

Inuit Midwifery

- Qappik Attagutsiaq

Inuit Midwifery

- Midwifery Experience
- Taught by elders as she was in labor
- Practice delivery by herself
- Assist other midwives

Inuit Midwifery

- Mothers and or Ladies Responsibilities
- Awareness of puberty
- Prevent sexual activity at the age of 11 to 13
- Encourage pregnancy at prime maternity age

Inuit Midwifery

- Encouragement
- Not to wear tight pant
- Not to chew gum and or eat too much bannock
- When travel by terrain vehicles make sure position is soft
- Exercise enough to keep the baby growing and able to move better
- Be happy

Inuit Midwifery

- Discouragement
- Prevent from getting the butt from cold
- Sleep enough but not too much
- Move the baby around at all times
- Prevent stressful situation

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- Signs of Labor
- Brown strip of discharge
- Water broke by itself
- Contractions
- Feel stomach aches and or the need to have bowl movement

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- Problems when in labor
- Irritability
- Feel the need to pee and or bowl movement
- Too old with the first pregnancy, pelvis and or hip not able to open
- If baby died inside
- Water broke early and had suctioned the placenta

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- Different positions in Labor
- Sit up right
- Lay on side with pillow to position the body and have a hard pillow to keep the legs apart
- Lay on back with head higher
- Kneel down and have a back support to keep the spine straight
- Have a midwife to help with all the positions especially the head and the legs of the mother

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- Women's different attitude in labor
- Irritability
- Preventing legs from parting
- Scream, yell or cry
- Prevent from peeing and or bowl movement
- Move around alot

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- After birth care
- Make sure placenta is not stuck inside
- Make sure the placenta is not closed in by closing pelvis
- Make sure bleeding is flowing smoothly
- Make sure bleeding is not clotting

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- My concerns and recommendations
- Birthing beds should not be too wide for the legs
- Governments and or Organizations (Land Claim Organizations) lack of recognition of midwifery and birthing places in our region
- Federal government lack of recognition of midwifery and or birthing places

Inuit Midwifery

- Traditional birthing practices not supported by all governments and or different organizations
- Today there should be a body that will lead the birthing and midwifery practices in Canada
- Thank You and God bless you all