



# MOORT BOODJARI MIA NEWSLETTER



*Nurturing Noongar Boodjari Yorgas Through Pregnancy*

Issue 1, October 2012



**A free service delivered by the Department of Health providing health care, education and support to Aboriginal families expecting a baby living in the North Metropolitan area.**

Moort Boodjari Mia was previously known as the Aboriginal Maternity Group Practice.



Moort Boodjari Mia launched its new name on 21 June 2012 celebrating with around 100 people from the Aboriginal community and local service providers. The services new name translates to 'Family Pregnancy House' in Noongar and was chosen by the community at meetings held last year.

Pregnancy and raising children in Aboriginal families involves immediate and extended family members providing love, support and guidance and Moort Boodjari Mia encourages the continuance of these cultural practices.

Since opening in February 2011 over 60 women have joined the program and over 30 babies have been born so far. These women have received antenatal and postnatal clinical care, guidance, support and education from the dedicated Moort Boodjari Mia staff.

All staff have many years experience working with Aboriginal families in the health sector. Moort Boodjari Mia staff are: Alison Gibson (coordinator), Janice Reidy (Aboriginal Health Officer), Jodie Mackell (Midwife), Andrea Loftus (Midwife), Gail Gibson (Aboriginal Liaison Granny) and Tracey Kickett (Aboriginal Liaison Granny). All staff are committed to delivering a culturally safe health service which improves outcomes for Aboriginal women, babies and families.



**Our Moort Our Culture Our Way Our Koorlangka**

## MOORT BOODJARI MIA

### FREE COMMUNITY CLINICS

Open from 9.30 – 12.30 pm  
No appointments needed

#### Wednesday Clinic

Department of Health  
18 Helena Street Midland

#### Thursday Clinic

Child and Adolescent Health  
Unit 4/14 Chesterfield Road  
Mirrabooka

Phone: 0406 880 142

Monday to Friday: 9 – 4 pm

Delivering a Healthy WA

## Antenatal appointments



When you are pregnant, it is important for you to have regular check-ups with a midwife or doctor. These check-ups are called antenatal care or antenatal visits.

Regular checks during your pregnancy can assist in identifying and reducing risks to either you or your baby. Although you may be feeling well, it is still important to go to all your antenatal check-ups.

**Your first antenatal appointment should be in the first 12 weeks**

Antenatal visits give you a chance to ask any questions and to talk about any issues that you are unsure about, such as aches and pains, diet, exercise, the risks of smoking and drinking during pregnancy, the birth, or any other concerns.



Moort Boodjari Mia is a confidential pregnancy service developed for the Aboriginal community. We encourage women to attend our clinic as soon as they think they are pregnant.

**We provide free pregnancy testing**

## Community Events

**North Metropolitan Health Service  
Aboriginal Health Peer Review Meeting  
27 November 2012**

Come along and find out about COAG Aboriginal health programs. This is your opportunity to have a say! Call us for details on this event.

## Granny Morning Tea

Every two months the Moort Boodjari Mia Aboriginal Liaison Grandmothers hold a morning tea at 18 Helena Street Midland.

An elder from our Noongar community is invited to share their experiences of culture and family and encourage our new mums and dads on their parenting journey.

The next morning tea will be held on:



**20 November 2012  
Everyone is welcome!**

## Education Sessions

Moort Boodjari Mia's education sessions are now open to the community. Come along with your family and friends to learn more about caring for your health and your baby during pregnancy. Our sessions are relaxed, informative and run by qualified health professionals.



❖ **Labour and Birth  
Tuesday 6 November 2012**

An interactive workshop covering what happens in labour, how to manage pain, how your partner/mum /aunty can support you in labour and tips for having a normal birth.

To book a place at the Granny morning tea or education sessions phone:  
**0406 880 142**

These sessions are open to boodjari Yorgas living in the North Metropolitan area. Family members and support people are welcome!

# A Mooditj Service

Moort Boodjari Mia provides a team of health professionals to work with each client during pregnancy and for four weeks after birth. These positions work together to provide clinical, cultural and social and emotional care and support.



## Aboriginal Liaison Grandmother



Gail and Tracey's role as Aboriginal Liaison Grandmothers is to provide support to clients living in the North Metropolitan area, during their pregnancy journey and when baby is born. Support provided includes:

- Cultural guidance
- Support at hospital appointments
- Safety in the home and car
- Transport
- Preparation for when baby comes home
- Parenting mentoring
- Networking gatherings

## Midwife



Moort Boodjari Mia midwives provide clients with:

- Clinical care,
- Support
- Education and information

Each journey is very special and our midwives enjoy being able to support families during this wonderful time. Jodie and Andrea are passionate about improving health care for Aboriginal women, children and their families. The midwives work closely with the Aboriginal health professionals to ensure a holistic culturally safe service is delivered.

## Aboriginal Health Officer



Janice's role as Aboriginal Health Officer involves:

- Assistance accessing and understanding health services
- Education and information
- Support and advocacy
- Cultural guidance
- Referrals to services

This position assists clients to understand and address areas in their lives that are impacting on their health and wellbeing.

The Moort Boodjari Mia team is designed to meet the specific needs of the Aboriginal community. We use our cultural ways of working in a health setting to improve outcomes for our yorgas and koorlangkas.



# MOORT BOODJARI MIA

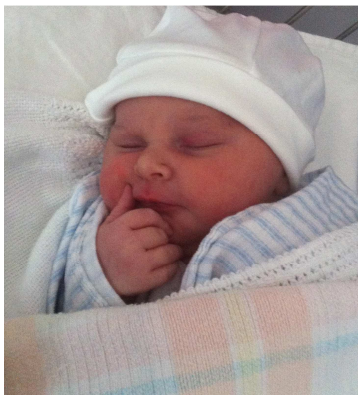
## Birth Announcements



Bianca and Berryn welcomed their fourth child, baby girl Angel, on 14 September 2012. She was born at King Edward Memorial Hospital and weighed 3340 grams.

Angel is pictured with her Mum, two sisters Leeanna and Nashantae and brother Tashawn.

**Wandjoo Koorlangka Nidja Noongar Boodjar**  
**Welcome children to Noongar Country**



Baby girl Ailish was born on 13 April 2012 at King Edward Memorial Hospital. She is Dorinda and Danny's first child and first grandchild on both sides. She was born happy and healthy weighing 4085 grams.

*A baby is born with a need to be loved - and never outgrows it.*  
*Frank Howard Clark*

Marjorie and Paul (pictured) became proud parents to Shontayha on 17 September 2012. Baby girl Shontayha was born at King Edward Memorial hospital and weighed 2874 grams.

*We never know the love of a parent till we become parents ourselves.*

