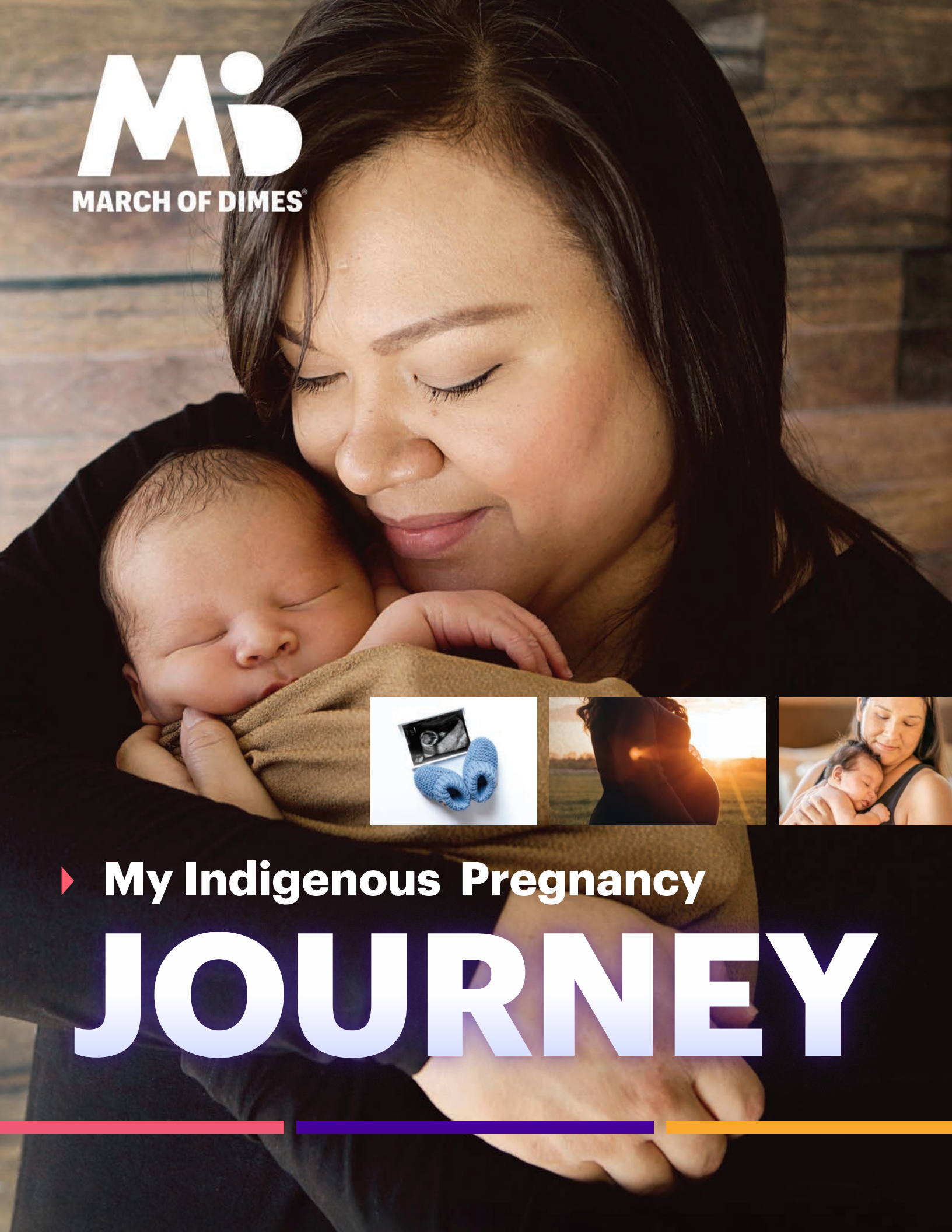
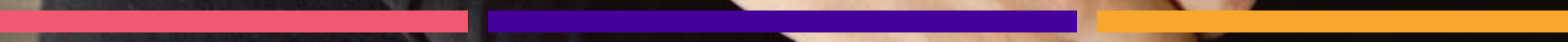


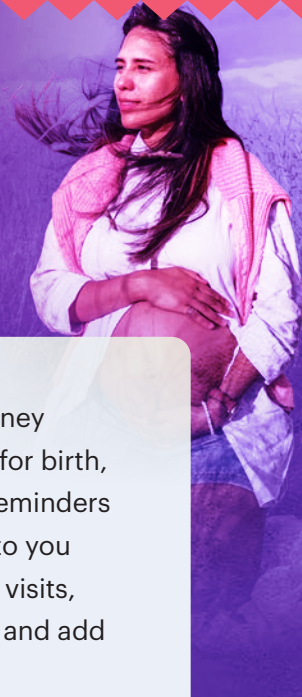
► **My Indigenous Pregnancy**

JOURNEY



Purpose and welcome

Congratulations! Welcome to your Pregnancy Journey Record, a space created to **honor** your pregnancy, your culture, and your voice.



▶ **This is yours** to carry through your pregnancy, birth, and your first months as a parent. Use it to record your experiences, your hopes, and the ancestral teachings that guide you.

The purpose of this document is to support you in feeling seen, heard, and respected at every stage of care. It is designed to help you build strong relationships with your care team, to ask questions, and to share your care preferences and beliefs that are rooted in culture so that your care reflects who you are and where you come from.

You are encouraged to use this journey record to track appointments, plan for birth, write reflections, and take note of reminders and teachings that are meaningful to you and your family. Bring it with you to visits, and invite your care team to review and add to it with you.

Your story, your culture, and your wellbeing are central to this journey. This passport belongs to you and your family. Think of this as a tool for advocacy, connection, and care that honors both Western medical knowledge and Traditional Knowledge Systems.

Identity and grounding

Name, pronouns, date of birth _____

Tribal or Clan affiliation(s) _____

Kinship/community ties _____

Language(s) you speak or understand _____

Preferred providers/care team during my pregnancy/postpartum journey

☐ OB-GYN

☐ Birthworker

☐ Peer support specialist

☐ Midwife peer

☐ Lactation Support

☐ Elders and family

Cultural and spiritual care

What cultural practices would honor your health and spiritual care? (Check all that apply)

- ☐ Traditional medicines for prayer (sage, sweetgrass, cedar, etc.)
- ☐ Spending time with Elders
- ☐ A care team that understands my history and makes me feel safe
- ☐ Traditional foods _____
- ☐ Learning from Birthworkers
- ☐ Song and prayers
- ☐ Having family involved in appointments and birth

Writing prompts

These are the traditional practices and teachings I want to carry with me during my pregnancy. _____

These are the traditional practices and teachings I am not allowed to do during pregnancy. _____

What can my provider do to help me feel supported and heard? Space for affirmations or community blessings:

Mental, emotional, and postpartum wellness

Safe environment planning reflections

Who are the people I can reach out to if I feel unsafe, overwhelmed, or alone? _____

Where do I feel safest and most supported? _____

What helps me feel grounded when things are hard? _____

I want my care team to know these safety concerns (emotional, physical, or home environment). _____

Mood reflection log

This log will help **track and identify changes** in your mental and emotional wellness. Fill this out and talk about it with your provider.

APPOINTMENT VISITS	How have I been feeling?	Have I noticed changes in sleep, appetite, or energy?	What has been stressful or heavy lately?
01 (6-8 WEEKS)			
02 (10-12 WEEKS)			
03 (14-16 WEEKS)			
04 (18-20 WEEKS)			
05 (22-24 WEEKS)			
06 (26-28 WEEKS)			
07 (30-32 WEEKS)			
08 (34-35 WEEKS)			
09 (36 WEEKS)			
10 (37 WEEKS)			
11 (38-39 WEEKS)			
12 (40 WEEKS)			

Pregnancy and health details

My health history

Chronic conditions _____

Allergies _____

Medications I take _____

My care team

Main provider _____

Additional care team members _____

Estimated due date _____

Prenatal visit log

Use this log to watch your **growth** and **progress**.

APPOINTMENT VISITS	Gestation age	Weight and/or blood pressure	Fetal heart rate	Lab results/ notes
01 (6-8 WEEKS)				
02 (10-12 WEEKS)				
03 (14-16 WEEKS)				
04 (18-20 WEEKS)				
05 (22-24 WEEKS)				
06 (26-28 WEEKS)				
07 (30-32 WEEKS)				
08 (34-35 WEEKS)				
09 (36 WEEKS)				
10 (37 WEEKS)				
11 (38-39 WEEKS)				
12 (40 WEEKS)				

Pregnancy and breastfeeding history

How many pregnancies have you had? _____ Have you experienced pregnancy loss? _____

What was hard about past pregnancies, and how can we support you differently this time? _____

What did you enjoy about your previous pregnancies? _____

How was breastfeeding for you in the past? _____

What support would help you feel most cared for during your feeding journey? _____

Support network and birth preferences

Key support people

Partner _____ Birthworker _____

Parents _____ Aunties _____

Other _____

Tribal/urban/community-based program contacts

WIC contact _____

Counseling or mental health _____

Perinatal peer support specialist _____

My birth preferences

Birthing place _____

Pain management _____

In the room support _____

Ceremony and language preferences for labor and delivery Please share details so your care team support your traditions

Song or drumming _____

Placenta care _____

Cord care _____

Traditional naming protocols _____

Bathing or food restrictions _____

Partner guide for labor

This section is **for partners or relatives** providing labor support with a practical reference for labor and birth. The goal is to create conversation, share information, and prepare the support person to understand birthing goals and create a stronger connection during a sacred time.



Before labor:

- ☐ Be a **safe space** and allow for worries or fears to be shared
- ☐ **Know** the birth plan
- ☐ Help **prepare** for comfort and ceremony items
- ☐ **Encourage** rest, hydration, and gentle movement

During labor:

- ☐ **Listen and observe**, offer touch, prayer, song, or quiet presence
- ☐ **Advocate** for choices (ask questions or help explain the birth plan)
- ☐ Use **grounding tools** (breathe together, rub their hands, or offer water)
- ☐ **Know** the sensory and environmental needs (lighting, music, warmth, privacy)

After birth:

- ☐ **Support** skin-to-skin contact and bonding
- ☐ Help create **quiet space** for rest/ceremony
- ☐ Help with **early feeding** or calling for lactation support



Resources for support

National Maternal Mental Health Hotline

Call or text 1-833-TLC-MAMA (1-833-852-6262)

Free, confidential, 24-hour, daily support for pregnant and postpartum people and families. Interpreters available for 60+ languages. mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline

988 Suicide & Crisis Lifeline

Call, text, or chat 988

24-hour daily emotional support for suicidal or mental health crisis. samhsa.gov/mental-health/988

Postpartum Support International (PSI) HelpLine

Visit PSI's "Get Help" page (postpartum.net/get-help/)

Provides connection, resources, and support for perinatal mood disorders. postpartum.net/get-help

Crisis Text Line

Text HOME to 741741

24-hour, daily text-based emotional support.

SAMHSA National Helpline

1-800-662-HELP (4357)

Confidential and provides referrals for mental health and substance use concerns. samhsa.gov

Acknowledgement

This work was developed with deep respect for Indigenous maternal health experts and community-held knowledge. These materials draw from evidence-based guidance and materials created by March of Dimes, and were adapted with Indigenous advisors to better reflect Indigenous lifeways and priorities. Our goals are to reduce harm and avoid language that could contribute to blame or stigma, and uplift community strengths, honor identity, and support safe, culturally-grounded care for Indigenous families.

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