

"Woman is the first environment. In pregnancy, our bodies sustain life. At the breasts of women, the generations are nourished. From the bodies of women flows the relationship of those generations both to society and the natural world. In this way the earth is our mother, the old people said. In this way, we as women are earth." -- Katsi Cook, Mohawk midwife



# Home Visiting

Lisa Martin, MPH

Inter-Tribal Council of Michigan

Alyce Spotted Bear and Walter Soboleff Commission on Native Children

**Virtual Hearing: Early Childhood Development Programs as Prevention and Promise**

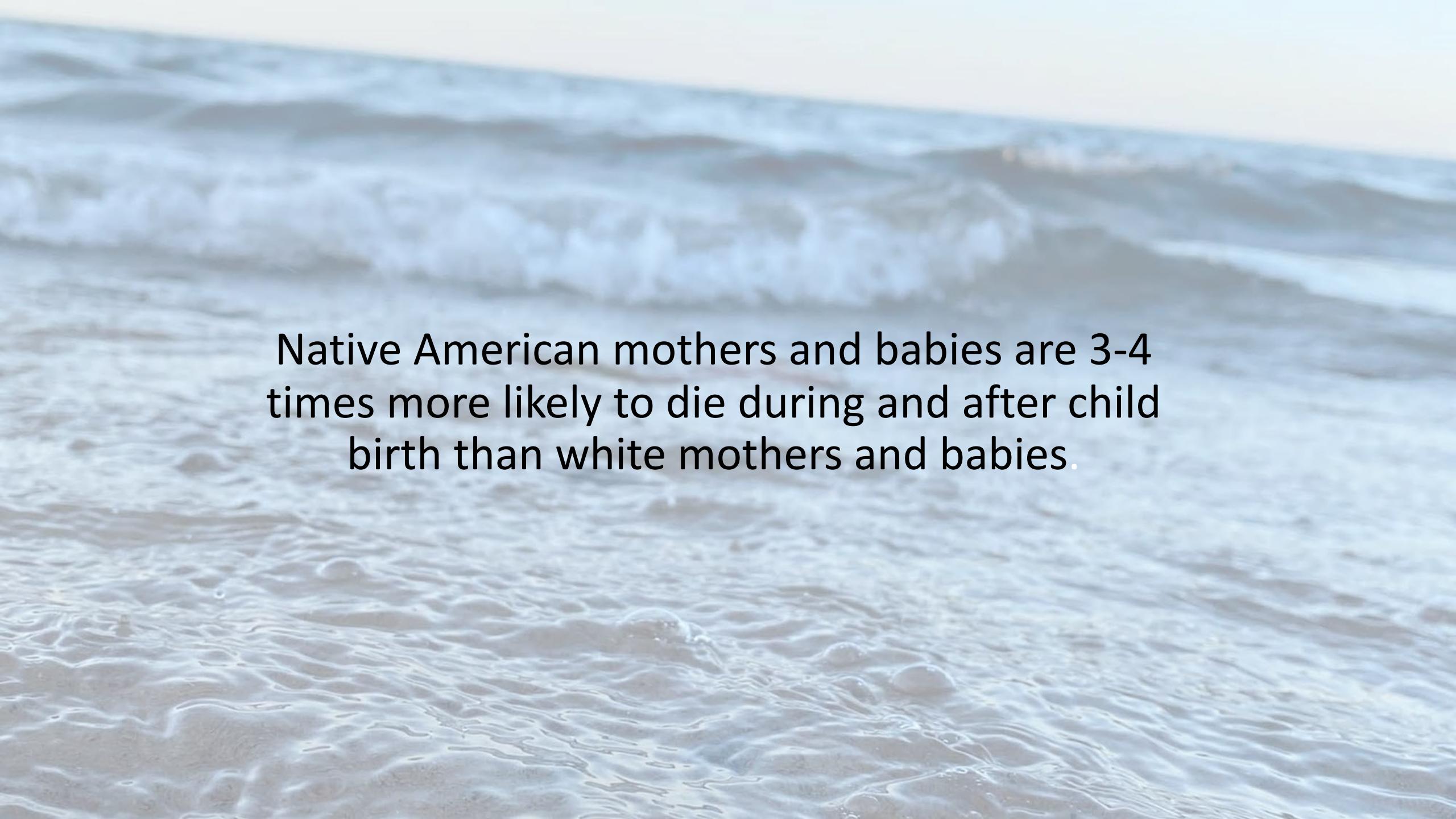
**March 12, 2021**

Home visiting supports traditions around pregnancy, birth, and early childhood that are:

- ✓ Preventative
- ✓ Protective
- ✓ Best Practice

Leading to Happy, Healthy, Thriving Children and Families



A close-up, shallow depth-of-field photograph of water ripples on a sandy beach. The water is clear and reflects the light, creating a pattern of light and dark ripples across the frame. The sand is visible at the bottom, appearing light brown or tan.

Native American mothers and babies are 3-4 times more likely to die during and after child birth than white mothers and babies.

# Home Visiting

## PREVENTION STRATEGY

- connected to traditional cultural practice
- support pregnant moms and families
- promote infant and child health
- foster educational development and school readiness
- help prevent child abuse and neglect
- conduct regular screenings to help parents identify possible health and developmental issues

Meet Helen:



- Early Prenatal Care
- Navigation through the medical system
- Screening and Assessment
- Emotional and Mental Health Support
- Prenatal and Parenting Education
- Preparation for Childbirth
- Linkage to needed services
- Linkage to Cultural Resources and Education

Meet Helen's Home Visitor Alyssa:

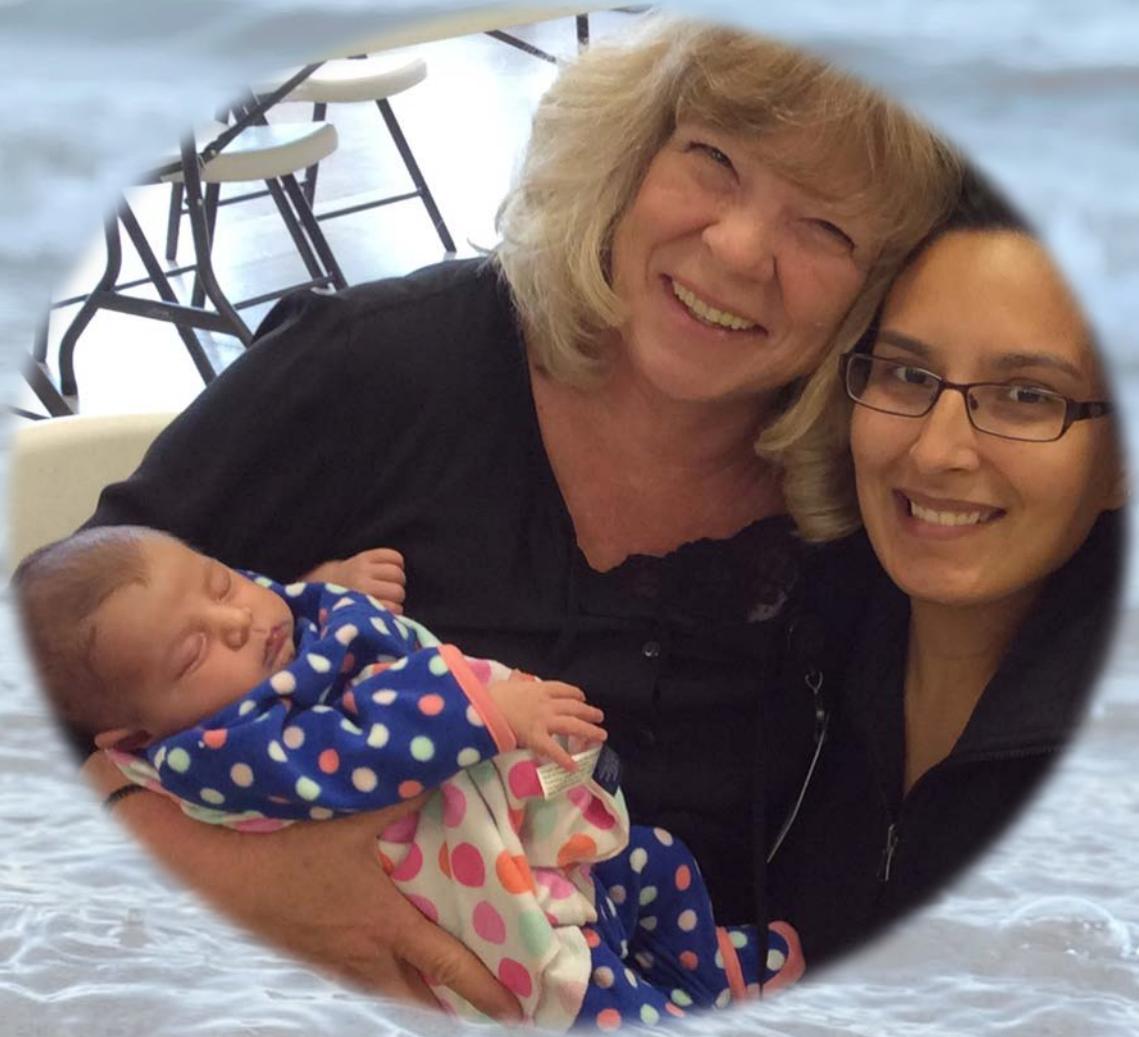


- Nurse, Social Worker, Health Educator, or Community Healthcare Worker
- Trained in a Evidence Based Program Model like Family Spirit
- Also trained in:
  - Lactation Consulting
  - Motivational Interviewing
  - Depression Screening
  - Infant Mental Health

# Welcome Baby Joy!



- Support Helen and Joy immediately post birth/release from the hospital
- Monitored Joy's
  - Feeding success
  - Weight Gain
  - Vital signs
  - Other Health/development indicators
- Monitored Helen's
  - Birth recovery process
  - Signs of Postpartum Depression
  - Needs for further community/health supports



In the next years Alyssa will support Helen and Joy with:

- Connection to Cultural Programs and Information
- Parenting education lessons
- Home based early learning supplements
- Goal Setting, Nutrition, and Safety Education
- Support for Breastfeeding
- Support for returning to work
- Connections to Community programs like Head Start and Child Care
- Developmental Assessments
- Referrals to other supports when they are needed or requested

# Other Notes

- Home Visiting is also for Fathers, Partners, Grandparents and Foster Parents
- Other types of family needs addressed:
  - Substance abuse disorders
  - Child custody
  - Children with special healthcare needs
  - Families with housing and food insecurity
  - Families in crisis situations

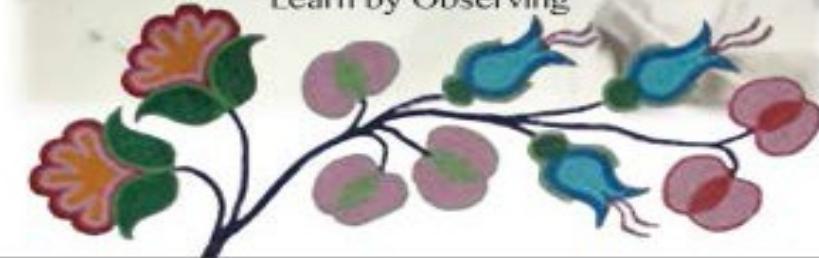
# Tribal Home Visiting Benefits to Families

- Connected to Culture and Traditions
- Improved Health Outcomes for both Mom and Baby
- Supported Parenting Skills
- Connections to other Supports
- Demonstrates Successful collaborations
- Supports and advocates for Health Equity

Gikinawaabi



Learn by Observing



A Home Visiting Early Learning Supplementary Curriculum  
for families of children age 3-5 years old

# Recommendations

- Institutionalize tribal home visiting as an essential service
- Provide technical assistance and capacity building supports
- Recognize the importance of traditional teachings and cultural knowledge