

# WELCOME to your Baby Bundle

**JOURNEY**

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When you find out you're pregnant

## Prenatal care is health care during your pregnancy.

It is available to all pregnant people and includes a series of visits where the health of you and the baby are assessed and supported. Prenatal care is an important time to discuss any concerns or questions you may have and to receive guidance and information so that you can feel confident making decisions before, during and after pregnancy.

The initial prenatal visit takes place between 6-12 weeks of pregnancy. Regular visits are scheduled:

- Every 4 weeks until 28 weeks pregnant (gestation)
- Then, every 2 weeks until 36 weeks pregnant
- Then, every week until birth

There are also other routine appointments for ultrasound, blood work and other assessments.

In the Northwest Territories, prenatal care may be provided by a physician, nurse practitioner, midwife, and/or community health nurse. It is usually provided one-on-one, however, in some communities group prenatal programs are available.

## CONGRATULATIONS!

Becoming an expectant parent can be filled with emotions.

You may be experiencing happiness and worry, excitement, and fear. These feelings are normal; they can exist at the same time. It is important that you are well supported from the beginning. Connecting with a trusted community member, relative, or support (such as a Healthy Family Program worker) can be helpful during this time. You can also seek care from your health care provider at any time. You do not need to wait until the first prenatal visit.

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Connect with your community health centre or local clinic for prenatal care





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**Receive the Baby Bundle around 30-32 weeks pregnancy or at the first well child visit**

**It can be helpful to plan items that you may want to take with you if you have to travel to give birth and/or for your stay at the hospital or birthing centre.**

Many of the items and resources in the Baby Bundle can support your journey to welcome the new baby as well as support the first few days after you have your baby while you are still in the health facility.

**To learn more about travelling for birth and for a list of items to pack, see:**  
<https://www.nthssa.ca/en/services/birthing-services>

**The Baby Bundle is available to all parents and caregivers; it follows the baby. It can be accessed before or after the baby is born.**

When you are around 30 weeks pregnant, your prenatal appointment can include a discussion about the Baby Bundle. If you consent to receive the Baby Bundle, you will be provided with it at that prenatal visit. The Baby Bundle is provided before the baby arrives because it is often easier to review information and organize baby items and supplies during this time rather than after the baby arrives, when it can feel more stressful or overwhelming.

The Baby Bundle can also be accessed after baby is born, at a Well Child Visit at your community health centre or public health office, or it can be discussed with other community-based supports, such as the Healthy Family Program.

It is best to access the Baby Bundle within the first six months of the baby being born as the items are specific to this age range.

If you are not sure where to get a Baby Bundle, please contact: [babybundle@gov.nt.ca](mailto:babybundle@gov.nt.ca)



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**Prepare for labour, birth and time in the hospital or birthing centre**

Receive support from your midwife, public health or community health nurse within 24-48 hours of returning home

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**Welcoming a baby can be a time of celebration, but it can also feel overwhelming.**

Having a new baby requires a lot of forms and applications to make sure that your baby and family have access to important government programs and services, including health services. The Baby Bundle provides a simple resource, called 'Welcoming Baby' that functions as a navigator resource. It provides a step-by-step process and is a good place to start this journey.

Once you are discharged from the hospital or birthing centre you will be cared for by a health care provider in your community.

This may be a public health nurse, community health nurse or a midwife (for the first 6 weeks after the arrival of baby). It is best if you make sure that your health care provider knows that you are home so that your postpartum visit and baby check-up can be planned.

The postpartum period is a time of great change where you and your baby are learning about each other. Your health care provider will provide support with breastfeeding and infant feeding, assess how the baby is growing and developing, and provide you with information as you navigate life as a parent. These Well Child visits are an important space where you can ask questions and discuss the development and wellbeing of your baby.

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Complete important forms for your baby



## The Baby Bundle is a new program available to all families in the Northwest Territories.

The program hopes to provide families with important essential items and information that may support expectant and new parents.

We want to improve the Baby Bundle over time to make sure that it meets the needs of parents, caregivers, and families.

You can provide feedback about the Baby Bundle through the Feedback Postcard (pre-paid postage) provided in the Baby Bundle. We look forward to hearing from you!

Provide feedback about the Baby Bundle

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A circle of community support

## Each community has its own teachings and customs about pregnancy and the postpartum period.

You may find that learning these cultural teachings and traditions can provide a source of grounding and reassurance. Talk to people you trust and those who make you feel comfortable about the knowledge in your community.

