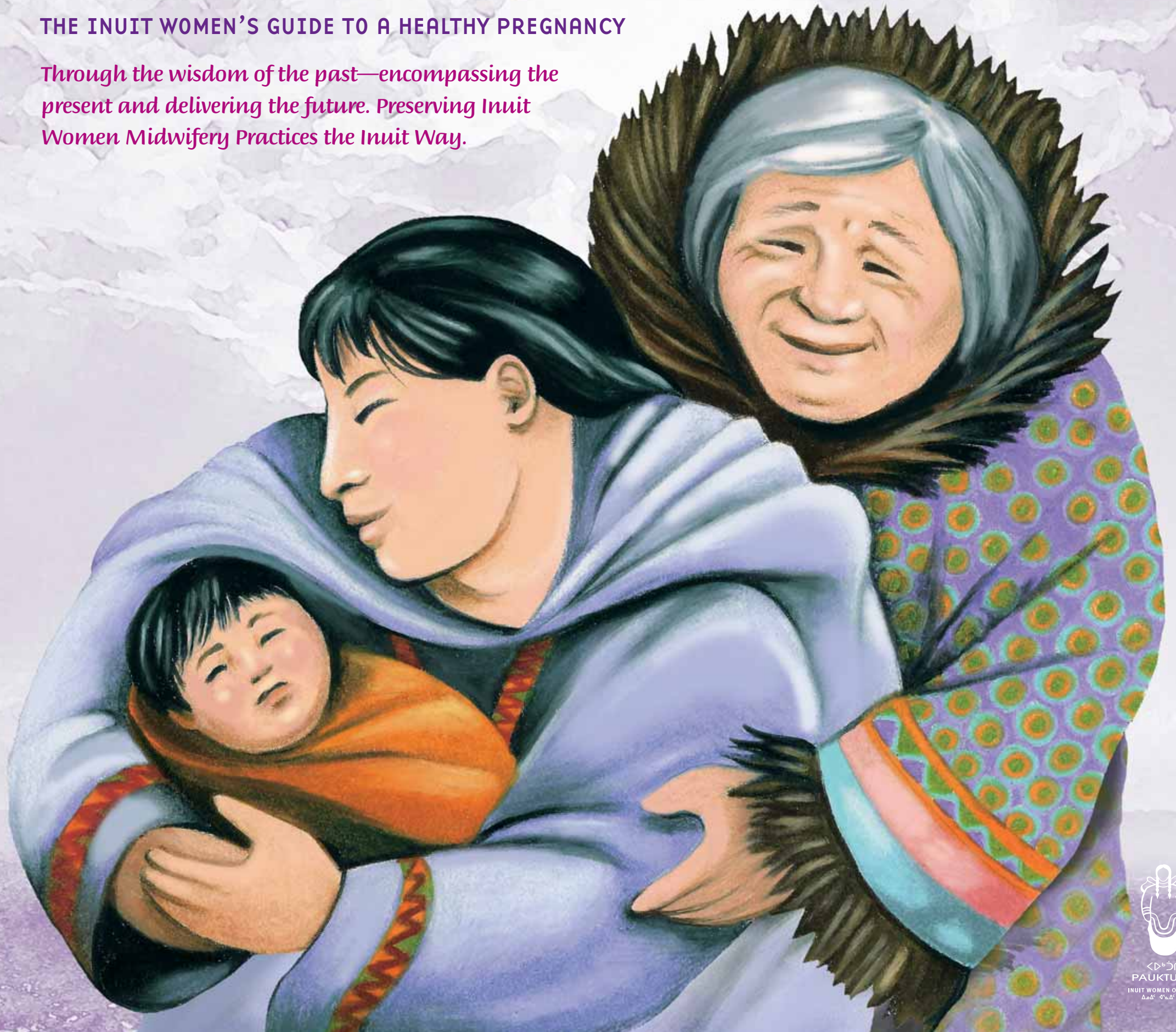


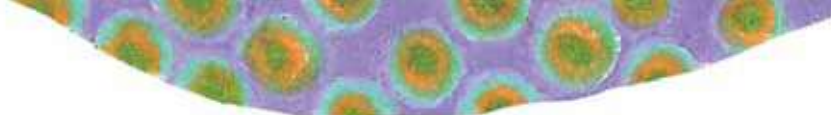
# Born on the Land with Helping Hands

THE INUIT WOMEN'S GUIDE TO A HEALTHY PREGNANCY

*Through the wisdom of the past—encompassing the present and delivering the future. Preserving Inuit Women Midwifery Practices the Inuit Way.*



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INUIT WOMEN OF CANADA  
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# Congratulations!

**You are going to have a baby!** It will be a wonderful experience. You are probably very excited and also a little nervous. **It's a big step** and will cause many changes in your life. **This calendar is one way to help** both first-time mothers and more experienced mothers **prepare for the arrival of your baby** and to make sure you are both healthy and happy!





## THE INUIT PREGNANCY CALENDAR

Inuit women have been giving birth to babies since, well, since there were Inuit. While our ancestors didn't have pregnancy calendars or doctors to help them, they often had other experts on hand—midwives. These Inuit women were experienced in helping deliver healthy babies. Their special knowledge was passed down from mother to daughter, from grandmother to granddaughter. This knowledge has helped Inuit women have healthy pregnancies and to give birth to healthy babies the Inuit way, keeping an important part of our culture alive.

Pauktuutit Inuit Women of Canada, with the generous support of the First Nations and Inuit Health Branch of Health Canada, felt it was time to produce a special pregnancy calendar for Inuit women. The calendar includes important medical information and describes the development of the baby as it grows in your womb. What makes this calendar uniquely yours is that it contains important and helpful information that Inuit midwives have known for thousands of years. This knowledge is unique, it is Inuit, and it is yours.

The calendar also contains important nutritional information that will help you make sure your body has what it needs to nurture a healthy baby. Your calendar also includes tips on how to get the nutrition you need from country foods. If you get a craving for some candy, try some dried caribou instead!

We hope this calendar will be useful as a journal of your pregnancy. There is a section at the back to record information that you can share with your children when they get older.

You're at the beginning of a remarkable journey, one shared by all Inuit mothers before you. There are many things you will need to know about. Don't be afraid to ask your relatives, friends or midwife for information. It is also important to get regular checkups with your health care provider. Together, the knowledge and experience these people have will help you have a safe and happy pregnancy.



We hope this calendar will be useful as a journal of your pregnancy. There is a section at the back to record information that you can share with your children when they get older.

## THE THREE STAGES OF PREGNANCY

If you are reading this calendar, chances are you have already entered the first stage of pregnancy. The 9-month pregnancy period is divided into three sections or trimesters, each three months long.

Your **first trimester** is the most important in terms of the healthy development of your baby. Your baby's major organs and systems are forming. You may not look pregnant, but your body is going through changes as you begin to nourish the baby. You may become more emotional and have mood swings. You might feel nauseous in the morning. You may need to rest more. Don't worry—these are all normal and healthy signs.

1<sup>st</sup>  
trimester

During the **second trimester**, your body adjusts to the pregnancy and you may feel better and have more energy. You won't suffer from the same mood swings and your swelling stomach will show that you are pregnant. You may even feel the baby moving around.

2<sup>nd</sup>  
trimester

In the **third trimester**, the baby is growing and developing rapidly. You may feel some discomfort as the baby shifts around. If this is your first baby, you may be a little anxious and have lots of questions. Talk to your midwife, an experienced mother and your health care provider. They'll know what you're going through and can answer your questions.

3<sup>rd</sup>  
trimester

### Traditional Knowledge

Traditionally, the news of a pregnancy was greeted with great joy. Pregnant women and nursing mothers led a healthy lifestyle with lots of physical activity and a nutritious diet. In fact, there was often little change in the level of activity a pregnant woman had until quite late in the pregnancy. Keeping active was seen as essential to promoting quick labour and ensuring that the placenta did not 'stick in the womb'. Family would support the pregnant woman to help ease her burden.

# when

## WHEN WILL YOUR BABY BE BORN?

Pregnancies are normally **9 months** long but most health care professionals understand the length to be **40 weeks**. Because most women don't know the exact date of conception (when the pregnancy started), **health care providers generally date the pregnancy from the first day of a woman's last period**. This method generally adds two weeks to the length of the pregnancy as conception takes places during ovulation, which occurs about two weeks after the first day of the last menstrual cycle.

### HOW TO USE THIS CALENDAR

This calendar is different than regular calendars as it is designed to fit your pregnancy alone.

To start, on the first page of the actual calendar, **1** fill in the first week with the month and the first day of your last period. Then the second week would follow in the next row and so on. **2** Use the spaces provided to help keep track of how you are feeling, if you notice any changes, and any questions you might have for your health care provider. It is a good idea to take the calendar with you when you are visiting the health care provider to remind you of any questions you have and to let the health care provider see how you are progressing.

To help you keep track of **important telephone numbers**, there is a section in the middle of the calendar **3** to put the numbers of the health centre, your mid-wife and other numbers you might find handy.



### TO ESTIMATE WHEN YOUR BABY WILL BE BORN, USE THE FOLLOWING SIMPLE FORMULA:

1. What was the first day of your last menstrual period? If you don't know for sure, give it your best guess.
2. Deduct three calendar months from that date, then add one week and one year.

#### EXAMPLE

|                                         |                                                     |
|-----------------------------------------|-----------------------------------------------------|
| First day of your last menstrual period | ⇒ May 10, 2007                                      |
| Subtract three months                   | ⇒ May 10 – April, March, and February = February 10 |
| Add one week                            | ⇒ February 17                                       |
| Add one year                            | ⇒ An arrival date of about February 17, 2008        |

This will give you an idea of when your baby will be born. It is not exact and it is normal for the baby to arrive a couple of weeks early or later. If this is your first baby, you have a greater chance of having your baby a little later than sooner.

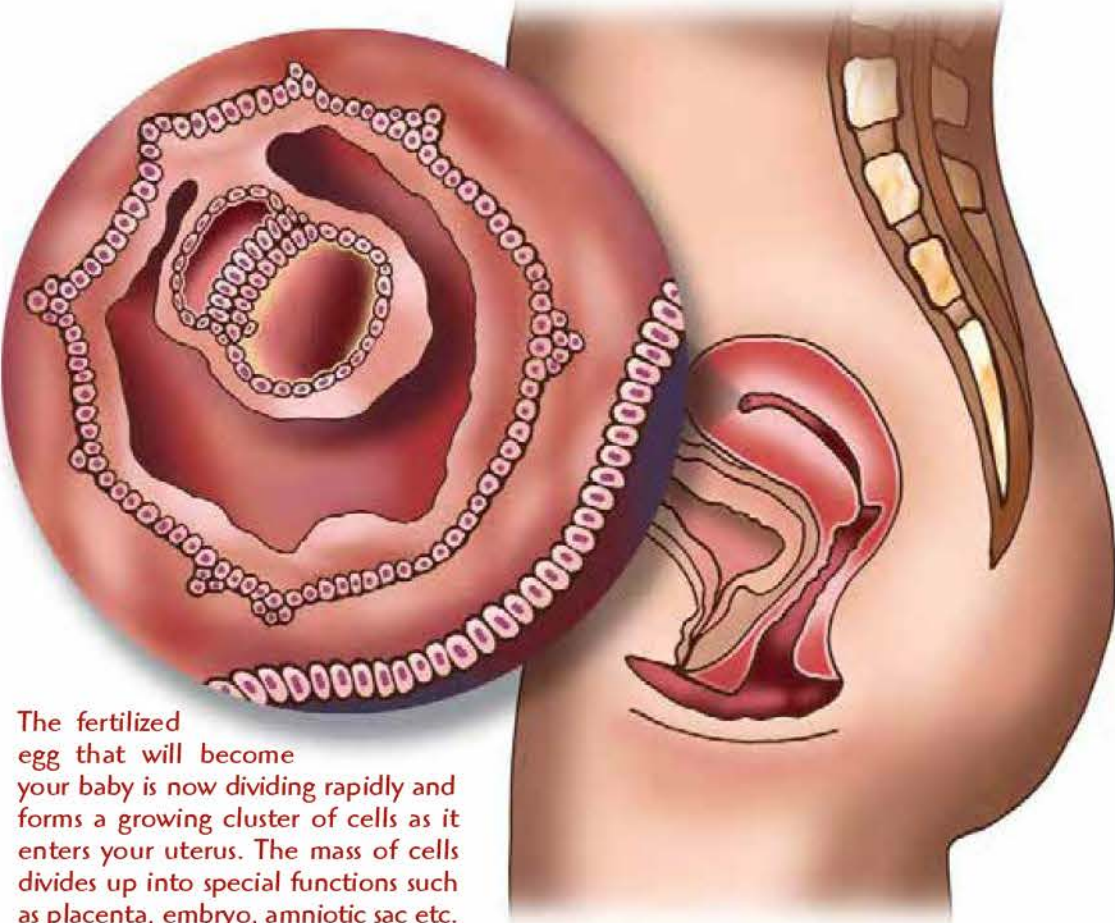


“Today...it seems that people drink much too much. Inuit should not be using alcohol at all; it isn't a part of our traditional way of life and it has played a major part in lives lost in Inuit communities, especially among young people.”

ANNIE OKALIK, AN ELDER FROM NUNAVUT.



AT THE END OF 4 WEEKS



The fertilized egg that will become your baby is now dividing rapidly and forms a growing cluster of cells as it enters your uterus. The mass of cells divides up into special functions such as placenta, embryo, amniotic sac etc.



**Your first trimester is the most critical for your baby.** Smoking, drinking alcohol, and taking illegal drugs will harm your baby for life. Remember, what you eat, drink and breathe directly affects your baby's development. Ask your health care provider about starting a good multivitamin with minerals. Stay healthy for your baby's sake.

# weeks 1 to 4

1

Update—Every pregnancy is unique and babies develop slightly differently.

month:

dates:

2

Update—The egg is only .13 mm long and is fertilized within 24 hours of ovulation. **You're pregnant!**

month:

dates:

3

Update—The fertilized egg is now dividing rapidly and forms a growing cluster of cells as it enters your uterus.

month:

dates:

4

Update—You missed your first period. The mass of cells has divided up into special functions such as placenta, embryo, amniotic sac, etc.

month:

dates:



Inuit did not have access to tobacco or alcohol until they came into contact with Europeans. Traditionally, pregnant women were encouraged to be active and healthy throughout their pregnancies. Women continued to collect and prepare food, look after their families and travel right up until they gave birth.



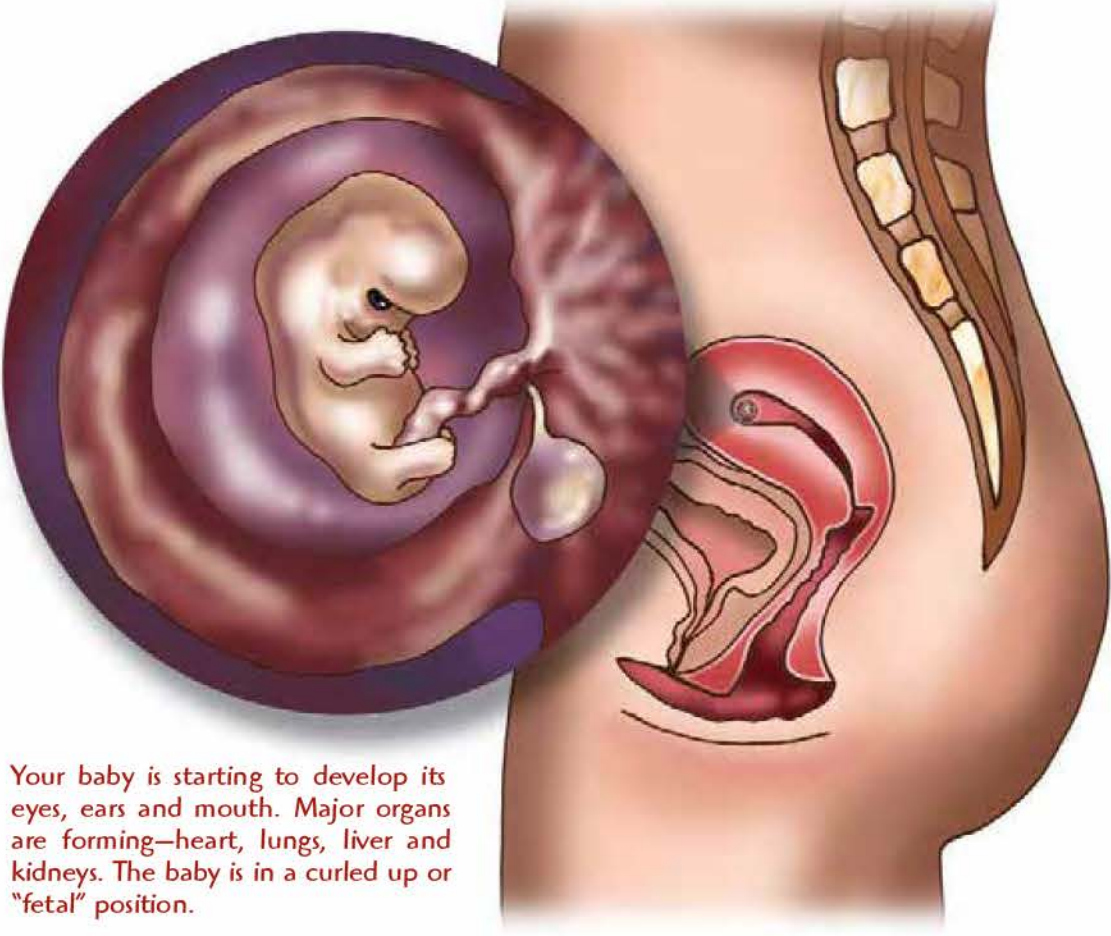
Smoking reduces the amount of oxygen your baby gets and causes more ear infections, colds and breathing problems later in life. Alcohol causes Fetal Alcohol Spectrum Disorder leading to birth defects, brain damage, low birth weights etc. Illegal drugs cause many difficult problems for your baby that will affect its whole life.



smoking and drinking can harm your baby

During her pregnancy years ago, Clara Etok, an elder from Kangiqsualuq, was disappointed that she was denied qiaq, the outer part of seal intestine and “the best part of the seal”. Some foods were considered taboo for pregnant women.

AT THE END OF 8 WEEKS



Your baby is starting to develop its eyes, ears and mouth. Major organs are forming—heart, lungs, liver and kidneys. The baby is in a curled up or “fetal” position.



Eating well and getting enough vitamins will help your baby grow to be strong and healthy. The Nunavut Food Guide suggests eating the following servings (about a handful) per day:

- Fruit and veggies—5 or more
- Grain products—5 to 10
- Milk and alternatives—2 to 4
- Meat and alternatives—2 to 4

weeks 5 to 8

5

Update—Embryo is only 2mm long, has a head and tail. Spine and brain are starting to develop.

month: \_\_\_\_\_

dates:



6

Update—The embryo is beginning to form eyes, ears and mouth. Major organs are beginning to form.

month: \_\_\_\_\_

dates:



7

Update—The embryo is about the size of your thumbnail. Now called a fetus, he resembles a comma with his head on his chest.

month: \_\_\_\_\_

dates:

8

Update—Facial features are more defined, major organs are formed but not fully developed, fingers and toes are beginning to form.

month: \_\_\_\_\_

dates:

Pregnant women were encouraged to eat a healthy and varied diet such as meat, fish, fats, seaweed, eggs etc. They were discouraged from eating aged food or too many berries as these could cause discomfort.

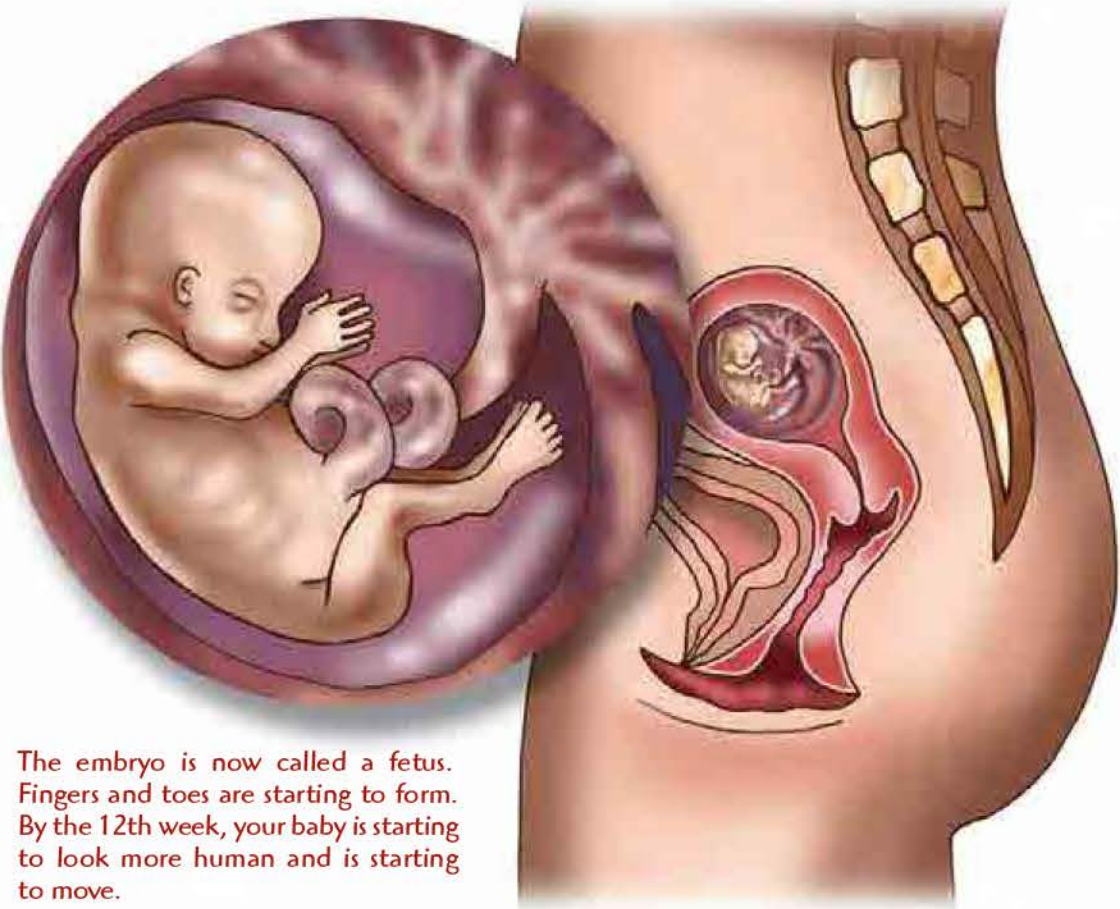
You may feel sick in the morning or other times throughout the day. This is known as “morning sickness” and is caused by hormonal changes in your body. This is normal and generally disappears by the second trimester. Talk to your health care provider if it continues or is severe.

smoking and drinking can harm your baby

“Eat lots of country foods to keep your iron up. Tuktu and seal has lots of iron.”

DIANE TIKTAK  
FROM RANKIN INLET.

AT THE END OF 12 WEEKS



The embryo is now called a fetus. Fingers and toes are starting to form. By the 12th week, your baby is starting to look more human and is starting to move.



Country foods contain many important vitamins.

- Vitamin B – Arctic char, seal, walrus, liver.
- Calcium – Cooked fish bones, shellfish, marrow from caribou, seaweed, plants like willow, mountain sorrel (qunguliit)
- Iron – Goose, duck, seal, walrus, caribou, rabbit, ptarmigan, mussels and seal liver.

weeks 9 to 12

9

Update—Eyes are now developed completely, there is some early movement but too little for you to feel.

month:

dates:

10

Update—The inner ear has formed and the outer part is still developing. Lungs and kidneys are also developing.

month:

dates:

11

Update—Hair is starting to grow and the placenta and umbilical cord are completely formed and functioning.

month:

dates:



12

Update—Fetus looks like small baby. Your breasts are increasing in size to be ready to breastfeed the baby.

month:

dates:



A traditional Inuit diet included large amounts of animal fat and blubber. Fish oil and marine mammal blubber are rich sources of Omega 3 fatty acids, an important factor in the healthy development of your body. Check with your local health care provider for safe amounts of marine mammal blubber to eat.



Sometimes it can be difficult to have a healthy diet. Eat a variety of foods and drink lots of water and fruit juices. Tea is also good if it is not too strong. Some herbal teas can have a negative effect on you so check with your health care provider.

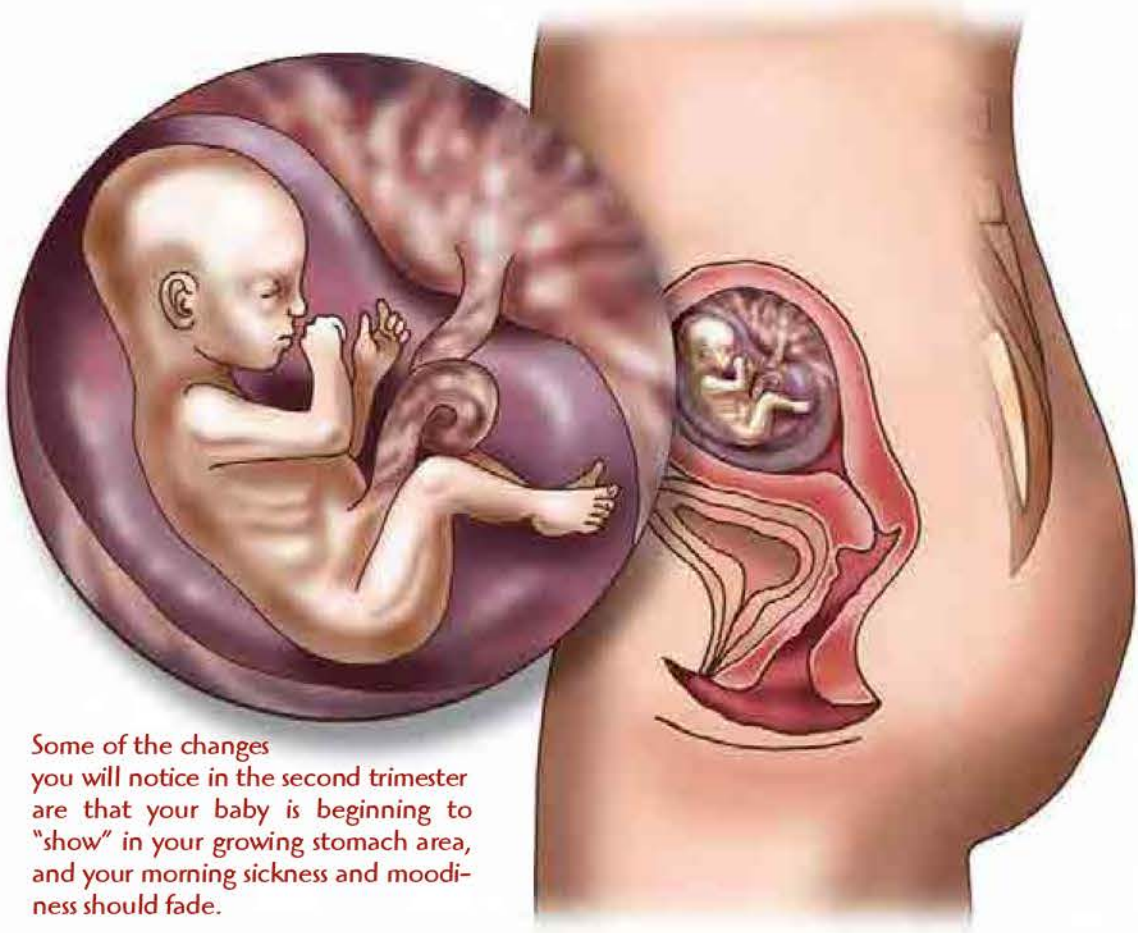


smoking and drinking can harm your baby

“I used to watch women in labour, I didn’t get officially educated but I learned from watching and experiencing birth myself and as I went along in assisting other women having babies.”

ANNIE SALTUK,  
AN ELDER FROM TALOYOAK.

AT THE END OF 16 WEEKS



Some of the changes you will notice in the second trimester are that your baby is beginning to “show” in your growing stomach area, and your morning sickness and moodiness should fade.



An ultrasound is a medical process that allows you to see the baby in your uterus. It is an important tool for checking on the size, health and position of the baby.

weeks 13 to 16

13

**Update**—Baby is now fully formed but not everything is working yet. It measures about 7.5 cm.

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14

**Update**—Baby has doubled his weight to about 65 grams in the last week. **Smiles and frowns can now be detected.**



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15

**Update**—The baby’s ears have developed enough to hear voices and noises.

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16

**Update**—The baby has grown to 15 cm in length and weighs about 113 grams. Hair on the head and eyebrows begins to grow.

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For extra nutrition, add dried fruit to bannock. In caribou or seal stews, add some extra fresh or frozen vegetables. In fish soups, throw in some spinach or dried seaweed for an extra nutritional boost.



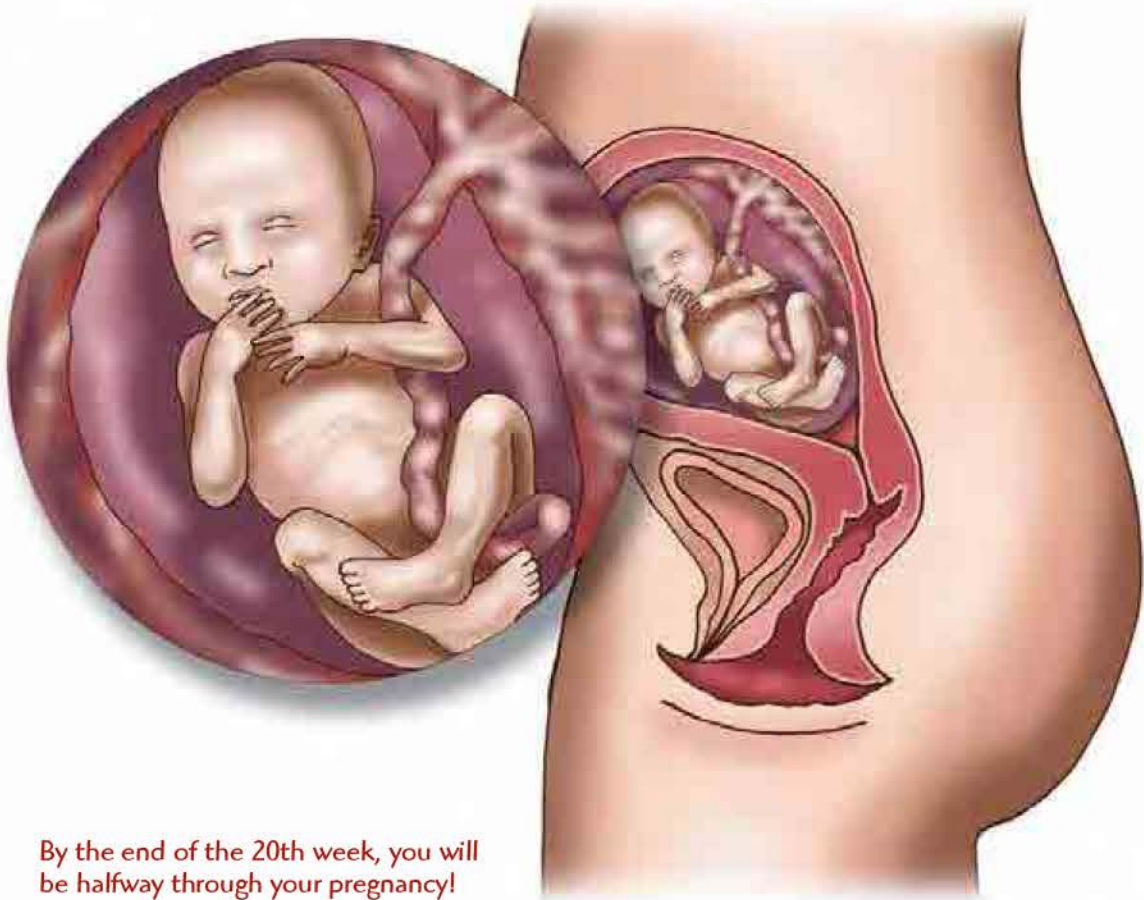
Inuit women, and some men on occasion, learned to become midwives by watching their grandmother, mother or aunts helping with the delivery of a baby. Eventually, the young woman would be asked to help and they would gain more experience and knowledge with each birth they assisted with.

smoking and drinking can harm your baby

“I try to make sure the woman is comfortable with me. If she feels shy with me I would leave. If for any reason they didn’t want me, I would respect their wishes. It would make the birth a lot more difficult if the woman was not comfortable”.

BETTY PIRJUAQ, AN ELDER FROM BAKER LAKE, SPEAKING ABOUT HER EXPERIENCE AS A MIDWIFE.

AT THE END OF 20 WEEKS



By the end of the 20th week, you will be halfway through your pregnancy!



You may experience occasional sharp sudden pain once in awhile when you laugh or move suddenly. Usually, this is just your body stretching as your baby grows. These pains should go away quickly. If they don’t and are persistent, let your health care provider know.

weeks 17 to 20

17

**Update**—Your baby is now 18 cm long and has fully formed limbs, skin, and muscles.

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18

**Update**—At about 20 cm in length, the baby’s movements are getting strong enough for the mother and others to feel.

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19

**Update**—Your baby’s stomach is prepared to absorb fluid and the kidneys are preparing to go to work too.

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20

**Update**—The baby is growing quickly now and is about 25.5 cm in length and weighs 340 grams. Movements are getting stronger.

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There may be some pollutants in country food but most experts feel it is much better to eat country food than to avoid it. Select country foods rich in fatty acids but have less contaminants in them—char, caribou, misirag made from seal blubber (not beluga). Ask your local health care provider for more information.



Traditional ways of preparing food helped increase the range of flavours as well as the nutrition of country foods. Raw, frozen, stewed, aged and dried— all different ways of preparing good nutritious food the traditional way.

smoking and drinking can harm your baby

“A birthing assistant needs to be patient and caring towards other people. They must also be able to talk about things that may seem embarrassing, be strong, and to be able to work very hard”.

LENA KINGMIAQTUA, AN ELDER FROM TALOYOAK, DESCRIBING THE CHARACTERISTICS OF BIRTHING ASSISTANTS.

AT THE END OF 24 WEEKS



Your baby will be able to start hearing and may even jump at certain noises. You may be able to hear the baby’s heart now. Your baby’s major organs will be well developed during this period. He or she will grow to about 454 grams (one pound) during this month alone.



You may experience a number of uncomfortable side affects of your pregnancy during this period. Indigestion, bloating, constipation, backaches, and some nausea are normal but if there is an unusual amount of any of these symptoms, let your health care provider and midwife know.

weeks 21 to 24

21

**Update**—The baby now weighs about 450 grams and his or her skin is red and wrinkly. His immune system is becoming more active.

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22

**Update**—The baby is now about half as long as he will be when he’s born. He is coated in **vernix**, a waxy substance that protects his skin from the fluid in the uterus.



Photographer V. Tony Hauser. Early 1984.

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23

**Update**—The baby’s reflexes are getting stronger and **he or she may respond to loud noises from outside.**



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24

**Update**—Most vital organs are nearly fully developed, muscles are developing quickly and the main organs are well developed.

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Have a craving for a certain food? Your body could be telling you it needs something. You are eating for two now so you need more food than normal. Try and eat healthy snacks that add extra nutrition and vitamins. Dried caribou or char are great snacks. So are fresh fruit and vegetables.

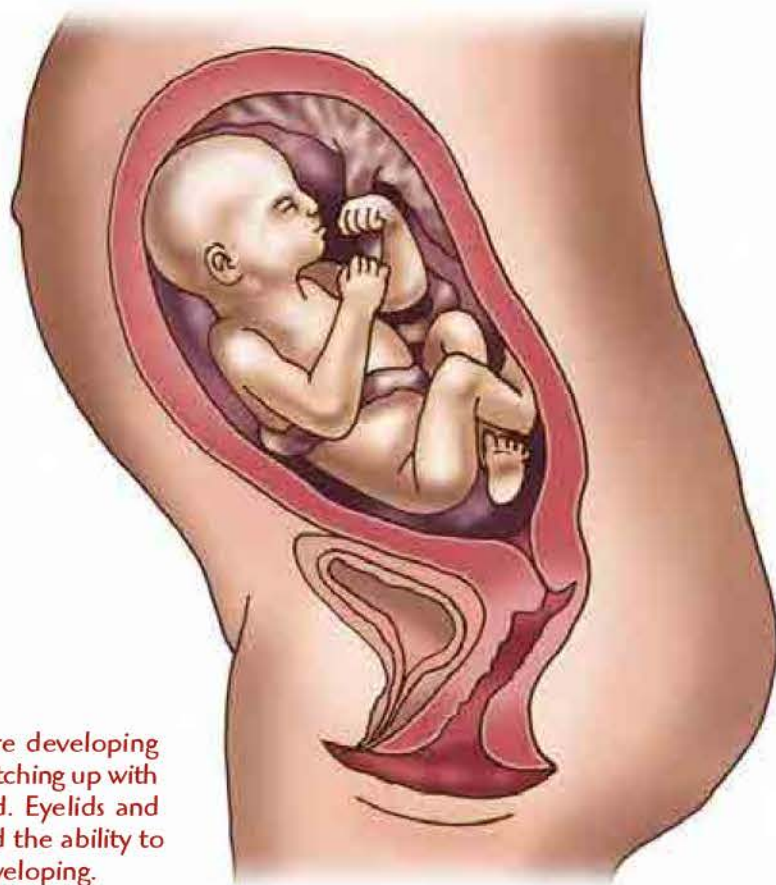


Keeping active was considered to be a remedy for constipation in pregnant women. For heartburn, small amounts of frozen caribou or fish can relieve the symptoms.

smoking and drinking can harm your baby

REBECCA QITSUALIK, AN ELDER FROM POND INLET, DESCRIBING HOW IN THE PAST THEY USED THE MUSCLES OF THE CARIBOU LEG TO BIND THE UMBILICAL CORD.

## AT THE END OF 28 WEEKS



Your baby's lungs are developing and its body size is catching up with the size of the head. Eyelids and nostrils are open and the ability to see and taste are developing.



weeks 25 to 28

25

**Update**—Your baby weighs about 860 grams. The bones are getting firmer and the body is catching up to the head in size.

[illegible]

26

**Update**—The baby is beginning to store some fat. His lungs are maturing.

[illegible]

27

**Update—The baby's nostrils and eyes are opening.** The brain is becoming more active and complex.

month:

dates:

28

**Update—The baby is becoming more active every day!**

month:

dates:



While most pregnancies are without problems, there are some warning signs that you should look out for. You should report any bleeding or unusual discharge to your health care provider. As well, any pain or discomfort that lasts a long time should be mentioned.

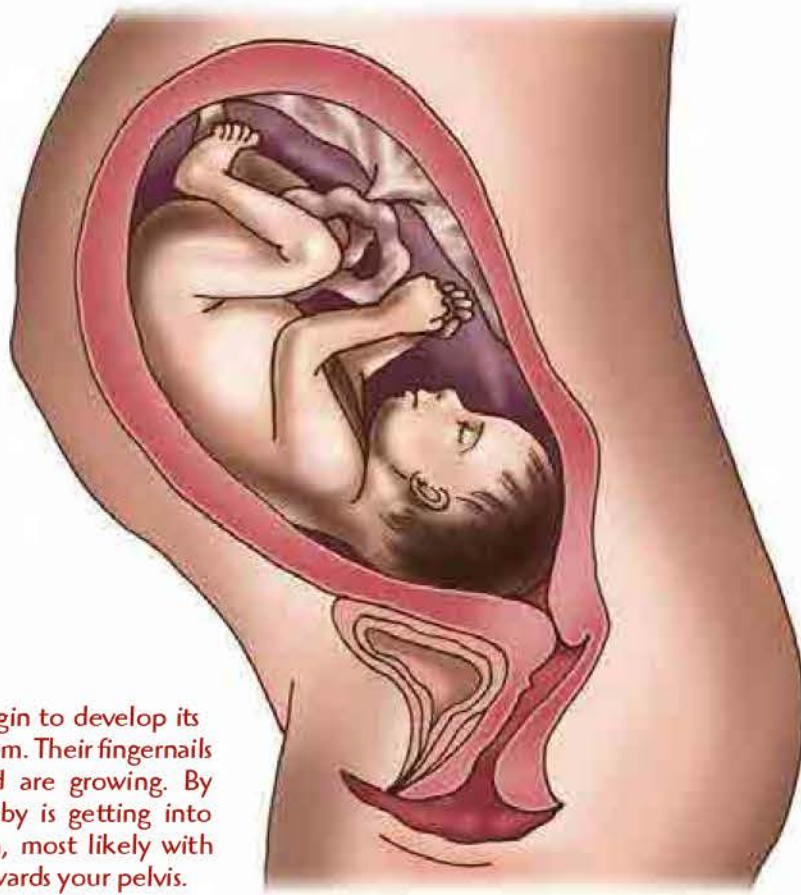


Avoid "junk food" that is high in fat, salt and sugar. Chips, pop and candy might be a fast snack, but they don't have what is needed for a healthy pregnancy. Also, try and eat a variety of healthy food to make sure you are getting all the nutrition you need.

smoking and drinking can harm your baby

MABEL KOOTOO,  
AN ELDER FROM TALOYOAK.

## AT THE END OF 32 WEEKS



Your baby will begin to develop its own immune system. Their fingernails have formed and are growing. By week 32, the baby is getting into position for birth, most likely with its head down towards your pelvis.



weeks 29 to 32

29

**Update**—Your uterus is just about as full as it is going to get. The baby will now continue to gain about 200g and grow 1cm each week.

[illegible]

30

**Update**—The baby will rest more in the “fetal” position—curled up with his knees bent, arms and legs crossed and chin on chest.

[illegible]

31

**Update**—Some of the waxy coating (vernix) will be lost now and the baby is putting on more weight.

month:

dates:

32

**Update**—Your breasts may start producing small amounts of **colostrum**, a form of milk that is very rich in antibodies and nutrients.

[illegible]

You may experience irregular contractions around your stomach area. They are usually not painful but can be uncomfortable. These are sometimes called false labour or Braxton Hicks contractions and are quite normal. If you continue to get these contractions, contact your health care provider.

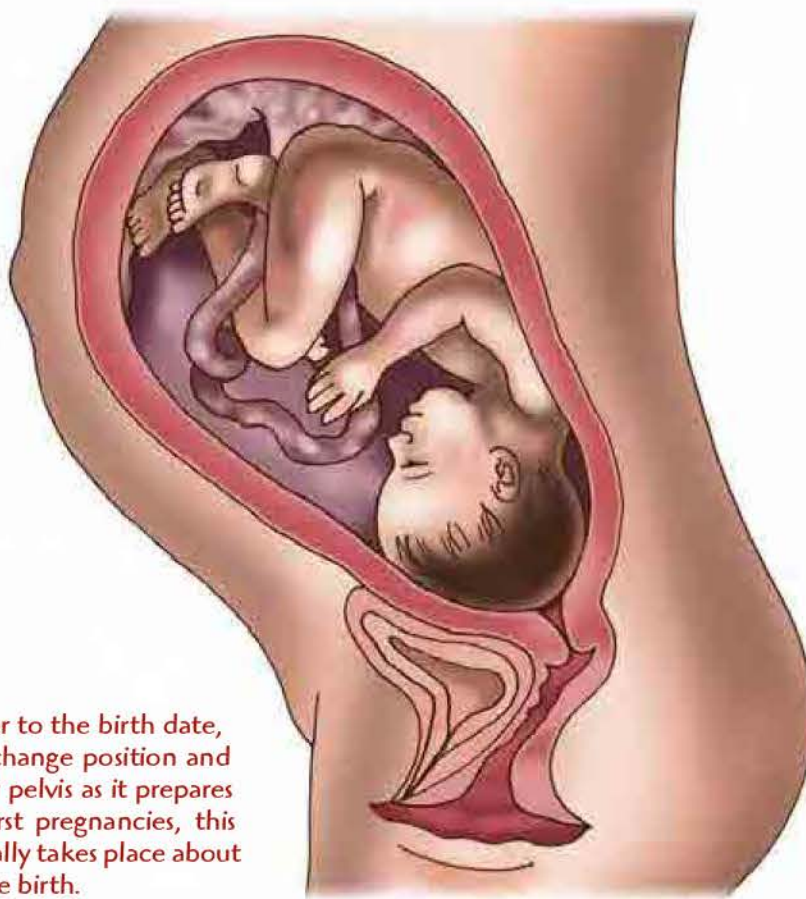


Drinking lots of water helps your body get rid of waste, keeps you from getting dehydrated and makes sure your baby is comfortable and getting what it needs. Fruit and vegetable juices without added sugar are great. Avoid pop as it contains things that your body doesn't need.

smoking and drinking can harm your baby

LENA WOLKIE, AN ELDER  
FROM SACHS HARBOUR.

## AT THE END OF 36 WEEKS



As you get nearer to the birth date, your baby may change position and "drop" into your pelvis as it prepares for birth. For first pregnancies, this "lightening" usually takes place about two weeks before birth.



## TRADITIONAL KNOWLEDGE

weeks 33 to 36

33

**Update**—The baby is moving so his head is pointing down. **This is the normal position for birth.**

[illegible]

34

**Update—The baby can now tell the difference between light and dark.**

[illegible]

35

**Update**—Your baby is now putting on more weight and hair is growing on his or her head.



month:

dates:

36

**Update**—Your baby is developed enough to survive on his own if he had to. Organs are almost completely developed and the baby's body is perfectly formed.

[illegible]

## Getting Ready

**Your baby will be born in a few weeks.  
Time to get some things organized.**

**Some hints:** if you aren't having your baby at home, prepare a bag to take with you for the delivery. Arrange for some help when you get home so you can rest and enjoy your baby.



## MEDICAL TERMS

Colostrum is the yellowish milk made in the first few days of breastfeeding. It is very rich in nutrients and helps protect your baby from infection. You may start producing some of this fluid a few weeks before birth.

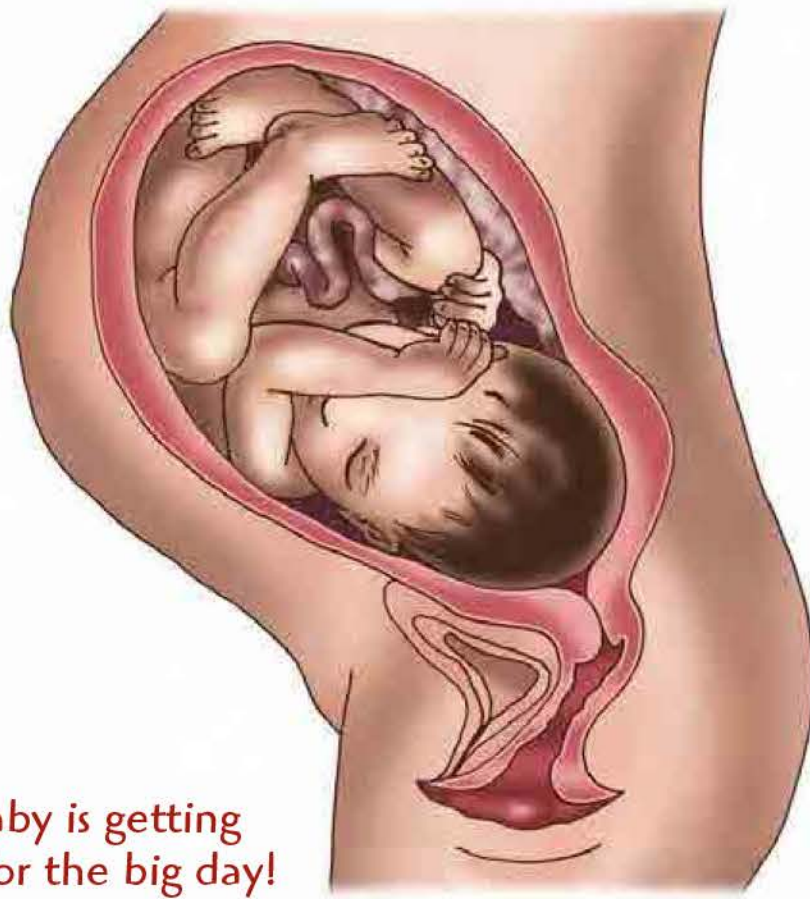


## NUTRITION

There are many benefits to breastfeeding. Your milk has the perfect balance of nutrition that your baby needs. As well, it helps you form a close bond with your baby, it's always available, it's clean, doesn't have to be heated up and it's free! Mother's milk is the best food for your baby.

ANNIE NAPAYOK, AN ELDER  
FROM WHALE COVE.

## AT THE END OF 40 WEEKS



Your baby is getting ready for the big day!



weeks 37 to 40

37

**Update**—The baby is putting on more “baby fat” – nearly 28 grams per day!

38

**Update**—You might notice the baby jumping around. This is likely just a case of hiccups.

[illegible]

39

**Update—Your baby has produced his first bowel movement in his intestines.** This will be passed within the first few days after birth.



month:

dates:

40

**Update—Congratulations! You did it!** The baby may look a little funny with an angry expression on his face, a misshapen head, but you will think **your baby is the most beautiful person in the world.**

[illegible]

## Congratulations!

**You did it!**

You will think your baby is the most beautiful person in the world.



## MEDICAL TERMS

**What is Labour?** Labour is the process your body uses to push the baby out. It involves contractions that take place in a rhythm, can take place over many hours, and results in the baby being pushed out of the uterus.

# what can i do

## WHAT CAN I DO TO HELP MAKE SURE MY BABY IS HEALTHY?

### Eat well

Your baby depends on what you eat to develop well. Try to eat a varied diet with lots of country food, fruit and vegetables, dairy products, and whole grain breads and pastas. Stay away from “junk food” that has lots of sugar, fat and salt, but not much nutrition.

### Get exercise

Stay active! Walk around town, go fishing, visit friends, dance! Keeping active is a great way to reduce stress and to get more energy. There will be days when you are too tired, the weather is lousy, and you are too busy. Take it easy then but try and keep as active as you can for as long as you can into your pregnancy. You will find that it really pays off in many ways and will help make your delivery easier.

### Rest

Getting enough rest is critical to having a health pregnancy. Your body is going through a lot of changes and you may not feel well at times. Get your family to help more around the house and to give you time for resting. Remember – when you are resting, you are resting for two!

### See Your Health Care Provider and Midwife

It is important to go see your health care provider early in your pregnancy. They can take tests and measurements to make sure everything is OK. Plus they will then have information to monitor your later stages of pregnancy. Some communities may not have many midwives available, but if you are fortunate, try and arrange to have a midwife as soon as you can. Their knowledge and experience will be a great source of comfort and strength to you and your baby.

### VITAMINS

*Getting a great balanced diet can be hard in some Inuit communities. To make sure you are getting the necessary vitamins and minerals, ask your health care provider to recommend a good multi-vitamin/mineral supplement. One a day and you are well on your way to giving your baby a healthy head start.*

**Folic Acid** – This is a very important vitamin for pregnant women to take. Folic acid helps in the development of your baby’s spine, brain and skull. To make sure you are getting enough, ask your health care provider to recommend a supplement.

**B Vitamins** – This group of vitamins, which includes folic acid, is very important for helping you and your baby stay healthy. They help develop healthy new cells that form a baby’s brain, spine, organs, skin and bones. Green leafy vegetables like spinach and broccoli, nuts and citrus fruits are great sources of folic acid. A lot of Inuit foods are high in B vitamins including Arctic char, seal, walrus.

**Vitamin A** helps build healthy skin, bones and teeth and protects you from getting sick. Country foods with lots of this vitamin include caribou, goose, duck, maktaaq and seal liver. Carrots, squash, sweet potatoes, tomatoes, spinach and cantaloupes are great sources as well.



**Iron** – Iron is important for keeping your blood healthy, to help give you energy and for muscle development. Good sources of iron are goose, duck, seal, walrus, caribou, rabbit, ptarmigan, mussels and seal liver. Non-animal sources include dried beans, peas, lentils, grains and wild greens.

**Zinc** – Zinc is important in helping our bodies fight infections and heal from wounds. To get enough zinc in your diet, eat narwhal, caribou and seal eyes.

**Calcium** – You need calcium for strong bones and teeth. Cooked fish heads, skin, and bones are good sources of calcium. Other sources include mussels and clams and marrow from caribou. Milk and milk products such as cheese and yogurt are excellent sources of calcium.

**Vitamin C** – Vitamin C has many health benefits as it keeps our cells and immune system healthy. Fresh meat, fish and fruit and fruit juices are good sources of vitamin C.

**Omega-3 Fatty Acids** – This is a type of fat that has many health benefits and helps your body prevent diseases. It is also good for the health of the heart. Sources are Arctic char, seal, walrus and whale. Non-meat sources include avocado, nuts, and enriched eggs.

**Protein** – Protein builds and repairs muscles, skin, and blood. It also helps to prevent illness. Sources include caribou, narwhal, Arctic char, seal.



# recipes

## HEALTHY RECIPES FOR HEALTHY BABIES!



### Arctic Char Cakes

#### ingredients:

- 2 cups cooked Arctic char (can substitute 2 small cans of salmon or tuna)
- 1 package dried vegetable soup mix
- 1 cup torn up bread or "siiva"
- ¼ cup no-fat mayonnaise
- 1 cup boiling water (or more, depending on type of bread or biscuit used)
- 1 egg or ¼ cup egg whites
- canola oil for frying

Break up the bread or biscuits into small pieces. Stir soup mix into the boiling water, add bread/biscuit pieces and let stand for about half an hour. Break up cooked Arctic char into small pieces and combine with mayonnaise and soup/bread mixture. Form into round flat cakes about 1 inch thick, about 3 inches in diameter. Divide the mixture in half, then each half in half again, and then each portion in half again for 8 cakes. Carefully heat canola oil, 1 inch deep, in a frying pan. When tiny bubbles begin to break the surface of the oil, put a pinch of bread into the oil. If the oil suddenly bubbles up around the tiny bit of bread, the oil is hot enough to fry the fish cakes. Keep the heat at about medium-high. If the oil splatters, turn the heat lower. While the oil is heating, set out a large plate and cover with several layers of paper towel. Put 4 fish cakes carefully into the oil in the frying pan. Fry until golden, about 3 minutes or so, then turn and fry the other side. Remove cakes from oil with spatula allowing as much oil to run back into the pan as possible. Set the cakes to drain on the paper towel covered plate. Cover with a clean tea towel to keep warm. Fry the remaining fish cakes, adding more oil to the pan to keep the 1 inch depth of oil in pan at all times. Drain the cakes and cover to keep warm.

### Bannock for Bouncing Babies!

#### ingredients:

- 6 cups of flour (whole wheat if possible)
- 1 cup of vegetable shortening
- 3 tablespoons of baking powder
- 1 tablespoon of salt
- 2 cups of currants, raisins or other dried fruit
- 3½ cups of water (or milk or soy milk)
- Pinch of cinnamon (optional)

In a medium-sized bowl, mix the flour and shortening together by hand. Add baking powder, salt and dried fruit. Then add water and mix ingredients into dough. Don't over mix.

To cook in an oven, spread the dough out into a 16" square cake pan. Bake at 425 degrees for about 20 minutes or until golden brown. Check to see if it is done by sticking in a toothpick or knife—if it comes out dry, it's ready!

**Note:** You could add any fruit to the mix—mashed bananas, chopped apples etc. You could also add a handful of oats or bran to make it even healthier. To make a great bannock to have with stew or soup, leave out dried fruit and cinnamon but add some fried onions, grated carrots or even cheese.

### Country Food Chili

#### ingredients:

- 1 lb. ground caribou or muskox
- 1 large onion, chopped
- 3 cloves garlic chopped
- 2 carrots, grated, or chopped
- 1 stalk of celery, chopped
- 1 can of kidney beans (or black beans)
- 1 can of chopped tomatoes
- 3 tbsp olive oil
- 2 tbsp chili powder
- ½ tsp salt
- lots of ground pepper (as you like it)

Cook the onions and garlic in olive oil. Add chili and meat and cook until brown. Add the tomatoes, kidney beans, and spices and turn to low heat. Stir frequently, not to burn the bottom, and let cook for another hour or so. Tastes great over rice or with bannock accompanied by a big green salad.

### Baked Arctic Char

#### ingredients:

- 1 Arctic char
- 1 or 2 minced clove garlic
- 1 onion
- ½ tsp. thyme
- ½ lemon

Clean Arctic char. Using a sheet of foil, put garlic and onion inside and outside the fish. Sprinkle thyme and squeeze of lemon. Wrap in foil to ensure a sealed closure, and bake at 400° F. for about 1 hour. For slow cooking, cook at 200 F for 4 hours.

### Healthy & Hearty Country Food Stew

#### ingredients:

- 4 cups fresh cut up seal - about 2 lbs. (or caribou)
- 6 potatoes
- 1 can tomatoes
- 1 onion
- 1 small turnip
- 3 carrots, average size
- 1 cup chopped cabbage (or seaweed)
- 1 cup water (adjust for taste)
- Salt and pepper to taste.

Peel the turnip and chop into bite-size pieces. Scrub the potatoes, carrots and cabbage and cut into bite-size pieces. Peel and chop onion. Cut meat into small pieces including some fatty parts. In large pot, over medium-high heat, put in some meat fat pieces and cook until some oil is released. Add rest of meat and onion and stir-fry for three minutes or until all the pieces have been partly cooked. Add the carrots, then the turnips, the potatoes. Add tomatoes and water to cover. Bring stew to boil and reduce to medium heat. Add cabbage. Keep at a slow boil for about half an hour or until a fork easily pierces the carrots and turnip. Salt and pepper to taste. Serve with bannock.

### Country Food Meatloaf

#### ingredients:

- Part A**
- 2 lbs ground caribou (or substitute with lean muskox or ground beef)
- ½ cup of bread crumbs
- 1 medium onion, finely chopped
- 2 tsp salt
- 1/8 tsp pepper
- 1 1/3 cups of canned milk

- Part B**
- mashed potatoes, grated cheese (cheddar or parmesan)

**Part 1**—Mix ingredients and pack very firmly into a one and a half quart bowl. Turn bowl upside down and place onto pan (keeping the dome shape). Bake for 1 ¼ hours at 350 degrees F.

**Part 2**—Coat loaf with mashed potatoes. Sprinkle with cheese. Bake another 15 minutes. Return to oven until cheese melts.

### Quick & Easy Energy Drink

#### ingredients:

- 1/3 cup plain yogurt
- ¼ cup milk or soy milk
- 1 tbsp wheat germ
- 1 peeled ripe banana
- 1 fresh/canned peach or ½ cup of frozen berries

Blend yogurt, milk, wheat germ, and fruit together in blender until smooth. Let stand for 2 to 3 minutes until wheat germ softens. Add fruit and whip until smooth.

## Quick & Tasty Fish Soup

### ingredients:

- 1 small to medium char gutted and washed, cut into bite size chunks
- 3 med. potatoes, cubed (skin on)
- 1 med. onion, chopped (skin off)
- 1 can cream of celery soup
- 1 tbsp. butter
- Salt and pepper taste

Put potatoes and onions in kettle. Cover with water. Add fish and salt. Boil 15 minutes, then add celery soup, pepper and butter.

**NOTE:** Adding carrots, spinach or seaweed would taste great and help boost the nutrition of this meal. Substituting milk for some of the water also adds more calcium and flavour.

## Roasted Caribou Shank

### ingredients:

- 1 caribou shank per adult person (can substitute with muskox)
- 1 package of onion soup mix
- Salt and pepper
- 1 onion
- 1 cup each raw veggies (carrots, celery, potatoes)

Put shank in a roast pan, cover with a package of onion soup mix. Add salt and pepper to taste (the soup mix has a lot of salt in it). Add a small amount of water to barely cover the meat and add cut onions. Cook in the oven at 400°F for 45 minutes. Add veggies. Ensure the broth covers everything. Bring to a boil. Spoon uncooked bannock on top of everything. Cover and let cook 45 minutes.

## Seal Stew Qallunaatitut

### ingredients:

- 4 cups fresh cut up seal with fat pieces (about 2 lbs.)
- 6 potatoes
- ¼ cup ketchup or to taste
- 1 onion
- 1 small turnip
- 3 carrots, average size
- 3 parsnips, look like white carrots
- water as required

Peel off the outer skin of the turnip, then chop the turnip into small pieces. Wash the potatoes well, then cut out the “eyes” and any bad bits from the skin of the potatoes. Leave on the skin and cut into small pieces. Wash the carrots and parsnips and cut away any bad parts. Leave the skin on and cut into small pieces. Peel and chop onion. Cut seal meat into small pieces including some of the fat. In pot, over medium-high heat, put in some seal fat pieces and cook out a bit of oil. Add meat and onion and stir-fry until all the pieces have been cooked on the surface. In layers, add the carrots, then the turnips, the potatoes, and the parsnips in that order. Add water to cover. Bring to boil and reduce to medium heat to maintain a slow boil for about 35 minutes or until a fork easily flakes the vegetables, especially the carrots and turnip. Add the ketchup and stir well.

## Tasty Fried Rice

### ingredients:

- 2–3 cups leftover cooked rice
- 1 egg
- 1 carrot
- 1 onion
- 1 cup finely chopped cabbage
- 1 cup chopped leftover cooked meat (caribou, char, muskox)
- 3 tablespoons soy sauce
- 2 tablespoons vegetable oil

Peel and chop onion. Place in frying pan with oil. Heat at medium high until onions become soft. Wash and chop carrot and cabbage and add to pan. Beat egg with a little milk or water and stir into pan. Toss in meat and rice. Stir until heated through (10 minutes). Add soy sauce. Stir and serve.

**NOTE:** You can add just about any leftovers to this dish or add frozen vegetables for an extra nutritious boost.

## GAINING WEIGHT

It is normal to gain weight during pregnancy. You will need to gain more weight than the baby will weigh. You shouldn't be concerned unless you aren't putting on much weight. During the first trimester, you won't increase your weight very much at all as the baby is very small. Once you get into the second trimester, you will begin to gain weight. Checking regularly with your health care provider is a good idea.

Some facts about weight during pregnancy:

- The average baby weighs between 3 and 4 kilograms (7–8 pounds).
- Your body will produce about that same amount in extra blood and fluid to help nourish your baby.
- Extra muscle and fat can weigh between 2–3 kilograms (5–7 pounds).
- Your breasts (combined) and uterus will both grow to over a kilogram each (2–3 pounds).

Don't worry about your weight unless you don't seem to be gaining enough. Your diet is important and eating right is the best way to make sure your baby is getting all the nutrition needed and that you are staying healthy too. Ask your health care provider for a copy of the First Nation and Inuit Food Guide. If you live in Nunavik or Nunavut, the health departments have developed food guides specifically for Inuit and include traditional foods (see box to the right).

## SWELLING

Your body will be using a lot of extra fluid during pregnancy. During the last trimester the baby is growing rapidly. You may notice some swelling. This is normal and you should continue to drink at least 8 cups of fluid a day – water, juice, milk, or soup. To help you feel comfortable, put your feet up when relaxing, wear loose clothing, stay active, and get lots of rest. If you are concerned about swelling that continues, check with your health care provider.



## FOOD GUIDES FOR INUIT

To get copies of food guides developed for Inuit, check out your local health centres and these sites:

Nunavut Food Guide available in English, Inuktitut and Inuinnaqtun at: [www.gov.nu.ca/health/recent.shtml](http://www.gov.nu.ca/health/recent.shtml)

Nunavik Food Guide available in Inuktitut, English and French, is available at hospitals and nursing stations in villages, stores and community organizations around Nunavik:

### ENGLISH

[www.rrsss17.gouv.qc.ca/santepub/pdf/diabetes/Nunavik\\_Food\\_Guide2005.pdf](http://www.rrsss17.gouv.qc.ca/santepub/pdf/diabetes/Nunavik_Food_Guide2005.pdf)

### INUKTITUT

[www.rrsss17.gouv.qc.ca/santepub/pdf/diabetes/Nunavik\\_Food\\_Guide2005\\_Inuktitut.pdf](http://www.rrsss17.gouv.qc.ca/santepub/pdf/diabetes/Nunavik_Food_Guide2005_Inuktitut.pdf)

Health Canada's Food Guide For First Nations, Inuit and Metis

[www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index_e.html)

# journal

PERSONAL JOURNAL NOTES



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# glossary

## HANDY GLOSSARY

When you meet with your health care provider, there will be some terms they use that you may not be familiar with.

Here is a short list of definitions that will help you understand some important terms.

### **Amniotic Fluid**

The fluid that surrounds the baby in the womb.

### **Braxton Hicks Contractions**

These are “practice” contractions you may feel throughout your pregnancy. They often feel like muscles in your abdomen tighten and then relax. They can be uncomfortable but should not last long.

### **Colostrum**

This is the first breast milk that is produced. It is very rich in nutrients and antibodies. You may start producing some of this a few weeks before birth.

### **Conception**

This is the moment the sperm fertilizes the egg and the development of the baby begins.

### **Contractions and labour**

Labour is the process your body uses to push the baby out. It involves contractions that take place in a rhythm, can take place over many hours, and results in the baby being pushed out of the uterus.

### **Ovum, embryo, fetus**

These are all stages of the baby’s development. Once the fertilized egg attaches itself to the wall of the uterus, it becomes an embryo. At eight weeks of development, the embryo becomes a fetus once major structures and organs have formed.

### **Trimester**

The 9-month pregnancy period is divided into three equal sections or trimesters.

### **Ultrasound**

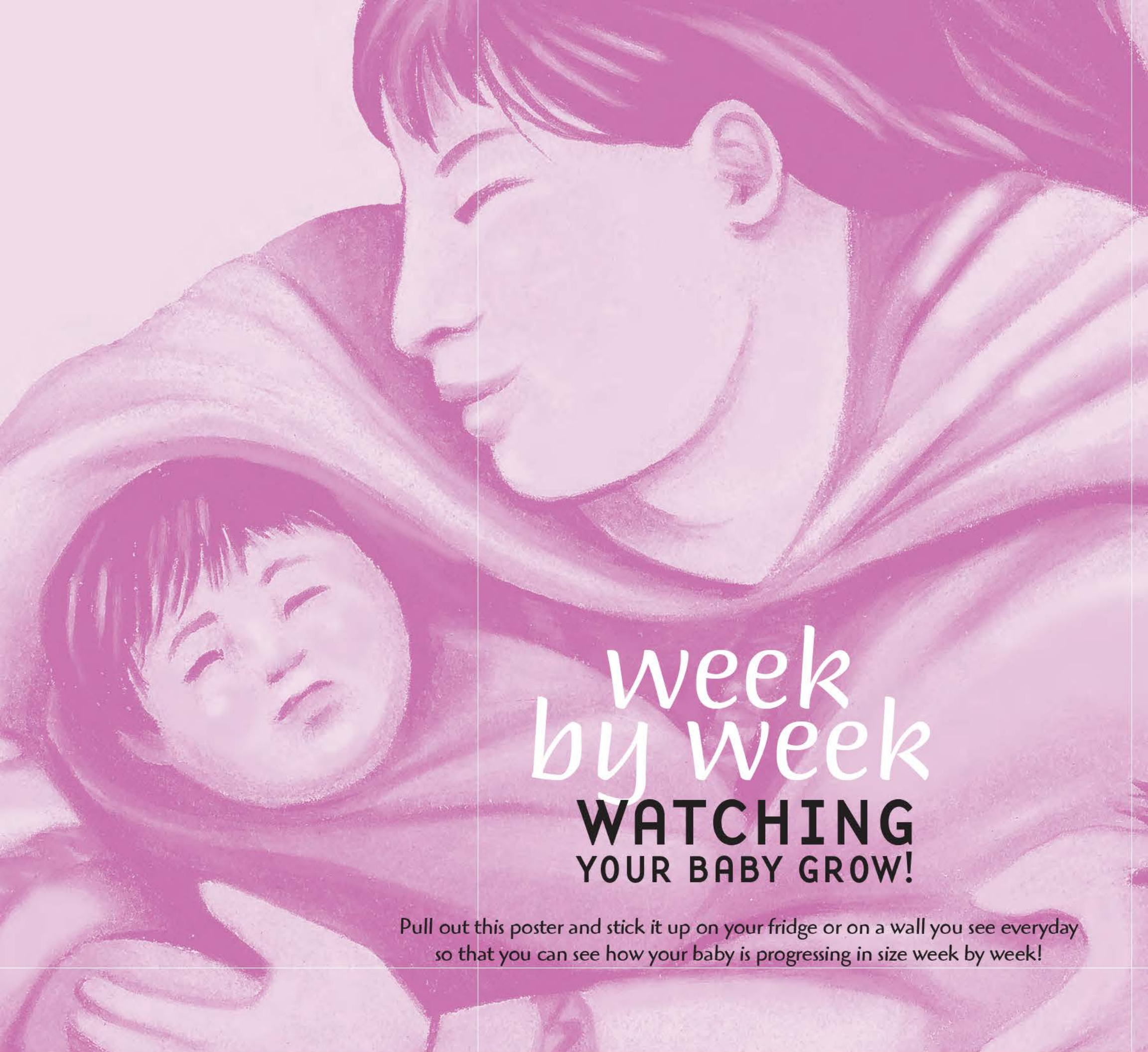
An ultrasound is a medical process that allows you to see the baby in your uterus. A device is passed over your belly and passes sound waves over the baby to create a moving image of your baby. It is an important tool for checking on the size, health and position of the baby.

### **Uterus/womb**

This is the organ below your stomach where the baby develops. The fertilized egg attaches to the wall of the uterus and draws nourishment from it.

### **Vernix**

A waxy white material that coats the skin of the baby from the liquid in the womb. Little of the material remains once the baby is born, but it can make the baby slippery and look like he/she has a coating.

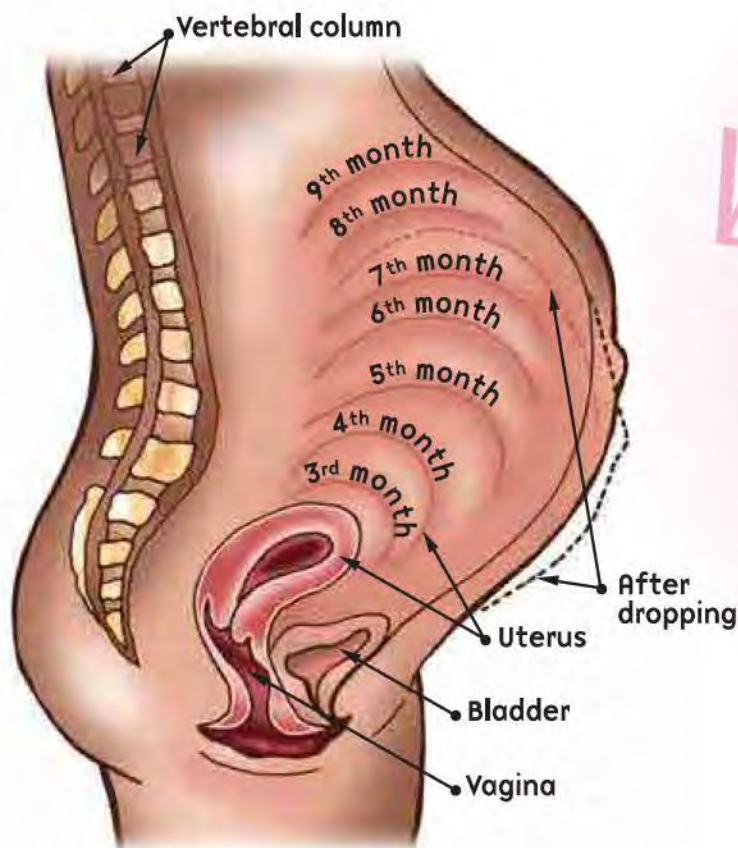
An illustration of a woman with long dark hair, wearing a striped shirt, holding a baby. The woman is looking down at the baby with a gentle expression. The baby is lying in her arms, looking up at her. The background is a soft, light blue.

# week by week **WATCHING** YOUR BABY GROW!

Pull out this poster and stick it up on your fridge or on a wall you see everyday so that you can see how your baby is progressing in size week by week!

“Today...it seems that people drink much too much. Inuit should not be using alcohol at all; it isn't a part of our traditional way of life and it has played a major part in lives lost in Inuit communities, especially among young people.”

ANNIE OKALIK, AN ELDER  
FROM NUNAVUT.



# week by week WATCHING YOUR BABY GROW!



## weeks

### 1<sup>st</sup> trimester

1

"Pregnancies are actually dated from the first day of your last period, not from the time of fertilization or conception".

#### EXAMPLE

|                                         |                                                     |
|-----------------------------------------|-----------------------------------------------------|
| First day of your last menstrual period | ⇒ May 10, 2007                                      |
| Subtract three months                   | ⇒ May 10 - April, March, and February = February 10 |
| Add one week                            | ⇒ February 17                                       |
| Add one year                            | ⇒ An arrival date of about February 17, 2008        |

2



The egg is only .13 mm long and is fertilized within 24 hours of ovulation. You're pregnant!

3



The fertilized egg is now dividing rapidly and forms a growing cluster of cells as it enters your uterus. Your baby is about the size of the head of a pin at .18 mm.

4



You missed your first period. The mass of cells has divided up into special functions such as placenta, embryo, amniotic sac etc.

5



Embryo is only 2mm long, has a head and tail. Spine and brain are starting to develop.

6



The embryo is beginning to form eyes, ears and mouth and arm buds. Major organs are beginning to form. Your baby is the size of a BB pellet at 6 mm.

7



The embryo is about the size of your thumbnail or small raspberry. Now called a fetus, he resembles a comma with his head on his chest. The umbilical cord has formed and hands that look like tiny paddles.

8



Facial features are more defined, major organs are formed but not fully developed, fingers and toes are beginning to form. Your baby is about the size of a grape at 2.5 cm.

9



Eyes are now developed completely, there is some early movement but too little for you to feel. Your baby is the size of a strawberry.

10



The inner ear has formed and the outer part is still developing. Lungs and kidneys are also developing. Tooth buds are forming. Your baby looks like a medium shrimp at 3.8 cm.

11



Hair is starting to grow and the placenta and umbilical cord are completely formed and functioning. Fingernails and external genitalia are forming. Your baby is about the size of a large lime.

12



The fetus now looks like a small baby. The baby's kidneys are functioning and the eyelids have fused together to protect the eyes as they develop. Your breasts are increasing in size to be ready to breastfeed the baby.

end of first trimester

## weeks

### 2<sup>nd</sup> trimester

13



Baby is now fully formed but not everything is working yet. Your baby can suck his or her thumb, yawn, stretch and make faces.

Your baby is the size of a peach at 7.5 cm.

14

# support

## ADDRESSES & OTHER SUPPORT INFORMATION

### Getting Ready for the Big Day

Near the end of your third trimester, you are getting close to the birth date. It is a good time to think about some of the things that need to be done.

### What Will I Need

If you are not going to have your baby at home, it is a good idea to pack a bag to take with you. Pack the bag well in advance of your expected due date. Some things you will need include a housecoat, loose nightgown, a nursing bra, slippers, several pairs of underwear, comb or brush, make-up, clothes to wear home, clothes, diapers and a blanket for the baby. Make sure you have phone numbers of people you will want to get a hold of—friends, relatives, midwives, health care provider etc.

### When I Get Home

Often the baby sleeps with the mother at first but the baby will need its own place to sleep. Do you have a crib? Where will it go? Babies need a safe and warm place. Do you have the bedding necessary? These are some things you need to think about.

### What will the baby need?

Babies can need a lot of stuff—diapers, clothes, bedding, toys etc. Try and make up a list of these things while you are waiting for the baby to arrive.

### What Will I Need?

You will be pretty busy looking after the new baby when you first get home. You will also need to take care of yourself and get lots of rest. Is there someone who can come and help with the baby, cook, clean and help look after the rest of the family? Make arrangements before you have your baby.

**Congratulations!**  
**Good luck and enjoy your baby!**



your numbers:.....

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