



**IT TAKES
A VILLAGE**

the Healthy Aboriginal Network

non-profit promotion of health, literacy & wellness

IT TAKES A VILLAGE

Zoe Hopkins
Writer

Amancay Nahuelpan
Illustrator

Ron Dean Harris
Inside covers

Sean Muir
Editor

Healthy Aboriginal Network
Publisher

Anthony Wong
Focus group DVD

The events and characters presented in this book are intended as fiction. Any similarity to persons or places living or dead is purely coincidental and unintended. No part of this book may be used or reproduced in any way whatsoever without the written consent of the Healthy Aboriginal Network.

Financial contribution from



Health
Canada

Santé
Canada

Copyright the Healthy Aboriginal Network
First printing March 2012
Printed in Canada









IS THAT A
FAWN?

YES,
SHE LOST HER
MOTHER SO I
TOOK HER IN.



BABIES NEED TO BE
HELD. IT'S GOOD
FOR YOUR BONDING.



CARRY YOUR
BABY. KEEP
HER CLOSE.



THEY'RE
SO CUTE.

HOW DO YOU
LOOK AFTER
SO MANY OF
THEM?











IT'S TRUE.

FOR EVERYTHING THAT YOU'LL COME ACROSS AS A MOM.



YOU KNOW, THERE ARE WOMEN WHOSE ACTUAL JOB IT IS TO COME TO YOUR HOME AND VISIT AND MAKE SURE YOU AND BABY ARE DOING FINE AFTER BABY IS BORN.

THEY'RE CALLED HOME VISITORS.

THEY'RE THERE TO HELP YOU WITH FEEDING OR YOUR OWN WELL-BEING.

KIND OF LIKE WHAT YOU'RE DOING RIGHT NOW.

WHATEVER QUESTIONS YOU HAVE THEY CAN HELP ANSWER.

KIND OF. YEAH!



CAN I HOLD HER?



SURE. SHE NEEDS A BURP.

JUST PAT HER ON THE BACK A LITTLE.



WHEN SHE'S DONE, I'LL GET GOING.

AWWWW... DON'T GO. I NEED YOU

YOU'RE GOING TO DO GREAT.

YOU KNOW, THERE'S LOTS OF SUPPORT OUT THERE FOR NEW MOMS AND PREGNANT WOMEN.

GET ONE OF YOUR FRIENDS TO GO WITH YOU TO THE HEALTH CENTRE OR COMMUNITY CENTRE AND SEE WHAT'S OUT THERE.

YOU'LL BE SURPRISED.

HOW DO YOU KNOW ALL THIS STUFF?







OH -
THERE YOU
ARE.

I
THOUGHT
YOU WENT
OUT.

I DID.

BUT I
CAME HOME.

I WAS
TOO
TIRED.



WELL GOOD.

YOU NEED YOUR
REST.

YOU KNOW
EVERYTHING YOU DO
NOW WILL LET YOUR
BABY GROW TO BE
HEALTHY AND
STRONG.

I KNOW.
SHE'S STRONG
AND BEAUTIFUL.
JUST WAIT 'TIL YOU
SEE HER.



The End.