

Leech Lake Maternal Child Health Program

The Leech Lake Maternal Health program offers a wide variety of services to families with children.

From women's health, prenatal to postpartum, well child checkups, im-



Preventative healthcare for all ages

munizations, Head-start and school sports physicals. W.I.C., safe ride car seats, sleep safe, infant cribs, and baby supplies incentive program. Nurses are available to visit you and your baby in your home.



**Leech Lake
Band of Ojibwe**

Leech Lake Maternal Child Health Program

"Wadiswan"

115 6th st nw

Cass Lake, MN 56633

Phone: 218-335-8315

Fax: 218-335-4578

E-mail: roberta.decker@llojibwe.org

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Leech Lake Maternal Child Health Program

Your Wellness is Our Business!

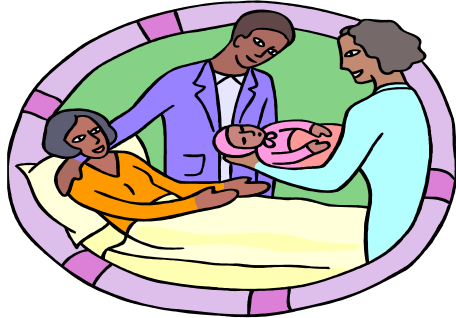
Doula Program



Telephone: 218-335-8315
Toll Free: 866-289-5995

What Is a Doula?

A doula is a woman experienced in childbirth who provides physical, emotional, and informational support to the mother before, during, and af-



Helping mothers have healthy babies

ter childbirth. A Doula recognizes the importance of childbirth and will work with the mother to help her to have a positive and memorable birth experience.

A birth Doula can:

- Help you form a birth plan. (what you want or don't want)
- Provide physical, emotional, and informational support continuously throughout the labor process.



Personalize your birth

- Offer help and advice on comfort measures.
- Inform family or partner about ways they can help during labor.
- Help the mother learn how to communicate to her medical providers what she wants. The doula does not speak for the mother but empowers her to speak for herself.

Postpartum Doula can:

- Assist with breast feeding education, offer tips, and informational support.
- Provide in-home support for mother, baby, and family for up to two months.



Breastfeeding reduces the risk of diabetes

- Can give informed and helpful newborn care help and assistance.
- May also offer help with light household care, light meal preparation, and may also be able to offer "time" so that the mother can rest.

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