

# BIRTHINGS

a HOMEBIRTH ACCESS SYDNEY *quarterly publication*  
[www.homebirthsydney.org.au](http://www.homebirthsydney.org.au)

## Siblings at Birth

plus all our regular features  
birth notices, letters, your stories and pictures  
& updates on our community activities

The views expressed in this magazine are those of the named contributors only and are not necessarily shared by Homebirth Access Sydney, its Committee or the Editors or Editorial Board of *Birthings*.

### contributions, photos, correspondence

Please send to Sarah McLean at [sarahmclean2092@hotmail.com](mailto:sarahmclean2092@hotmail.com). Photos and written submissions must be emailed. Prior notice to the Editors of your intention to submit work is not necessary, but can be helpful in planning content.

### deadlines for submissions

Spring 2009 No 103—1 August 2009  
Summer 2010 No 104—1 November 2009  
Autumn 2010 No 105—1 February 2010  
Winter 2010 No 106 - 1 May 2010

### back issues

Back issues of *Birthings* are like hen's teeth! But we will try to accommodate requests. Back issues cost \$7.00 per issue. Postage is \$3.00 per single copy. A price for multiple copies can be arranged. The newsletters are very valuable in that they contain many birth stories and information, plus give an insight into the homebirth movement and HAS activities.

### change of address

Please notify any change of address to HAS, PO Box 66, Broadway, NSW 2007 or by email to the Memberships Coordinator at [sarah-peak@hotmail.com](mailto:sarah-peak@hotmail.com)

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provoking, inspiring and challenging writing from members of our community. To ensure that the magazine is balanced, responsive to our audience's interests and needs, and reflects the priorities of HAS, we have developed a set of contribution guidelines. We also work with an editorial board, selected by the HAS executive, to reflect the range of people in our community. The founding board members are Maggie Lecky-Thompson, Adrienne Abulhawa, Jo Hunter, Danielle Townsend and the current editor, Sarah McLean. The role of the editorial board is outlined in the guidelines below.

### Contribution Guidelines

Here are some guidelines for how to write your story, and what happens once you have submitted it for our consideration.

**WHAT TO SUBMIT** Submissions are sought on the theme of the issue as stated on the back cover of the previous issue. Your response to the theme may be in a range of formats: poetry, opinion, artistic, personal or factual.

We also welcome birth stories from members. Your birth story is a special part of your family's journey and the story of homebirth in Sydney. It is also a great gift to share with other parents, especially those preparing for the birth of their own babies.

Other submissions apart from those outlined above are also very welcome, though we may not always be able to publish them, as we often receive more submissions than we have space to print. We will get back to you as soon as possible with a response and discuss the possibilities. If you have an idea for a submission that you would like to discuss before writing fully, please feel free to send us an email with an outline. We love a good idea!

**STYLE** Your submission should be written in your own style. You do not need to be a professional writer or have a poetic style to give a moving and interesting account of your own experience.

Your submitted writing should be all your own work—you must not borrow or copy words written by someone else, unless they are attributed quotes of a reasonable length.

**LENGTH** Please write your story in the amount of words you think you need. As a guideline, most birth stories work best when they are under 1200 words. Submissions on the theme should be under 1700 words.

We may edit for length and style and so may cut your story to ensure it is appropriate for use in *Birthings*.

your voice, while ensuring that grammar, spelling and other style issues are correct and of a high quality. Your story may also be cut for length (see above).

Your story may not defame any person. If the editorial team is concerned that an issue of defamation may exist, we may decline to publish your work or require the defamatory material to be removed prior to publication.

If any major editing is recommended by our editors, we will contact you for permission and return a copy of the edited material for your approval. If our standard editing procedure is applied, we will not send it for your approval.

**PICTURES** We encourage you to submit some high-resolution digital images with your story, especially with birth stories. We will include as many as we can to illustrate your story.

**TERMS OF USE** Please note that by submitting your story to *Birthings* you warrant that the content is not confidential and that you have the right to offer it for publication.

You also agree that you grant *Birthings* the copyright permission for the purposes of publication in this magazine and on the Homebirth Access Sydney website.

**EDITORIAL BOARD** All stories will be put before the editorial board before publication. The board's duties include:

- reviewing copy to ensure it reflects the priorities of HAS and the interests and needs of its members and the community,
- supporting the editors to make editorial decisions,
- providing a guide for the future direction of the magazine.

**PROCEDURES** Please provide your story as a Microsoft Word or equivalent document attached to an email and sent to Sarah McLean at [sarahmclean2092@hotmail.com](mailto:sarahmclean2092@hotmail.com)

You will be notified immediately of receipt and contacted before publication. There is often more material than we can publish submitted for each issue of *Birthings*. If your story cannot be published due to space limitations we will contact you. In some cases we will ask your permission to hold a story over for a future issue.

Thank you so much for considering a contribution to *Birthings*. Your experiences and insights are what makes the magazine so rich and interesting, and such a valuable resource for the homebirth community.

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# BIRTHINGS

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**Photo: Lucy Perry**



# Membership

Homebirth Access Sydney is the only group of its kind in Sydney. It fills an extremely important function in providing a centrally organised group of caring people, gathering information and making it available to everyone who is interested in childbirth alternatives and the myriad related issues.

PLEASE SUPPORT THIS VITAL WORK BY SUBSCRIBING TO *BIRTHINGS*

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CAN YOU VOLUNTEER HELP? (eg typing, fundraising, emailing, events, organising)										

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  - \$40 for renewal membership (1 year)
  - \$15 for midwife client membership (1 year)

Include a stamped, self-addressed envelope if receipt is required.

Enquiries: [sarah-peak@hotmail.com](mailto:sarah-peak@hotmail.com)

## Contributors

**SANDY BUCKNELL** moved to Sydney in 2008 from Melbourne where she met her photographer partner Brian. Prior to her time in Melbourne Sandy lived in the Hunter Valley where she taught Scrapbooking at a local art gallery while also following her love of child photography. Since arriving in Sydney Sandy and her partner have been focused on establishing their Photography business together in the Sutherland shire. Sandy has 3 children Jayson, 11, Sian 7 and Ruby 4 months and has recently taken on an editing role for Birthings magazine.

**TARA DARLINGTON** is a Doula, Birth Educator and Yoga Teacher. Tara and her husband, Garfield, who is a Cinematographer, made the film The Birth of Aasha to help increase confidence and awareness in the public that a Vaginal Birth after Caesarean Section (VBAC) is not only a very real option for women, but that a homebirth offers the space for women to gain the confidence in their body that they need so much for a successful VBAC.

**CALLUM HAMS** is a devoted big brother to Hamish (8 years) and Emrys (5 years) and sister Riley (nearly two). Callum's become so good at caring for Riley that his mum Belinda teases that he is her "au-pair".

**JAMES MALLOCH** spent the best part of 40 years living in London, watching the drizzle and drinking real ale (the warm flat stuff). His salvation came in the form of Sarah, an Australian backpacker who brightened up his life for good by bringing him to Sydney and giving him three wonderful children. If only she could learn how to brew. James works for an IT professional services company managing their development team. To switch off from the stresses of life he can often be found punishing himself by competing in 24 hour and endurance mountain bike races.

**SARAH MCLEAN** is a mother to Jack (8yrs), Ruby (6yrs going on 21yrs) and Stella (4 weeks old), the two girls being born at home. She is a student midwife and has just taken on the role of editing Birthings magazine for the year, after going part-time at uni to have her third baby. She is passionate believer in birthing at home and the power it has to forge strong families.

**LUCY PERRY** is a mother of three, two of which were born at home. She is a doula and the founder and webmaster of Australia's largest online doula directory. Together with her husband Bruce, Lucy runs Beer + Bubs workshops at pub in Sydney where she teaches first time dads how to support their partner through childbirth. Lucy is also an art director, photographer and copy writer.

**JAI A SHANTI BAER** is the mother of 3 1/2 month old Ruby and partner of Mark. She is a yoga teacher, doula, moon gazer and nature lover. She is currently studying the Bachelor of Midwifery at UTS.

*Birthings* is designed by **PETRA TIMMERMANN**

# Editorial

SARAH MCLEAN



## **Well this is the new editorial teams' first**

edition of Birthings so hopefully we have delivered a magazine that lives up to the very high standards of the outgoing editorial team, Alison and Danni! I am very excited to be involved and have really enjoyed putting this together. To introduce the new team, we have Jaja Shanti Baer and Sandy Bucknell joining as line editors as well as Virginia Maddock and Simone Esamie helping out with sub editing. If you are interested in joining us, please do get in touch. Also remember to send in your birth stories, birth announcements, letters, ideas, book reviews or whatever is your particular interest, as submissions from you is what makes Birthings such a great read!

This seasons theme Siblings at Birth is particularly close to my heart at the moment, as my own two children were present at the birth of our third baby last month. So I apologise for so many articles from me however a lack of submissions forced my hand (literally!)

We have three fantastic birth stories – all of which feature siblings being present, highlighting just how special that can be for families to share in. We also have a very sweet diary entry by the then nine-year-old Callum Foster from the night his sister Riley was born at home in water.

We have also an update on our recently commissioned new website and logo redesign. Leigh Holman and Jenny Carleton have been working so hard with web designer Melissa Baker to get the site up and running. The new site will have an integrated member database to allow

us to keep in better contact with you all, as well as being a far more informative website linking homebirth families, midwives and our community.

With so much media focussing on homebirth in the past few months following the release of the Maternity Services Review Report, we have provided a summary of the press. Our members were extremely busy writing 'letters to the editor' in response to the many articles, which did not provide accurate data or any informed discussion, but were rather opinion pieces designed to antagonise and inflame (yes Miranda, you know who you are). Some of our letters were published which was great and amongst this entire furore, the gods were looking down on us! Fortunately, the results of the largest study of homebirth outcomes compared to hospital birth outcomes in the Netherlands, was published in April. This study will hopefully go some way to encourage the Australian federal government to see that homebirth is a safe option for women when supported by an integrated maternity system. We have provided details of this study for those of you who are interested.

The next edition's theme is, "The Unexpected - surprises, challenges & blessings" so please have a think about your own experiences and send in your story, thoughts or birth story to myself at [sarahmclean2092@hotmail.com](mailto:sarahmclean2092@hotmail.com). Any feedback would be welcome as well.

Happy reading

— Sarah

# ***birth announcements***



Virginia Maddock and Daniel Brent are stoked to welcome

## ***Jetsun Bodhi Brent***

to our family and the world

Born at 6.08pm on the very hot day of Sunday 8th February 2009 at home, weighing 3.95kg and perfectly healthy in every way. Little brother to Yin Yin, our wise old Burmese cat.

A thousand thank yous and much love to our midwife Jacqui Wood, for her support and assistance throughout our journey to parenthood, and especially for her patience and confidence in the power of a woman's body during the long and challenging 3 hour push. We are truly blessed!"



Jaia and Mark lovingly welcome

## ***Ruby Autumn Baer***

6th February 2009

Ruby was water born at home as the sounds of the ocean floated through the back door. Much gratitude to Ruby's welcome party; Jacqui (our midwife), Jane (who 'held' the space) and Zuki Woo (our canine companion). Thanks also to our many supporters along the way and to the Goddess for the safe passage of both Jaia and Ruby.



James Malloch, Sarah McLean and Jack and Ruby welcome

## ***Stella Ivy***

21 April 2009

Born at home in water in Seaforth at 9.51am weighing 4kg

Our precious baby number 3 arrived on a crisp autumn morning following a brief but intense labour. She was brought into the world in a sun drenched front room, caught by her mum and received by her family into a warm pool.

A huge thank you to our amazing midwife Jacqui who got there in perfect time to give support and guidance through the intense end stage and help keep me grounded and focused. A huge thank you to big brother Jack for filming the whole thing amazingly, to big sister Ruby for being a calming influence and to James, my gorgeous husband for being my rock (whilst I held on to his arm for dear life) and to Aunty Jo for taking some amazing photos to keep forever!



Loulou and Furry introduce their newest family member

## ***Crue Bobby Anderssen***

a healthy baby brother for Jessikah and Starsan easily, safely & gently born at home in water

11.41am Friday 27th March 2009 weighing in at 3.75kg (8lb 4oz) a total length of 53cm head circumference 36cm Surrounded by loving family. Supported by our wonderful Midwife, Sonja MacGregor and my very special (angel) Doula, Natalie Dash thank you both so much for your love, support & helping me to believe in myself Crue was received by his Aunty Babe who passed him directly into his mummy's loving arms, after a 12 hour labour Woohoo!!! Yes! For those of you who know I usually have marathon labours - well, I made my goal! We are all elated, as you can well imagine.

Crue can't wait to start meeting you all & we can't wait to show him off! He is such a quiet, gentle little soul. Jess & Starsan are just so in love with him. And his Aunty Babe wants to take him back to Qld with her!

**Send your birth announcements with a photograph to [sarahmclean2092@hotmail.com](mailto:sarahmclean2092@hotmail.com)**

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# letters

Hi Sarah  
Thanks for your wonderful Birthings magazine.  
Loved the last issue on sex too!  
Thanks so much for your fab work  
Sarah  
  
Dr Sarah J Buckley GP/family physician  
Author of Gentle Birth, Gentle Mothering

## heart to heart

### POETRY AND ARTWORK

#### *Grand Mother by Jai Shanti Baer*

She is changed  
As am I  
The wheel has turned with the world  
Upside down  
Blessed by your presence  
We heal our hearts  
We journey together  
Hand in hand  
Mother and child  
From so long ago

Her voice resonates  
With the joy she is holding  
She is the grand mother  
From her wintry window  
She watches  
As I am embraced  
By the warm fire of summer  
And as you emerge  
From the gentle breeze of spring



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SWIM NAPPIES ITTI BITTI LANACARE  
ORGANIC WOOL ECO STORE NATURAL  
CARE ECO BUBS WONDERFUL WOOL  
BERRY PLUSH ISOKI NAPPY BAGS SUGAR  
PEAS JAM TOTS IMSE VIMSE LLAMA JAMA  
NURTURE NAPPIES FUNKY ONE OFF KNITS  
CUTE TOOSHIES TRAINING PANTS SILK  
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# coordinator's report



JO TILLY

The two big kids in my house are keenly awaiting the birth of a new Tilly sibling in a few months time. There is much interest in how the baby is growing, how long till it arrives and exactly how it's going to come out.

The oldest's memories of her brother's birth are a bit hazy but she is quite certain that in spite of all the preparatory videos, there was far too much yelling. I rather hope she'll look back on it all some day in a slightly more tender fashion. She currently claims the best part was a toss up between watching the new cat-in-the-hat DVD and getting to hold mummy's hand. So much for the romance of birth.... maybe next time...

So along with all the action on the home front there's been a great deal of action to keep homebirth supporters busy.

The Federal Budget introduced some important initiatives to support birthing women in Australia. Legislation will shortly be introduced to allow for the first time:

- mothers to receive Medicare rebates for midwifery care,
- access to the Pharmaceutical Benefits Scheme for midwives,
- national collaborative maternity care guidelines,
- increased access at state level to birth centres,
- professional indemnity insurance for midwives,
- measures to enhance the access of rural and remote women to maternity care as close as possible to their home community,
- a national telephone support service for pregnant women and mothers of newborns and
- a national scheme of paid maternity leave.

There is no doubt that these reforms will be a groundbreaking change to the way maternity care is delivered to the large bulk of Australian women and their babies.

They will make it much easier for women living anywhere in the country – from large cities to remote communities - to access continuity of care by a known midwife and are likely to be an important step forward in closing the gap for Aboriginal and Torres Strait Islander mothers and babies.

But... and there is a very big but... homebirth has been left behind in the too hard basket.

The measures specifically exclude privately practicing midwives offering homebirth from accessing either professional indemnity insurance, Medicare or the PBS.

There appears to be no other explanation other than the Government has kowtowed to the strongly anti-homebirth views of the Australian Medical Association and the Royal Australian and New Zealand College of Obstetricians and Gynaecologists.

The newly elected President of the AMA and former RANZCOG spokesperson Dr Andrew Pesce has made his views and biases crystal clear recently with his forays into the media frenzy surrounding the tragic death of a baby in NSW.

This is at the same time as the new research demonstrates more strongly than ever the safety of planned, assisted homebirth for women with low risk pregnancies.

In a study published in April in BJOG: An International Journal Of Obstetrics And Gynaecology of more than half a million women, researchers found no difference in death or serious illness among either mothers or their babies if they gave birth at home rather than in hospital. This study looked at almost 530,000 low-risk births over seven years in the Netherlands where homebirth rates are close to 30% of all births.

In the last few months we have continued to lobby the Government, talk to the media, made a submission to the Senate Inquiry into the National Registration and Accreditation Scheme, written letters, and met with politicians. And yet our concerns still seem to be falling on deaf ears.

Unless there is a dramatic development

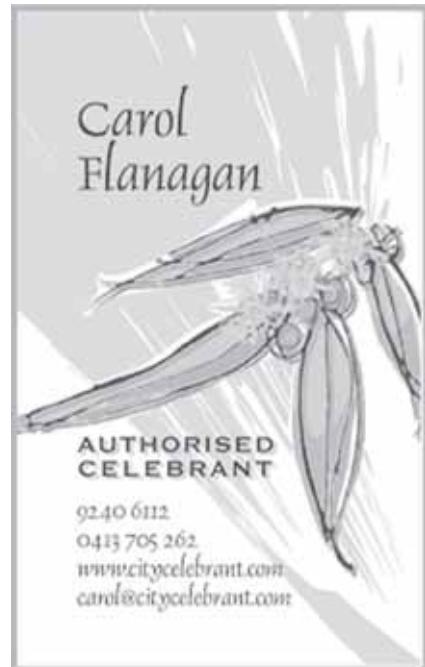
between now and then, professionally attended homebirth in Australia will become illegal from July 1, 2010 for everyone except those women in hospital based homebirth services.

HAS is deeply concerned that this situation will lead to increasing numbers of unattended homebirths which put both mothers and babies at risk.

It would be an absolute tragedy if the only thing that the Government to act is the deaths of more women and babies in births which are unattended by a professional midwife.

I urge you all to keep up the fight. Keep lobbying your local federal MPs and keep this issue in the public eye. The message remains simple – homebirth is a safe and legitimate choice. Mothers and our babies deserve a system that supports our choice and safeguards our health and welfare. Help us keep homebirth alive as an option for us and our daughters.

- Jo



# A Dad's View

JAMES MALLOCH

**Our first birth was in the UK in hospital.** It took Jack 22 hours to emerge into the world and involved a lot of pain and drugs. But the amazing high was somewhat numbed by the cold night air as I was escorted out of the hospital just an hour later. It was not a difficult choice to decide to have our second child at home. That was a very different experience and it took just two hours for Ruby to be born. I really felt I was part of the birth experience and a support to Sarah rather than an awkward spectator.

So six years on we find ourselves looking forward to the birth of our third child and in a different country with very different attitudes to home birthing. There's the look of surprise when you tell people, there's the GP that won't refer Sarah, and the newspaper headlines, all conspiring to make you feel like you're risking the lives of your partner and unborn baby. But these are just fleeting thoughts, as deep down I know it's the right thing to do, especially when I think about the alternatives.

The first six months of the pregnancy whizz by. I'm not really thinking about the fact that a new baby is slowly growing inside Sarah. The next couple of months start to drag out, and the final month when I realise that it's all too real seems to take an age. I find myself seeing babies everywhere and get quite emotional when I think about being a dad again. Then the due date comes and goes and time slows down to almost a complete halt. In my mind I've finished work but here I am still... working.

Five days later in the middle of the night Sarah wakes me to tell me she thinks it's all starting. This wouldn't be the first false alarm and I may still need to head to the office, so I try to get some more rest. But I can't really settle and it's not long before I get up and see what's happening, only to find Sarah, Jack, Ruby and my sister Jo all ready for action. Please let this be it.

It's not long before the twinges turn into full-blown contractions and I find myself rubbing Sarah's back. I'm glad Sarah had got me to come along to one of her birthing/meditation sessions that was run for couples, as it allowed me to be mentally prepared for this moment. But my mind is now working at full-speed thinking about what needs taking care of: the midwife, the children, breakfast, snacks, drinks, telling work, filling the birthing pool... I start worrying about whether we'll have enough



hot water to fill the pool and I come up with a couple of backup plans in case we don't. I quickly realise neither of these will work.

Another hour passes and the contractions get more intense. I'm given the nod to fill up the pool and to give the green light to call the midwife. Now I start worrying if we have left it too late for the midwife to get here, given she's got to negotiate a lot of peak-hour traffic. At this point I'm running between the pool and rubbing Sarah's back each time another contraction hits. Jo steps in occasionally to rub her back when I'm distracted elsewhere. The pool is ready and Sarah gets in and I can see the immediate relief it brings her.

The contractions are now really starting to build. Jack and Ruby are watching and seem amazingly relaxed. Jack is cameraman for the day and is doing such a great job catching the action. I love the bit where he breaks away to interview the dog. Meanwhile, I'm finding my arm is coming in very useful as something for Sarah to grab and hold on to really tightly. I find the pain reassuring, as I know it is nothing compared to what Sarah is feeling and hopefully will lessen her pain just a little.

We're both thinking that it can't be much longer before

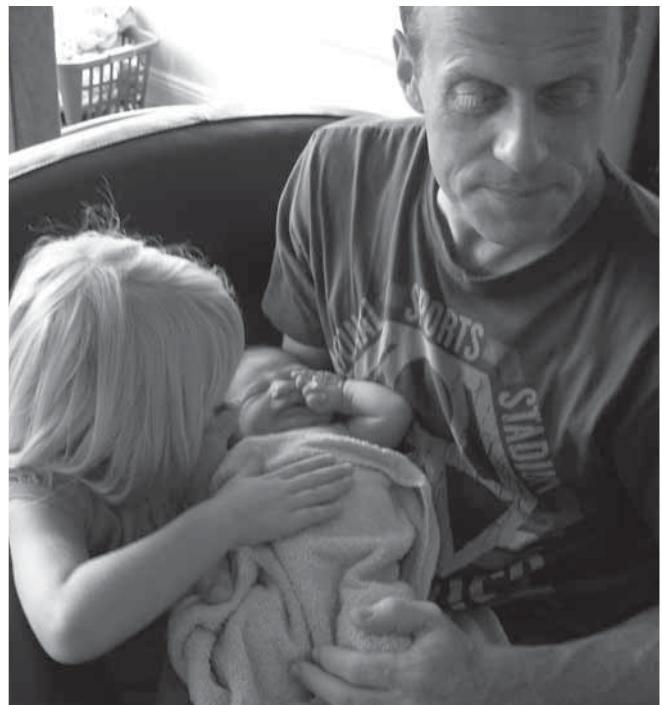
**L**"...my mind is now working at full-speed thinking about what needs taking care of: the midwife, the children, breakfast, snacks, drinks, telling work, filling the birthing pool..."

Sarah gives birth and we're still a midwife down. Uh oh... if only we had told her to come sooner. But everything is progressing smoothly and I'm sure we can do this without her if absolutely necessary. After all, Sarah is a student midwife and me testing her and reading all her essays must count for something too? Jo gives Jacqui the midwife a ring and we discover she is just around the corner. It's a great relief when we finally see her pull up in the driveway. She quickly assesses the situation and lets us know that it won't be much longer.

The kids are now fighting for ring-side seats. Jack pulls out his press-badge (so to speak) to claim poll position. I try to placate them whilst at the same time ignoring the increasing pain in my arm and still rubbing Sarah's back. Then all of a sudden a little head appears and we all clamour round to see. Wow, there he/she is, upside down and somewhat distorted by being under the water. Come on Sarah, one more push! You're doing an amazing job! Yes, you can do it! And then out the baby comes.

Jacqui tells Sarah to catch the baby and with a bit of help she reaches down and pulls him/her from the water. Finally we get to see it's a... girl. For some reason I didn't expect that. Perhaps it was just adjusting to the fact that there is another little human in the world. I quickly scan her up and down to check that she is alright.

She is perfect.



# *Talking to kids about Birth*

SARAH MCLEAN

## **This is particularly fresh for me as I have a six and eight**

year old who I wanted to be at the birth of our new baby who was born last month. I soon realised there was a general feeling from my extended family that they should not attend and that they would be somehow traumatised. I just knew this wouldn't be the case and more than anything, I knew my own kids better than anyone. I knew they had been exposed to birth for many years now due to my studies as a student midwife. They have watched many birth videos with me on You Tube as well as seeing lots of photos of birthing women. We had read *My Brother Jimmy Jazz* more times than I can remember (which is a fantastic children's book about homebirth written by Chrissy Butlers).

Also I think a key to kids watching birth is that they are not over intellectualising it like we do as adults. They have quite a simplistic outlook and they feed off our cues - given there was no one freaking out and being frightened in the room, they had no reason to be fearful. James my husband was calm and reassuring, their auntie was calm and our midwife was calm so why would they have been panicked!

I feel proud that they have had an experience that shall stand them in good stead for life – it has been quite education in reproductive health and I am pleased about that as it has taught them about life and exactly where babies come from!

p.s My six year old daughter made me laugh when she told me how her friend's mum was pregnant and her friend had said she had a baby in her tummy to which Ruby said, "No - it's in her uterus!"



## **A Chat with Jack (Eight years old)**

**So Jack, tell me about Stella's birth?**

It was fun to watch but the pain hurt my ears!

**What was your job?**

I had to film it and watch it.

**What was the best bit?**

Seeing Stella born.

**Why was that?**

Because she was beautiful.

**What bit was not so good?**

The screaming.....

**How did that make you feel?**

The pain went in my ears and made me worried.

**Did you know I would be ok?**

Yep

**Why is that?**

Because you had told me before the birth.

**If we had another baby would you like to come to the birth?**

Yep

**Did you like having the baby at home?**

Yeah – because we had our own food and we didn't have to go out.



# DVD review

REVIEWED BY JAIA SHANTI BAER

## The Big Stretch

PRODUCED BY JENNY BLYTH AND ALIETA BELLE

[www.birthwork.com](http://www.birthwork.com)

AUD \$65.00

### **The Big stretch is the brainchild of author and birth advocate**

Jenny Blyth and film maker Alieta Belle. Approximately one hour long, the film explores the journey of pregnancy, birth and beyond through a series of interviews, story telling, birth footage, animation and still photography.

The Big Stretch is a film that offers depth, courage and openness as a means for 'being' with the birth experience. Women share candidly about their experiences of birth by offering reflections and insights before and after their children are born. This is interwoven with striking footage of the women at various stages of their journeys



complemented by the backdrop of the beautiful Sunshine Coast hinterland.

The result is an artistic and refreshingly honest exploration of the spiritual, emotional and physical realms of childbearing. I watched this DVD during my pregnancy and was profoundly touched by its authenticity. I personally felt that my own journey was being validated as unique yet completely normal and that there were other women with experiences that paralleled mine.

A 20-page booklet accompanies the DVD, which can be used as a companion to the film by evoking further exploration.

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# Through a Big Brothers Eyes

BY CALLUM FOSTER AND MUM BELINDA FLYNN

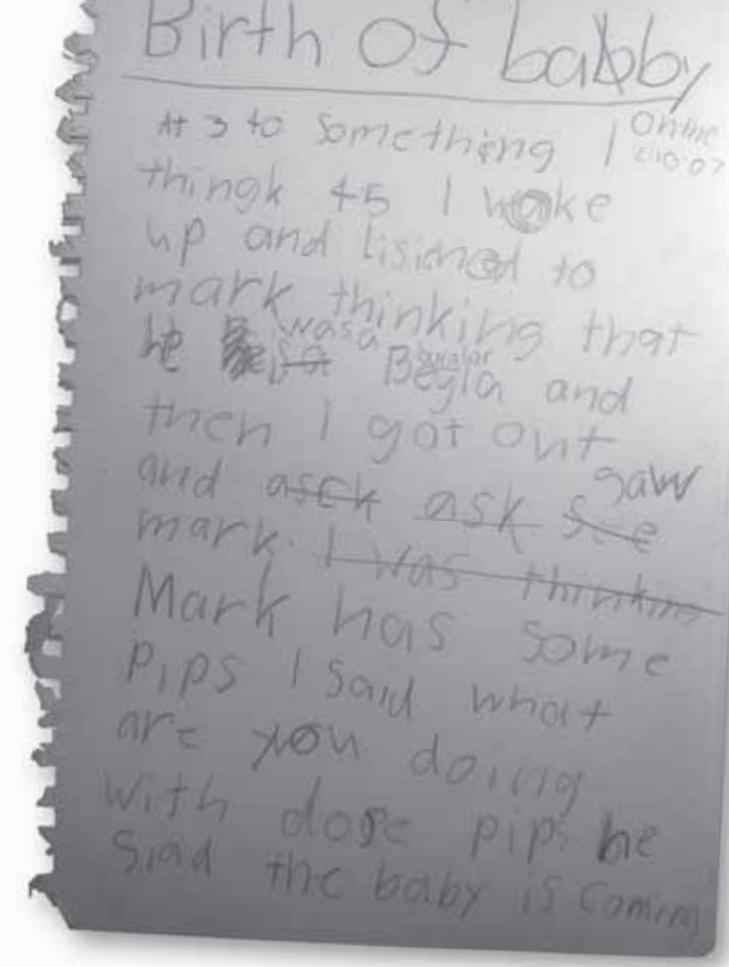
## Baby girl Riley was born in a birth pool at home

with Jacqui Wood as midwife, watched over by her three older brothers Callum (9 years), Hamish (8 years) and Emrys (6 years). Labour began for mum Belinda late evening and Callum woke during the early hours of the morning as he heard the birth pool filling. Although Belinda assured him the baby wouldn't arrive for awhile, he was so excited, he just couldn't go back to sleep. So he decided to start writing a diary, detailing the time, who was in the house, when the midwife arrived and what was happening.

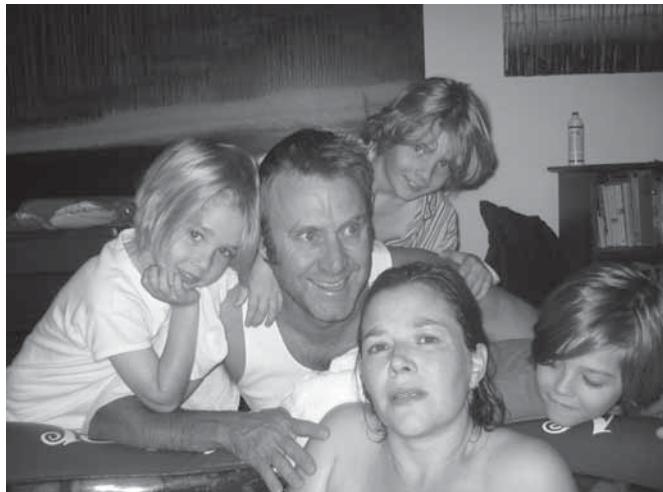
Below is a transcript of Callum's diary and some photo's of baby Riley with her big brothers. Mum Belinda typed up the diary so it was easier to read, but unfortunately it loses a lot of its charm when not in his handwriting, complete with spelling mistakes!

## Callum's Diary of the Birth of Riley

At 3:40 something in the morning on the 2.10.07, I woke up and listened to Mark, thinking that he was a burglar and then I got out and saw Mark. Mark has some pipes. I said, "What are you doing with those pipes?" He said, "The baby's coming and I am filling up the pool." I said, "Can I come and watch." Then mama said, "No. Try and sleep, it will not come for hours." I went back and lay down and had the idea to write a story from my point of view and I wrote a bit and I came out and showed mama



and she liked it and then mama started making noise, funny ones. I said to her that it would be a 2.10.07 baby, she said, "yes". Jacqui the midwife came and asked mama to lie down, she said "yes". And then she comes out again just as I start to walk in and while I was writing I heard noises like vomiting. Mama said, "Go and look outside, I think that's Suzie." I went and looked, it was! It is 4.30. I sat down and watched 20,000 Leagues under the Sea. Now the time is 5.40 and mama is in the pool, so that means that the baby is not far away. It is just mama and me and Mark. Mama is in the pool and Mark is looking after her and I am writing. You might be wondering where the boys are. Well, at about 3.30



I was lying in bed and I heard Mark outside my room. I just could not get to sleep so I got up so the boys were asleep. Emrys just got out and I think that Hamish is still asleep, I'm not sure. Jacqui says it won't be long. I hope so! Hamish has just got up, he thought that mama's noise was Emrys. Right now the boys are out with Suzie, I do not have a clue what they are doing. It is definitely coming soon. Well, I hope so. It is 2 minutes to six, it might be a six o'clock baby. I wonder? I think mama is getting a bit worried. It has been 3 hours and 55 minutes, but it does not feel like that long. Hamish is in with us, Emrys is with Suzie watching a movie. Jacqui is with us, Mark is with us and mama is in the pool and I am writing. I really think that the baby is coming. I really, really do. We have been here for four hours. What a long time. I think another contraction is coming and the baby with it. 7.37.

#### RILEY MARY HAMS

**FLYNN** was born in the birth pool at 7.37am, on 2nd October 2007. Her three brothers, Callum, Hamish and Emrys watched as their sister was born. They are devoted and loving brothers.

Mama is in the Pool and I am writing. I really think that the baby is so Coming. I really do. we have been here for four hours what a long time I think a natural birth is coming and the baby with it 7.37



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# Literature Review

You may have seen some of the recent bad press that homebirth has been receiving locally over the last few months, however there was a ray of bright sunshine in the midst of all this, which came in the form of a large Dutch research study which has confirmed categorically what we have known for some time. There is now a solid piece of research to back up our claims, which the medical fraternity cannot refute.

The study was commissioned by the Dutch Ministry of Health, following a need that was identified by the National Institute of Clinical Excellence (NICE) for better quality data on the safety of homebirth. You may be interested in some of the detail from the study, so I have summarised here for you, however you can access the full study at: [www.knov.nl/leden/\\_files/pdf/Perinatal\\_mortality.pdf](http://www.knov.nl/leden/_files/pdf/Perinatal_mortality.pdf)

**Reference:** de Jonge, A., van der Goes, B., Ravelli, A., Amelink-Verburg, M., Mol, B., Nijhuis, J., Bennebroek Gravenhorst, J., & Buitendijk, S. (2009). Perinatal mortality and morbidity in a nationwide cohort of 529 688 low-risk planned home and hospital births. *British Journal of Gynaecology*, pp1-8.

**The Setting:** The whole of the Netherlands.

**Study Population:** A total of 529,688 low-risk women who were in primary midwife-led care at the onset of labour. Of these, 321,307 (60.7%) intended to give birth at home, 163,261 (30.8%) planned to give birth in hospital, and for 45,120 (8.5%), the intended place of birth was unknown.

**Background:** Only low risk women were included and where risk factors were identified during pregnancy, labour or the postpartum period, the women were referred to secondary

care from obstetricians and subsequently not included in this study. The only women included were ones who gave birth between 37 and 42 weeks gestation to a single fetus and did not have any medical or obstetric risk factors that were known before labour, such as non-cephalic presentation or previous caesarean section. Also, women who had previously had a postpartum haemorrhage were considered medium risk and so were not offered a homebirth, and therefore not included in the study.

**Method:** Analysis of national perinatal and neonatal registration data over a period of 7 years.

Outcomes measured: Intrapartum (occurring during labor and birth) death, intrapartum and neonatal death within 24 hours after birth, intrapartum and neonatal death within 7 days and neonatal admission to an intensive care unit.

**Results:** No significant differences were found between planned home and planned hospital birth, intrapartum death and neonatal death during the first 24 hours, intrapartum death and neonatal death up to 7 days, or admission to neonatal intensive care unit.

**Conclusion:** In this large cohort study, after controlling for maternal characteristics, planned homebirth for a low-risk population was not associated with higher perinatal mortality rates or increased rates of admission to a neonatal intensive care unit (NICU) compared to planned hospital births.

The study showed that when a maternity system facilitates and supports the choice to birth at home through the provision of adequate numbers of well-trained midwives, and provided a rapid transportation system as well as an integrated referral policy, homebirth is a safe option.

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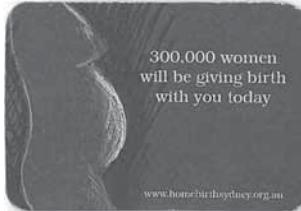
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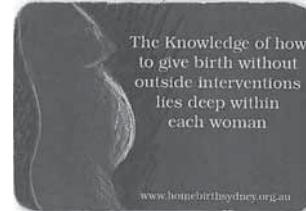
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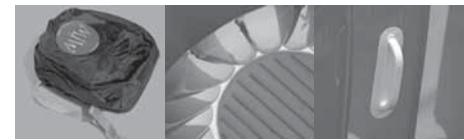
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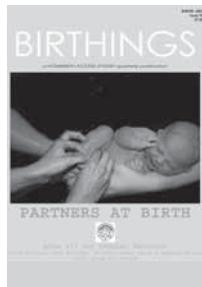


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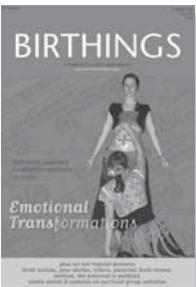
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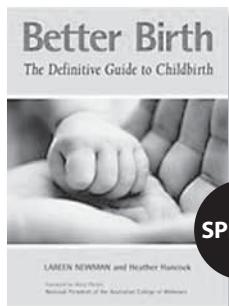


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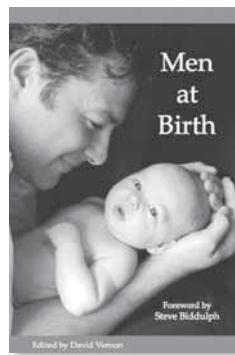


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019BK \$20.95 ~~\$20.00~~



### MEN AT BIRTH

David Vernon

Each of the 30 stories was specifically written for this book. They are often funny, sometimes sad, but all will be of interest to men entering the childbirth and parenting journey. Aust 2006  
011BK \$29.95



### HAVING A GREAT BIRTH IN AUSTRALIA

David Vernon

This is a collection of candid stories from 20 Australian women who have recently given birth. These stories tell, with honesty and insight, about the challenges and joys of childbirth. Each of these women discovered the value of being able to make informed decisions about their maternity care and with the right care, had positive and empowering birth experiences. Aust 2005  
012BK \$24.95



NEW

### TEN MOONS

Jane Hardwicke Collings

A unique guide to pregnancy and birth. This book offers practical tools and suggestions to help women reconnect with the spiritual side of birth. The spiritual journey of pregnancy and natural childbirth are acknowledged in relationship to the earth's natural rhythms. Subjects covered include, letting go of fear, connecting with the baby inside you, yoga and meditation.

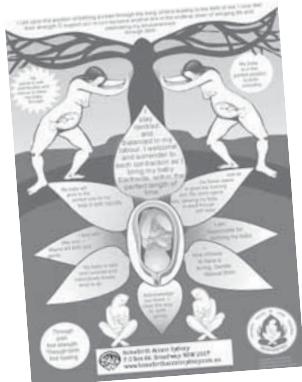
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### MY BROTHER JIMI JAZZ

Chrissy Butler

A beautifully illustrated children's book, written from the perspective of a young girl about the homebirth of her brother Jimi Jazz. This book embraces natural active homebirth, breastfeeding, co-sleeping, cloth nappies and siblings at birth. Aust 2006.  
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### SIBLINGS AT BIRTH DVD

Jo Hunter

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016DV \$35.00



### 3 HOMEBIRTH ICONS

HENNY LIGERMOET, JOAN DONLEY,  
JEANNINE PARVATI BAKER

This DVD honours the lives and work of three women who have greatly influenced homebirth practices all over the world.

The passing of these legends is a significant marker in our history. Their work and legacy continues to inspire us.

These women were passionate and fearless about maintaining a safe and dignified birth for all women and their babies.

They were characters, leaders and role models whose contributions at the occasion of the 20th National Homebirth Conference in 2005 were instrumental in inspiring and encouraging contributions to improve maternity partnerships.

We are indebted to these women, families and their many friends and supporters who have helped to produce this tribute.

### 3 HOMEBIRTH ICONS DVD

Maggie Lecky Thompson

Honours the lives and work of Henny Ligeroemt, Joan Donley and Jeannine Parvati Baker, who were passionate and fearless about maintaining a stand against ignorance and oppression regarding childbirth and early parenting. Aust  
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if the item is sold out or on back  
order. Where required, order  
refunds will be made  
by cheque.

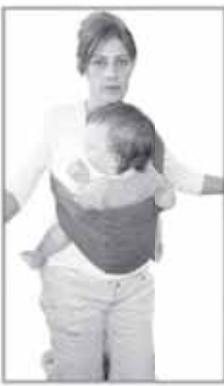
## Returns & refunds

All care is taken to ensure that  
your order is packed securely.  
We do not normally give  
refunds for change of mind or  
wrong selection. If goods are  
faulty, we will either send you  
a replacement or refund your  
money. You will need to return  
the damaged goods to us. We  
do not refund freight unless  
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## New Committee Member Profile

### HAS - NEW MEMBER - HELENA MOONEY

**Joined...** December 2008, but a friend introduced me to HAS and the information nights when I was pregnant last year.

**Family** - Husband Evan and baby Emily (born September 2008)

**Life prior to birthing** - I came from the UK about 8 years ago and met Evan out here. I was the Marketing Manager for Showbiz - we sold premium theatre and concert tickets and packages - so I got to go to the theatre loads!

**Life with a family** - I'm now a stay at home mum and loving it!

I've met great people and learned so much. I am following more of an attachment parenting approach with Emily, which can be a bit tiring(!), but it is wonderful. I am already thinking about number 2, which I really want to have at home...

**Why natural birth?** I think it is so important to try and have a drug free, natural birth. After nearly 9 months of healthy living, it seems



incongruent to then pump you and your baby full of drugs when there are other really healthy and natural approaches to take. There is so much fear surrounding giving birth, and women as a whole aren't sufficiently educated to know that it can be a truly beautiful and empowering event. There is absolutely a place for intervention when it's needed, but the first approach should surely be a natural one. Women are designed to give birth so I think they should be more supported to do so and understand the benefits to them and their babies.

# Honoring The Sacred Feminine Path in a Woman's life

## 2009 Workshops

### May 9,10 - Moonsong

The Dandenongs, VIC

Participants bringing lunch to share, morning and afternoon teas provided, non-residential, \$400

### May 20, 21, 22 - Pregnancy - The Inner Journey Workshop

Southern Highlands, NSW

Fully catered, non-residential, \$450

### May end weekend- Moonsong

Southern Highlands, NSW

Fully catered, non-residential, camping available \$350, or \$250 for two family members

### June 2, 3, 4, 5 - Moonsong 4 day retreat

Bruny Island, TAS

Details TBA

### June 16, 17, 18 - Pregnancy - The Inner Journey Workshop

Byron Bay, NSW

Fully catered, non-residential, \$550

### October 24, 25 - Opening Gathering

School of Shamanic Midwifery - Course 1.

Southern Highlands, NSW

### November 11, 12, 13 - Pregnancy - The Inner Journey Workshop

Melbourne, VIC

Fully catered, non-residential, \$550

### November 14, 15 - Moonsong

Melbourne, VIC

Participants bringing lunch to share, morning and afternoon teas provided, non-residential, \$400

### November 18, 19, 20 - Pregnancy - The Inner Journey Workshop

Southern Highlands, NSW

Fully catered, non-residential, \$450

### November 21, 22 - Moonsong

Southern Highlands, NSW

Fully catered, non-residential, camping available \$350, or \$250 for two family members



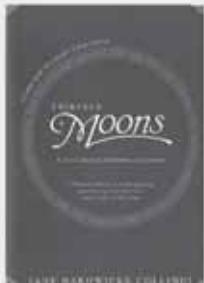
The School of Shamanic Midwifery - for midwives, doulas and birthkeepers commences in October 2009.

Contact me [jane@collings.com.au](mailto:jane@collings.com.au) if you would like to receive my seasonal newsletter.

To book for a workshop or for further information email me or phone 0408035808

**Moonsong** is a two day workshop for women from menarche onward, sitting together in a circle, reconnecting with feminine knowledge and remembering the wisdom of the cycles. Using the circle and the ever repeating cycle of menstruation, moon phases, life and Earth seasons, participants reconnect to a wisdom and inner knowing that forms the basis of the experience of being female. Practical information and creative and transformational processes over the weekend reconnect us to our inner wisdom and the magic that is the essence of female-ness - the blood mysteries, the spiritual practice of menstruation, the rites of passage of the menarche, childbirth, and menopause. Each woman receives a copy of Herstory, Thirteen Moons and Spinning Wheels.

**Pregnancy - The Inner Journey** is a three day workshop for women - pregnant, wanting to be pregnant, midwives and doulas. Using ritual and art to compliment information sharing we delve into understanding our fears and why we think and act the way we do. We explore the inner journey of pregnancy and come to know ourselves more fully through this process, preparing for birth and mothering from our most in-tune and empowered centre. We look deeply at the sexuality and spirituality of pregnancy, birth and mothering, learning meditation, tools for labour and beautiful rituals to perform to honour pregnancy, birth and mothering. We invoke the ancient Birth Goddesses as our foremothers did, for their guidance, nurturance, protection and support. We do what women have been doing together longer than we haven't - sit together in support of each other sharing our innate wisdom focussing on the beauty and strength of Mother. Each woman receives a copy of Ten Moons.



# Siblings at Birth...

SANDY BUCKNELL

## As I contemplate this topic, it forces

me to reflect on my own childhood and the exciting days when Mum bought a new edition home from hospital. I come from a family of six and am second in line. I only have a few small memories of Mum pregnant, but to me they are treasures, Her swollen belly was something magical and intriguing to me. She breastfeed all of us so I didn't know babies could be fed any other way for a long time, it was just so natural and right to see a baby at the breast. I attribute my successful breastfeeding to years of watching my siblings feed this way.

Babies have always been a fascination for me so, when I had my first it was the most amazing thing I had ever felt.... Holding my very own baby in my arms. My first baby Jayson is now an 11-year-old boy who has been actively involved in the birth of his two younger sisters. The first was when he was almost four.

I prepared him by playing a game with teddy who had a cord wrapped around his tummy I would get on my hands and knees and moan, groan & push, teddy would be born, Jayson would then cut the cord and teddy would settle in for the first breastfeed. I didn't want Jayson to be scared at the birth by the sounds I might make which was a successful strategy as he certainly took the labor and birth of his sister Sian in his stride. At one stage he placed a cardboard cut-out love heart on the floor between my legs as I was kneeling over a chair. This heart to him signified giving me strength and more life, as it was something out of a video game he enjoyed playing. (Also present was my Burmese cat, rubbing herself on my legs at this time...midwives come in all forms!)

The latest edition to our now blended family was born on 4th January 2009. Both of my older children were with their father over the Christmas holidays for three weeks around my due date. My body was ready to have this baby, but something just wasn't right. I would have regular contractions and then after a few hours they would just stop. At 42 weeks my children came home and I felt myself let go even though I didn't feel I had been holding on. I woke up and had a show the morning they were due back, and was having regular contractions all day. When they walked

through the door I just felt complete and ready to bring this new baby into the world. I had held on for them to be a part of this magical experience and needed them close.

Sian, now 7yrs old, spent her time coming in and out of the bedroom where we had the birth pool set up. She also spent a lot of time giggling in the hallway at the "gross" things mum was doing in the pool. My sisters were also there as an extra support for whoever needed them the most, one with me and one with Sian in the early stages. My youngest sister Keta, 23yrs old, was a surprisingly wonderful and attentive carer, considering she had never had such an active role in anything like this before. Everyone worked as a team to provide me with cold cloths, drinks etc. Jayson was a great encourager and told me I could do it and was really feeling and showing all the emotions of being involved in such an emotive time. When his newest sister Ruby emerged into this world, the pure emotion, joy and love that Jayson showed was just amazing. He was so in awe of the fact he had just watched his mother give life. It was also such a bonding time for us as a newly blended family, and I feel having the children present has cemented us as a family unit. Siblings at birth...I say yes, the more the merrier, not only my own siblings, but also my children as siblings themselves. ●



# Our Journey

LUCY PERRY

## Our first baby was born in a hospital.

It was an uncomplicated birth that made me into a mother but also made me never want to birth in a hospital again. Had I known how straightforward Hudson's birth was going to be, I'd have had him at home. But I didn't have the guts to face the unknown at home and neither did my husband. So when I became pregnant with my second child, it was at home that I wanted to give birth. Naturally.

Harlow was born two weeks before her due date. We have a big Christmas party each year for friends, neighbours and family so it was on the night of our annual Christmas party that she decided to arrive. She's always been the life of the party...

When guests started to arrive at about

6:30pm, so did the first contractions. I had a party to run for 70 people and Santa arriving within the hour so I just kept up the hostess act until contractions became too strong to talk through. I had thought I would have hours before things got intense but by 7:15pm I was almost ready to deliver! The last thing I did before I disappeared into the bathroom was to crank up the volume on the stereo so I could holler if I needed to. I caught Bruce's attention and he set about getting the sausage sizzle underway before he followed me into the bathroom, just in time to catch his daughter.

I only had three pushing contractions.

The first I tried to resist, the second my waters went POP and the third, her head came out. Bruce was literally standing in the bathroom with a beer in one hand when Harlow's head popped out and he said, "What do I do?". Akal, our wonderful midwife, was on her way but wouldn't make it for the delivery so Bruce had to catch our bub. I was standing in the bath and said he needed to put his beer down and catch the baby on the next push. Meanwhile, Santa was climbing over our back fence saying "Ho! Ho! Ho!" and the stereo was pounding out 'My Sharona'!

Our two and a half year old son Hudson was having the time of his life with all his buddies in his new cubby house and had no idea what we were up to in the bathroom.

Harlow's body slipped out on the next push and Bruce caught her like an expert. Her umbilical cord was very short so he handed her to me between my legs and I sat in the warm bath water to cuddle her and discover her gender.

Bruce staggered out into the party, with vernix on his T-shirt and a smear of blood on his arm, killed the music and announced to everyone that his baby daughter had just been born. There was stunned silence. The invitation had said, "Lucy promises not to give birth on the night" so most people thought it was a joke. Then Bruce asked someone to find a bowl for the placenta and the penny dropped. The crowd went wild! Hudson came running into the bathroom and said "Mum! There's a baby in the bath!" then toddled off to play with his buddies.

Akal arrived and helped me birth the placenta, cut the cord and repair my tear. Darn it! The one thing I had wanted to avoid was a tear. Harlow just came out like a rocket. Eventually, I got dressed in my party outfit again, bundled up my baby and went out to have champagne with our friends and family.

What a birth. We couldn't have planned it better if we tried. It really was a fabulous way to welcome a baby to the world: all our best friends, neighbours and family who will never forget the Perry Christmas party of 2005! After



everyone went home, Bruce and I cuddled with our new little one and scoffed chocolate brownies in bed, giggling about what had just happened, until about 2:00am.

When it came to birthing my third, we of course birthed at home again. We just held off on sending out invitations.

Sheba's birth was gentle and beautiful. My pregnancy had been truly hideous so the birth was like the gateway to a new life where I might just feel human again. My waters broke on a Friday two weeks before my due date. The following day I was in a stinking mood because this pregnancy was persisting! On Sunday morning, I woke up at 9:00am and by 10:30am Sheba was in my arms.

Her labour was ferociously intense. As soon as I knew I was in labour, Bruce clicked into gear, called a neighbour to look after the kids and called Akal to come QUICK! He ran the bath and pulled out the heat packs, flicked on the music, closed the blinds, camera at the ready. Akal knew I would go into labour any minute and had even slept in her car outside our house on Friday night, so she was there like a shot.

The kids thought this was a hoot! Hudson and Harlow jumped on the bed to the Beach Boys and decided that the baby should be named Tiko after the skunk in Dora the Explorer while I paced around the bed oooohing and

ahhhing. I got into the bath for the most intense contractions while the kids watched from the end of the bath. Between contractions we talked about how it was good pain and that Mummy was all OK and that we'd be a family of five soon. The contractions were soon so intense that I felt like I had to scramble to stay ahead of them, but there were really only about five shockers and it was time to push.

I climbed onto our bed and lay on my side with Bruce rubbing my back, Akal guiding my pushing and my friend and neighbour Bron holding my hand. Poor Bron! She had come over to look after the kids but was dragged into our bedroom to help when I needed an extra hand to hold. One quick phone call and Bron's mum Elizabeth came over to keep an eye on the kids. The whole birthing saga had become a little boring for Hudson and Harlow so they were playing in their paddle pool outside.

I was conscious that Bron, in her early twenties and yet to have babies, didn't need to witness a horror story so having her there stopped me from screaming like a lunatic during those last couple of burning pushes. I tried not to break her fingers as well!

Three pushes and Sheba was born. We lay her next to me and I inhaled that gorgeous vernix smell that I wish I could bottle. I kept saying, "isn't she beautiful?"

"Another girl!", Bruce announced with such

pride. The kids came charging in and Harlow immediately tried to feed her new sister some Vegemite toast. Sheba was perfect - almost 9 pounds and just beautiful, from top to toe.

Bron took the kids to church around the corner where my Mum is the pastor. When they walked in Mum stopped the service and said "is there something you need to tell us?" and Hudson said "Mummy's had a baby girl!". The congregation applauded and my Mum burst into tears.

Akal stayed for most of the day. Mum came over and made us lunch and the kids welcomed their new baby sister with drawings and lots of kisses.

When asked what the best thing was about being at the births of his sisters, Hudson, aged 5, says, "It was just so cool that they were born out of your tummy and I could see them straight away. They were so little and beautiful. I couldn't stop kissing them. I wish we could have another one."

So do I.

*Lucy and Bruce Perry run Beer + Bubs, workshops at the pub where they teach dads how to support their partner through childbirth. Lucy is also the webmaster of [www.findadoula.com.au](http://www.findadoula.com.au), Australia's largest online doula directory.*



# Ayana's Birth

TARA DARLINGTON

**Contractions had been on and off** over a week. My husband, Garfield works in the film industry and was on night shoots the week following my due date, so I guess it's not surprising that the baby and I weren't ready to go into labour as yet. Garfield was gone at 4:00pm and home at 8:00am each day. He was working 80ft up in the air lighting a Bollywood film, so I was anxious about him being able to come home. I had called his colleague one evening to let him know that I was having contractions, but don't come home, I'll call you later. This message was relayed as "GARFIELD! YOUR WIFE'S IN LABOUR!". He continued working but the boys couldn't handle that he wasn't rushing home in a panic and eventually sent him home finding it almost unbearable that he was so calm (it was our fourth after all!).

Finally, two weeks after my due date, I had short sharp pains every hour or so and through the night. The following day contractions became closer and stronger but never got very long.

We had called my Mum over in the

morning to help with the other children but hadn't called our midwife, Akal, as yet.

My husband washed the cars in the front yard while I played cards with our daughter, intermittently stopping to have a fairly intense but short contraction. I then moved outside to play cricket with the boys (a four year old and two and a half year old) and watch them do 'twicks' on the 'twampowine'. Again, intermittently stopping to lean over the kitchen garden to breathe through a contraction.

Eventually I said to Mum, "I'm going to have a rest in my room". I had attended the Calmbirth course and had visualised a one and a half hour labour so I was wondering where my one and a half hour labour was!! The contractions were extremely intense but still no more than 30 or 40 seconds long, just above my bladder.

I called Akal and she expressed that she was concerned that I was having these sensations as I had had a caesarean with my second child (my first was in the birth centre at the Royal Hospital for Women, my third was



a homebirth and this was my fourth). She said that a caesarean scar, if it was going to separate, would do so in one action and not manifest as an ongoing pain, but it did concern her. She came to my house so that she could keep a closer eye on me.

The pains in my lower abdomen began to come on top of each other and I was feeling frustrated that they weren't getting longer. So I listened to Gowrie's relaxation/visualisation CD for birth that complemented beautifully the Calmbirth training that I had done with my sister, Kylie. It helped me to focus and relax immensely.

A short while after Akal arrived, I said that I could feel the head coming down and in less than four minutes a beautiful baby girl was born (and there was my one and a half hour labour that I had been visualising!).

Garfield called Mum and the children, who came running down the hallway. Ironically, they were just watching some cubs being born on the TV. The children were so in love with this baby and so gentle and respectful

it was inspiring. They gathered around to see their baby sister. "The baby's out of your tummy, it came out of your bagina" my little one kept telling everybody. As it turns out, the contractions never got much more than 40 seconds long and what I was feeling seemed to be just the cervix opening, nothing else.

Thank you to my husband, my Mum and my children for their everlasting love and support. Thank you to Kylie for her wonderful classes and support. Thank you to Akal for her trust, wisdom and sense of safety that she instils in everybody around her. Thank you to Kelly, our neighbour, for allowing us to share the following letter that she handed me some days later (and thanks to Kelly, also, for reading to the children and putting them to bed that night!)

Dear Tara and Garfield,

*I am thrilled at the arrival of baby no.4 & that she is a beautiful little girl. I wrote some feelings down in my journal last Friday night after she was born & I wanted to share some of them with you*

(a bit embarrassing...!)

*Friday 25th Jan 2008, "Well I've just been part of a JOYOUS experience, one in which the smile stays on your face & the feelings linger on much longer after the experience is over. It was a privilege to witness a little bit of heaven on earth. It was a combination of the beauty of motherhood, the pure love of family, and the power that comes from a family, a most powerful thing. I just met the newest member of the Darlington family - & she's a girl!!! She was perfect. Happiness was radiating out of Tara & there was a feeling of peace in the home. A certain calm. A brand new spirit to join a loving family, fresh from God's presence. It's a wondrous thing & the family unit is precious, worth fighting for. It was a lovely way to begin my weekend. Tara is a true champion & I'm grateful to know her & have her as a friend, & I look forward to getting to know this little girl." – Kelly xo*

And, so it seems quite apt that we named her Ayana – meaning 'Heavenly Flower' or 'Eternal Blossom'!



# Stella's Birth

SARAH MCLEAN

**Being a strong believer in rhythms** and patterns, I really thought our third baby would come a couple of days after my due date given my other two babies had done similar. And so I was quite psyched to go into labour some time over the coming weekend. I got very upset and teary when my husband, James, decided to go on a mountain bike ride on the Saturday morning. In my mind I was going into labour any minute. When he got back the kids chanted out to him in the garden "You're in trouble!" to which he looked clueless wondering why. After explaining to him I just needed him to be here and available he said he would stop the rides for a while which satisfied me.

After pottering around all weekend, there was no sign of baby, so James went back to work on Monday and we continued on. I decided there was no harm in trying some natural induction methods (I was only four days past my due date but just wanted to crack on and meet my baby!). I bought some raspberry leaf tea and had a few cups, had sex (again!) and went to bed Monday night but could not sleep so watched some TV until 11:00pm. I felt some uncomfortable movements, which I put down to the baby moving but also thought it could be the start of something. Unconvinced, I went to bed around midnight. At 2:00am I

was woken by mild cramps and decided to time them. They were regular, coming every six minutes, so I nudged James and told him I thought we were on!

He promptly went back to sleep and I rested in bed until 4:00am. As the tightenings became a little stronger, I got up, had a shower, ate some Weet-Bix and went to the front room to light some candles and put the heater on. I started watching a bizarre French murder mystery movie I had recorded earlier, yet increasingly struggled to follow the plot line. Slowly the house woke up with my sister-in-law Jo joining me around 5:00am, then my son Jack, daughter Ruby and finally James. We all sat watching the film in the candlelight until the sun came up around 6:00am. The contractions seemed to slacken off and I wondered if the labour was actually starting or not. So I went off to the bedroom and put my Birth Power CD on and just relaxed. Sure enough, the contractions picked up and grew in intensity.

By 6:30am I thought it was time to call my midwife Jacqui to tell her we had 'lift off' but as it was early days not to come yet. She said she would get ready and I was to call back when I wanted her. From then on I started to labour properly and eventually asked James to rub my



back with the heat pack at each contraction (I needed him close all the time now).

By 7:30am I was really in full labour and moaning through contractions, standing at the end of my bed and trying to relax in between. Around now the contractions went from every ten minutes to every three minutes and became long and strong. I asked James to call Jacqui and to start filling the birthing pool. By 8:00am I was in the pool and there was such instant relief I could not believe it. As Homebirth Australia's Jo Hunter had said to me, the pool is the homebirther's epidural and for me it was so true – my whole body could relax into the warm water and I could feel myself calm down and start to breathe slower again. By 8:15am I could feel the baby moving down lower in my pelvis and I could just feel the top of the baby's head. Jacqui had not arrived yet and I started to panic a little, so my sister-in-law called her and she was literally at the front gate, which was a relief. When she came into the room I just burst into tears, which she must have known was transition!

As the baby descended the pain was getting more and more intense and I gripped James' arm, needing his closeness and reassurance. I had forgotten how intense that second stage is and given my last baby

arrived six years earlier, I really thought this third baby would be a lot easier and just fall out! Jacqui's guidance and her explanation of what was happening with the baby in terms of its position helped me to calm down even though I felt quite out of control. What amazes me about birthing naturally is how you can feel this baby moving through your body. When you think you can take no more, it gets more intense and yet you do cope, you do survive and face the next contraction. It takes you to your absolute limits, which is what I love most about birthing.

Meanwhile my eight-year-old son Jack filmed on the camcorder and once the baby's head emerged, Jacqui called him over to take a look in the mirror on the bottom of the pool. He abandoned the camera on the stand, came over to have a look, said "wow" and then returned for the camera to film it close-up. He nudged between James and Jacqui to get a closer look poolside and filmed the birth of his sister. Jacqui pushed my leg up so I could catch the baby myself, which was such a magic moment. As soon as she emerged from the water (at 9:51am), I thought 'yep, she's one of mine!' She just looked like my baby and she started crying immediately and then settled into this wide-eyed calm that lasted more

than an hour. It was Ruby's job to tell us if it was a girl or a boy but as the umbilical cord was between her legs we could not see (Jack said afterwards he wondered why the baby had a white willy – the cord!). Once I lifted the cord we all exclaimed it was a girl and I was overcome with this cry of, "It's a girl, it's a baby girl!", crying and shaking at the same time. It was the best moment of the whole thing and it feels so vivid in my memory. And so baby Stella was born!

From there it was simply the best day ever! Jacqui made me a nest on the floor to rest and feed. We then slowly weighed the baby and checked her, enjoying the morning sun with a glass of champagne. It seemed like such a normal kind of Tuesday morning in the front room, however, this amazing event had just taken place and this new person had emerged into our family.

The rest of the day was spent in our bed with my friend Simone, my Mum and sisters visiting and just soaking up our gorgeous baby.

Finally, I would like to say that I experienced the most amazing care from my midwife Jacqui. The care was not unreasonable or excessive and yet I feel so exceptionally lucky to have had this continuity of midwifery care, which only 5% of women in Australia experience. ●



# New HAS Website Launch

LEIGH HOLMAN AND JENNY CARLETON

The committee has been busily working on a new website, set to officially launch very soon. The focus is to construct a well thought out, practical and user friendly website to, above all, benefit our members.

A key group of committee members tasked with the project identified the HAS website should:

- be a place where people can find basic information about homebirth, with further reference links
- give people updated contact details for midwives
- list upcoming events and updates on lobbying
- provide online versions of Birthings' for members and an archive of past articles
- offer an online retail platform for our merchandise

One of the most exciting and challenging aspects is to link the new website with our database



of members to enable an automated membership renewal process. The new site will also allow us to keep in contact with potential members who have shown a personal or professional interest in HAS.

Mel Baker has been charged with the development of the site. As a homebirth mum of three children, she is an enthusiastic advocate whom we felt could create a website that best represents HAS to the wider public.

Earlier this month the beta version of the new website went live. We are in the process of finalising it and will send an email to all of our members with instructions on how to login. We would love to hear your feedback and hope you enjoy the new site.

If your email address has changed please inform Leigh at [admin@homebirthsydney.org.au](mailto:admin@homebirthsydney.org.au) so you can receive our e-newsletter and update your contact details yourself.

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# Media Watch

The media storm that was April! With homebirth being such a hot topic in the media of late, there has been an influx of articles and opinion pieces across newspapers, online and also television. Whilst a lot of this has been negative there have been many heart warming positive stories out there too. It can be hard to remain calm and eloquent when responding to some of these articles but we must congratulate all the homebirth supporters who have had their voice heard and done so in a positive way.

## 1 April

*The Australian* reports how women in remote communities are hiding their pregnancies and shunning antenatal care to avoid having to travel large distances and incur significant expense to give birth in hospitals in Darwin or Alice Springs.

## 6 April

*The Daily Telegraph's* shocking front page headline leads with "Four dead in home birthing." A low point for the cause with these dubious and unconfirmed statistics from Dr Pesce, inflaming the homebirth community and leading to more negative press.

ABC Unleashed (Online) posted a reply by Dr Hannah Dahlen, Secretary of the Australian College of Midwives, NSW Branch to the *Daily Telegraph's* story. In this she stated the facts. That is from the latest Australian Institute of Health and Welfare (published in 2008), 708 women had planned homebirths in Australia in 2006 (0.3%). There were no deaths reported amongst these births. <http://www.abc.net.au/unleashed/stories/s2543589.htm>

*The Age* ran a story about how doctors believed the Australian maternity system needed an overhaul to provide better care so pregnant women feel confident giving birth in hospital and not at home.

## 7 April

Hot on the heals of the previous days story, is a follow up by Samantha Townsend and Sue Dunlevy in the *Daily Telegraph* titled "Desperate mums across NSW turning to home births." This story focussed how chronic understaffing had turned maternity departments into factories where women were left alone in labour as midwives ran between birthing suites. They said the factory-like treatment of women

in labour was one reason they were turning to home births.

The same day, an opinion piece by Fiona Connolly in the *Daily Telegraph* titled, "Home births are irresponsible." She goes on to say that no hippie reasoning is able to convince her that parents who home birth are placing the good of their child first. They are clearly thinking only of themselves.

Jo Tilly, our HAS Coordinator had her letter to the editor printed in the following days paper stating that it is always a tragedy when there is a death of a baby but tragedies happen regardless of place of birth.

Jo Tilly also was on Chris Smith's program on 2GB for an interview to discuss the recent negative press – well done Jo! Excellent interview!

## 9 April

Miranda Devine ran an opinion piece on her view of the birthing world designed to spark controversy.



Cartoon courtesy of Fiona Katauskas

## 13 April

*The Adelaide Now* reported a "Surge in home births." According to this report, twice as many women are choosing to give birth at home. The number of home births increased

from 44 - 0.2 per cent of births - in 1997 to 107 - 0.5 per cent of births - in 2007. *Obstetrics and gynaecology Professor Jeffrey Robinson* said SA had a "very good" home birth policy, released recently by the State Government. "If home birth is conducted according to that policy it is likely to be OK," he said.

## 17 April

A report released by a study team in the Netherlands, found, that "530,000 new mums prove home births safe." *The Herald Sun* reported that women who give birth at home with a midwife are just as safe as those who go to hospital, a major study has found. More than 500,000 women participated in the seven-year Dutch study, which showed there was no difference between home births and hospital births when it came to the number of babies admitted to intensive care units. (See page 17 for full details)

*Sydney Morning Herald* also ran this story that a study of more than half a million women has found, that when homebirth is assisted by a trained midwife, it is just as safe for low-risk mothers and their babies as a delivery led by a midwife in hospital.

## 21 April

*The Herald Sun* ran a lovely story titled, "Great joy from birth at home" describing Steven Perkin's experience of homebirth 18 years ago with the birth of his third child. He describes how he was a product of a modern society that assumes, when it comes to giving birth, the sterile surroundings of a hospital room are better than any alternative. His wife didn't share this view and how glad he was of this!

# *Personal is Political*

ALISON LEEMEN

Welcome back to the ongoing drama of maternity services in Australia. We left you last episode with the huge disappointment of the Maternity Services Review Report: its failure to fund or support homebirth and the threatened criminality of attended homebirth from June 2010.

## **In this episode: more of the same.**

### **HAS lobbying the Minister**

HAS lobbyists met with the senior adviser to Health Minister Nicola Roxon MP in late March to discuss the consequences of the Maternity Services Review for homebirth. You will recall that in the interim, there had been frantic activity and lots of prominent press coverage to publicise the problem: TV, radio, print and online media outlets all covered our story reasonably favourably. We expected this traction would translate into some recognition from the Minister's office of the dangers of continuing down the path of criminalising attended homebirth. We anticipated some reassurance from the senior adviser that we had been heard and they were working on the solution. How naïve!

Some way into our meeting with the senior adviser, it became apparent that she had no inkling of the criminality issue. We explained it clearly, repeatedly and in some detail. By the end of the meeting, we believed she understood the message we had been clearly conveying in the mainstream press, though she didn't accept it was accurate. Following the meeting, we sent detailed analysis of how the interaction of existing State laws and the introduction of the new registration scheme for midwives (see the insert box for details) will make it illegal for midwives to attend births at home. We followed this up with several phone calls and finally the senior adviser said that they were taking advice from the department, but seemed to conflate relevant provisions of State law.

After leaving them alone during the swine flu hysteria and the budget mayhem, we have sought to continue pressing them on the legal position, with no response received at the time of printing.

### **Australian College of Midwives Report on the National Registration Scheme**

On Friday 8 May, the Health Minister's Council met to discuss the National Registration Scheme. ACM has produced an update based on the communiqué released after that meeting (available

at <http://savehomebirth.com.au/news/?p=276>) and is well worth reading. There will be a separate register for nurses and midwives, but no change on the indemnity issue. ACM continues to lobby government to redress the indemnity issue, and also to meet with insurers.

The communiqué included a worrying decision about mandatory reporting by practitioners and hospitals of "a registrant who is placing the public at risk of harm", including through a "departure from accepted professional standards". Given the accepted professional standards in hospitals and among medical practitioners, we have reason to be concerned. You can bet certain well-known obstetricians can't wait to get their hands on that one.

### **Save Birth Choices Website**

Jane Palmer has led a campaign to fight the impending criminalisation of homebirth with regular meetings at her house. Her team has established a website, Save Birth Choices, at [www.savehomebirth.com.au](http://www.savehomebirth.com.au). This website is being regularly updated, so check it frequently to keep in touch. If you'd like to help Jane, please contact her at [jane@pregnancy.com.au](mailto:jane@pregnancy.com.au)

### **Maternity Coalition strategies**

Maternity Coalition is running an 'Every Woman, Every Choice' postcard campaign and has printed 10,000 cards addressed to Nicola Roxon. HAS obtained a quantity of the postcards for use at the Baby Expo in mid-May. Lots of people signed them and we will do a bulk post-in. If you need a postcard to sign and send or would like to distribute cards, please contact Lisa Metcalf on 0437 577 576 or go to [www.maternitycoalition.org.au](http://www.maternitycoalition.org.au)

### **National Day of Action for Birth Reform**

Mark it in your diaries, Saturday 4 July is the National Day of Action for Birth Reform. Jane Palmer and Maternity Coalition are taking the lead on this. Check the "What's on?" section of the Save Birth Choices website for details, yet to be finalised.

## How Homebirth Becomes a Criminal Act: legal analysis

The National Registration and Accreditation Scheme for Health Professionals Consultation Paper on Proposed Registration Arrangements, released 18 September 2008, proposes that any midwife who is unable to obtain professional indemnity insurance will not be registered (Proposal 6.3.1, page 10).

State legislation makes it an offence punishable in most jurisdictions by substantial fines and/or imprisonment, to practice midwifery while unregistered. For example, in New South Wales, section 10AG of the Public Health Act 1991 (NSW) prohibits a person from engaging in a restricted birthing practice (defined to mean care of a pregnant woman involving management of the 3 stages of

labour and child birth) unless she is a registered midwife or medical practitioner. The penalty is a fine of 50 penalty units (i.e.: \$5,500) or 12 months imprisonment or both.

Similar legislation exists in most, if not all, state and territory jurisdictions in Australia, along with prohibitions against holding oneself out as a midwife if not registered.

HAS also made a written submission to the Senate Community Affairs Committee's inquiry into the national registration and accreditation scheme regarding the importance of homebirth midwives being able to obtain registration and urging the Senate Committee to provide appropriate protection for all Australian mothers, particularly women birthing at home and their babies.



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*Cost: \$2000 (inclusive)*

Susan Ross, the founder of *Birth Right*, is a Midwife, Doula, Childbirth Educator, Mother, Trainer and author of the book '*Birth Right*'

For more information and bookings contact:  
[www.birthright.com.au](http://www.birthright.com.au)  
e: [susan@birthright.com.au](mailto:susan@birthright.com.au)  
p: 0419 606 171

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where your birth belongs to you  
[www.birthright.com.au](http://www.birthright.com.au)



# HAS in the Community

## Sydney Pregnancy, Baby & Children's Expo

HAS recently exhibited again at this year's huge Expo at Rosehill Gardens. Our aim was to spread the word about homebirthing, promote our new natural birth seminars and galvanise support for the campaign to save our right to birth at home. We had many enquiries and chatted to a number of people either interested in finding out more about homebirth. Thanks again to everyone who worked on the stand.



## Natural Birth Seminars

Our Info Nights are back on with some fantastic speakers including Susan Ross, Renee Adair, Melissa Maimann, Louise Luscri and Jane Palmer. We're addressing many aspects of natural birth regardless of where women choose to have their baby. Our focus is on empowering women to make the best decision for them and their baby.

So, if you're pregnant, or know of anyone who is, check out the web-site for full details. Places are really limited, so best to book in advance.

## BIRTH CHOICES

Helping you choose where to give birth and with whom, including Midwifery & Obstetrical care, Hospital, Birth Centre & Homebirth.

**Jane Palmer, Midwife in Private Practice & Lactation Consultant**  
Thurs 16 July, 7-9pm, Marrickville / Sun 26 July, 3-5pm, Crows Nest

## NORMAL BIRTH

Understand the effects of drugs on mother and baby and learn about different methods for preparing for childbirth.

**Susan Ross, Birth Right Founder & HypnoBirthing Practitioner**  
Thurs 6 Aug, 7-9pm, Rozelle / Thurs 20 Aug, 7-9pm, Neutral Bay

## SUPPORT AT BIRTH – DOULAS & PARTNERS

Learn about the huge benefits a Doula can provide, plus how to help Dads prepare and participate in the birth.

**Renee Adair, Founder of Australian Doula College**  
**Keith Knights, Childbirth Educator & Father**  
Sat 29 Aug, 3-5pm, Marrickville / Sun 20 Sept, 3-5pm, Crows Nest

# Secretary's Report

ANNE HARRIS

- The website has been high on the agenda for this quarter and thanks to an amazing effort from Jenny & Leigh, HAS is now the proud owner of a beautiful up-to-date website. If you haven't already done so it is well worth a look at: [www.homebirthsydney.org.au](http://www.homebirthsydney.org.au)
- We are also really happy to have two new Event Co-ordinators. Tamara and Helena who have put a lot of hard work into the Pregnancy Baby Expo and the upcoming Natural Birth Information Evenings. They are super organised but would love some extra help, so if you have any spare time please contact them.
- In light of the current Maternity Services Review we have all been putting our hearts and souls into getting as much positive publicity as well as lobbying the media as much. For more information check out the website on how you can become a supporter.
- Now that we are paying for the printing of the publication we need to get back into fundraising, so if anyone would like to put his or her hand up for this position it would be greatly appreciated. Please contact any of the committee members to discuss.
- The annual Birth Choices Evening is still a long way off yet, but based on the success of last year's event we are going to make this bigger and better. If you want to be involved or have any ideas on what we could do email [sarahmclean2092@hotmail.com](mailto:sarahmclean2092@hotmail.com) to discuss.

## For Sale

**Black Babasling**, new. Carry your baby close to your heart and be hands free for all your daily tasks. Suits newborn to 2-year-old plus (depending on weight of child). Easy to breastfeed in. Blrthings discounted price \$85, including postage (RRP = \$99).

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**Weenies Eco Nappy System**. 1 x 0000 nappy snib, 2x newborn weenies wraps, 1 x newborns deluxe weenies waterproof baby pants, 1 x newborn baby pouch pants with removable inner pouch (new in bag), sealed bag of 20 small insert pads, barely used. RRP = \$135; for sale for \$70.  
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**Jolly Jumper**. \$25. Call Sally in Cronulla on 0425-751 900.

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[www.gabrielerummel.com.au](http://www.gabrielerummel.com.au)      Mobile 0429 988 838

**CITY & EAST****Naomi Abeshouse**

—Acupuncturist  
Acupuncturist, Chinese Herbalist & Doula.  
B Hth Sci, TCM (UTS), Dip TCM (Guangxi, China),  
Post-Grad Cert Jap Ac, Post-Grad Cert Paed TCM,  
BA (UNSW).

Naomi offers a unique blend of Japanese and Chinese acupuncture, and Chinese herbal medicine, providing a comprehensive and gentle therapeutic approach. Specialising in Gynaecology and Obstetrics, Naomi has supported many women through conception, pregnancy, birth and postnatal issues in her busy Woollahra practice. Naomi provides home or hospital visits to women in labour, or those who cannot travel.

**Naomi: 0413 690 861**

**61 Queen St, Woollahra**

[naomibeshouse@optusnet.com.au](mailto:naomibeshouse@optusnet.com.au)

**Australian Doula College**

Please see our listing on this page under Birth Support Services: Doulas.

**Herbalwell Natural Medicine**

—Herbalist, Nutritionist, Birth Kits I offer compassionate holistic health care for women and their partners during pregnancy, birth and the post partum period. Herbs and vitamins are powerful natural medicines that combat conditions such as exhaustion, sleep deprivation, food cravings, mood swings and pain. Call me to discuss your needs and to nourish your body through this transformational time. Herbal and Homeopathic Birth Kits also available.

**Su-lin Sze:**

**0404 411 848 9386 1060**

**101 Mill Hill Road**

**Bondi Junction, 2022**

[www.herbalwell.com.au](http://www.herbalwell.com.au)

**Acupuncture East**

Acupuncture East provides expert acupuncture care in women's health with a special focus on pregnancy, birth preparation and post natal care. Brook Canning is an experienced, caring acupuncturist based in Bondi Junction, Sydney whose clinic focuses on the care of women during all stages of pregnancy, fertility treatment and gynaecological problems. Brook is a full member of the AACMA.

**Contact Brook for an appointment on 1300 85 84 90.**

**Other enquiries: 043 000 6496**

[info@acupunctureeast.com.au](mailto:info@acupunctureeast.com.au)

**visit the website:**

[www.acupunctureeast.com.au](http://www.acupunctureeast.com.au)

**INNER SYDNEY SUBURBS****Rebecca Gouldhurst**

—Doula, Naturopath, Counsellor, Pregnancy Masseur & Hypnobirthing I am a passionate doula practicing from a naturopathic and counselling background. I have been in practice for 14 years. Being a doula allows me to support parents-to-be with my wisdom and experience of the birth process and the know how to create the birth that you want. Birth is a magical time that I am honoured to be part of. I have experience both at home and in hospitals and have different packages to suit all. All enquiries welcome.

**Rebecca Gouldhurst:**

**93864243 0415304369**

[counsellor@doula.net.au](mailto:counsellor@doula.net.au)

**NORTH SYDNEY AND NORTHERN BEACHES****All about Birth**

—calmbirth®

calmbirth® is a two day preparation for birth course that is suitable for those planning a homebirth, water birth, active and natural birth. calmbirth® affirms that birth is a normal physiological process, and you will learn skills to use during pregnancy, birth and beyond. Contact Louise for more details and course dates

**Half day birth and parenting program**

A comprehensive course that provides positive information and discussion on labour and birth.

**Louise Luscri: 0808 231 759**

[info@allaboutbirth.com.au](mailto:info@allaboutbirth.com.au)

[www.allaboutbirth.com.au](http://www.allaboutbirth.com.au)

**ANNANDALE/INNER WEST****Birthsense**

—Hypnosis for birth

Personal and creative birth education, counselling and body centred hypnosis for a positive pregnancy, birth and bonding. Weekend workshops, women's groups also.

**Jackie McFarlane: 9566 1035**

[jackichip@optusnet.com.au](mailto:jackichip@optusnet.com.au)

**Jutta Wohlrab**

Holistic care for pregnancy, birth and beyond with over 25 years of holistic midwifery in Germany. I love to offer you a great range of treatments through all aspects of your pregnancy.

- Certified Hypnobirth Practitioner (Mongan Method)
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- Babymassage
- Metamorphic Footmassage
- Individual home visits whenever wanted and needed

**Jutta Wohlrab**

[joemidwife@hotmail.com](mailto:joemidwife@hotmail.com)

**0431 201 877**

**NORTH****Heather Crawford**

—Acupuncture, calmbirth®

preparation courses

Acupuncturist, Chinese Herbalist, Doula B Hth Sci, TCM (UTS) Heather practices acupuncture and runs the calmbirth® preparation course from a multi-modality clinic in Frenchs Forest where there is a child friendly mother's lounge and other support services for mums and bubs. Heather provides gentle treatment through pre-conception, pregnancy, birth and the postnatal period. Home and hospital visits are available.

**Heather: 9011 6447 0423 171 191**

[heather@birthingspirit.com.au](mailto:heather@birthingspirit.com.au)

[www.birthingspirit.com.au](http://www.birthingspirit.com.au)

[www.theambaatree.com.au](http://www.theambaatree.com.au)

**SOUTHERN HIGHLANDS****Pregnancy Workshops**

Midwife Jane Hardwicke Collings gives regular workshops—"Pregnancy The Inner Journey"—in the Southern Highlands and in other places by arrangement.

Also starting in Spring 2009 "The School of Shamanic Midwifery"—a women's mysteries school for doulas and midwives

**Jane Hardwicke Collings:**

**48882002 0408035808**

[jane@bigpond.com](mailto:jane@bigpond.com)

[www.moonsong.com.au](http://www.moonsong.com.au)

[www.placentalremedy.com](http://www.placentalremedy.com)

**SUTHERLAND/ST GEORGE****Calmbirth® preparation course**

The calmbirth® course is an amazing course, it imparts the knowledge of birth preparation techniques such as deep relaxation, visualisation, breathing, positive imagery, attitudes/expectancy to achieve a rewarding, easier, more comfortable stress-free birthing experience. Many women who have done the calmbirth® course during their pregnancy are far more likely to have positive feelings about their birthing experience. Their partners and midwives are quite often very impressed with how beautifully they've worked with their body during the labour. For enquiries of dates and available times and bookings phone 9544 6441 available weekends, weekdays, evenings.

Visit: [www.julieclarke.com.au](http://www.julieclarke.com.au) see website for dates and discount. Special note: Julie's calmbirth® course is very reasonably priced.

**Julie Clarke: 0401265530**

**9544 6441**

**9 Wathybrook Place Sylvania**

**(just 20 mins south of the airport).**

[julie@julieclarke.com.au](mailto:julie@julieclarke.com.au)

**Natural Beginnings**

—Herbal Medicine, Nutrition & Birth Support

I have a very personal interest in treating preconception, pregnancy and children's health, naturally. Having my partner and I prepare our bodies' health naturally for a conscious conception, I am currently enjoying a trouble free pregnancy, also with the help of herbs and nutrition. You too can benefit from my experience in natural health care. I can assist you with:

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**Virginia Maddock****Herbalist, Nutritionist & Doula**

**85440057 0415 683 074**

**1/97 Elouera Rd Cronulla**

[www.naturalbeginnings.com.au](http://www.naturalbeginnings.com.au)

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See Julie's website for more details, birth stories and pictures, information [www.julieclarke.com.au](http://www.julieclarke.com.au)

Julie has a great sense of humour and a very gentle approach, she is supportive and flexible in her teaching approach. Good variety of courses to choose from: 6 wk course 1 night per week or 2 Saturdays condensed or 1 Sunday super condensed.

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**Julie Clarke: 0401265530**

**9544 6441**

**9 Wathybrook Place Sylvania**

**(just 20 mins south of the airport).**

[julie@julieclarke.com.au](mailto:julie@julieclarke.com.au)

**HILLS DISTRICT****Adrienne Abulhawa**

Holistic Birth

Care and support for pregnancy, birth and baby. Homebirths, birth centre or hospital births. Also pre-natal and post-natal care, mother and baby massage, birth preparation, meditation and relaxation, birth planning and breastfeeding support.

**Adrienne: 0416 511 118****adrienne@holisticbirth.com.au****www.holisticbirth.com.au****HORNSBY/HILLS DISTRICT/ NORTH SHORE/NORTHERN BEACHES****Jacqui James**

I am passionate about supporting & encouraging families during pregnancy, labour, birth and in the early "daze". I work with both parents and assist in creating a nurturing environment for the baby to be born. The birth of a baby is a sacred experience and I feel honoured to be a part of it. I also facilitate mother/family blessing ceremonies.

I trained in 2003 at Birth Central, completing post natal doula in 2005. References available.

**Mob: 0418 445 653/****jacquij@people.net.au****SOUTHERN SUBURBS****Natural Beginnings**

Holistic healing and Doula Service I have a very personal interest in treating preconception, pregnancy and children's health, naturally. After my partner and I prepared our bodies' health for a conscious conception, I enjoyed a trouble free pregnancy and had a perfectly healthy baby, using herbs and nutrition. You and your family can benefit from my experience in natural health care. I can assist you with:

- preconception health and natural fertility
- preparing for a healthier baby
- overcoming pregnancy health conditions
- preparing your body and mind for a better birth
- labour and birth support
- treating your children's health naturally
- chemical free, home made herbal skin products

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**Virginia Maddock****Herbalist, Nutritionist & Doula****85440057, 0415683074****1/97 Elouera Rd Cronulla****www.naturalbeginnings.com.au****EASTERN SUBURBS/ CITY/INNER WEST****Australian Doula College & The Centre For Spiritual Birth & Development**

The Australian Doula College is an integrated health care centre providing education, support and continuity of care for women during pregnancy, childbirth and beyond. Through our network of qualified and experienced educators, doulas and practitioners, we offer a variety of services, treatments and support. As a training facility, we provide the support of a trainee doula for only \$165; qualified doulas range from \$600-\$1500. We look forward to being of service to you in this amazing time of your life. Please visit the website for our full range of services.

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**Erika Elliott: 0425 2177 88****erika@motherbirth.com.au****HAS Library**

**Borrowing:** Please email or call Erika to collect the books from Lilyfield. 0425 217 788 or 9810 3034 or erikaswa@hotmail.com

**Returning:** You can either deliver or mail the book(s) back to me.

Happy reading! If anyone has any more titles that they are done with and would like to share around, we would love to have them in our library.

Please find the list of current titles below.

**Books:**

- *The First 12 Months of Motherhood* Susan Hassebroek, 1996
- *100 ways to calm the crying* Pinky McKay, 2002
- *Parenting by Heart* Pinky McKay, 2001
- *Birth Stories* Katrina O'Brien, 2005
- *Face to Face with Childbirth* Julia Sundin, 1989

**HOMEBIRTH SUPPORT GROUPS****SYDNEY (HAS)****Evening discussion meetings in Sydney**

Public meetings on topics related to homebirth in Bondi Junction and Petersham. Meetings run 7.00 to 9.00pm and feature a guest speaker and theme topic, a birth story and time for tea and socialising. All welcome. Details of upcoming meetings in the Calendar: **Homebirth Parents' Group**

For HAS members, meeting the 2nd Wednesday of each month at Amelia Allan's house, 5 Warner St, Gladesville. Details of upcoming meetings in the Calendar. Bring a piece of fruit for the children and a little something for our morning tea (if you are empty-handed, still welcome!). Indoor and outdoor play space, plenty of toys. Call Amelia with any questions on 9817 4512 or 0414 895 910.

**NEW SOUTH WALES****Birth Central (Far south coast)**

Cindy (02) 6494 0131  
www.birthcentral.org.au

**Blue Mountains Homebirth Support**

Gatherings fortnightly on a Tuesday at 10am.

Natalie Dash (02) 4757 2080  
nataliedash@optusnet.com.au

**Clarence Valley Birth Support**

Laena Jongen-Morter  
(02) 6649 4271

**Far North Coast NSW**

Jillian Delailie (02) 6689 1641

**Illawarra Homebirth Support**

Karen Sanders (02) 4225 3727

**Mid North Coast Homebirth Support Resource & Referral**

Berry Engel-Jones  
(W) 6652 8111 (H) 6655 0707

**Mothers and Midwives of the South (Southern Highlands)**

Jane Collings  
(02) 4888 2002 or 0408 035 808

We meet every month in the Illawarra area. Contact Jaia on 0431 709978 or jaia\_shanti@yahoo.com.au for more details. Everyone welcome.

**INTERSTATE & NATIONAL****Homebirth Australia**

Jo Hunter (02) 4751 9840  
homebirth.australia@bigpond.com

**Queensland**

(07) 3839 5883 | email info@homebirth.org.au

**Darwin Homebirth Group**

(09) 8985 5871  
darwin.homebirth@octa4.net.au

**Homebirth in the Hills****—Dandenong Ranges**

Melinda Whyman (03) 9754 1347  
mwhyman@bigpond.net.au

**Homebirth on the Mornington Peninsula**

Kim (03) 5987 0657

**HAS is re-establishing its library of books that have been generously donated for our members to borrow.**

- *The Waterbirth Handbook* Dr. Roger Lichy & Eileen Herzberg, 1993

- *The NappyBag Book, resource guide for parents* 6th Edition, 2005

- *Better Birth, the definitive guide to childbirth* Lareen Newman & Heather Hancock, 2006

- *The natural way to a better pregnancy* Francesca Naish & Janette Roberts, 1999

- *Magical Beginnings, Enchanted Lives* Deepak Chopra, 2005

- *Your Baby & Child* Penelope Leach, 2003

- *The Choice Guide to Baby Products* Choice Books, 8th Edition, 2003

- *Helping Your Baby to Sleep* Anni Gethen & Beth Macgregor, 2007

- *Your New Baby* Dr Miriam Stoppard, 2002

- *Up The Duff* Kaz Cooke, 1999

- *Yoga for Pregnancy* Amber Land, 2003

- *Special Women, the role of the professional labour assistant* Paulina Perez & Cheryl Snedeker, 2000

- *Labour of Love, tales from the world of midwives* Edited by Amanda Tattam & Cate Kennedy, 2005

- *The Magic of Sex* Dr. Miriam Stoppard, 1991

**Magazines/newsletters:**

Various back issues of:

- *Communiqué*, Australian Society of Independent Midwives

- *Nurture*, quarterly journal of natural parenting, Melbourne

- *BirthChoice NT*

- *Down to Birth QLD*

- *Tummy Talk NZ*

- *Midwifery Matters*

- *Birthing Beautifully WA*

- *Kindred*

**Birth With Gentle Choices**

Offering continuity of midwifery care during pregnancy, birth and postnatally. Birth is a natural, and empowering experience that is part of a normal life journey rather than a medical event. Providing support for women and their families and encouragement to believe in herself and her ability to birth instinctively.

**Betty Vella: 9540 4992**

(**Gymea**)

[bpvella@optushome.com.au](mailto:bpvella@optushome.com.au)

**One to One Midwifery Care**

If your expectations are of having a natural birth, less intervention, shared decision making and continuity of care with your own midwife in a safe environment then this service is for you! Women can choose to have their babies at home or in a natural birthing centre. A tailor-made pregnancy plan is offered together with medical liaison if required or requested.

**Jan Robinson: 0418 117 560**

[midwife@ozemail.com.au](mailto:midwife@ozemail.com.au)

[www.midwiferyeducation.com.au](http://www.midwiferyeducation.com.au)

**Sydney Homebirth Practice**

Akal Khalsa has been offering her individualised midwifery care to women in Sydney since 1979. She will provide experienced, comprehensive and personalised care throughout your pregnancy, birth and the postnatal period. With Akal as your midwife you will be assured of professional care and full and accurate information throughout this vital time. She is available by phone, 24 hours, 7 days a week. Akal has over 30 years experience as a midwife and childbirth educator and will help you and your partner prepare emotionally, mentally and physically so you can approach the birth of your baby with joy and confidence. She has many years experience with water births, lotus births and vaginal after caesarean births.

**Akal Khalsa: 9660 2127**

[www.ourmidwife.com.au](http://www.ourmidwife.com.au)

**Birth From Within**

Personal holistic midwifery care during your special time of pregnancy, birth and parenthood. My philosophy is one of nonintervention, working in partnership with you and your family. I live in the Nowra/St Georges Basin area.

**Robyn Borgas: 4443 2509**

[paul.borgas@bigpond.com](mailto:paul.borgas@bigpond.com)

**New Beginnings  
Midwifery Practice**

New Beginnings Midwifery Practice offers a personalised approach to pregnancy, birth and beyond. Receive comprehensive prenatal care with your own midwife. New Beginnings can assist you with homebirth, hospital birth or birth centre birth. Extensive postnatal visits. Access to information, resources and a large lending library. Care and support available 24 hours a day.

**Robyn Dempsey: 9888 7829**

(**North Ryde**)

[www.homebirthmidwives.com.au](http://www.homebirthmidwives.com.au)

**Homebirth Midwife**

Pregnancy and birth is a normal, healthy life experience. As natural as it is to conceive your baby in a loving, safe and intimate environment, labouring and birthing at home, in your own relaxed setting, gives you the freedom to follow your body's instinctive knowledge of birthing naturally, without restrictions. As a Midwife, I have immense passion for my career and gain great professional and personal satisfaction from it. I offer a holistic approach to midwifery care, providing care throughout your pregnancy, labour and birth (a birthing pool is available for water birth) and postnatal care up to 4 weeks after the birth of your baby. All care is provided in your home.

**Jacqui Wood: 0430 109 400**

(**Sydney and surrounding suburbs**)

[www.homebirthmidwife.com.au](http://www.homebirthmidwife.com.au)

[jacqui@homebirthmidwife.com.au](mailto:jacqui@homebirthmidwife.com.au)

**Wholistic Midwifery**

I take a wholistic approach to pregnancy and birth, as well as to general health. I am a nutritionist and herbalist as well as a midwife, so my service can include these tools in your care. I provide full antenatal and postnatal homebirth care, as well as providing postnatal care for women who have birthed in hospital but return home soon afterwards. I practise in the Southern Highlands area.

**Victoria Kleeberg:**

**48 615 744    0404 489 484**

[kleeberg@bigpond.net.au](mailto:kleeberg@bigpond.net.au)

**Pregnancy, Birth & Beyond**

Looking for special care during your pregnancy, birth and as new parents? Receive personalised, professional care by an experienced midwife. Pregnancy, Birth and Beyond supports women and their families birthing at home, birth centre or hospital. Midwifery care helps you avoid unnecessary interventions and to be recognised as the most important member of the birth team. Pregnancy, Birth and Beyond aims to assist families achieve an empowering birth experience. For full details of services please visit our website.

**Jane Palmer: 9873 1750**

(**Dundas Valley**)

[www.pregnancy.com.au](http://www.pregnancy.com.au)

**Essential Birth Consulting**

Offering midwifery services during preconception, pregnancy, birth and postnatal. Homebirth, hospital birth support, childbirth education, birth debriefing and consulting services are available. I practice in and around Sydney, as far as Blue Mountains, Wollongong and Camden. Essential Birth Consulting recognises you as being the most important person in the birthing experience, and homebirth assists you to have the healthiest birth possible. Essential Birth Consulting's home birth service focuses on your needs for confidence, choice and convenience in birth, with all visits provided in your home. Waterbirth and VBAC are supported. Journal subscriptions are available as well as access to a library.

**Melissa Maimann: 0400 418 448**

**MBA RM RN BN Grad Dip Midwifery**

[melissa@essentialbirthconsulting.com.au](mailto:melissa@essentialbirthconsulting.com.au)

**Areas covered: Sydney, Central Coast, Southern Highlands, Blue Mountains and Illawarra.**

**Sonja MacGregor**

A wholistic midwife who empowers and trusts a woman to birth her own baby in the comfort of her own home, surrounded by love. I provide a full antenatal, labour, birth and postnatal service in collaboration with the woman. Appointments are attended in the woman's home, with the inclusion of family and support people if the woman desires.

I service all areas west/south west of Sydney, the Blue Mountains, Southern Highlands and Illawarra.

**Sonja MacGregor: 0419 149 019**

[sonjamac@bigpond.com](mailto:sonjamac@bigpond.com)

[www.birthathome.com.au](http://www.birthathome.com.au)

**Birthing Babies**

Birthing Babies is the private midwifery and antenatal education practice offered by midwife Victoria Jones. Victoria is an independently practicing midwife in Port Macquarie, on the mid-north coast of New South Wales. Birthing Babies conducts antenatal education weekends for women who want the latest information and education about pregnancy and birth in a fun, friendly, and supportive workshop format. We also offer birth support for women who plan to birth at home.

**Victoria Jones: 6581 4695**

(**Port Macquarie NSW**)

[www.birthingbabies.com.au](http://www.birthingbabies.com.au)

[midwife@birthingbabies.com.au](mailto:midwife@birthingbabies.com.au)

**St George Hospital  
Homebirth Service**

This public health service is available to women in the St George and Sutherland Shire area. Continuity of care is provided by two midwives throughout pregnancy, birth and the postnatal period.

**For further information,  
call the midwives at the Birth Centre  
on 9113 3103.**

**Midwife**

Jane is a shamanic midwife and a priestess of the Goddess. Her midwifery practice reflects these world views and is based on her facilitating women to take responsibility for their life journeys and the self-realisation opportunities of pregnancy, birth and mothering.

Author of Ten Moons - The Spiritual Journey of Pregnancy, Preparation For Natural Birth, Jane facilitates 3 day women only workshops called Pregnancy the Inner Journey and also teaches the spiritual practice of menstruation and the wisdom of the cycles.

Location: Southern Highlands, but will travel.

**Jane Hardwicke Collings:**

**0408035808**

[janeccollings@bigpond.com](mailto:janeccollings@bigpond.com)

[www.moonsong.com.au](http://www.moonsong.com.au)

- 1) To create an awareness in the community of planned attended homebirth as an accessible and attainable alternative and to be actively involved in maintaining homebirth as a choice and improvement of conditions for homebirthers. In the interest of furthering the cause of homebirth, our public relations policy will be one of assertive, non-aggressive approach.
- 2) To provide an information and referral service by way of newsletters, pamphlets, telephone contacts, a permanent mailbox, a reference library and regular public meetings.
- 3) To provide support to HAS members by holding regular public meetings and maintaining and publicising a list of contact phone numbers and addresses.
- 4) To represent HAS members on or to any regulatory or advisory body, Local, State or Federal, which is formulating policy or implementing decisions which affect homebirth.
- 5) To all with other homebirth groups and other groups concerned with birthing to further the aims of HAS.
- 6) To be involved in public gatherings that are relevant to and consistent with HAS' aim regarding homebirth.

## **HAS Policy Statement**

**This policy statement was written because of the need to promote unity and understanding among our homebirth members and the wider community.**

- 1) Homebirth Access Sydney is an organization which was established in 1973 to provide information and support to those interested in homebirth our members include parents, birth attendants, educators and midwives.
- 2) HAS recognises that Australian families have the right to have their baby in any setting—be it their home, a clinic, a birth centre or a hospital.
- 3) The members of HAS believe that home is a safe place to give birth and that there will always be an element of risk in birth whatever the choice of birth place.
- 4) Families who choose homebirth are taking a shared responsibility in the births of their babies. They are opting for a birth outside of an institution and its model of mass health care which is restrictive and frequently denies individuals requirements.
- 5) The midwives who attend homebirths are specialists, educated to provide total care throughout pregnancy, labour and the post-natal period. They consult with other health practitioners when appropriate.
- 6) Midwives are accountable to their clients and their peers (through quality assurance and standards review) as well as the Dept. of Health, the Nurses Registration Board, the Australian College of Midwives and the various courts.
- 7) With the widespread misconceptions about the safety of homebirth, a homebirth midwife's professional status is in jeopardy whenever anything goes wrong. However skilled she may be, deregistration and loss of career is a constant insecurity in the face of social hostility to her chosen profession.
- 8) Birth is an intense, emotional, life changing experience. In the event of conflict or unresolved issues, HAS encourages mediation and conciliation between all parties whatever the birth place and whoever the birth attendants.

MAGAZINE ADVERTISING RATES		
	Single (1 Issue)	Annual (4 issues)
<b>Service Pages</b>		
Doula Listing	n/a	\$25
Services Listing	n/a	\$35
<b>Colour Advertisements</b>		
Business Card Display	\$20	\$70
Quarter Page Display	\$30	\$110
Half Page Display	\$40	\$150
Full Page Display	\$65	\$250

### **Coming soon: ONLINE ADVERTISING**

For details, please email [jen@npsydney.com.au](mailto:jen@npsydney.com.au)

HAS ABN 75 947 458 113

### **HAS MISSION STATEMENT**

Homebirth Access Sydney is a viable and visible organisation working with integrity to support mothers and families' rights to informed and empowered home birth.

**YOU ARE WELCOME TO ATTEND**

### **Homebirth Access Sydney (HAS) Committee Meetings**

10.00am–12.00 noon on the last Friday of every month  
At the home of Jo Tilly, 50 Victoria Road, Marrickville

There is an area for children to play while we meet.  
Bring a plate or something to nibble

**Please call to confirm meeting as there are sometimes late changes:** Jo Tilly 9519 8524

**Next meetings: 26 June, 31 July, 28 August**

**Note; Sutherland-St George group also meet weekly at Gunnamattha park Cronulla please contact Virginia for more details on 0415683074**



*Diaries & pencils at the ready, please. It's time to get involved!*

## June

Tues 9	<b>Blue Mountains Homebirth Support Group.</b> 10am-12pm. 22 David Street, Wentworth Falls. Cost: \$5. Bring a healthy snack to share if you get a chance; if not come anyway. All welcome. Contacts: Alicia 4759 2336 or Sarah ama.bya@gmail.com
Tues 23	
Thurs 11	<b>Pregnancy &amp; Parenting Network meeting.</b> Theme: Vaccination. 10am-12pm, Jane Palmer's house, 27 Hart St, Dundas Valley. Please let Jane know you're coming so she can let you know if she has to cancel to go to a birth: 9873 1750 or jane@pregnancy.com.au. Please bring a plate of food to share. All welcome.
Wed 17	<b>Sutherland Shire and St. George Homebirth Group.</b> 10am, Gunnamattha Park, Cronulla. Call Virginia for more details on 0415 683 074
Sat 20	<b>All Homebirthers</b> come join the Blue Mountains Homebirth Support Group in a march at the winter magic festival Katoomba. For more details contact Alicia 4759 2336
Fri 26	<b>HAS Committee meeting.</b> 10am-12pm, Jo Tilly's house, 50 Victoria Road, Marrickville. Please call Jo to confirm beforehand as there are sometimes late changes: 9519 8524. All welcome.

## July

Tues 7	<b>Blue Mountains Homebirth Support Group.</b> 10am-12pm. 22 David Street, Wentworth Falls. Cost: \$5. Bring a healthy snack to share if you get a chance; if not come anyway. All welcome. Contacts: Alicia 4759 2336 or Sarah ama.bya@gmail.com
Tues 21	
Thurs 9	<b>Pregnancy &amp; Parenting Network meeting.</b> Theme: Baby Wearing (Slings etc.) 10am-12pm, Jane Palmer's house, 27 Hart St, Dundas Valley. Please let Jane know you're coming so she can let you know if she has to cancel to go to a birth: 9873 1750 or jane@pregnancy.com.au. Please bring a plate of food to share. All welcome.
Wed 15	<b>Sutherland Shire and St. George Homebirth Group.</b> 10am, Gunnamattha Park, Cronulla. Call Virginia on 0415 683 074
Thurs 16	<b>HAS Natural Birth Seminar.</b> Birth Choices. 7pm-9pm, Marrickville.
Sun 26	<b>HAS Natural Birth Seminar.</b> Birth Choices. 3pm-5pm, Crows Nest.
Fri 31	<b>HAS Committee meeting.</b> 10am-12pm, Jo Tilly's house, 50 Victoria Road, Marrickville. Please call Jo to confirm beforehand as there are sometimes late changes: 9519 8524. All welcome.

## August

Fri 1	<b>Birthing Spring submissions deadline.</b> The theme is "The Unexpected – surprises/challenges/blessings". Send your articles, birth stories and photos to Sarah McLean at sarahmclean2092@hotmail.com <b>Birthing Spring advertising deadline.</b> Contact Jenny Carleton on jen@npsydhey.com.au.
Tues 4	<b>Blue Mountains Homebirth Support Group.</b> 10am-12pm. 22 David Street, Wentworth Falls. Cost: \$5. Bring a healthy snack to share if you get a chance; if not come anyway. All welcome. Contacts: Alicia 4759 2336 or Sarah ama.bya@gmail.com
Tues 18	
Thurs 6	<b>Pregnancy &amp; Parenting Network meeting.</b> Theme: Birth Techniques – including calm birth – hypnobirth. 10am-12pm, Jane Palmer's house, 27 Hart St, Dundas Valley. Please let Jane know you're coming so she can let you know if she has to cancel to go to a birth: 9873 1750 or jane@pregnancy.com.au. Please bring a plate of food to share. All welcome.
Thurs 6	<b>HAS Natural Birth Seminar.</b> Normal Birth. 7pm-9pm, Rozelle.
Thurs 20	<b>HAS Natural Birth Seminar.</b> Normal Birth. 7pm-9pm, Neutral Bay.
Wed 19	<b>Sutherland Shire and St. George Homebirth Group.</b> 10am, Gunnamattha Park, Cronulla. Call Virginia on 0415 683 074
Fri 28	<b>HAS Committee meeting.</b> 10am-12pm, Jo Tilly's house, 50 Victoria Road, Marrickville. Please call Jo to confirm beforehand as there are sometimes late changes: 9519 8524. All welcome.
Sat 29	<b>HAS Natural Birth Seminar.</b> Support at Birth – Doulas and Partners. 3pm-5pm, Marrickville. See HAS website for more information.

## September

Early	<b>Birthing Winter issue in letterboxes.</b>
Tues 1	<b>Blue Mountains Homebirth Support Group.</b> 10am-12pm. 22 David Street, Wentworth Falls. Cost: \$5. Bring a healthy snack to share if you get a chance; if not come anyway. All welcome. Contacts: Alicia 4759 2336 or Sarah ama.bya@gmail.com
Tues 15	
Tues 22	
Thurs 3	<b>Pregnancy &amp; Parenting Network meeting.</b> Theme: Open Forum – share ideas, ask questions. Possible Guest Speaker (TBA). 10am-12pm, Jane Palmer's house, 27 Hart St, Dundas Valley. Please let Jane know you're coming so she can let you know if she has to cancel to go to a birth: 9873 1750 or jane@pregnancy.com.au. Please bring a plate of food to share. All welcome.
Wed 16	<b>Sutherland Shire and St. George Homebirth Group.</b> 10am, Gunnamattha Park, Cronulla. Call Virginia on 0415 683 074
Sun 20	<b>HAS Natural Birth Seminar.</b> Support at Birth – Doulas and Partners. 3pm-5pm, Crows Nest. See HAS website for more information.

## October

Thurs 1	<b>Pregnancy &amp; Parenting Network meeting.</b> Theme: Parenting Styles – including attachment parenting and gentle discipline 10am-12pm, Jane Palmer's house, 27 Hart St, Dundas Valley. Please let Jane know you're coming so she can let you know if she has to cancel to go to a birth: 9873 1750 or jane@pregnancy.com.au. Please bring a plate of food to share. All welcome.
Fri 2	<b>HAS Committee meeting.</b> 10am-12pm, Jo Tilly's house, 50 Victoria Road, Marrickville. Please call Jo to confirm beforehand as there are sometimes late changes: 9519 8524. All welcome.
Tues 13	<b>Blue Mountains Homebirth Support Group.</b> 10am-12pm. 22 David Street, Wentworth Falls. Cost: \$5. Bring a healthy snack to share if you get a chance; if not come anyway. All welcome. Contacts: Alicia 4759 2336 or Sarah ama.bya@gmail.com
Tues 27	
Wed 21	<b>Sutherland Shire and St. George Homebirth Group.</b> 10am, Gunnamattha Park, Cronulla. Call Virginia on 0415 683 074
Thurs 29	<b>Pregnancy &amp; Parenting Network meeting.</b> Theme: Natural choices for pregnancy and birth. 10am-12pm, Jane Palmer's house, 27 Hart St, Dundas Valley. Please let Jane know you're coming so she can let you know if she has to cancel to go to a birth: 9873 1750 or jane@pregnancy.com.au. Please bring a plate of food to share. All welcome.
Fri 30	<b>HAS Committee meeting.</b> 10am-12pm, Jo Tilly's house, 50 Victoria Road, Marrickville. Please call Jo to confirm beforehand as there are sometimes late changes: 9519 8524. All welcome.

## November

Sat 1	<b>Birthing Summer submissions deadline.</b> Send your articles, birth stories and photos to Sarah McLean at sarahmclean2092@hotmail.com. <b>Birthing Summer advertising deadline.</b> Contact Jenny Carleton on jen@npsydhey.com.au.
Thurs 6	<b>Pregnancy &amp; Parenting Network meeting.</b> Theme: Ideas for Toddlers 10am-12pm, Jane Palmer's house, 27 Hart St, Dundas Valley. Please let Jane know you're coming so she can let you know if she has to cancel to go to a birth: 9873 1750 or jane@pregnancy.com.au. Please bring a plate of food to share. All welcome.
Tues 10	<b>Blue Mountains Homebirth Support Group.</b> 10am-12pm. 22 David Street, Wentworth Falls. Cost: \$5. Bring a healthy snack to share if you get a chance; if not come anyway. All welcome. Contacts: Alicia 4759 2336 or Sarah ama.bya@gmail.com
Tues 24	
Wed 18	<b>Sutherland Shire and St. George Homebirth Group.</b> 10am, Gunnamattha Park, Cronulla. Call Virginia on 0415 683 074
Fri 27	<b>HAS Committee meeting.</b> 10am-12pm, Jo Tilly's house, 50 Victoria Road, Marrickville. Please call Jo to confirm beforehand as there are sometimes late changes: 9519 8524. All welcome.

**The topic for the  
next issue is**

***The Unexpected –  
surprises, challenges  
& blessings***

**Submissions invited on anything that happened in your pregnancy, labour or birth, which was unexpected, a particularly unique challenge or a blessing in disguise. This topic is quite open so please feel free to contribute.**

As always, we welcome your birth announcements, birth stories,  
letters and book reviews.

**Reminder** Update your membership details by email at [maddvirg@yahoo.com.au](mailto:maddvirg@yahoo.com.au) or [sarah-peak@hotmail.com](mailto:sarah-peak@hotmail.com) to ensure you continue to receive Birthings, as we may be switching to electronic format following the withdrawal of our sponsor.

**BIRTHINGS** is your magazine. **Please contribute!**

Submissions due Saturday 1 August 2009.

EMAIL THE EDITORS AT [SARAHMCLEAN2092@HOTMAIL.COM](mailto:SARAHMCLEAN2092@HOTMAIL.COM)