a special gift for their sponsor.

Prenatal Labour & Delivery Classes



This set of six classes are taught by a Community Health Nurse to help you prepare for the birth of your child. The topics include labour & delivery, breast feeding, postpartum concerns and the care of your newborn. A tour of the hospital is included. The Community Health Nurse provide supportive follow-up visits to your home within 24 hours of your discharge from the hospital. You can contact the Nurse at any time with your questions or concerns.

Postnatal and Community Kitchen

This program welcomes new parents together with their babies on Tuesdays at 11:00 am–1:30 pm. Each month we invite a guest speaker to talk about various topics such as infant development, car seats, toy safety, postpartum depression, relaxation and dental health.

Once a month there is a community kitchen. Parents have the opportunity to taste healthy foods and learn how to prepare baby food. The Infant development Consultant visits on this day to answer questions and provide resources for your baby's development.

Our monthly schedule also includes a baby immunization clinic, craft for moms, relaxation activities for moms and baby massage for the infants.

Transportation and Childcare Available

Honouring "Our Babies" Ceremony

Honoring our babies ceremony is an annual event that is hosted by the prenatal program each November.

This ceremony is for all babies born during the year is shared with family, friends and community members of the Squamish Nation.

We hold a traditional ceremony and feast to celebrate together the birth of every baby born during the year. In keeping with our traditional ways, parents say thanks to the guests with give-a-way's.

