Ep. 99 – Caring for Indigenous Families During Pregnancy and Postpartum

Indigenous communities have long held rich traditions surrounding pregnancy, birth, and family. Yet many Indigenous women continue to experience significant barriers to healthcare, including limited access to culturally responsive care and persistent maternal health disparities.

In this episode of The MotherToBaby Podcast, host Chris Stallman, CGC, speaks with Chelsea Bellon, MPH, Program Manager at the National Indian Health Board, certified Indigenous Postpartum Birthworker, and advocate for Tribal maternal and behavioral health.

Chelsea shares both her professional expertise and personal journey, discussing how culturally grounded care, community support, and evidence-based health information can help improve pregnancy and postpartum outcomes for Indigenous families.

Topics discussed include:

- Common pregnancy exposure questions from Indigenous communities
- Historical and systemic factors affecting maternal and infant health
- Environmental and occupational exposures that may affect some Tribal communities
- The importance of culturally responsive prenatal and postpartum care
- Perinatal mental health, including Chelsea’s lived experience with postpartum depression
- The role of Indigenous traditions, family support, and community in pregnancy and postpartum
- Resources for Indigenous families seeking trusted information about pregnancy and breastfeeding

Whether you’re expecting a baby, supporting a loved one, or caring for patients, this episode offers valuable insights into improving maternal health through respect, partnership, and culturally informed care.

Resources:

Learn more about the National Indian Health Board here.

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