

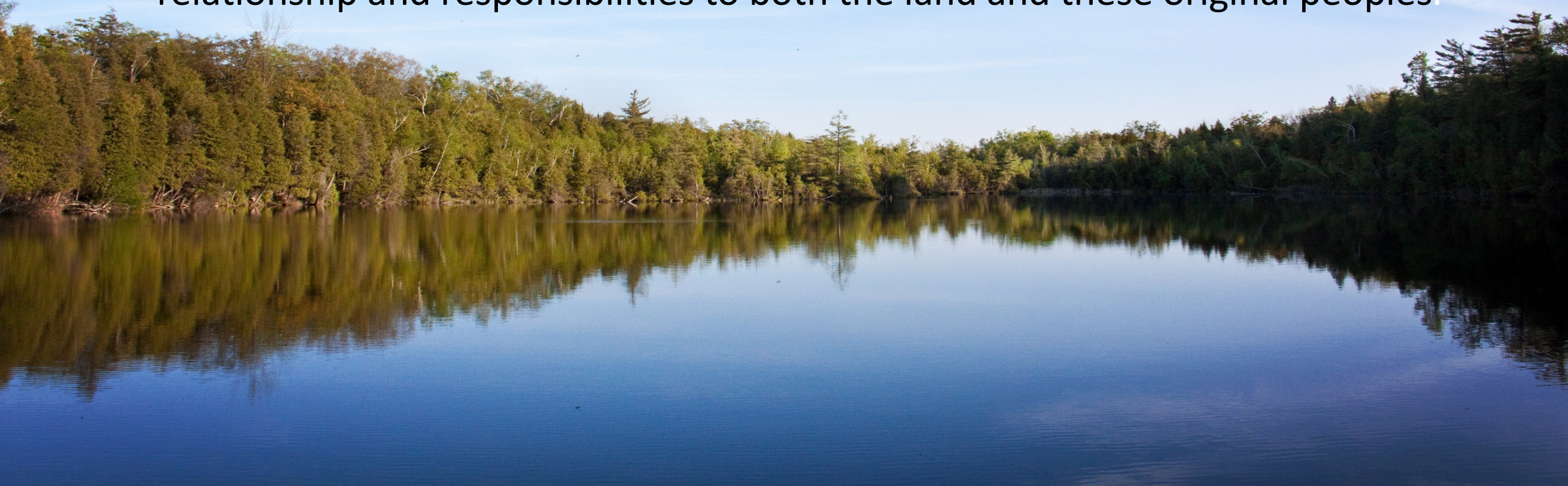
**OAKVILLE
READY**

Ready to weather any storm

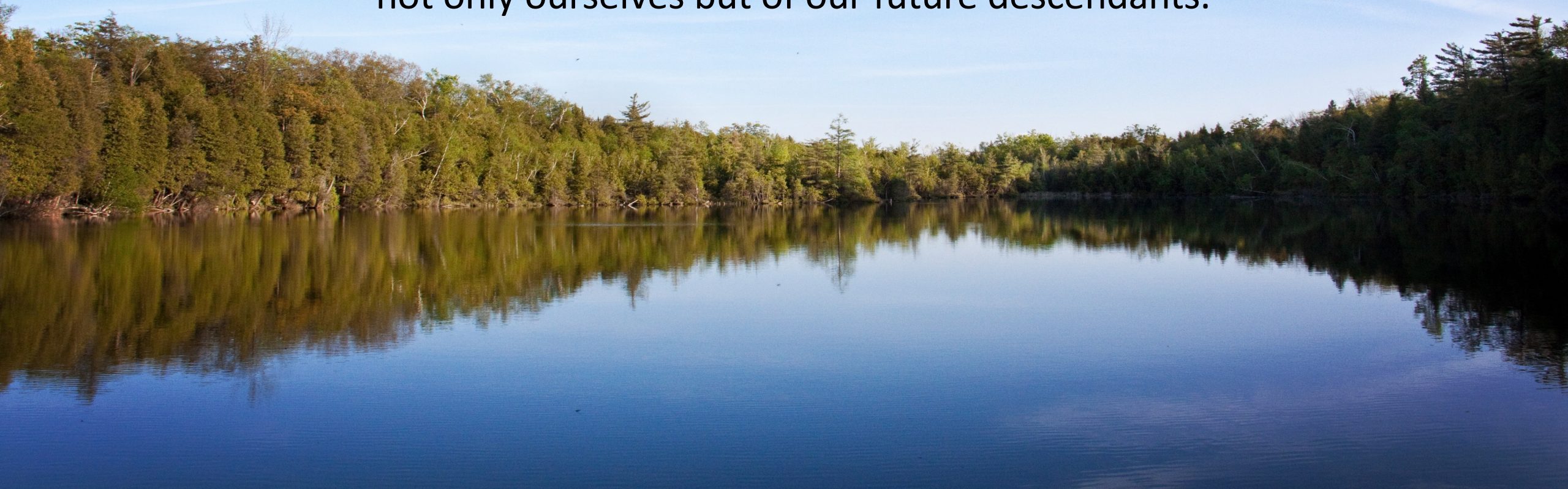
OakvilleReady for extreme weather

As a community, we have the responsibility to honour, care for and respect all the Creation gives to provide us with life. This includes the land, water, air, fire, animals, plants and our ancestors.

The Anishinabek Peoples have utilized this land for millennia and we would like to acknowledge their direct descendants, the Mississauga's of the Credit First Nation, as the rightful caretakers and titleholders of this land upon which we live, work and conduct ourselves. We acknowledge our treaty relationship and responsibilities to both the land and these original peoples.



We also recognize that this land is rich in pre-contact history and customs, which includes the Anishinabek and Haudenosaunee and since European contact, has and continues to become home for Indigenous and non-Indigenous peoples. And it is in the spirit and intent of the Dish With One Spoon, wampum agreement whereby we will collectively care for and respect the land, water, animals and each other in the interests of peace and friendship and for the benefit of not only ourselves but of our future descendants.



What is Oakville Ready?

Funded by the Oakville Community Foundation to establish 6 faith based organizations to act as neighbourhood hubs in instances of extreme weather – flooding, high winds, power outage and fires.



Neighbours helping Neighbours

- engage diverse community stakeholders to increase their personal resiliency,
- Increase community capacity and resiliency
- to understand how community can work together during extreme weather events.



Why do we need OakvilleReady?



Rise in the frequency of emergencies including extreme weather, fires, floods, power outages, freezing rain, etc.

After an event, the first 1 – 4 hours are an important time to help the community

Community resilience through building strong connections with FBOs and residents

In light of physical distancing..

The OakvilleReady team has worked to:

- provide technical support for FBOs
- provide resources for wellness checks
- Resources on oakvilleready.ca and @oakvilleready
- www.halton.ca or dial 311

Program Deliverables



Additional
Supports:



Prepared For Birth

Resources to help you
remain empowered during
your pregnancy



Welcome



Disclosure

Please note that this call will not provide any participants with professional medical advice, nor will anything be construed as medical advice. By participating in this call, you are not entering any client-care provider relationship.

Should you have any questions about your health & safety, please refer to Canada Public Health or Halton Region's website or to your personal health team.

Chantelle Okel



Chantelle Okel is a trained Birth & Postpartum Doula and Certified Life Coach who is passionate about creating opportunities for women to connect & empower one another. Also specializing in creating natural personal care products, she is equipped with lots of ideas to help keep you & your home free of chemicals & plastic waste.

After leaving the environmental non-profit, she hopes to fulfil a role as a full-time birth support worker in the community.

Lorri
Fleming



**Co-Owner,
Founder &
Director of the
WOMB**

Abigail
Corbin



**Midwife &
Founder of
Hawthorne
Midwives**

Jane
Scurfield



**Therapist at the
WOMB**

Tasha
Ivanchenko



**Personal
Support
Worker &
Trained Birth
Doula**

Kate
Bondy



**Birth & Postpartum
Doula & Midwife-
in-training**

Heather
Govender



**PhD in Cell &
Systems Biology,
Certified Teacher &
Creator of Waste Not
Upcycles**

Introduce yourself!

- Name
- Where you are in your pregnancy
- Reason you decided to participate in this call
 - Your email to stay connected!

Breathe.

Resources

To help you remain empowered
during your pregnancy



COVID-19 Updates & Research

Public Health - Halton Region

www.halton.ca

Public Health - Government of Canada

www.canada.ca

World Health Organization

www.who.int

Evidence Based Birth

www.evidencebasedbirth.com

COVID-19 & Mental Health

Anxiety Canada: Balancing Public Health & Mental Health

www.anxietycanada.com

CAMH - Centre for Addiction & Mental Health

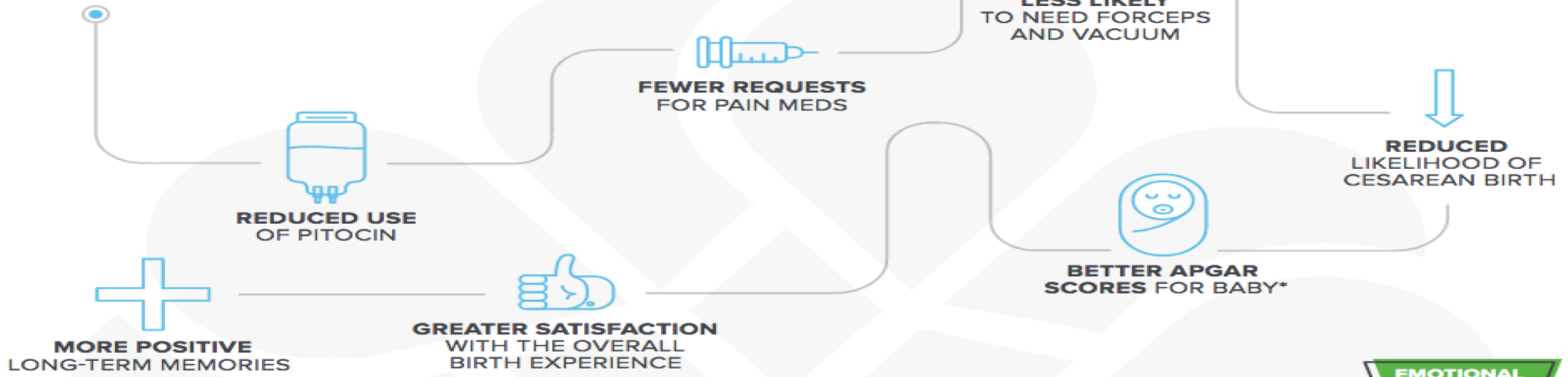
www.camh.ca

Spectrum of guidance on mother-baby care

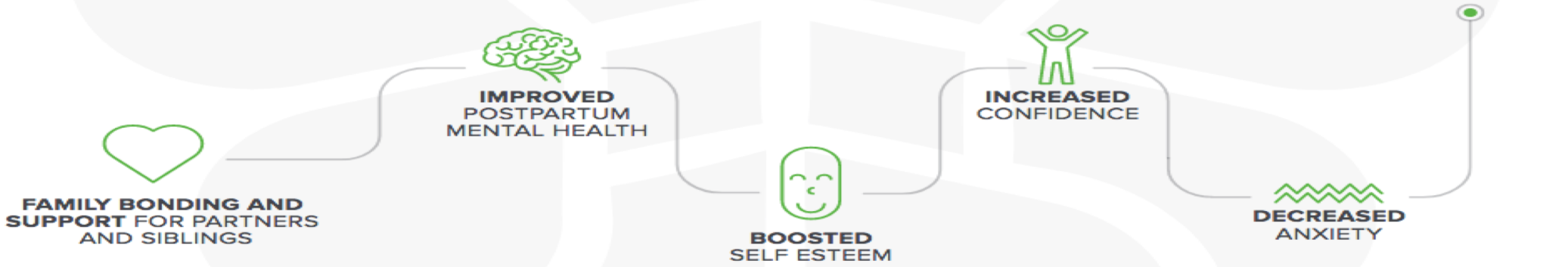
Guidance	Separation with infection?	Breastfeeding with infection?
WHO RCOG SOGC	Skin-to-skin, rooming in. Take precautions but best to keep together.	Opportunity to BF within 1 hr of birth. Take precautions, express milk if ill.
CDC ACOG	Consider separating on case-by-case basis. Honor the mother's wishes.	Consider having someone who is not sick feed expressed breast milk to the baby.
Chinese expert consensus	Mother and newborn may need to be isolated separately for 14 days	Breastmilk is not recommended until infection has cleared.

COVID-19

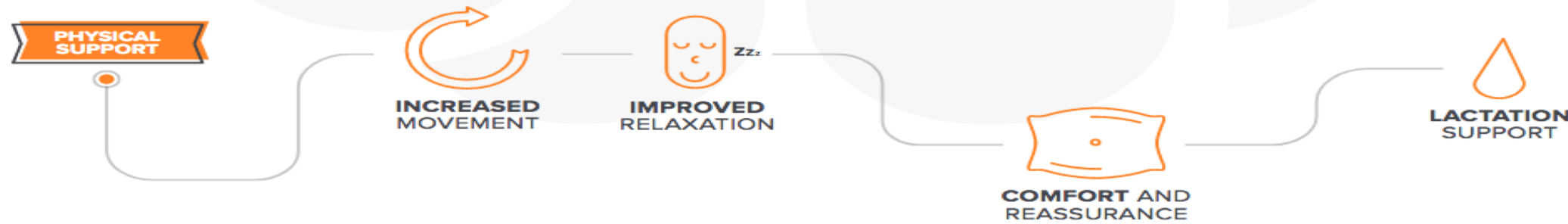
CLINICAL BENEFITS



EMOTIONAL SUPPORT



PHYSICAL SUPPORT



Birth Support Workers

- Birth & Postpartum Doulas
 - The WOMB
 - DONA - Find a Doula
 - Evidence Based Birth - Virtual Doula

- Midwives
 - Community Midwives of Halton
 - Hawthorne Midwives
 - Burlington & Area Midwives

- Lactation Consultants
 - The WOMB
 - Halton Baby Friendly Initiative
 - La Leche League
 - Ontariobreastfeeds.ca - 1-866-797-0000

Other services offering online support:

- Counselling & Therapists
 - Chiropractors
 - Osteopaths
 - Naturopaths

Virtual Classes & Opportunities

➤ Childbirth Classes

- Halton Region Prenatal Classes
- Evidence Based Birth
- The WOMB (next slide for more info)

➤ Lactation Classes

- Halton Baby Friendly Initiative
- La Leche League
- The WOMB

➤ Exercise & Yoga Classes

- BellyFit
- Yoga with Adriene
- The Belle Method

Circumstances for many establishments are changing very quickly - more opportunities are being offered online

Upcoming Classes at the WOMB

FREE VIRTUAL DROP INS!

What: How to Navigate Stress - harmonizing heart and brain

When: Wednesday March 25th, 6pm

Where: Facebook live event with Ummul Patrawala, Certified HeartMath Resilience Mentor, Yoga and Meditation Instructor

What: *Online* Barre Fitness Class

When: Thursday March 26th, 12:05 - 12:45pm

Where: FREE Zoom Class - Join in [here!](#)

What: *Online* WOMB Healing Circle for Pregnancy and Infant Loss

When: Monday March 30, 2020, 9:45 - 11:00am

Where: FREE Virtual gathering - Please use this [link](#) to get access to the event
Meeting ID: 294 697 769 Password: 048281

What: *Online* Breastfeeding Cafe

When: Monday March 30, 2020, 11:00am - 12:00pm

Where: FREE Virtual gathering - Register [online](#) and you will receive a Zoom link by 9am on March 30th.

What: *Online* Mamas with Babes Virtual Tea Party

When: Monday March 30, 2020, 12:30 - 1:00pm

Where: FREE Virtual gathering - Please use this [link](#), to get access to the event
Meeting ID: 699 387 947, Password: 590765

Pregnancy & Birth Workshops

Prenatal Breastfeeding Class

March 25, 7:00pm

Register for this workshop [here](#)

Childbirth Without Fear Workshop

April 1, 7:00pm

Register for this workshop [here](#)

Essential Oils for Pregnancy, Birth and Postpartum

April 1, 7:00pm

Register for this workshop [here](#)

Life with Baby Prep Classes

March 29, 10:00am

Register for this workshop [here](#)

Birthing Prep Classes - The McWilliam Method

Starting April 6

Register for this series [here](#)

Birthing in Awareness - 1 day birthing prep

April 19

Register for this class [here](#)

Resources for Kids at Home

- ActiveParents.ca
- [Extended March Break Guide \(PDF\)](#)
- OntarioHomeSchool.org
- Zoos, Museums & Theme Parks offering Virtual tours

Innovation Apps:
Book Creator for iPad
Pic Collage
Chatterpix
Lightbot - coding (fees may apply)
Kodable- coding (fees may apply)
Osmo Coding Awbie

Essentials List

Bare essentials to help provide comfort after birth



Adult diapers



← Peri bottle



Stool softener



← Bath herbs



← Heavy pads



← Sitz bath



Belly band



← Tucks pads



← Inflatable donut



← Witch hazel

Other items can include:
Period Panties
Old dark towels
Blankets!
Nutritious and easy snacks

Baby Essentials

for minimalists

4-7 Outfits - Skip the Zippers... Trust Me!

Open bottom sleep gowns + cozy onsies and pants + good quality sleep sack or swaddler + 2-4 pairs socks.

Tiny Potty for Elimination Communication

OR your sink/bathtub/toilet/small-medium plastic bowl for catching poo and pee.

Diapers

4 packs newborn or size 1 disposables OR 20 cloth diapers + 20-30 inserts + diaper sprayer and pail/bucket/wet bag.

Wipes

10-20 cloth wipes + castille soap + small plastic container OR 2 packs of disposable wipes.

Baby Carrier/Wrap/Sling

For getting things done around the house, soothing, and walking baby to sleep. Brush up on your lullabies!

Social Media Accounts to Follow

- Wellness Mama
 - Natural DIY recipes for everything
- Minimalist Baker
 - Easy, 10 Ingredient or less recipes
- BadAss Birthing Mother
 - Birth advocate empowering women
- Tolu The Midwife (@toluthemidwife)
- Doula Wisdom (@DoulaWisdom)
- Raising Alfie (@Raising.Alfie)
 - Explaining COVID-19 to kids

Your hosts:

@Chantelle_Okel
@THEWorldOfMyBaby
@HawthorneMidwives
@WasteNotUpcycles
@Tashalv

DIY Items & Recipes

Use this time to get inspired to be prepared in natural & easy ways!

Padsicles

- Heavy Flow Pads
- Aloe Vera
- Witch Hazel

Recipe from
[Pregnant Chicken](#)

Baby Wipes

- Castile Soap
- Aloe Vera
- Witch Hazel
- Paper towel

Recipe from
[Wellness Mama](#)

Baby Food

Recipes available
online to suit your
needs.

Inspiration here:
[Healthline:](#)
[Parenthood](#)

That's not it!

Leave your email address to receive the replay of this video & PDF with associated links mentioned

Feel free to reach out to chantelle.om@gmail.com for any other questions.

Remember you are always surrounded by a community that wants to support you. Remember your strength, and enjoy this time of stillness to rediscover your bodies intuitive knowledge.

OakvilleReady! Website



[Home](#)

[For Neighbours](#)

[General Resources](#)

[Hub Locations](#)

[Who We Are](#)

[Get Involved](#)

Building on community
to create resilience.

[Get Involved](#)

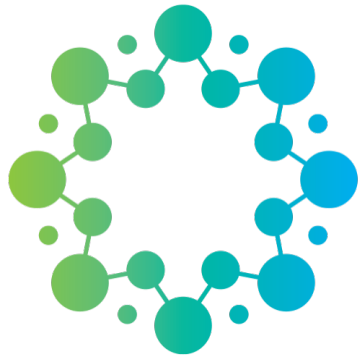
www.oakvilleready.ca



In light of physical distancing..

Upcoming Community Calls:

- How to cook for your pantry and fridge with Julia Hanna
- Seed procurement and starting your own garden indoors
- How to make your own nut and oat milk
- Mindfulness and Mediation



**OAKVILLE
READY**

Thank You!

Feel free to reach out to Trisha or Lisa:

Trisha Henderson trisha.henderson@oakville.ca

Lisa Kohler lisak@haltonenvironment.ca

Contact with us online:

www.oakvilleready.ca

Twitter: @oakvilleready