

DJÄKAMIRR

First Nations Doula



The Molly Wardaguga Institute for First Nations Birth Rights at Charles Darwin University has partnered with NT Health, Careflight, Djäkamirr Co-op Ltd, Yalu Aboriginal Corporation, Womb To Tomb Foundation, Miwatj Aboriginal Health Corporation and the senior women of Galiwin'ku on a research project called To Be Born Upon A Pandanus Mat.

This project aims to establish a very remote 'Birthing on Country' service in Galiwin'ku. A Birthing on Country service is a maternity service that has been developed in partnership with Aboriginal women and communities and aims to improve outcomes through strengthening connection to culture and Country - regardless of where birth geographically occurs.

Djäkamirr are part of this project and may be working in your area to support women from Galiwin'ku in their maternity and newborn journey.

Djäkamirr Quick Facts

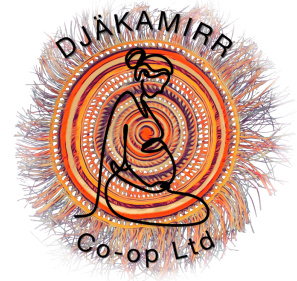
- A djäkamirr is a First Nations doula or childbirth companion
- Djäkamirr follow women they are caring for wherever their maternity journey takes them - home, clinic or hospital. Nhulunbuy, Darwin, down south or bush! They offer full continuity of care.
- Djäkamirr study and complete a VET certificate that includes training on maternity physiology, newborn care, comfort practices and ancestral knowledges.
- Djäkamirr either receive a scholarship during training or payment for their skills and companionship.
- A djäkamirr will often wear a non-compulsory uniform while working. Keep your eye out for the ochre shirt and pandanus mat logo!
- NT Health has committed to providing PATS support for all djäkamirr, in addition to an escort if the woman would like.

How to work well with a djäkamirr

- Introduce yourself and make them feel welcome! Some djäkamirr are comfortable and outgoing, but some are still developing confidence, especially in the clinical environment.
 - They will appreciate if you introduce yourself and take the time to share a story or picture of where you come from or who you are.
- Understand the djäkamirr scope of practice
 - Djäkamirr are experts in providing companionship, education, comfort, ceremonial care and ancestral practices for the women they are supporting. They are doulas.
 - Djäkamirr do not provide medical care, assessments or decision making. They do not replace the need for a qualified medical interpreter.
- Facilitate the djäkamirr to work - create space and supportive environments so they feel respected and comfortable while caring for mums and babies. There might be requests for help with hot water, music, pillows, access to outdoors or privacy.
- Keep in mind that we are all lifelong learners - djäkamirr are learning from their experiences, and might even have some interesting things to share with other members of the woman's care team.

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Program Support

Djäkamirr are mentored through their study and professional journey by both Western doulas and Yolŋu ancestral knowledge holders. Each case is discussed and reviewed for learnings so the service and djäkamirr can continuously improve and grow. Djäkamirr are able to access 24/7 telephone support, with in person support available if required.

Please do not hesitate to contact either support line if required:

Routine Support

Business Hours
0428 092 196

Emergency Support

24/7
0420 737 396

More Info



Project Website



Birthing on Country



Womb to Tomb
Foundation



Health Worker
Resource Video

or contact

Dr Sarah Ireland
Sarah.Ireland@CDU.edu.au
0477 786 243

Remember... escorts and djäkamirr are different!

