



launceston birth centre

www.birthcentre.org.au

JUNE 2011

NEWSLETTER

What's Happening?

Welcome to all you Mums, Dads, Babies and Supporters. We're glad to be sending you a newsletter at last! It's been a while but the LBC has been going through a wonderful season. Let me share some of the highlights:

We now have two fully functional birthing units due to the lovely renovation of the second bathroom. Also we have a modernized website that you'll enjoy and new brochures with a great revised logo and colours. For those who don't know, Jean Vasic has been caring for her mum in Melbourne this past year. It's been a busy time for Anna since then but this year three young midwives have approached Anna to be trained in home birthing. Two others will finish their training this year and be on board for 2012. Great to have younger ones for the future eh?

We recently had our annual AGM which enabled us to look back on the previous 12 months with great joy. It was sad to receive Constance Kennedy's resignation after more than 10 years of faithful service for the LBC and great advocate for natural birth. We wish her every success in her new career caring for the elderly in our community.

On behalf of the committee, thank you for your support and encouragement toward the Birth Centre and the work of private midwives in enabling families to enjoy the wonder of home birth.

Richard Holloway

President

FUNDRAISING DINNER

Our fundraising dinner held back on 17 February was a great occasion with some thirty people attending. The overall mood was a warmhearted one with everyone relating well even though in many cases those who were dining together would ordinarily be comparative strangers. It was clear that the mutual connection with the Birth Centre, through its provision of access to the birthing process either at home or in a home environment at the Centre, created a strong measure of bonding between the mothers concerned and their husbands with them. The home birth experience seemed to create common ground for connecting together and spontaneously relating. The evening program was good and also encouraged mutual participation through the various inter-active activities and we commend Cherie for their inclusion in the program. The auction too was a great success with some appealing items on offer, again affording the opportunity for generous participation by those pre-

sent. Overall it was an excellent night with a good atmosphere, delicious food and a very pleasing amount of \$1800 raised for the work of the Centre. Our sincere thanks to all those who supported the night including several who couldn't come but offered a donation. A similar event is planned for March next year and we hope that, holding it not quite so close to the new year might permit more to attend.

Gleann Turner

Treasurer

A Doula

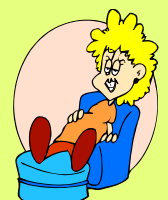
The word Doula comes from the Greek, and refers to a woman who personally serves another woman. A birth Doula is a trained labour support person who provides emotional and physical support to a labouring woman and her partner. While she is not a medical professional, she can offer a wide range of comfort measures during pregnancy, labour and after.

Having a Doula during labour increases the chance of a natural birth, also giving the mother a greater opportunity to bond with her baby and partner. Fathers will feel less pressure as the sole support person, allowing him to take a break if needed; he will also feel emotional support and reassurance from a Doula being at the birth.

Cherie Chugg

Testimony: I cannot express enough how valuable my doula was. During my pregnancy 'Doula' kept me informed about such things as good food and exercise, stages of pregnancy and things to help nausea. She answered all my questions and, as a first time mum, got me to think about things I hadn't considered. At the birth, she was organised (bringing all the things I either forgot or hadn't thought about!), calming and a source of strength. She kept me focused, relaxed about the unknown process and very importantly – hydrated! I can honestly say that if 'Doula' had not been there, I would not have had the birth I had planned. This alone made her worth her weight in gold!! (S.Q)

Looking for a Doula in Launceston:
Check our website.



BIRTH STORY

When our first baby, Rita, came. I didn't care what I had to go through to bring her into the world safely. And in the end, she came with our love and needless to say, being a first baby and in the local hospital, it was hard and I had to endure some, and then some, as birth can demand.

When I was pregnant with Sonny. I felt fear. Real fear. I held an emotional pain from her birth. I knew that I didn't want a repetition of the series of shocks that came first time round. I knew that (surely!) a peaceful birth was possible, right, and the best gift I could give myself and my child.

But, it was just a notion before I met you Anna, that birth could be a gift. The first time we met, smiling you said calmly, 'This birth can be a healing birth then'. I had never considered that I could heal Rita's birth with Sonny's. When you said those words, I truly believed you and so set the tone for the pregnancy and beyond. One year later, I still love his birth. I will always love his birth. I love Rita's birth because it is part of her life, and she is perfect. Sonny and Rita are good in each other's company.

To Intervene (to come between) is to interrupt (break apart, break off) an action, so the history of those words says. In my mind intervention ruptures (to break, to seize, to rob, to tear) the protective spirit-generated bubble that a birthing woman needs to stay intact, if she is to give her natural birthing process a chance to be itself. And all it needs is to be itself, come what may.



There was a wee sore rip in my bubble before we met. During the pregnancy you taught me how to patch myself up. I love that about you. You didn't steer my boat. You're a steady presence. You're not consciously teaching. You're a brilliant teacher, brilliant. You let the lady grow. You be one of the only members of the community who tells woman that she only needs to truly be herself. You tell her this so that she can create a chance to then pass her presence with self to her labour and then to her child. If mother hurts, child hurts. If mother is herself, labour will be itself and child then has a chance to be itself. We are in symbiosis with our children; a bubble within a bubble, each is as interdependent as the other.

I have full faith that if the mother's bubble is not ruptured, all will be well.

If I were having another baby WITHOUT an known, independent midwife I would wear a massive t-shirt stating this birthplan over my huge boobs and eager belly *"No intervention please ... but save us however you need to in order to keep me and my child together. Come what may. By all means, interrupt. Only if it is to save us. First though promise to look into the mother's bubble and acknowledge the double bubble; use the mother's nature during the birthing to see into the child's and don't make me have to say these words while I'm in labour because you'll burst my bubble and that will really piss me off."*

Lucky I had you to talk to the nurses for me. They left us be, didn't they. I think I really squeezed your hand a lot. It really really hurt, didn't it? When my hip bones felt like they were red hot like a branding iron just taken from the fire I yelled and moaned about it and you said "Yes, he's coming down." Your words gave me an image to attach to the pain and then it made more sense. Because of your saying this, I could place him in me, low and moving very noticeably over little time ... it made sense that my bones felt flammable. Oh my God, I will never forget how it feels once baby really starts to head towards the vulva. Oii! *Daniela, James, Rita & Sonny*

From Anna...

Here are a few truths for all you mums and dads about the wonderful "love hormone" called **oxytocin**.

The hormone oxytocin has come under intensive study in light of emerging evidence that its release contributes to **social bonding**. The findings revealed that oxytocin levels were associated with parent-specific styles of interaction:

In **mothers**, oxytocin was higher with more affectionate parenting such as gazing at the infant, expression of positive affect and affectionate touch. In **fathers**, oxytocin was increased with more stimulatory contact, encouragement of exploration and direction of infant attention to objects. Recent research shows this interesting action of oxytocin on a baby's brain before birth:

Crossing the placenta, maternal oxytocin reaches the foetal brain and induces a switch in the action of neurotransmitter GABA from excitatory to inhibitory on foetal cortical neurons. **This silences the foetal brain for the period of delivery and reduces its vulnerability to hypoxic damage.**

Is this what we mean when we say "the baby will come when it's ready to be born"?

"The father who has worked on being a sensitive listener will be the natural person for his daughter to go to when she has questions about boys/men."

-Anonymous

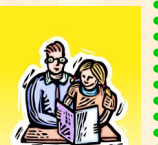


Father to Daughter

- Tell her that she is capable and can achieve her goals.
- Listen to her. Encourage her to tell you about her interests, goals, and dreams.
- Model positive masculinity; make your family a high priority, keep your promises, and show concern for others.
- Model healthy and respectful behaviour toward women.
- Let your daughter know that you accept and love her for who she is.
- Ask her what she enjoys doing with you and then set up time to do that activity.
- Show her approval and affection. If you don't she may think that you don't care or that something is wrong with her.
- Take her to work. Talk to her about her aspirations and career interests.

Children's Books About Dads

- Won't Papa Be Surprised!, by Terri Cohlene, contains the quintessential view of a young girl's relationship with her father.
- The Very Best Daddy of All, by Marion Dane Bauer, is especially perfect for the younger offspring to give to their dad.
- The 10 Best Things About My Dad, by Christine Loomis, is a small inexpensive book that is packed with 10 of the many things that kids really enjoy experiencing with their fathers.
- Love Me Tender is an illustrated book based upon Elvis Presley's famous song. What makes this book so wonderful are the gorgeous illustrations by Tom Browning.
- Whistling, by Elizabeth Partridge, is a story about a father teaching his young son to whistle.
- Give her the River - A Father's Wish for his Daughter, by Michael Dennis Browne. The love and strong relationship between father and daughter come through with all that he wishes for his daughter.



WELCOME BABIES

Anna, together with the midwives and committee of the LBC are thrilled to have been part of the births of—

Born in 2010

- 5th April: David and Anita , a son "Caleb"
8th April: Greg and Kim , a son "Jeriah"
14th April: Michael and Fiona , a son "Joshua"
15th April: James and Daniela , a son "Sonny"
24th April: Chris and Jasmine , a son "Ezra"
19th May: April , a son "Oliver"
26th May: Matt and Erin , a daughter "Holly"
11th June: Gabriel and Tania , a daughter "Willow"
16th June: John and Jessica , a son "Andrew"
17th June: Danny and Kristie , a daughter "Ivy"
18th June: Matt and Alyson , a daughter "Josie"
24th June: Ken and Karen , a son "Lucas"
9th July: Sam and Sarah , a daughter "Frankie"
23rd July: Alister and Marieke , a daughter "Saskia"
15th Aug: Terry and Martha , a son "Job"
16th Aug: Michael and Naomi , a son "Alex"
27th Aug: Shane and Nairn , a daughter "Daisy"
18th Oct: Matt and Skye , a son "Amius"
27th Oct: Martin and Margaret , a son "William"
2nd Nov: Travis and Wendy , a son "Conroy"
8th Nov: Richard and Freya , a daughter "Tuwatana"
12th Dec: John and Sarah , a daughter "Maria"
16th Dec: Rob and Saffron , a son "Declan"
20th Dec: Josh and Nicole , a son "Tiberius"

Born in 2011

- 8th Jan: Matt and Jessica , a daughter "Saffron"
9th Jan: Matthew and Amy , a son "Archie"
16th Feb: Liam and Madeline , a daughter "Vienna"
14th Mar: Nick and Jane , a daughter "Sophie"
26th Mar: Craig and Melena , a daughter "Sahti"
27th Mar: Nick and Victoria , a son "Elliott"
11th April: Adam and Claire , a daughter "Anouk"
24th April: Neville and Tarleah , a daughter "Stephanie"
2nd May: Travis and Selina , a daughter "Adele"
25th May: Luke and Kristy , a son "Levi"
8th June: Greg and Amber , a daughter "Gillian"

Congratulations and best wishes to you all. Thank you for your support of the Launceston Birth Centre.

