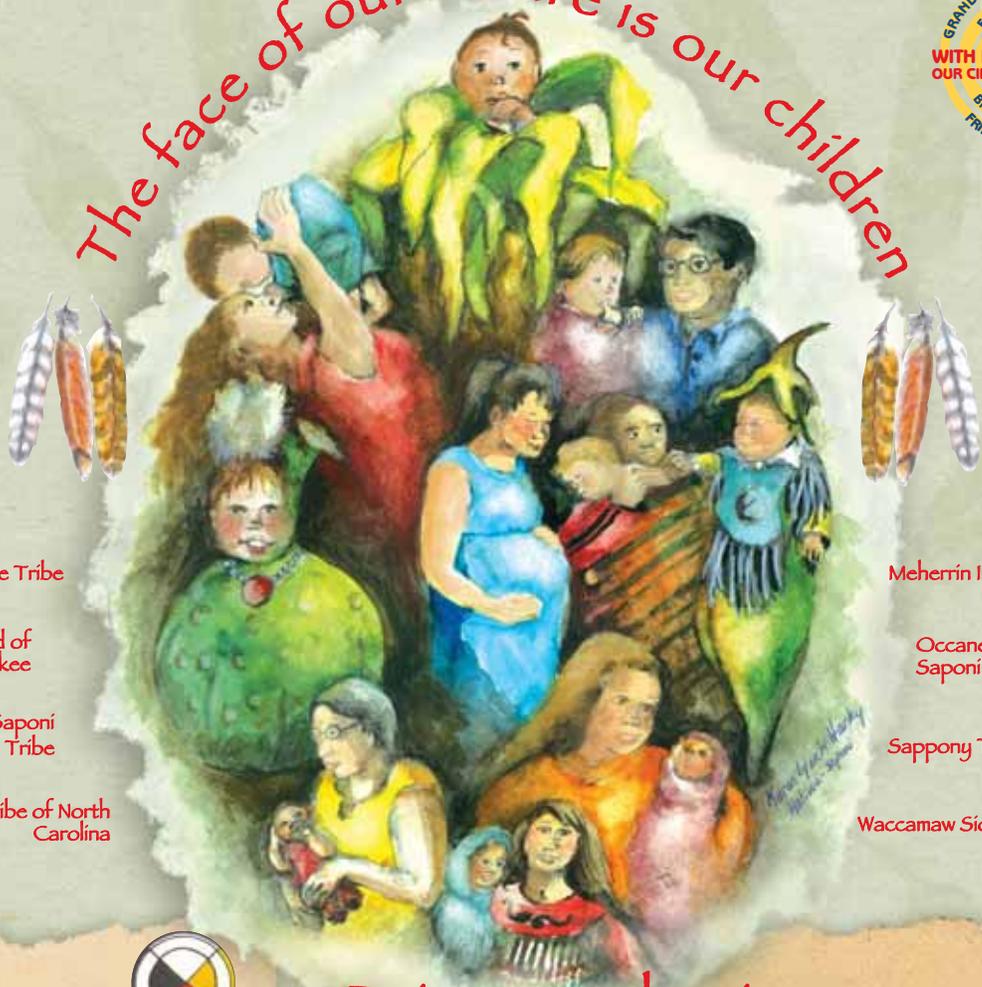


The face of our future is our children



Coharie Tribe

Meherrin Indian Tribe

Eastern Band of Cherokee

Occaneechi Band of the Saponi Nation

Haliwa Saponi Indian Tribe

Sappony Tribe

Lumbee Tribe of North Carolina

Waccamaw Siouan Tribe

Wise Sayings



given to us by American Indian leaders

- May every American Indian child be born strong and healthy, and grow with wisdom and compassion.
- We teach from the heart so each new child may know truth.
- We nurture and love so each new child may grow strong and live long.
- Together we seek blessings so each new child may show kindness.
- We celebrate our past and hold fast to our ancestors' words so each new child may grow wise.
- Together we share responsibility that our Native sons and daughters have the best chance in life.

Emergency Information

Doctor's name: _____

Doctor's phone: _____

Emergency phone: _____

We live at (address): _____

Being a mother is very special

To help our sons and daughters enter this world healthy, women should:

- Get medical care early in pregnancy. Go to all health check-ups.
- Talk to a doctor if already taking medicine and thinking about getting pregnant.
- Eat more fresh fruits and vegetables including corn, beans, squash and leafy greens. Steam or bake meats instead of frying, and cook well.
- Take a multivitamin with 400 micrograms of folic acid every day. This can prevent some birth defects even before a woman knows she is pregnant.
- Drink extra fluids: 6-8 glasses of water, juice or milk a day. Limit caffeine from coffee, tea or sodas.
- Choose not to drink beer or alcohol. Drinking any alcohol during pregnancy may cause birth defects and damage the baby's brain and nerves. This can result in learning and behavior problems in children. It also increases the baby's chances of Sudden Infant Death Syndrome (SIDS).
- Avoid drugs or any substances used to get high. Drugs can cause miscarriage (loss of the baby), birth defects and nerve damage in the baby.
- Choose not to smoke or chew tobacco because they can cause a baby to be born too early or too small. Smoking causes lung problems and learning disabilities in babies. It puts babies at a greater risk of dying from SIDS.
- Get help if someone is hurting you or your baby.
- Form or join a Native talking circle. Seek counseling if feeling very sad or depressed.
- Find ways to manage stress with quiet time, deep breathing, chanting, making changes or getting help.
- Exercise every day for 20-30 minutes. Walk the land or around the block with a friend.
- Control diabetes. Blood sugar (glucose) levels will be affected by pregnancy and may require more effort to maintain.
- Manage high blood pressure. It can cause the baby to be born with a low birthweight or early. High blood pressure can harm the mother's kidneys and other organs.
- Try to breastfeed your baby until the first birthday.
- Seek the advice of elders. Reflect on your Tribal heritage and what you will teach your child.

Our children – our gift to the future

Artist: Karen Lynch Harley, Haliwa Saponi



Keeping the Circle Healthy

