

## The Spurrell Family Part 2: Wavey and Alan

Wavey is now 32-years-old. She has not had any problems with her health or taking the oral contraceptive pill since it was prescribed two years ago. She and Alan have recently gotten married. Alan is working in Alberta and is away for three weeks and home for three weeks. Wavey's family visits her on the weekends when Alan is away, but then they return home Sunday evenings and she is left alone. She does have a few close friends, who she socializes with on the weekends and occasionally a movie during the weekdays. Wavey is getting more substituting work, although she is finding it hard getting calls very early in the morning to work, and never knowing if she will be working or not. She has applied for a full-time teaching position but it may take some time to get a position because of her low seniority.

Among their circle of friends and relatives there has been a lot of talk about pregnancy. Several of her friends are in relationships and are pregnant or have young children. Alan's best friend's girlfriend is pregnant, and Wavey's sister Cindy and her female partner are looking into having a baby and have been discussing potential options for doing so. Wavey and Alan have also started talking about having a baby. Wavey is concerned that her biological clock is ticking. However, she is also worried about getting pregnant in light of Alan's schedule. She has many questions about when to expect her own menstrual cycle to start after she stops the oral contraceptive pill. She wonders when she will ovulate. Alan attends this appointment with her and looks a little nervous about it all. He has talked to Wavey about his aboriginal background, but wants to make sure that they can include all of their cultural values in their plans around pregnancy and childbirth. He has spoken with his grandmother about these types of issues and she has suggested taking herbs and shared her knowledge about birthing methods.

Since they decided they were going to have a baby, she has stopped drinking any alcohol, and has been taking folic acid regularly. She continues to smoke and is still trying to give up. When asked about family history of problems with pregnancies/ babies, Wavey says that her cousin's child Sam who has Down syndrome had to have surgery on his bowel as a baby. Alan is not aware of any problems with pregnancies or babies in his family. He has three sisters and they each have healthy families.