



OSHKI-WENJACK

OSHKI-PIMACHE-O-WIN  
THE WENJACK EDUCATION INSTITUTE

## Indigenous Birthworker— Pregnancy Micro-credential Course

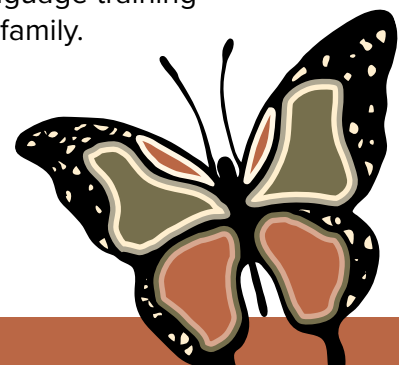


*Oshki-Wenjack acknowledges the importance of the culture and traditions of Indigenous communities in Nishnawbe Aski Nation and around the world. Course offerings at Oshki-Wenjack encourage integration of the cultural traditions and practices within each learner's own respective community.*

### **45 hours, online self-paced + community-based activities**

In this course, participants will learn about Indigenous philosophies related to pregnancy and the Birthworker's role in prenatal support. Participants will learn about the importance of assisting the birthing parent, their partner, and family in preparing for birth through the creation of a birthing plan. Participants will understand the importance of providing physical, emotional, and mental support while also providing information throughout the pregnancy journey. Participants will learn about challenges during pregnancy as well as special circumstances. 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—Pregnancy Course is the first course in the Indigenous Birthworker Micro-credential series created based on identified community needs as reported in the Midwifery Summits of 2019 and 2023 held in Thunder Bay, Ontario.



# Indigenous Birthworker–Pregnancy Micro-credential Course

## Curriculum Highlights:

- The role of the Birthworker and their contribution to community well-being
- An introduction to the female reproductive system, the fertilization process, and the role of the mammary glands
- Pregnancy nutrition, exercise, and other health considerations
- Medical concerns and complications that may arise during pregnancy
- Mental health considerations for birthing parents
- Anishinaabemowin (Ojibwe) phrases and terminology relevant to the field

## Requirements:

Participants must purchase the required textbooks for this course.

## Course Hours:

The Indigenous Birthworker—Pregnancy 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: [ontario.ca/page/osap-ontario-student-assistance-program](https://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.

## Additional Indigenous Birthworker Micro-credential Courses Available at Oshki-Wenjack:

- Indigenous Birthworker–Labour
- Indigenous Birthworker–Postpartum
- Indigenous Birthworker–Lactation Support



## Are You Looking for a New Pathway?

Oshki-Wenjack provides college, university and trades 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 variety of additional student supports. 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](mailto:recruitment@oshki.ca)

[oshki-wenjack.ca/programs/indigenous-birthworker-pregnancy-micro-credential-course/](https://oshki-wenjack.ca/programs/indigenous-birthworker-pregnancy-micro-credential-course/)

