



OSHKI-WENJACK

OSHKI-PIMACHE-O-WIN
THE WENJACK EDUCATION INSTITUTE

Indigenous Birthworker— Postpartum Micro-credential Course



45 hours of online self-paced content + community-based activities



Oshki-Wenjack acknowledges the importance of the culture and traditions of Indigenous communities in Nishnawbe Aski Nation and around the world. Course offerings at Oshki-Wenjack encourage integration of the cultural traditions and practices within each learner's own respective community.

What is the Indigenous Birthworker—Postpartum Micro-credential course?

In this course, participants will learn about Indigenous philosophies related to birth, newborns, and the postpartum period. Participants will learn what to expect after birth, what the recovery process might look like, and complications that may occur during this time. Participants will explore ways to support the parent after birth, including methods to promote parent and infant bonding, and infant care and feeding techniques with a focus on breast/chestfeeding. Postpartum mental health and ways to support the health and well-being of the birthing parent will also be discussed as well as tips for starting a Birthworker business. This course includes Anishinaabemowin (Ojibwe) language training that aligns with the content to assist in communicating with the birthing parent and family.

The Indigenous Birthworker—Postpartum Course is the third course in the Indigenous Birthworker Microcredential series created based on identified community needs as reported in the Midwifery Summits of 2019 and 2023 held in Thunder Bay, Ontario.



Indigenous Birthworker—Postpartum

Indigenous Birthworker—Postpartum:

Curriculum highlights

- Supporting clients during the postpartum period
- Expected physiological changes, as well as complications
- How to care for a newborn and promote infant and parent bonding
- Breastfeeding/chestfeeding and alternate feeding information
- Mental health considerations for the postpartum period
- Tips on how to establish a Birthworker business
- Anishinaabemowin (Ojibwe) phrases and terminology relevant to the field

Requirements

Participants must purchase the required textbooks for this course.

Course Hours

The Indigenous Birthworker—Postpartum micro-credential course is a total of 45 hours. Participants will do the majority of their learning in an online, asynchronous format with additional community-based activities.

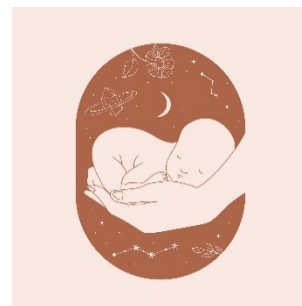
OSAP Eligible Micro-Credential



Apply at: <https://www.ontario.ca/page/osap-ontario-student-assistance-program>

What Does an Indigenous Birthworker Do?

The Indigenous Birthworker helps to educate, support, and advocate for new parents to help build healthy, happy families. An Indigenous Birthworker is similar to a Doula in their scope of practice (they are not a healthcare provider, but a support person) with the background, knowledge, and ability to support community members. Throughout their learning journey, the Birthworker course participants are prompted to reach out to community members and reflect on their own cultural traditions and teachings to honour traditional ways to better help and support community members. Indigenous Birthworkers can follow along with their clients' pregnancy and birth journeys both online/via phone and in-person to provide ongoing support and guidance and can be available as needed for questions and further support.



Other Indigenous Birthworker Micro-Credential Courses at Oshki-Wenjack:

Indigenous Birthworker—Pregnancy

Indigenous Birthworker—Labour

Indigenous Lactation Support

Are You Looking for a New Pathway?

Oshki-Wenjack provides college, university, trades and micro-credential programs to Nishnawbe Aski Nation and other learners in a safe, inclusive, supportive and culturally enriched learning environment. Most programs blend some in-person learning in Thunder Bay with more online learning in your home community. Personalized supports help improve student learning – and student success.

The Oshki-Wenjack campus is located in Thunder Bay, Ontario. The campus includes a cultural room, kitchen amenities, a computer lab and a student lounge. It is centrally located in the downtown south core Fort William Business District and is close to bus transportation.

For information, please contact our Recruitment Office:

Toll Free: 1-866-636-7454 | Phone: 1-807-626-1880 | recruitment@oshki.ca

oshki.ca

