



Ayas Men Men Child & Family Services



FAMILY PROGRAM **PRE POST NATAL**

The Family Program Team provides Pre and Post Natal programs to support Squamish Nation Families.

Early Pregnancy: 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.

Nutrition concerns that are linked to pregnancy are discussed, such as nausea, and weight gain. The team can support you in setting and achieving personal goals over the course of your pregnancy.



Prenatal Labour & Delivery Classes:

The classes are taught by a Community Health Nurse to help families prepare for the birth of a child. The topics include labour & delivery, breast feeding, postpartum concerns and the care of your newborn. A tour of the hospital is included.

Postnatal: This program welcomes new parents together with their babies on

Tuesdays at 11:00 am–1:30 pm. Each month a guest speaker will talk about various topics such as infant development, car seats, toy safety, postpartum depression, relaxation and

dental health. The schedule also includes a baby immunization clinic, craft for moms, culture, relaxation activities for moms and baby massage for the infants.



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.

Contact:

Family Program - NV (**So-Sah-Latch**)
422 W. Esplanade North Vancouver
North Vancouver: 604-985-7826

Family Program - SV (**Ay’as Lam’**)
970 Axen Road, Brakendale
Squamish Valley: 604-892-3992

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