



# DAKOTA PREGNANCY TRADITIONS

**NOTE:** “It is very important to not make any assumptions when considering the individual’s experience and practices with respect to cultural teachings and practices. Because different people are taught different practices, it is important to be curious about which teachings they connect with, so as to not make assumptions about their beliefs and

values.” (From the Klinik Community Health Center, Manitoba, Canada).

## TRADITIONAL PRACTICES:

- ◇ Making medicine bags
- ◇ Burying the afterbirth
- ◇ Making moccasins
- ◇ Telling stories



Check out the baby stories and CDs from the SWO Dakota Language Institute to learn more about traditional cultural practices. You can contact the Institute's Director, Tammy DeCoteau, at 605-698-2030.

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