

The Essential Role Community Designed Programs Play in Reducing Infant and Maternal Mortality

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HUMMINGBIRD INDIGENOUS DOULAS

A COMMUNITY DESIGNED PROGRAM

Cultural Advisory Board

Hummingbird Indigenous Doulas is a culturally responsive, full spectrum Indigenous doula program. Doulas from the urban, Native community will provide abortion, birth and postpartum doula services to Native/Indigenous families throughout the Puget Sound area.

Meet the Doulas!



Camie Goldhammer
Sisseton-Wahpeton



Cassandra Miles
Turtle Mountain Chippewa



Kristin Lightfeather
Comanche



Vanessa Lovejoy-Guron
Filipinx

POPULATION SERVED

Pregnant and parenting American Indian/Alaska Native and
Pacific Island/Native Hawaiian families in King County



PROGRAM SUCCESS

- We served 53 families in our first year of service (200%).
- 100% of our families were Native American/PI/Native Hawaiian
- Births
 - 89% of babies were delivered vaginally (73%)
 - 90% unmedicated (32%)
 - 4% premature births (12%)
 - 30% chose out of hospital births
- Breastfeeding
 - 100% initiated breastfeeding (70%)
- Abortion/Pregnancy Loss
 - Supported families through the loss of a pregnancy



For Us, By Us

- Native designed
- Native educators
- Native learners



Celebrate Native Mothering

HISTORICAL IMPLICATIONS OF INDIGENOUS BREASTFEEDING SESSION 1



HISTORY OF LACTATION SESSION 2



MILK TRANSFER & SUPPLY SESSION 6



HELPING WITH A BREASTFEED SESSION 7



COUNSELING INDIGENOUS MOTHERS SESSION 9



INFANTS AND MOTHERS WITH SPECIAL NEEDS SESSION 10 AND 11



Inupiat Baby
Stomach Size

Day 1 5-7ml

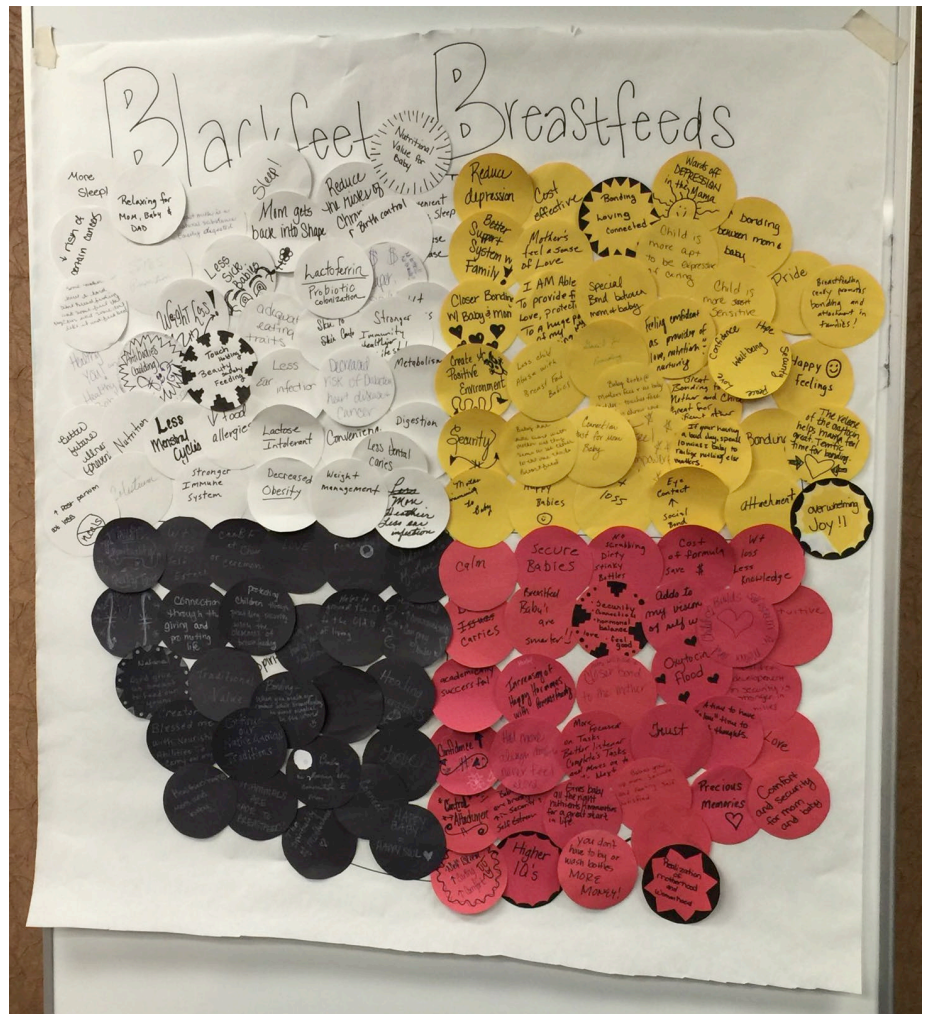
5 "really juicy aqpiq"
(salmon berry)

Day 3 22-27ml

○ "tu tu ri" (caribou eyeball)

Day 10 60-80mL

○ "ugruk inaluq"
(bearded seal intestine)





Response

- “All around excellent. I felt right at home even if the information was new to me. I didn’t have to hide my identity or catch others up to speed with history for them to understand me.”
- “In my 10 years in birth work, I’ve always been the only Native. So to attend a workshop with Indigenous women from across North America was the fulfillment of a long time dream.”
- “Where do I start? The stats, the demos, the feedback attendees, the flexibility in the schedule, the ceremonies/prayers/elder’s knowledge, ok-ok... HOW INDIGENOUS IT WAS!!”

Barrow 2017



Bemidji 2018



Bad River 2018



Seneca 2019



Sault St Marie



Oneida



Standing Rock



Seattle

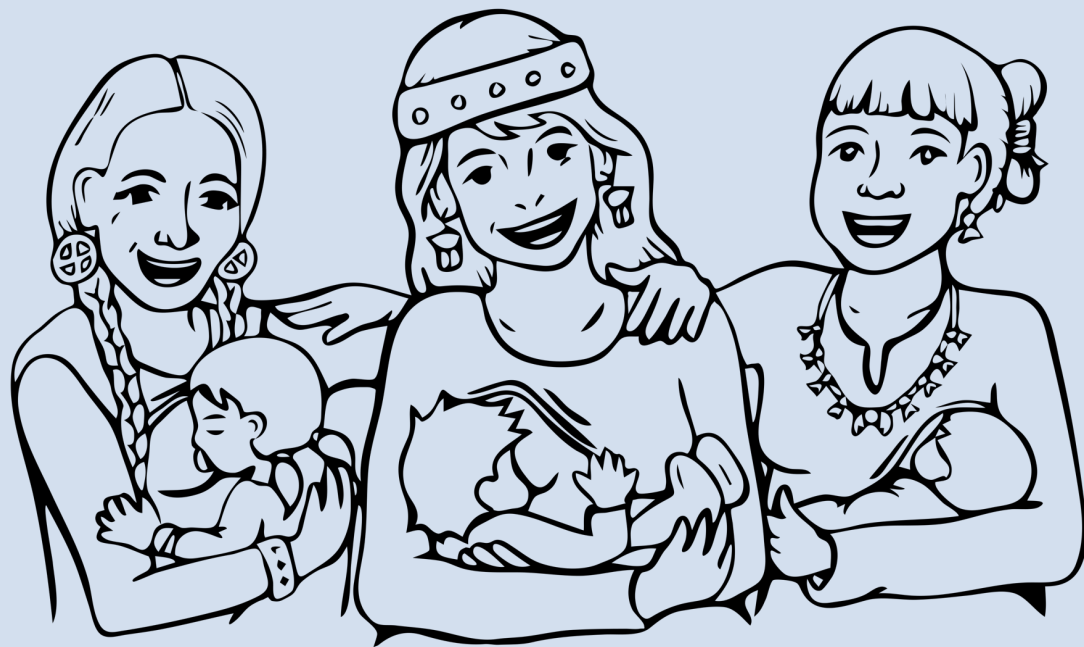


Hawaii



New Mexico





Traditional Feeding Indigenous Support

Pidamayaye! Thank you!

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