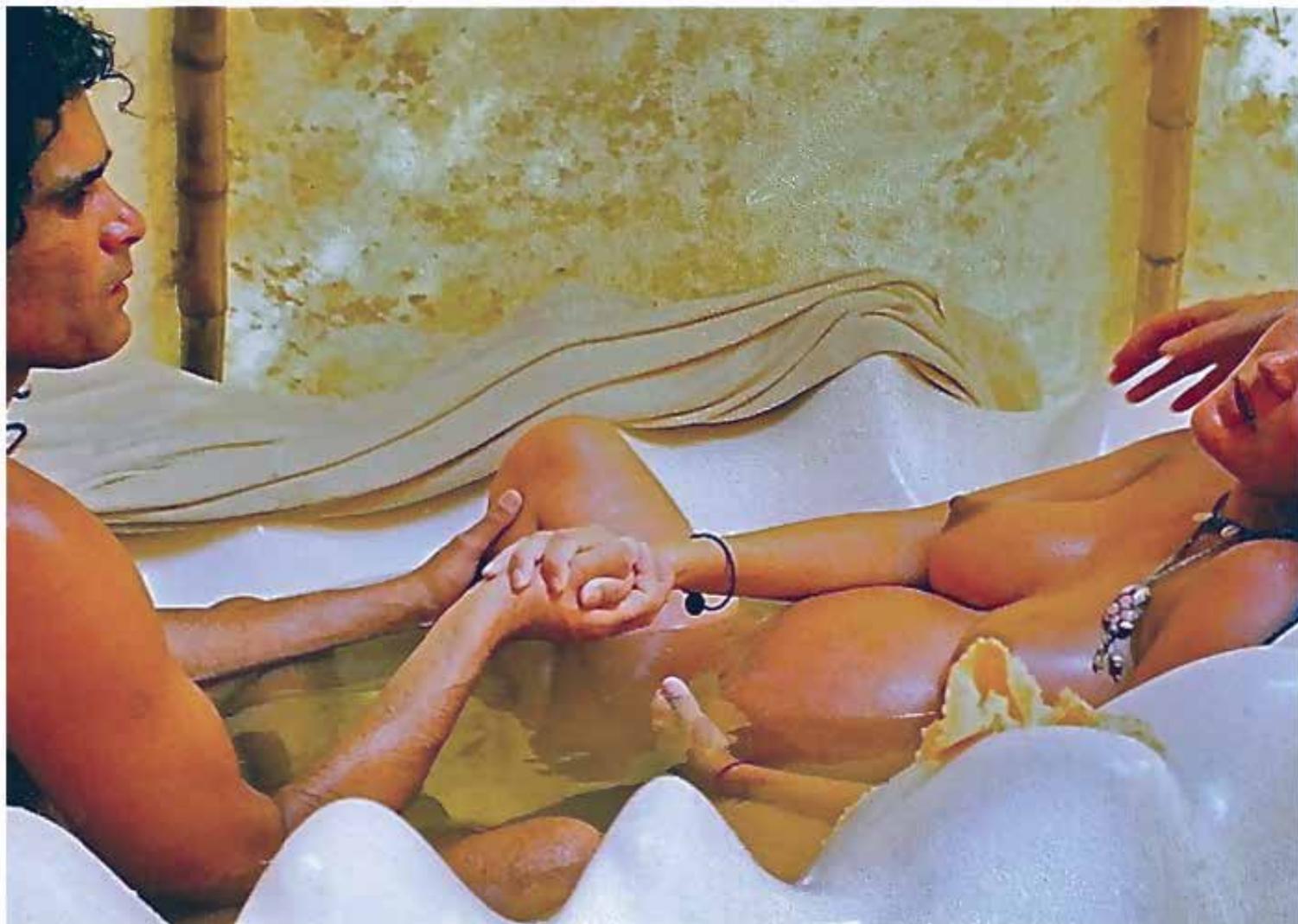


BIRTHINGS

A HOMEBIRTH ACCESS SYDNEY QUARTERLY PUBLICATION



Nurturing

Plus all our regular features, birth notices, letters, birth stories, pictures and updates on our community activities.

www.homebirthsydney.org.au

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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 Julia Wilson at editor@homebirthsydney.org.au Photos and written submissions must be emailed. Prior notice to the Editor of your intention to submit work is appreciated.

DEADLINES FOR SUBMISSIONS

Winter 2016	No. 130	1 May 2016
Spring 2016	No. 131	1 August 2016
Summer 2016	No. 132	1 November 2016
Autumn 2017	No. 133	1 February 2017

BACK ISSUES Back issues of Birthings are like hens' 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 magazine is very valuable in that it contains many birth stories and information, plus gives an insight into the homebirth movement and HAS activities.

CHANGE OF ADDRESS Please notify any change of address to HAS, PO or by email to the Memberships Coordinator at: member@homebirthsydney.org.au

CONTRIBUTING TO BIRTHINGS

The strength of Birthings is all the thought 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 by the HAS executive, to reflect the range of people in our community. The editorial board members are Maggie Lecky-Thompson, Adrienne Abulhawa, Jo Hunter and Virginia Maddock. 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. Submissions should be under 1800 words. We may edit for length and style and so may cut your story to ensure it is appropriate for use in BIRTHINGS.

EDITING Your story will be checked by our team of editors. The intention is to retain 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. Please no more than 6-8 photos per story, otherwise they will lose impact due to reduction of size to fit them in.

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 send to Julia Wilson at: editor@homebirthsydney.org.au

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.

BIRTHINGS



Homebirth Access Sydney

www.homebirthsydney.org.au

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Nicole Moore & Avi Ronen
Photo from www.birthintobeing.com.au
Photographer: Rosa Mauvra

BACK COVER



Photo by
Jerusha Sutton

Editorial

Nurturing is such an important theme for parents, midwives, doulas, children and particularly for homebirthers. It is also one that is so often neglected in the loving care of ourselves. As in all areas of life, we strive to find balance in our home life and our work life, nurturing others whose need happens to be greater in that moment and sometimes the pendulum finds itself distinctly off centre. I felt that this was an important issue to cover because if the nurturer goes down, the whole ship is sure to follow.



Parenthood is a demanding and all-encompassing role that requires our utmost: Midwives and doulas, too. Without replenishing, the cup runs dry and quickly the psyche, the physical body and the emotions suffer. Because birthing and parenting are such demanding jobs, time-wise, it is important to find ways of giving to ourselves as well as opening to receiving support from others. For some caregivers, that is the most challenging task of all. Relationships, too, need nurturing to thrive, like children, like a plant, like a work project gently nursed through from conception to birth; relationships require attention and focus and loving care in order to survive. A little extra love and nurturing to thrive.

This editorial is a hard one to write. The homebirth community has been shaken by the passing of Sheila Vaughan. It is with re-inspired passion - that is sometimes born through enduring hardship and pain - that we urge you to support our midwives through The Sister Midwife Support Network. Jane Hardwicke Collings presents her touching eulogy for Sheila, and encourages us to support the network, spurring us into action in practical ways. Please give your time and energy to support this important cause. Crystal shares with us her personal experience with Sheila, which took great courage to write and honours her memory so beautifully. May the healing continue and this loss spark passion for justice and the impetus for positive change in the world of human rights and support of all kinds for midwives in fulfilling their calling.

I hope you enjoy this yummy issue of Birthings filled with soul food to nurture, nourish and inspire. We have featured articles to give you some ideas on how to nurture yourself and others, including Darren Mattock from Becoming Dad, with an article for Dads, Leigh Winter on single Mums and some amazing nurturing artwork we found from northern Italy, by Eleonora, Manfroni. There's a deeper look at shiatsu massage and some tips on baby massage from Jordana Terrades and a beautiful piece on women's support from Catherine Bell. We are also featuring a sneak peek at a brand new book you may have heard whispers of called, 'The First Forty Days – The Essential Art of Nourishing the New Mother,' by Heng Ou.

With the onset of parenthood, or midwifery for that matter, the long lunches disappear, the leisurely days at the beach, the endless hours of immersing ourselves in recreation and relaxation. As parents, midwives and doulas, we are on call, unrelentingly 24 long hours a day for the long haul – decades! It's a marathon, rather than a sprint, and so it becomes essential in the big picture - and also interwoven in our daily life of nappies and breastfeeding, midnight callouts, the endless clean up and living from one contraction to the next - to find

moments that nourish and nurture our souls so that we avoid burn out and can continue to give to others. There is a moment-to-moment hierarchy of needs and if anyone's needs are always at the bottom, that needs to change.

"Whose need is greatest in this moment?"

Sometimes, the answer is,

"Mine!"

Blessings,

Julia

HAS would like to thank the following new and renewed Members for their support:

Adeline Yap	Keira Bond
Alex Clarke	Kelly Ponsford
Alicia Lloyd	Kristyn Begnell
Allicia Staddon	Leda Dacanalís
Alyce Sugden	Lisa Bignald
Amber Duff	Lucy Johnston
Belinda Dalton	Maddie Munzer
Bronte Fisher	Madeliene Hosking
Carley Maloney	Maja Marjanovic
Caroline Bagga	Monique Scales
Carolyn Casali	Natania Chue
Christina Diaz	Rahni Edgar
Claire Wilson	Rebecca Knight
Emma Russell	Rebecca Wu
Georgia Lienemann	Rebecca Zeus
Helen Hassan	Sacha Jacobsen
Jackie Bennett	Sally Maw
Jessica Lp	Saly Butler McFee
Jessica Savoie	Sasha Wojcicki
Jodie O'Brien	Sharon Fraser
Karen Pezzutto	Shauna Murray
Kathryn Bell	Sophie Nicholls
Katie Anagnostou	Tyare Hampton
	Zoe Forder

Membership

For new membership or renewals please go to www.homebirthsydney.org.au and click on 'membership'

Committee Member Profile



Arthur & Santina Sannen Birthings Merchandise Coordinators

When did you join HAS?

After the birth of our son Adrian, more than 16 years ago.

Who is in your family?

Our three children, Adrian (16), Annelies (13) and Aileen (10), a dog and assorted fish.

What did you do before children?

IT and accountancy work.

What have you done since children?

Still IT work and lots of school related activities at the Rudolf Steiner school our children attend.

Why Homebirth?

Arthur: My background is Dutch and I was born at home. I also have seven home-born siblings, in fact, I know very few people in Holland who did have their baby in hospital. So for me home birth is a completely natural and logical choice.

Santina: I believe a hospital is a place you go when you are very ill. Since being pregnant and having a baby is not a disease I found a home birth a very natural choice. And once you've had one you'd never want it any other way!

What is the most amazing thing you have seen, learned about or learned from Homebirth?

There is something very sacred about giving birth and the sanctity of your own home allows for that sacredness to be keenly experienced. It is a great pity that so many women, for lack of information, don't even entertain the thought of birthing at home. But we hope that with time and through the fantastic work of organisations like HAS more women will get to experience a sacred homebirth.

WANTED: HAS Secretary

Our only requirements are that you are free on the first or second Wednesday of the month to attend our meetings (by Skype most months or in person every three months), have a laptop to take the minutes and upload them to our committee Facebook group, write a yearly report in Birthings on our activities, and be familiar with Excel to email newsletters to our database. Please contact us on: info@homebirthsydney.org.au

Coordinator's Report *March 2016*



First up, I would like to pay tribute to Sheila Vaughan who recently took her own life after the obvious stress caused by being investigated over a stillbirth. I first met Sheila about 2 ½ years ago when we trained at a weekend workshop on placenta encapsulation. I was then honoured to work alongside her at a planned homebirth which went for 2 days before transferring to hospital. Her soft, calm demeanour, patience, kindness and heartfelt

compassion were qualities that anyone who knew her would immediately recognise as the embodiment of her character. When I heard the news that she had passed away I was in disbelief and cried many tears. Her sombre memorial was filled with women, children and some men whose lives she had touched. Sheila will be sorely missed and a massive hole left where her warm heart once lived. HAS wishes her husband Don, her family and all of her friends and past clients our sincere condolences.

And now to our ever-changing committee line up. We are in desperate need for a new Secretary again as Kristyn who was about to start had a sudden change of circumstances at work, so she had to quit. So if you would like to contribute to the running of HAS by taking minutes at our monthly meetings and in future, helping to send out e-newsletters, could you please get in touch urgently! It was decided at our last meeting, that we will instead be meeting in person every 3 months, with skype meetings in between due to the difficulty with everybody's busy schedules and locations over such a wide area. This should hopefully make it easier to find someone with the minimal time needed to volunteer!
Email me at: info@homebirthsydney.org.au to apply.

To political news: The Safety and Quality Guidelines for Privately Practising Midwives (SQG) were published on 1st February, and the "Birth at Home Midwifery Practice Standards" were published on 27th February, both of which state the requirement for 2 midwives to attend homebirths (or at least 1 midwife and 1 "health care professional" who must be trained in maternal and newborn care!) which will come into effect on January 1st 2016. This will definitely affect midwives who are not in a group practice, (of which there are few left in Sydney and surrounds), who must decide how they are going to work in tandem with another midwife while looking after their own clients. And if they are faced with giving up their careers, this will likely leave many women without a midwife as the already busy group practice will be too busy to fit them in!

HAS and many of our members, as well as other consumers around Australia, do not support this 2 midwife rule, despite Australia's most recognised consumer organisation Maternity Choices (MC) claiming that this is what consumers want. In conversation with the President, prior to her attending a meeting with ACM, NMBA, AHPRA and representatives from some private midwives associations, I was asked to get some consumer input to prove that this was not the case, so I asked on Facebook for women to comment and email their concerns. (Thank you to those who took the time to comment and email and CC us!). I was later told by a third party that these emails and comments were completely dismissed by MC. I am told that unfortunately the government-run Australian Health Practitioner

Regulation Agency (AHPRA) is behind this push, however it is unfortunate that ACM and MC did not try harder to fight against this when our midwives and women will be at a grave disadvantage. We shall see how many midwives will be forced to quit this year and how much the freebirth rate will go up!

So as April approaches, some midwives will need to make some heavy decisions which will have an effect on their availability for women planning homebirths after current number of 9 midwives (which has already shrunk from a recent peak of 14 since Sonja, Betty, Lisa, Katie and Tanya have stopped practicing privately) will be further reduced. I really hope that's not the case!

Regardless of all that, there is still no insurance product available for midwives which will also become a requirement on January 1st, so birthing at home with any midwife will become illegal unless another extension to the exemption deadline happens (something we have been told will not happen!). We fought this in 2009 with The Mother Of All Rallies at Parliament House in Canberra with 3000 women, men and children in attendance in the pouring rain. We have seen 3 extensions to this deadline, and now we are approaching the next one. I do hope we have some good news on this front by the time our Winter issue comes out. In the meantime, if you want another baby to be born at home, you better get reproducing STAT!

Speaking of Betty Vella who was mentioned earlier, we would like to acknowledge her for retiring in the next month or two after 27 years of practice as a midwife, including 19 years in private practice (along with working concurrently within the hospital system). We will bring you an interview with Betty in the Winter issue. If you have any photos of Betty with you in labour or after birth, please send them to Julia: editor@homebirthsydney.org.au.

Important Dates for your diary:

Please note that the next Homebirth Dads Night Out which will again be held at PJ's Irish Pub in Parramatta on April 17th. See the ad on page 13.

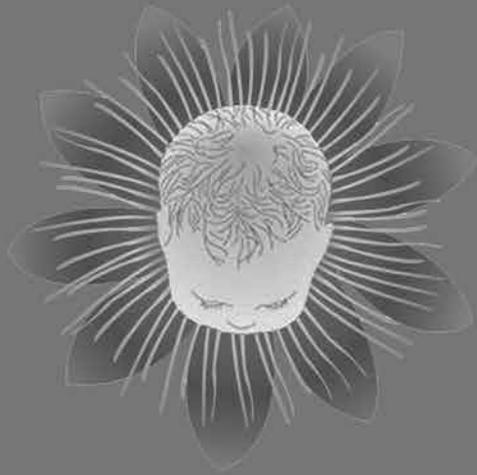
And on May 5th is International Midwives Day. Make sure you let your midwife know how special she is on that day.

Finally, we have a very special announcement to make. I am very excited to announce that HAS will be hosting next year's Homebirth Australia Conference in Sydney on November 3-5, 2017. We will bring you more details of theme, venue and dates for abstract submissions as soon as they have been decided. Watch the Facebook page and this space for announcements!

beer + bubs

A one-night session at the pub where dads learn how to support their partner through childbirth

www.beerandbubs.com.au



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Birth Announcements

Send your birth announcements
with a photograph to
editor@homebirthsydney.org.au



Esther, Josh and Joseph are delighted to welcome beautiful **Jennifer Grace Hughes** born 2nd December 2015 at 2:07am. Jennifer arrived quickly and gracefully with no time to fill the birth pool. Thank you to our much loved midwife Sheryl Sidery, we feel so blessed and grateful for your love, care and encouragement. And thank you Ma, (Jennifer McDonagh) for your gift of loving care. Choosing to birth at home has been the absolute best decision we have made.



Brad and Laura would like to introduce the newest member to the Gauslaa clan...**Paige Elizabeth** was born in the wee hours of boxing day (2:22am) at home in water. Baby sister to Leighton, Max and Emaline and is absolutely adored by all. Would like to thank Laura's sister Belinda for sharing in Paige's birth, and being so present during the birth (words cannot explain how grateful I was for your presence.) Would like to also thank our wonderful midwife, Jo Hunter for all the care she showed us throughout the pregnancy, birth and post-natal period. You are so calming and beautiful we are forever grateful! Wt 3.33kg : lth 51cm : hc 34cm.

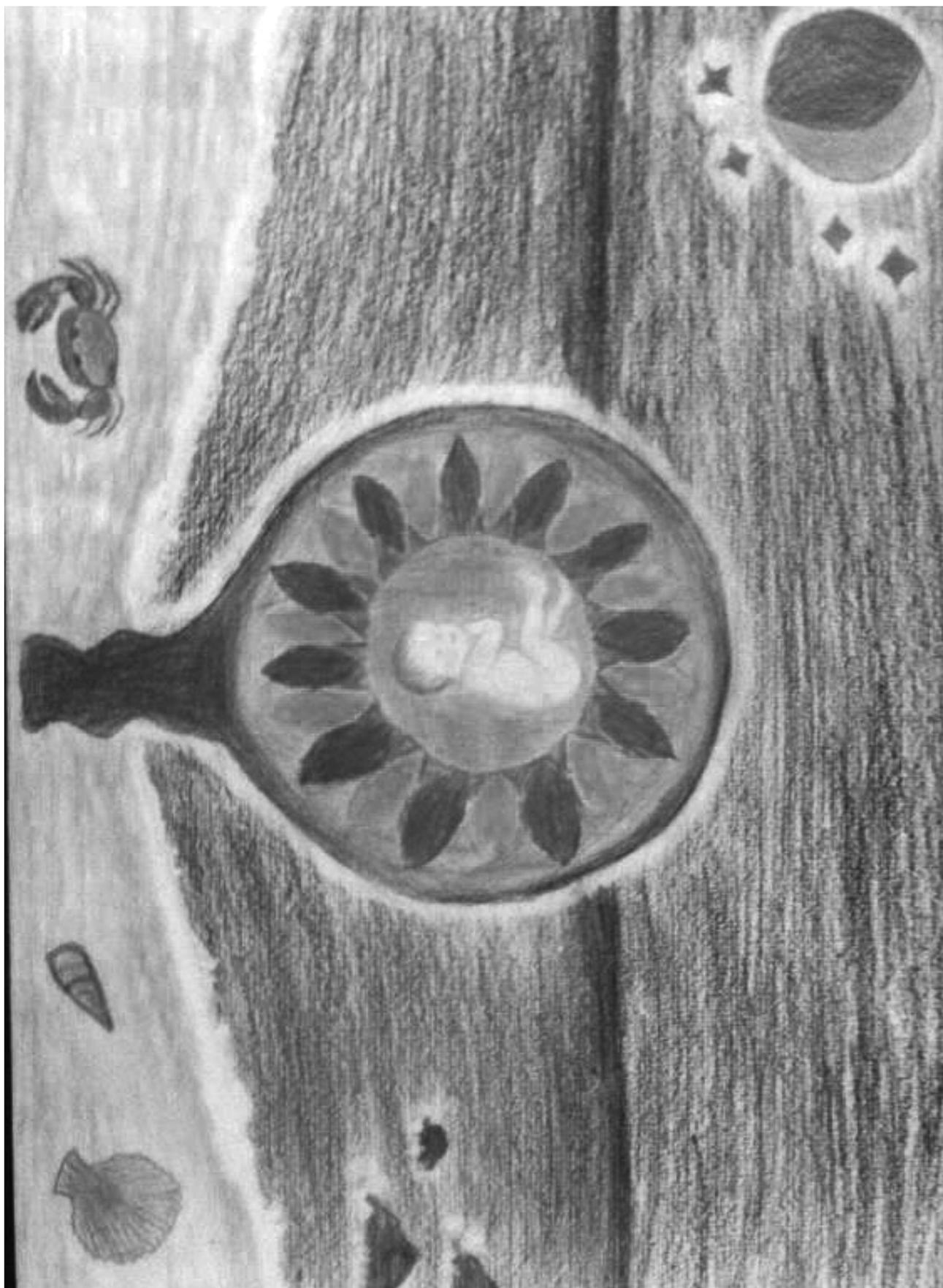


For unto us a child is born! Our precious third daughter, **Elena Ruth**, made her way into this world in the early hours of December 24th amid the bustle of Christmas festivities. She was delivered by her Mumma Claire into water with her Daddy Geoff, big sisters Isy (7) & Annika (5), Grandma Ninna, our dear friend Lynn & our wonderful midwife Jo watching on. Both sisters enjoyed being part of the process. Annika announced to the room that it was a girl, and Isy worked as an excellent apprentice midwife, cutting the cord and helping weigh, measure and dress her new sister. We adore our little elfin girl!



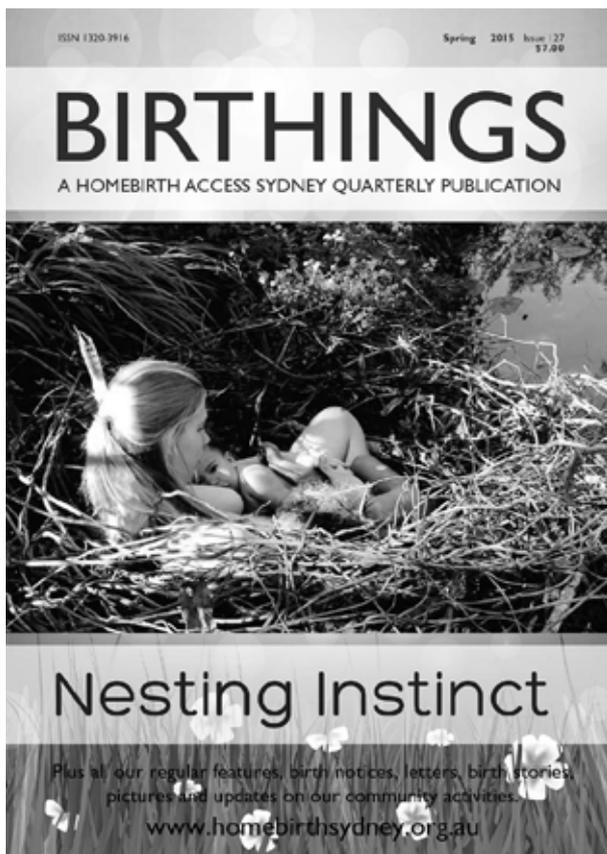
Our third daughter **Megan Melody Simm** was born at home in East Maitland NSW on 18/2/16 With our Independent Midwife Daniel Evans and second midwife Kate Bray from Best Life Birth, doula Gwen Teasdale and photographer Angela Hardy Photography with us during an intense 4hr labour, Megan was born calmly in the water into my own hands surrounded by love and support. I had the most wonderful pregnancy and birth experience this time and exceptional care from my midwife whom I cannot fault! Megan is little sister to Libby and Penelope.

Heart To Heart



This beautiful birth mandala artwork was drawn by Bailey, age 14. It symbolises his homebirth in a beachside town. The red lotus flower symbolises his Mum, the stars represent family and friends present at the birth.

Letters to the editor



Birthings has been missing a Letters To The Editor page for quite a while now but it's time that changed. Please write in and give our editor, Julia some joy from your feedback.

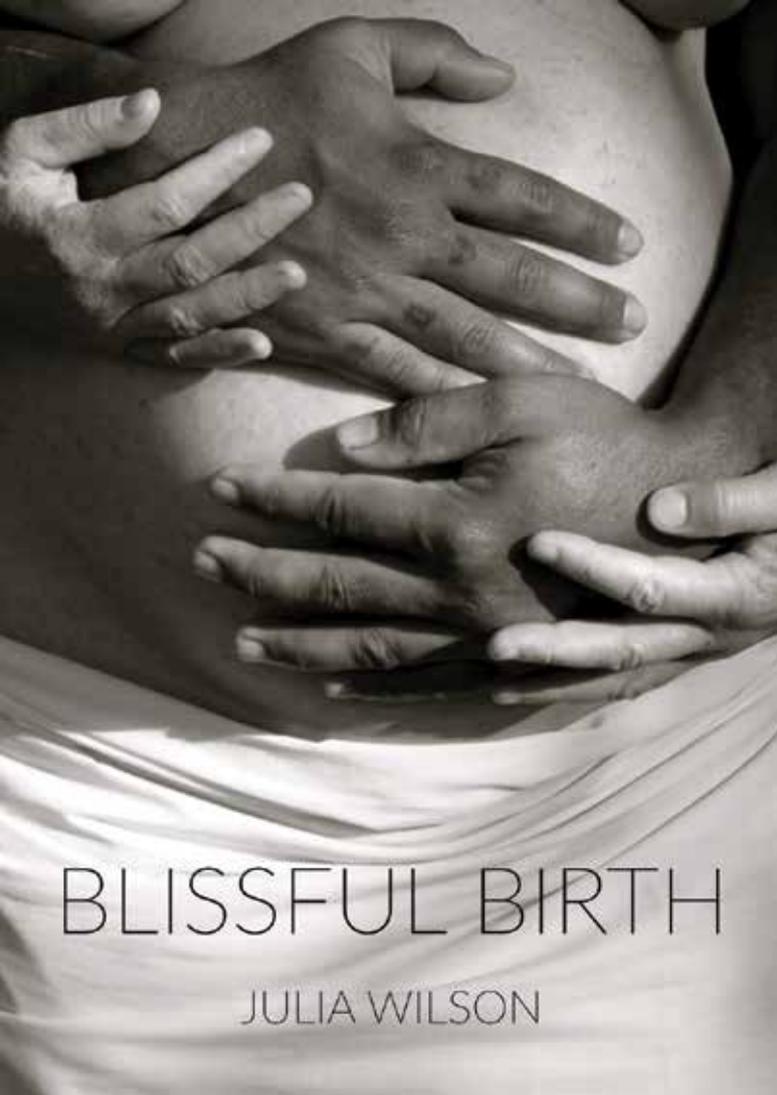
The best letter will win this Gentle and Nourishing organic care for gift pack from Sanctum for your baby.

It contains 3 gorgeous and certified organic baby products: Baby Shampoo & Wash 150gm, Baby Moisturiser 150gm & Baby Bottom Balm 150gm in a gift box. RRP: \$29.95 (value: \$35.85)

<http://www.sanctumaustralia.com>

Letters must be in by May 1st:
editor@homebirthsydney.org.au. Do it!!!





Join the revolution.

blissfulbirth.info

Dads! Come celebrate Homebirth Awareness Week at:
The 'Homebirth Dads Night Out?' #3



Sunday, 17th April 6.30pm

PJ's Irish Pub: 74 Church St (Cnr of Parks St), Parramatta

Tickets \$10

This fun male-friendly and dad-focused night will be for expectant dads planning for homebirth and wanting to learn more, and for new/seasoned homebirth dads who wish to meet and network with each other, to share their stories and wisdom with and for the benefit of the expecting dads.

6:30pm: Doors Open

7pm: Introduction from *HAS* Coordinator Virginia Maddock and co-host Jason Davey

7:20pm: Homebirth stories by dads

8pm: Dinner

8:30pm: Midwife panel with homebirth midwives Janine O'Brien and Jo Hunter.

Contact our Events Coordinator

Janine O'Brien: Janine@ibirth.com.au

Generously Sponsored by:
**Hills Spinal Health
and Sam Saidi**



Sister Midwife Support Network Project

By Jane Hardwicke Collings



Photo: Virginia Maddock @ Natural Beginnings

Following Sheila Vaughan's Memorial, spurred on by the grief I and many have felt about dear Sheila, taking her own life at a time of pain, confusion, desperation, and fear for what might happen to her from the pending Coroner's Inquest for a stillbirth she was midwife for, and how that would effect her family, I put out a call to others.

The questions I had when I heard the news were - Where were we? Where were the people she could turn to?

Whilst I fully respect Sheila's choice, I also feel its important that we learn from her experience.

Several women responded, actually from across the planet, and we have begun to ask - What can we do?

To start with, I imagined maybe a roster of people who could take phone calls from midwives in need of support to offer a nonjudgemental ear, to help find things out for her, to refer on to appropriate others, to organise meal rosters, find help for her children etc, whatever....

This Sister Midwife Support Network project, that could be named S.H.E.I.L.A. using her name as an acronym...Support, holding, empathy...

needs a leader, a coordinator, and maybe theres an opportunity to get funding to create and support this...

A project like this needs a community behind it, not one or two busy people.

If you'd like to be part of it please email me:
jane@schoolofshamanicwomancraft.com

With deep respect and love,
Jane Hardwicke Collings
xxxx

Jane Hardwicke Collings
Midwife Teacher of the Women's Mysteries
The School of Shamanic Womancraft

www.moonsong.com.au
www.schoolofshamanicwomancraft.com
www.placentalremedy.com

About Sheila

By Crystal Shepherd

Even though I had spoken with Sheila, I was still so nervous when I fell pregnant the second time around. My first birth was the opposite of nurturing. At the time I thought I was doing the right thing by using obstetric care, in case of an 'emergency.' I had the best care. It was only after the shock of the birth and the first few months that I realised exactly how I had been treated and how I wanted it to be next time.

I called Sheila quite early on in the pregnancy and she came over for a visit. I had my list of questions, and she happily answered them. At the end of our chat, both my husband and I decided that we would use Sheila for the pregnancy.

And that's how we met Sheila.

My pregnancy progressed smoothly. My visits with Sheila were definitely a highlight. I felt her kindness and love with every visit, they were completely unrushed, such a contrast from my obstetric care. I had a lot of fear related to my last birth. Sheila would listen and support me and using her vast experience was able to encourage me to trust my body and find my inner strength again.

By the end of my pregnancy, I was feeling so much more confidence within myself. I felt so certain I had made the right choice with Sheila. Yes! I finally got it right this time! However, I was yet to see just how deep her compassion, love and nurturing really was.

I truly believe that because of the nurturing, compassionate and respectful relationship that Sheila had given me as my birth attendant, I was able to find an inner strength that even I didn't realise I had. For me, that is one of the most wonderful aspects about my relationship with her. I felt her presence with me, beside me, through the entire

birth. Supporting me, going beyond anything I had ever thought anyone would do for me. Because of her love and compassion I will never forget the way she made me feel about myself and birth.

Without her I would never have had my faith restored in the birthing process and that I could do it.

The measures she went to in order to protect my space and wishes were phenomenal. She physically positioned herself after the birth so no-one would be able to grab my baby from me, that her first touch would be with me.

I valued beyond words, that I had someone beside me, the whole time, valuing the importance of the moment for me, and going far and beyond to make sure that everything I wanted would happen.

Unfortunately my daughter's birth was the beginning of one of the most stressful weeks of my life. My baby was sent to NICU shortly after I was taken to the ward. I was then stuck in bed for 3 days, unable to see or touch her, receiving three blood transfusions due to having a large PPH but Sheila was always there, letting me know she supported me in any way I needed, and respecting the way I chose to cope during that week. Her support never faulted.

Once home, I fell into a brief time of depression (I believe this now, looking back) but I didn't realise it at the time, I just knew I felt sad and completely overwhelmed. It had been an epic birth as well as complications with both my daughter and myself. Sheila called frequently, and visited whenever she could, anywhere from once or twice a week. She was one of the people who helped me the most at this time. She would bring me nourishing food to eat and then sit with me and I could just let it all out, all of the feelings I had been holding on to. She listened, supported and loved me, unconditionally.



Photo: Virginia Maddock @ Natural Beginnings

Maternal Bliss ; Self-Nurture

By Julia Wilson



In becoming amazing mothers, let's not forget that first and foremost, we are women. Women are the great nurturers. Women also have a great need for nurture. As a mother, the challenge of finding "me time" can resemble a good intention that never quite finds itself firmly planted in the reality. At some time or another all mothers seem to find themselves lost in a sea of mundane tasks and seemingly relentless children's needs, wondering where to find themselves in this all encompassing role of paramount importance and enormous responsibility. As a mother, it is never more important to have a spring in your step and a sparkle in your eye. It all starts with attention to the self. Self-care, self-love, self-nurture, self-esteem.

Something about the beauty, the simplicity, the warmth and the fulfilling of every mother's need for self-nourishing in the pleasure of the comfort drawer soothed my soul. It became part of my maternal ritual - my religion, even. Self-nourishment and self-care are some of the most neglected of maternal skills and no matter how organic your nappies are; if you forget to look after yourself, you will fall down in your mothering. A wise crone once told me, if the mama falls down, the rest of the ship goes down with her. We have to look after ourselves. This looks like time to breathe, nourishing food, self-care, social connection, enriched sexuality, tactile pleasures and things to look forward to. I believe that self-nourishment is a skill that makes or breaks us as mothers. It's also what we model for our daughters and what we teach our sons about women.

Self-nurture, divine inspiration and our ability to receive, impacts our ability to give. This can be a challenge for all mothers. As a mother of five, the quest to find self-nurture was like searching for the Holy Grail but finding this holy gift and bringing it into our daily lives can bring light to motherhood. It warms the spirit of the inner child.

My spirit soaked it up and it spilled over into my daily life. I tried to find more ways, more time where there was none to lift my spirit in small ways in daily life amongst dishes and nappies, homework, school lunches and balancing individual needs in a family.

Flowers help. Candles. Natural skincare. Cups of tea. Rest. Connecting with soul friends. Taking a few extra moments to massage the scalp. Writing. Making time. Lying on the grass. Diving into the ocean. Scented bath oil. Bubbles! Brightly coloured nail polish on freshly soaked, scented feet. Fresh juice. Using the good china. A night out at the movies. A new album. Sexy underwear.

Take the time to put fresh flowers by your bed. The time that it takes to perform self-loving acts is returned to you tenfold. Taking the time to love yourself gives you more energy. It gives you more love. Love which can then be shared with your family. The more you practice loving yourself, the more love you will have to give and the more you will find it returned. It's paradoxical. Invest in your own personal love bank and you will reap the rewards.

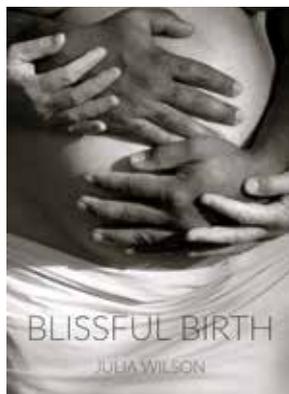
In the early post-natal period, it can be difficult to find time to even wash your hair. Do it anyway. Have a friend come over to hold the baby if need be. She won't care about the state of your house. If she does, find a new friend.

Which raises another point. We as mothers are often way too hard on ourselves. Be kind to yourself. Write on the mirror in lipstick as a reminder: "Honour thyself." Kind inner talk, positive reminders of all you are doing right. I guarantee for every one thing you are dwelling on that you could improve as a mother, there are a hundred or more things you are doing right. Surround yourself in compassionate, supportive people who remind you of how well you are doing and boost your confidence and self-esteem.



Life is a series of moments and in the early years of motherhood, those moments can sometimes seem monotonous and unrelenting, a blur of nappies and boobs and sleepless nights, tantrums and tracksuits. Find the joy in the small quiet moments, to create those moments and find the time to put you first – in balance with your family's needs. A great question to ask is, "Whose need is greatest in this moment?" If your answer is never, "Mine," then you may need to reassess.

As mothers we need to find time in the snippets: A thousand tiny ways to light the candle of the soul on a daily basis. Let your life be a living testament to the beautiful, the nourishing, to the heart-led ecstasy that gives your soul wings. You are a glorious embodiment of the divine feminine, fulfilling an amazing role in raising the future. Remember that in order to shine your light, you must first set fire to your soul.



Julia Wilson is a mother of five and author of *Blissful Birth The Handbook*. <http://www.blissfulbirth.info>

About our nurturing photographs:

My name is Amanda Fouché and my husband's name is Timothy Fouché.

My husband and I are expecting the arrival of our third baby girl, Brenna, in just over a month. We've chosen to have a natural, nurturing and intimate birth experience in the water, in the most calm and serene way possible. I look forward to my husband having the opportunity to catch our daughter as she makes her entrance earthside. The concept of nurturing our babies throughout nine months of pregnancy, birth, and as we watch them grow into beautiful, brilliant people is simply an amazing process!

8 Ways New Dads Can Bond Without A Bottle

By Darren Mattock



Alright dads, listen up!

The scoop is that you don't have to wait until your child can kick a ball before you can really bond with them and be an active dad.

Yes, absolutely, your new baby needs mum right now.

They need the early days, weeks and months to bond closely together.

A secure attachment is vital to both the mother's and baby's wellbeing, and breastfeeding is often a way that mothers and babies bond with one another.

There's more to early parenthood than boobs, breastfeeding and bonding!

My perspective on bonding is that it rarely happens in that 'magical unforgettable moment' way.

Bonding happens in day-to-day life – constantly – in all of the little moments.

So while mum is bonding in her own important and unique ways, there are plenty of opportunities for you to be involved, share the co-parenting load, and mostly importantly, stay bonded and connected with your baby, as a dad and with your partner.

Here are 8 ways that you as a new dad can bond with your baby. Just like mum has her breastfeeding ritual with your baby, some of these may become your rituals with your bub. Enjoy!

Bonding Tip #1: Be a babywearing dad!

This is number one because for women it's just plain sexy to see their man wearing their baby! But back to you and why you should baby wear. :)

Baby gets to feel you, smell you and hang with you while you walk, talk, adventure, do housework (yes mamas, I went there!) or do things that you enjoy while being a hands on connected dad with bub on board. This is dad-life in motion. The real stuff of bonding. Your baby just wants to know you and be with you (just like mum). This is how you can share more of you. It's win-win-win for everyone!

Bonding Tip #2: Bathe your baby – or even better, get in with them!

Most new babies love water and after a day of being in nappies (diapers), they can usually do with a soak and gentle cleanse. For many bubs, bath time can be great play time or even chill time after a big day in their little growing bodies.

So after your home from work, in the door, have checked in with your partner and connected, scoop bub up and head for the bath. Close the door and give mum a break. Maybe she'll crack a wine, sit down and exhale. The gold is that she can because you've got this!

So get in if you have a big bath. Share some more skin to skin time. Be part of the play. Enjoy the time to soak and relax yourself. Consider making this a daily ritual. Not only are you helping out with the practical parenting load by bathing bub, you're getting some precious one-on-one time with bub and mum is getting a very well-deserved break. Another win-win-win!

Bonding Tip #3: Floorplay (not foreplay!)

That got your attention, didn't it?!

Babies love being on the floor while they are learning how to move and be in their amazing little bodies. I encourage all parents – dads and mums – to view the world from the floor with baby as much as possible. It's an incredible view from down there. And so much fun!

Playing with your baby is a great way to bond and connect. Talk, touch, tickle, hold, sing, read, swing... whatever is safe and in flow with baby's mood, energy and time of day. So consider if baby has just fed, for instance. And don't wind baby up just before nap time! Unless you want to get 'the glare' from your partner... yes, you know the one.

Bonding Tip #4: Be the nappy/diaper superstar in your co-parenting team!

Here's a perspective that is a game changer when it comes to your perspective and attitude as a hands on dad and team parent; changing nappies are not a parenting chore, it is a bonding opportunity.

"What?!" I hear you half ask and half exclaim! Let me break it down for you.

Picture this. You're on the floor with your baby. It's nappy change time. Bub is on his back, looking up at you. Maybe with love eyes. Maybe with cheeky eyes. Maybe with 'let me up and NO we're not doing this now eyes. Whatever eyes you're getting, they're on you.

So talk with your baby. Rub his belly. Tickle. Or maybe you need to soothe and reassure. Hold the mutual gaze. All while you take of the dirty or wet diaper and change it. Congratulations, you just liberated your baby of a diaper mess, bonded with your baby and contributed as a team parent! Win-win-win!

Bonding Tip #5: Get out together while mum has a break!

Sometimes as new dads we need to stretch our comfort zones (acknowledging here also that dad-and-baby time outside of the house will often stretch mum's comfort zones, too!) in our efforts to bond with our baby. But this is essential to the bonding journey and process. Our babies need to know that we are there for them and can be with them in every situation, no matter where we are or what's going on.

Usually getting out of the house with baby solo is a stretch. But what this does is help us build confidence. You may feel like a complete hacker at first and be full of self-doubt and self-criticism. But keep doing it. Keep learning. Keep saying yes. You'll be glad you did.

This one-on-one time with your baby helps you to build your own relationship with baby and helps you to learn what your babies needs are and how to meet them – without a bottle!

Bonding Tip #6: Read to your baby!

Reading is another great activity for your baby's healthy brain development. And since bub was growing inside of mama's belly, he knows your voice and has come to love it! So baby loves any time close where you are talking in YOUR voice. Even reading. This can also be a special ritual. Maybe a story before bedtime. Or on the floor after your bath.

Bonding Tip #7: Learn baby massage and rub them lots!

Bonding through touch is very powerful way to help baby build a secure attachment with you. As babies are constantly growing, their bodies are always in need of soothing and rubbing. Baby massage is

not just a new fad – there is science behind and more parents are signing up to classes to learn how to safely and effectively massage their babies.

The bonding opportunity here is to love your baby up while giving them some relief. This can be down on the floor as well with music. It can be a great way to relax together and perhaps part of your bedtime routine to help baby ease into a soothed state before feeding and sleeping.

Bonding Tip #8: Sing to your baby!

Babies love music and your voice, so singing is an amazing way to connect and bond with your baby! Bonus points if you can proper sing. ;) It can be fun or playful singing. Or it can be soft and soothing. If you play an instrument and can create your own music, this is an opportunity for you to do something you love and share it with your baby in a memorable way.

All the best dads! Keep being the dad you want to be!



Darren is an Australian-based expectant and new dad specialist and the Founder of Becoming Dad. He is a homebirth dad, educator, writer and trained 'working with men' professional. During his 8+ years in the pregnancy, birth and early parenting spaces, Darren has supported hundreds of dads in his community and thousands online on their own 'becoming dad' journeys. Most importantly, Darren is dad to his son Charlie – his greatest source of inspiration. www.becomingdad.com

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Self Nurturing For Single Mothers

By Leigh Winter



Freya floating - Photo by Victoria Rowland

Most of us know we need to take care of ourselves. You've heard sayings like "You can't pour from an empty cup". You probably know you're not much good to others if you're not functioning very well yourself, but what if you're the only carer for one or more small humans?

Knowing that you need to nurture yourself doesn't necessarily mean knowing how to do so. When it comes to caring for babies, raising children, full schedules, balancing commitments, and so on, many women, and some men, automatically put personal care to the bottom of the priority list, and this is more often the case when you're parenting solo.

Taking time out to meditate, read a book or meet a friend for coffee for half an hour can seem worlds away from the round-the-clock nappies, feeds, school lunchboxes, drop offs, pick ups, mess, mealtimes, never ending washing and so on.

As a single mother of two young children, newly recovering from a destructive relationship, I was doing little more than putting one foot in front of the other. My life consisted of breastfeeding on demand, bed sharing, being attentive to the needs of my pre-schooler, basic housework and not very much sleep. I loved my children more than anything, but I felt flat and drained. Things must have been bad, because I found the time to take myself off to a depression counsellor.

She asked me how often I take time out, and I looked at her like she was an alien. Time out? Was she crazy? I was a sole parent. My baby slept in 20 minute stints – never long enough for me to wind down and fall asleep myself – and I had an active 4 year old awake from dawn until night. When and how was I supposed to get this time out? The mere idea was preposterous to me!

Along with attention to diet, supplements, some alternative health therapies and further counselling, she insisted that if I didn't start putting myself first I was heading for a breakdown. I was putting not only my own mental and physical health at jeopardy, but the wellbeing of my beloved children as well. She was pretty direct and it was confronting but she got the point across.

Initially, putting yourself first can seem selfish, indulgent and downright extravagant, but if you don't make a start, running the risk of ongoing unhappiness and resentment at best, and chronic ill health or even mental breakdown at worst could be seen as the self-indulgent option.

So I learned bit by bit to sometimes put myself first, and to ask for help. The key here for me was to actually receive the help I had asked for! Over time I learned a range of self-care tools and techniques, and these changed as my children grew older.

You might be thinking that self-nurturing is all about eating salad, meditating at dawn, daily yoga, a weekly massage, or a bubble bath every Friday night. While these are all great ways to give yourself some love, there are many other ways you can nurture yourself. These not only change over time as your situation changes, but they can be different for everyone.

For some, meditating early in the morning before the kids wake up can be very restorative. For others, that extra half hour of sleep after a gruelling night breastfeeding a teething baby may be far more important in that moment.

For me, learning to turn everyday necessary activities into ways to care for myself helped me a lot.

For example, instead of getting anxious about all the things I wasn't getting done while sitting there breastfeeding, I started to use the time as a form of meditation to do some deep breathing and connect with my little one. It didn't always work but learning to accept my choices and what I couldn't change, and working out what I could do differently, really helped.

Eating healthy food is really important for your energy levels and mental wellbeing, but sometimes making yet another meal can be the last straw for a busy mother. Now and then it's fine to go for the fast food option, in favour of a little more rest or time with your kids. Three things that really help to make a balanced diet achievable when you're time-poor are meal planning, keeping a ready supply of healthy options in the fridge and pantry and building up a repertoire of fast, healthy meals and snacks.

Reaching out for support is essential.

My group of friends with similar aged children and our child-proof homes, were a godsend. If you're on your own, finding your tribe of like-minded parents through playgroups, preschools, word of mouth, or even online can be an awesome way to give and receive support: Take turns to look after each other's kids; visit each other's kid friendly homes; share meals (and the dishes!) and share your stories, tips, knowledge and concerns.

Other options for taking time out or freeing yourself up for more rest may include hiring a nanny, getting help from extended family, using family day care, getting a cleaner once a week or have 'cleaning parties' with your friends to share the load, or shopping online to name a few.

Reaching out can feel overwhelming. It's all too easy to soldier on and not ask for help for fear of over-burdening others or looking weak. It may be embarrassing to admit you're not coping.

Learning to swallow my pride, ask for help and then allow myself to accept it, rather than push it away, was a major life lesson. It was no longer only about me. I owed it to my children to get the support I needed to be the best version of myself I could. Letting others help you is not only a self-nurturing thing to do, but also a gift to them.

As my children have grown, the things I am able to do to look after myself have changed. I've been able to re-enter the workforce, organise sleepovers for the kids to get a night out, teach them to pitch in around the house to share the workload, sleep through the night, sit and have a quiet cup of tea from start to finish without interruptions, book in for a massage, devote time to learning more about health, study, participate in self-development programs and even have a loving relationship.

Doing anything for yourself that is nourishing, healthy, and ultimately improves your wellbeing is self-nurturing. Go for it! Give yourself and your children the precious gift of a happy, healthy being!



Leigh Winter is a freelance writer, locavore, occasional performer and mother of two who lives, works and plays in the beautiful hinterland of the NSW Midnorth Coast.

Passionate about her family, relationships and nature, she is also fascinated by language and grammar; is committed to personal growth, believes in the magic of gratitude, relates to astrology and finds people and wildlife equally intriguing.

She writes a variety of articles, profiles and web content and loves the Internet and technology that make it all possible.

When Women Gather

By Catherine Bell



When women support each other, and raise each other up, great things happen.
When women embrace their instinctual and inner selves, great things happen.
When Women Gather, great things happen.

I am pregnant with my fourth child. As a Birth Cartographer, I approach birth preparation strategically, methodically. During my second trimester, my brain was engaged; researching, plotting, musing, investigating, questioning, re-questioning and finally making informed decisions for various possibilities. Once I was settled, I had to get it out of my head and onto paper (a birth map) for my birth team. Then I had to drill them, making sure they also understood why I had made certain decisions, why they were important and how they can support me in these decisions. It was detailed and meticulous.

Once the decisions were made, I felt the pull into myself. I drifted further from the world and started retreating into my world. I felt safe and reassured that I had set up a good team, with many pathways covered. But now it was time to focus and reflect on my expected pathway. To imagine myself in labour, bringing my baby earth side, breathing, calm, instinctual, peaceful and confident.

It was around this time, as I began the transition from thinking-brain to instinctual-brain, that I felt the need to Gather Women. To bring women into my space, who were supportive and excited, who embraced the normalness of birth as nature intended. My friends arrived, each bearing a plate of deliciousness to share during our day of relaxation. Everyone knew me, but not each other, so it was a thrill to connect so many awesome women to each other. Over a cuppa, we settled into the space. It was so lovely watching these women interact so easily and naturally. We had two small babies in our midst, which is always a delight. And my niece, new to the red tent, joined us. Observing the wonder of The Circle, discovering the awesomeness of women who are in tune with themselves, and unaffected by superficial concerns. A seed was planted. And another young woman will blossom, nurtured by the circle.

Once we were all feed and watered, we began our circle. I am honoured to number Hollie B among my friends, and she guided us in a simple circle. Joining us together in breath and grounding us to the space. Each woman chose a symbol-disc from the bowl, and used

this to inspire her thoughts and share something positive. So much awesome was revealed in those symbol-discs. As each woman spoke her thoughts, I took her into my heart, and she sits there with me now for always. There were tears; there are always tears, as the circle makes us safe and connected.

Then Hollie took us on a Drum Journey. It was very wonderful, and afterwards we all agreed we had not gone anywhere because we were already here. We all felt so grounded, so relaxed and centred. There was nowhere else to be, nothing else to be concerned with. We were here.

We then ate and enjoyed each other's company, as we made the hanging eyes. These I have hanged in my expected birth space. They will stay there always. A constant reminder of my circle of women, people I want to watch out for, and who watch over me. Women who understand and accept me, as I am. Women who I love and accept as they are.

There is nothing superficial. Nothing false. It is deep and real. It is beautiful and solid.

When Women Gather, Great Things Happen.



Catherine is the Mother of 4 children, the fourth arriving earth side very soon. She lives on a property near Braidwood with her family, where her focus is growing things: children, vegetables, fruit trees and chickens. Her children learn naturally and life is in the slow lane. As a Birth Cartographer, Catherine supports other women in fully preparing for birth and beyond. She hosts www.bellabirth.org The Home of Informed Birth Preparation.

Homeopathy

By Ayesha Beckman, Adv Dipl Homeopathy



“ Homeopathy heals behaviour patterns and emotions that we have inherited from our parents or pain that we have experienced in our lives. Because pregnancy and childbirth bring us to a vulnerable place, it magnifies all our fears and emotions. This will help an experienced homeopath to find the individual remedy matching the core issue. The healing that unfolds not only assists in promoting a relaxed pregnancy and easy childbirth but also the child will be freed from carrying the parents’ emotional load and will grow up healthy and strong.

Homeopathy also treats physical problems of mother and child in all stages of pregnancy and birth and it may be safely used in conjunction with medical treatment. In alternative hospitals in Germany (the origin of homeopathy) the remedy Arnica is used instead of vitamin K for the newborn baby. Homeopathy is safe and effective for mother and child; there are numerous remedies used for specific problems therefore it is advisable to consult an experienced homeopath.

Birthing kits are available from your homeopath or midwife. These include an array of remedies applicable to the needs in childbirth. A birthing kit may be a transformational tool to a harmonious experience for childbirth.”

In my experience, Arnica is a miracle worker in terms of perineal recovery, as well as reducing swelling and healing any bruising or shock. Some other common homeopathic remedies for use in labour include;

Pulsatilla – for turning breech babes

Caulophyllum - for strengthening uterine muscles and encouraging labour

Sulphur – for preventing tearing and stretching of vaginal tissue

Cimicifuga – for spasmodic pain and for intolerance to pain of contractions

Staphysagria – for healing post-caesarean or episiotomy.

~ Excerpt From Blissful Birth The Handbook



Ayesha Beckman is a professionally trained and registered practitioner of homeopathic medicine. As a Homeopath, she is committed to helping people manage their health with the use of a natural and safe system of complementary medicine.

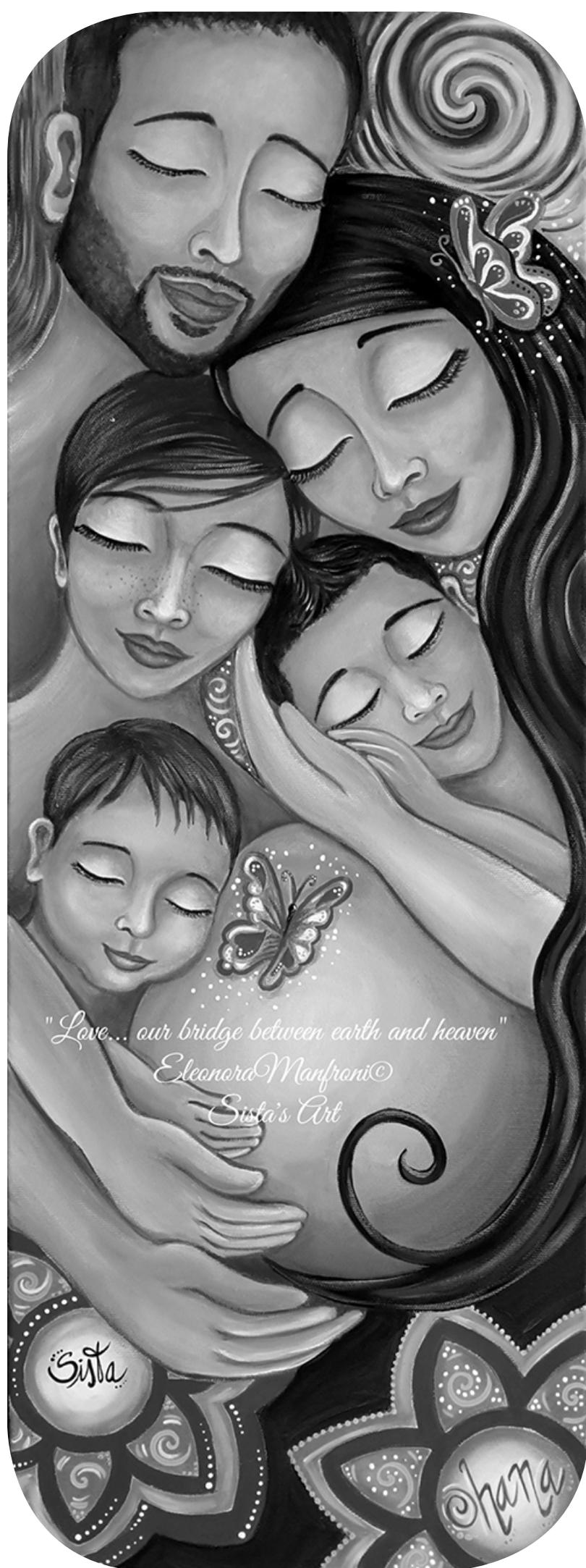
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Sista's Art

By Eleanora Manfroni





About the Artist

Eleanora Manfroni

"I am an Italian self-taught artist and I started painting only some years ago. Through my heArt I honour my Holy Circle of Love... and many other Circles of Love, since the moment I was asked to paint for others.

My paintings always come to the light inspired from my story or from the stories I am told and usually are a celebration of family, pregnancy, natural parenting, babywearing, breastfeeding, co-sleeping and connection... not only tangible and physical connection but also spiritual, considering that also baby loss is a theme I love (and need) to dedicate myself to.... in lovely memory of my two angels living into the light and into my heart. These is at the moment what i love to paint... probably because in the end, every artist cannot paint anything but what he/she is...

Art means for me meditation, prayer, communication and most of all sharing. Reaching other Mums hearts (and sometimes even Dads) is the greatest gift for me."

Sista's Art

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Nurturing Through Massage

By Jordana Terrades



Massage has long been held as a nurturing and healing tradition. Many ancient cultures including the Ancient Greeks, Egyptians, Chinese and Indians knew about the therapeutic properties of massage and used it to treat a variety of ailments, as well as for relaxation and wellness.

Emotionally, massaging is working the deficiency and the excess on a physical and emotional level. It's not only nurturing, it's deep and very healing on a cellular level. Touch can surpass the mind and effect the emotional body and heal deep emotional wounds, which in turn naturally heals the physical condition.

In Zen Shiatsu, we work on the meridians, which are invisible energetic lines discovered and used in traditional Chinese medicine, which have now been recognised by many practitioners in the Western world. These meridians are channels, which affect and impact on our organs. In Shiatsu, we work on acupuncture points as well.

It's about harmonising through re-balancing between deficiencies and excess to create homeostasis (balance) in the body, in the present moment.

Touch is essential to human wellness and feelings of connectedness, security and love. Inadequate touch leads to a variety of ailments and so massage can be an extremely therapeutic and powerful modality to restore harmony in the body. It's a cup filler!

By allowing a trained practitioner to massage you, it's not just a luxury me-time exercise, it can be hugely beneficial on all levels. Massage can make you feel more grounded, rejuvenated, revitalised, energised, relaxed and loved up.

In Shiatsu there is an awareness of our breath and a connection between practitioner and patient on an energetic level, where we connect through breath. This is extremely powerful and healing both for patient and practitioner. It's a give and take, a communion.

It can be extremely beneficial for couples to practice massage and energetic touch with one another. Babies benefit from touch enormously. Without it, they wither. Massage for babies can include the palm of the baby's hand, the fingertips, the ears, the feet – start gently at first and build to more firm touch. There are many meridians passing through the hand and specific points to soothe digestion, relaxation, headaches, and colds, for example.

Massage can also benefit babies for relaxation, helping them to sleep better and bring them earth-side, grounding them, which is important as babies are still quite energetically connected to the spiritual realm. This is especially helpful for babies who have had a fast or traumatic birth.

Jordana Terrades is a Shiatsu and Remedial Massage Practitioner and mother of three children. She is a cancer survivor and also plays the harp for her own healing and hopes soon to offer harp healing and

massage for cancer patients. She recently travelled to Vanuatu to offer massage and support to the people of Tanna after the massive cyclone Pam that they endured.

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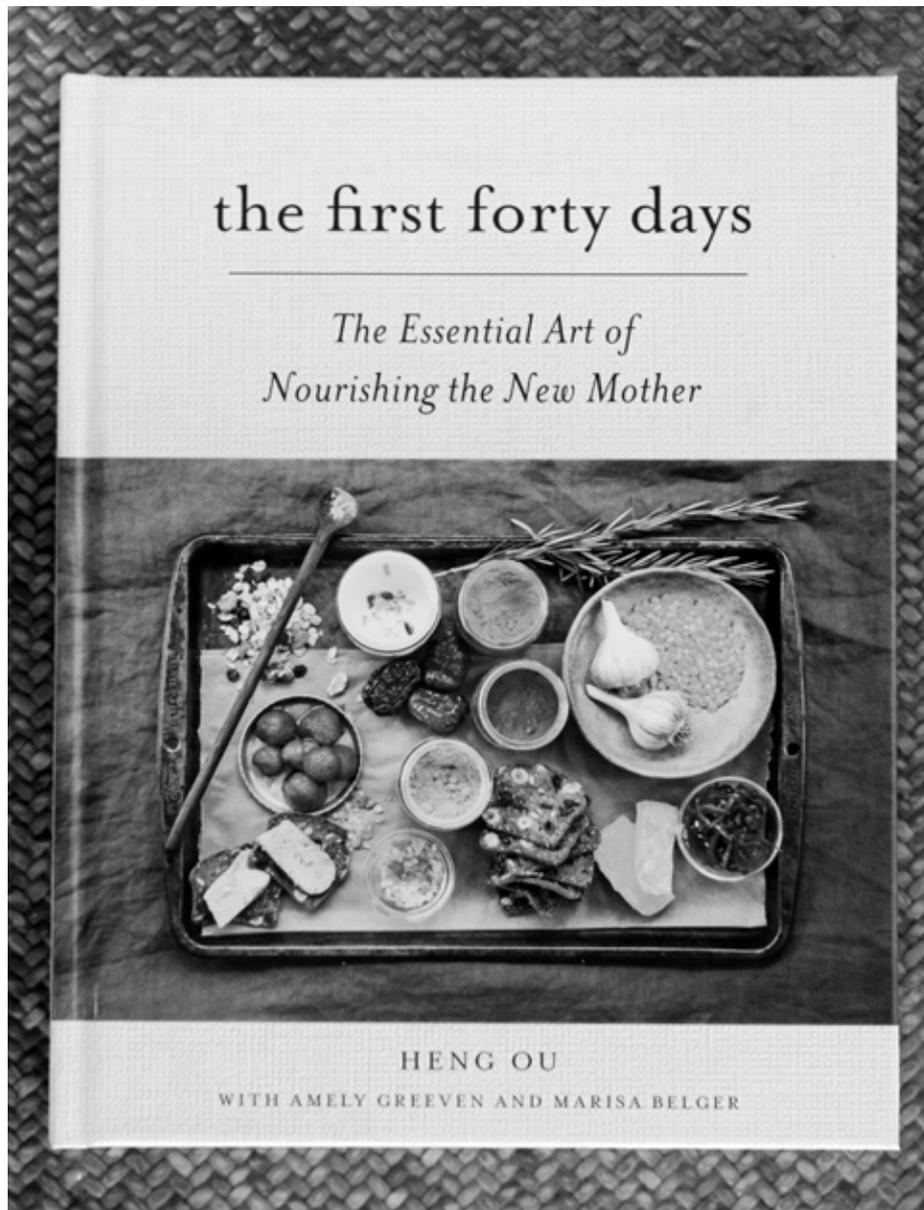
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The First 40 Days

The Essential Art of Nourishing the New Mother

by Heng Ou



Following is an excerpt from *The First 40 Days: The Essential Art of Nourishing the New Mother*, a new book about reclaiming the postpartum experience for all mothers. Many new moms end up lonely, disoriented, and physically taxed in the early weeks with baby, facing a massive shift in identity, rollercoasting hormones, a transformed body, and relationship challenges, all while trying to keep a tiny human being alive. When left untreated these factors can compromise the mother's longterm health and contribute to postpartum depression. *The First 40 Days* includes 60 simple and delicious recipes for healing soups, replenishing meals and snacks, and calming and lactation-boosting teas all formulated to support the unique needs of the new mother as well as realistic advice on on arranging a system of help during the postpartum period and methods of honoring the significance of pregnancy and birth.

The book launches April 26, 2016. You can pre-order your copy on Amazon.com today.

Today in the West, we are waking up to the importance of cocooning baby in the weeks following birth. The understanding that he (or she) is not quite ready to meet the world-at-large when he emerges and is still in an early stage of development that's come to be known as the "fourth trimester" has awakened us to the value of holding him close and sheltered for some weeks, so he can shift slowly and gradually into life outside the womb.

But somehow, we have forgotten the time-honored wisdom that this special cocoon of care should extend to the mother as well. In those first forty days, which roughly correlate with the six-week phase that Western medicine calls the postpartum period, the old ways teach that an amazing opportunity presents itself to a woman. During this time, she can revitalize herself and replenish her reserves, creating a solid foundation from which to tackle the demands of mothering (whether for the first time, the second, or more). Furthermore, they teach that with the right postpartum care, a mother can preserve her reproductive health for future children or eventually experience an easy menopause, aging gracefully over the decades to come.

Perhaps because pregnancy and birth get all the magazine covers and headlines—no surprise, as these events sell more stuff—we’ve overlooked this last part of the childbearing story. A woman’s postpartum experience might be given a brief nod at the end of a pregnancy book, or thirty seconds of footage at the end of a TV show, but a deeper look almost never occurs. Rather than get invited to take a sacred time-out after delivering her child, the new mother is more likely met with pressure to “bounce back”—back to her pre-pregnancy productivity, back to her pre-pregnancy body, and back to her pre-pregnancy spirits.

But when it comes to becoming a mother, there is no back; there is only through. After birthing her child, every woman must pass through this initial adjustment phase. It is a strange and beautiful limbo zone that is both exhausting and exciting, mysterious and monotonous. When she arrives at the other side of the postpartum phase after roughly a month and a half, she will most certainly be facing forward, prepared to take her next steps into motherhood.

The spectrum of women’s experiences is wide after childbirth, encompassing the woman with minimal maternity leave and the one who plans to stay home indefinitely. But pretty much everyone experiences how the first forty days are inherently imperfect, rife with confusing and clumsy moments, dotted with messy and awkward parts, and sometimes even streaked with melancholy. If you can create space for all the ups and downs, including challenging feelings, and if you can do just a few small things to take good care of yourself during this time, you can help to create the conditions recommended by the old wise ones. You can enjoy a safe, supportive, healing environment that benefits mother and baby today and in the future, and practice staying connected to yourself even while taking care of another. The transition into motherhood—or motherhood again—is an incredibly important time of your life, and there is always an opportunity to bring sacredness into the experience of caring for a new baby. Even if you didn’t enjoy it with your first child, or your second, this book serves to make sacredness part of your mothering experience now.

Our generation is in the middle of a grand rethinking about how we birth and how we mother. Through sharing our personal experiences about pregnancy, birth, and parenting without reserve—in mothers’ groups and online forums—we are moving toward a new way of mothering that is more thoughtful and authentic, and that reconsiders what we and our children truly need. In a society that applies pressure from all sides to be faster and more productive, to “bounce back” and charge forward, women are beginning to invite one another to slow down, take a breath, and make choices that meet those needs in a more generous way. Bringing attention and care to the postpartum period is a key part of the puzzle.



Authors:

Heng Ou is the founder of MotherBees, a food and lifestyle company supporting women through every stage of motherhood. Amely Greeven is the coauthor of New York Times bestseller *Clean*. Marisa Belger is a writer and editor whose work has appeared in numerous magazines and websites including *Natural Health*, *Prevention*, *Travel + Leisure*, and *New York*.



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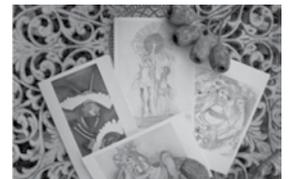
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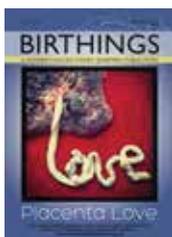


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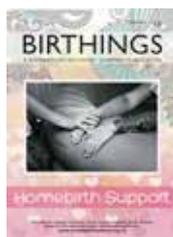


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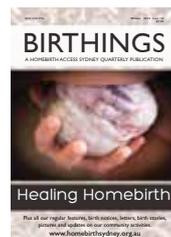
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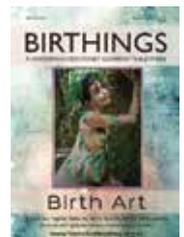
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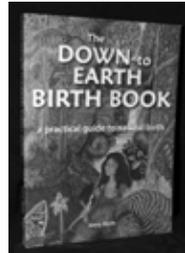


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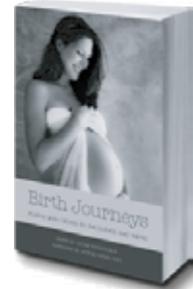
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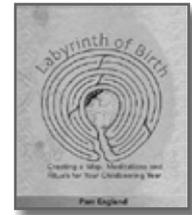
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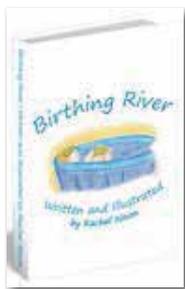


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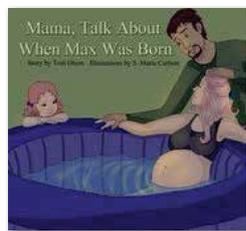


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Birth Story of Orlando

By Tarryn Priestly



To our sweet Orlando,

On Friday 5th December, I dreamt that I had a show of the mucous plug and then woke to find it! You were ready to meet me and I was ready to meet you. I remember thinking how desperate I was to see you, hold you and smell you. I had finally finished ticking everything off my list of to-do's and today was the 40 week check up with my midwife, Sheryl Sidery.

Many hours were spent speaking with Sheryl and I always looked forward to our catch ups. We caught up on the weeks' tasks; booking into a hospital. Your Dad and I hadn't decided if we would birth at home or the hospital yet. My placenta had been low lying but at thirty-six weeks, the ultrasound showed that it had moved. I was thrown off guard a bit when my parents disagreed with our choice of a homebirth and we felt the need to search for a suitable hospital. So, after a stressful couple of weeks of looking, we booked into a local public hospital to keep our options fluid. During the consult, it was difficult to follow the conversation. Sheryl said I looked 'ready', my eyes were glazed over and I felt as though I was retreating inwards and then my waters broke when I stood up! Someone else thought I was ready too! Sheryl said in her thirty years of midwifery, this had never happened before. We left with a little jump in our step and decided to quickly pick up your cot before heading home. The surges started to become more obvious in the car.

Long labours ran in my family, so I didn't think mine would be any different. I had Sunday set in my mind for your arrival (thirty plus hours later!) and to take my mind off it I started cooking dhal. Whilst the dhal was cooking, I stopped for a few minutes to lie on our bed to meditate. The surges were becoming stronger, but I wouldn't say that they were painful yet, they were just present. Soon after the timer for

the dhal dinged and I came out to find your Dad pacing around the house, cleaning, tidying, sweeping - he knew that this was probably his last chance to clean and how right he was! It was about 5.30 PM and he said he was going for a swim at the beach, and I even contemplated going with him. I started to record the surges; 4-6 minutes apart, and fairly regular.

I felt I had to keep distracting myself, so then started to bake banana bread birthday cake (which I later ate in under 48 hours) with my birthing playlist playing in the background. Part way through baking however the surges became very strong, about 3-4 minutes apart and 30 seconds long. I actually found recording them to be quite distracting and annoying. It was now about 6.30 PM and your dad was home watching Avatar, he too needed distraction! I was having to stop and sway between the surges and use the exercise ball to bounce and move through them. It was becoming more difficult to concentrate but I was determined to finish the cake. After three hours the banana bread got into the oven!

The sun had started to set, and I could hear kookaburras laughing, the resident possum running across our roof and the Summer cicadas chirping. It was 8:30 PM on a picture perfect evening and the southerly breeze was just coming through the window. I slowly sat down to join your Dad on the couch but that didn't last. Sitting was really uncomfortable, and I felt the need to be on all fours. Your Dad offered to massage my lower back with the birthing massage oil and it was fantastic and soothing. I soon felt the need to retreat and be alone and left the couch and moved to our bedroom where the empty birth pool was set up at the foot of our bed, next to the big bedroom window and door that led to the veranda. The room smelt softly of blue jasmine and ylang ylang from the Mother candle that was at my blessing-way and the sweet smell of the white peonies your Dad had bought earlier that day. I could see my blessing-way beads



and hand-written blessings on the set of drawers near the pool. The surges were much stronger now but I was curious about them. When one would come I would try to feel them wholly, dive into them and analyse them. I didn't shy away or try to escape. "Pain demands to be felt," I remembered.

After what felt like a few minutes, but was about an hour, Mitchell called our doula, Yolande Hyde, to ask if I could go in the shower and she agreed it was safe to do so. I felt such relief from the shower. The surges felt like a pulling or tightening in my lower back but started to move to the front of my body around the uterus. The hot water provided a lot of comfort but I was becoming uncomfortable kneeling on a pillow in the shower (and hot!) so we moved back to the bedroom.

Our bedroom was dark and moody now but I still closed my eyes. I didn't notice any sounds or scents just the safety of the space. It felt like a perfect place to get deeper and really commit to the labour (meanwhile I was probably nearly fully dilated...) I found that I had to keep moving but the strength of the surge was becoming harder to just breathe through. I was on all fours on the bed, and moving my hips back and forth, swaying side to side. I was deep in my body, feeling every sensation, every pain. The deeper I felt, the more I opened and the more it dissipated.

I was really surprised at the amount of information that would enter my consciousness; like an image of a flower opening reminding me to open or a reminder to keep my jaw loose. I repeated in my mind the word "open" over and over in an almost rhythmical, trance-like state but I wasn't making much noise, just a soft moan here and there. I stimulated my clitoris and nipples to keep opening and Mitchell would pop his head in the room every now and then, but was leaving me

alone as everything seemed okay until I started feeling completely overwhelmed with the pain, like the pain had become too much for me and I didn't know what to do with it! I recall thinking,

"Why aren't I at the hospital with an epidural?" and

"This is ridiculous, what am I doing here?!"

It came as quite a surprise to Mitchell, and he comforted me as best he could, but we couldn't hold the space any longer. I repeated, out loud this time, the words,

"You're okay, you're okay, you're okay, I'm alright, I'm alright, I'm alright," to reassure myself and Mitchell called Yolande to come over. I was on the bed and felt the urge to push, well actually, I felt the urge to poo! I asked Mitchell for a towel in case I did and then remembered that giving birth feels like pooing. I realised I was in second stage, and said to Mitchell,

"I'm pushing! Get Sheryl here!"

He called for her at about 11:15 PM and she was on her way.

Yolande arrived and I felt more held and supported. I was fairly desperate to get in the pool at this stage but it was empty! Mitchell hurriedly filled up the pool and Yolande lay me on my side to slow the labour down. This was the hardest part of the whole labour and felt completely unnatural, but Yolande knew that you were coming, and that Sheryl was too! Unfortunately, the pool wasn't quite full, but I asked to get in it anyway, and by asked, I mean demanded, with swear words. I got in with assistance from Yolande and Mitchell... Oh, the relief!! I felt instantly better, calmer, softer but I continued to lay on my side, legs closed. I couldn't actively push and was squealing. Yolande whispered to me, "try coming from here" as she touched my belly, "you may hurt your voice."

I would start moaning low and deep, but ended up still quite high pitched, it wasn't easy.

At 11:45 PM, Sheryl walked in looking like an angel with a golden-coloured glow around her.

"Sheryl..." I sighed with relief.

"Hello honey, everything looks great, assume whatever position feels most comfortable, I'm just going to set up."

Immediately I moved to an open legged kneeling position, with my elbows rested on the birth pool. My surges were strong, 2-3 minutes apart and I could feel you moving down the birth canal, but you would slide back up which was confusing but Sheryl explained it was to give me break between contractions. After a few pushes, I asked Mitchell to join me in the pool.





I wanted him to be closer to me and I was also hurting him from scrunching his arm skin! I rested into his warm, safe chest and we kissed, actually we pashed, "Get a room!" Sheryl said.

I would breathe in through my nose, and out and my throat. I felt a slight burning around the top of my vagina, and remember my sister telling me about 'the ring of fire' and knew I could push you out in the next contraction. Mitchell was 'pushing' with me too, well breathing downwards let's say... I was loud, and I knew it, I even apologised after a contraction to our neighbour. I loved the power and control pushing. The contraction came and I pushed so hard that I jumped to the other side of the pool,

"What was that?!"



Your head had popped out! Sheryl and Yolande quickly but gently settled me and encouraged me to lay my back into Mitchell's chest, but it didn't make sense to me, so I went back to my original position facing towards him. I reached down and felt your head. The next contraction came and it was the easiest. Your body slipped out of my body and Sheryl guided you back through my legs in the water so that I could pull you up on to my chest.





Tarryn Priestly, mother-of-one, and soon to-be wife lives on the sunny Northern Beaches of Sydney. Tarryn is a writer, blogger and support coach who empowers women and men to have the birth they desire. Tarryn provides new parents with support and guidance to connect with themselves, their partners and their children pre- and post- birth and create the perfect, strong family unit. Connect with Tarryn at www.tarrynwoods.com

The Amazing Birth of Tiffany Rose

By Tracey Wynter



My pregnancy with Tiffany was a lesson in trust. I had more tests than I wanted and the results were a roller coaster of high risk then low risk and back again. I was also diagnosed with Gestational Diabetes and my back up hospital got quite involved and tried to talk me out of a homebirth telling me all of the 'bad' things that could happen due to my age (43) and having GDM. To cut a long story short, I felt so vulnerable during the process but ended up staying strong to my beliefs and trusting my body and my baby. My blood sugar levels and blood pressure were perfect and ultrasounds indicated my baby was of normal size. If any of that changed though I accepted the fact that I would need to go to hospital.

I was sure that my baby would arrive at 39 weeks like her big sister did and I had hoped that would be the case as my beautiful midwife Jo Hunter was going to go overseas on a volunteer mission the day before my due date. Baby didn't arrive before Jo hopped on the plane, however her lovely back up midwife Jacquie Wood would support us.

We went for an ultrasound at 40+2 weeks to make sure that everything was ok which it was, and we made a tentative appointment for a week later just incase. We had a visit with Jacquie at 41 weeks and agreed that we would have to call the hospital and make an appointment for a consultation with a view to booking in for an

induction if I didn't have my baby in the next two days. I had to accept that I might not have the birth I wanted and trust that everything would be as it was meant to.

That afternoon I had a 'labour induction acupuncture session'. The therapist said that because my pain levels in the energy points were quite high she would suspect that birth is near and that I would give birth within three days. Yay!

That afternoon my partner Carl took our daughter Gabrielle (almost two) out so that I could have some time alone. I did a relaxation meditation and had an interactive conversation with my baby. I relieved some of her concerns and shared some wonderfully warm moments with her. She was now excited about coming in to the world.

Jacquie had told me earlier that day that my baby was still not yet engaged and that she was quite high and if labour began in that position that it could be a stop/start type of labour that could go on for days. Early that evening I started getting menstruation type cramps which was very exciting. My partner Carl decided to sleep in the lounge room so that we could both have a good night's sleep.

I woke up every now and again during the first few hours feeling the cramps but when I woke up at 3:30 AM I knew that the cramps had turned into contractions. I decided to time the contractions and the first two were about 15 minutes apart. Then my contractions started to come every 2-3 minutes. Wow they are close together I thought, but after reading about how all over the place labour can be when the baby isn't engaged I thought that maybe it was normal.

I decided not to wake Carl as I wanted him to get a decent night's sleep for the anticipated long day of labour ahead. I put my headphones on and sang and danced to my favourite band while the contractions continued to come every 2-3 minutes. After a little while I felt the need to go to the toilet and poo with every contraction. Each contraction brought with it diarrhea and it was very uncomfortable sitting on the toilet during contractions. Carl came in and I told him what was happening. He must have been half asleep as he told me later that he thought that I was still only having cramps because I suggested that he go back to sleep. I thought that the contractions must be close together so that I could get rid of all the poo (how funny and delirious I must have really been).

At around 5:20 AM the contractions then slowed down to be around ten minutes apart. Here we go I thought, just how they described a stop/start labour. I had about four contractions around the ten minute apart mark and then at around 6am they went straight back to being 2-3 minutes apart and I was on the toilet again. I also started feeling very nauseous. The contractions were strong and I started to feel very cold. I woke Carl up and asked him to put the heater on for me and then I again told him to go back to sleep as it could be a long day ahead. In hindsight I was of course going through transition!!!!

I then called Jacque at 6:45 AM and had a chat. She asked me if I was feeling any 'pressure' and I said no. She suggested I try to eat something as my blood sugars may be low which could be making me shaky. She said she would begin to get ready and wait for my next call.

I woke Carl up at 6:55 AM and said that I needed him now. He started to clear the mattress off the floor while I ate a banana and called my sister Kristy to tell her to come over when she could.

I only took a couple of bites of my banana while kneeling and leaning on the lounge, when during the next contraction I felt a bit of pressure (after only just telling Jacque that there was absolutely nothing). That's funny I thought, and then 'POP', my waters broke at 7:07 AM.

Reality then dawned on me that things were happening fast! Carl quickly started to get out the birth pool and pump it up. I called Jacque and Kristy and they both said that they would leave straight away.

The next contraction came with a strong push..... 'I think I've pooped my pants' I told Carl and he came over and confirmed it. He told me that I needed to get in the shower to wash it off. I didn't really want to move at all but then he said (in his stern voice) that we didn't want poo in the pool or the baby to be born with poo on her head. So he helped me to stagger to the bathroom, which was very difficult with the baby feeling so low.



We got my pj's off and got into the shower. I remember leaning over in the shower while Carl hosed my bottom and as I looked at the floor seeing bits of poo swirl around, I thought well isn't this just so romantic and bonding for us! He left to see if he could start filling up the pool yet and to also wake up Gabrielle, as he knew that I wanted her to see the birth.

Two contractions later I pushed and felt the burning sensation that you get when you are crowning.

"NO WAY!" I thought.

I can't be crowning already. In disbelief I decided to have a feel down there and sure enough I felt my baby's head.

"She's here," I called out to Carl.

"You need to come and catch her."

I remembered from my previous birth that Jo had told me that when the baby was crowning that you had to do a different style of breathing to help stretch everything and prevent tearing. So when the next contraction came I didn't push but did short and shallow breaths and because I was still standing and gravity was on my side, I felt my baby's head gently and slowly move down and come out. What a sensation!

I knew that she would be fully out after the next push and I realised that I was still standing up in the shower and that it would be a long head first fall if Carl didn't catch her. So I knelt down on one knee and squatted with the other. The next contraction came and I pushed and felt her whole body just slide out. Instantly I asked Carl if she was breathing and he said that she was and he handed her to me through my legs. She was born at 7.29am on 5 July 2015 after just 4 full pushes.

I couldn't lift her to my chest as her cord was too short, so she had to stay around my belly button area - no wonder she never engaged earlier - her extremely short cord kept her high in the womb. I said hello and welcomed her to the world while rubbing her and making sure that she was breathing ok. She let out a tiny cry and I felt myself relax knowing that she was breathing and that everything was ok.

I was kneeling on the floor of the shower looking down at my beautiful baby who was looking directly back at me, both of us in a little bit of shock I think. How did it happen so fast?

Moments later, Gabrielle walked into the bathroom and saw me holding her little sister and a big smile came across her face and she said, "baby." She came over and touched her sister on the head and then left the room. Kristy arrived 5 minutes later and was amazed yet bummed that I had already had my baby.

Carl came back and helped me get up and stagger to the lounge (bit hard with a very short cord) and we walked past the birth pool, which only had about 5cm of water in it! How funny.

They had set up a lovely warm blanket and cushions on the lounge where I laid down and rested with my beautiful girl on my belly. We all laughed in disbelief of how quick it was.

Jacque arrived about 20 minutes after the birth to a very calm, happy and a little shocked household. I birthed the placenta an hour and 40 minutes after the birth. Finally I could lift my beautiful girl who made such an impactful entrance in to this world to my chest and give her a big cuddle. She was and is divine. She was born 3.38kg and 49cm long.

The short cord proved to make the lotus birth a little challenging, but all was well and she let go of her placenta on day 5.



We hadn't planned a 'free birth' or for me to do it basically all on my own, but looking back it was just perfect. It was so raw and primal yet utterly amazing and beautiful. Welcome to the world Tiffany.

Tracey lives in Sydney NSW with her fiancé Carl, her 2 daughters Gabrielle and Tiffany, and is step mum to Paris and Hayden. She runs her own business, Conscious Love and Relationships (though currently on maternity leave) helping singles to find lasting love. She is also a qualified breathwork practitioner and counsellor, and has a strong interest and passion about the way we are born and how it affects us emotionally, psychologically, and how it generally sets up our personality traits and life experiences.



Homebirth Access Sydney

www.homebirthsydney.org.au

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Advertising@homebirthsydney.org.au

By Tanya
Strusberg
LCCE, FACCE
Founder of
birthwell
birthright



Passionate about birth? Become a Lamaze Certified Childbirth Educator.

Since 1960, Lamaze International has been the leading provider of evidence-based education programs that prepare childbirth educators to teach with skill and confidence.

Now, for the first time in Australia, Lamaze Certification is now available. You can gain an internationally-recognised qualification and join a vibrant community of educators from all over the world.

Sydney - we are coming to you!

When: Sat. June 18, Sun. June 19,
Fri. June 24, Sat. June 25,
Sun. June 26, 2016

Time: 9.00am - 5.00pm

Where: Loft & Earth

Level 1/ 70 Bronte Rd, Bondi
Junction, Sydney, NSW 2022

For more information and to register:

www.birthwellbirthright.com

Or call Tanya on 0422 067 985

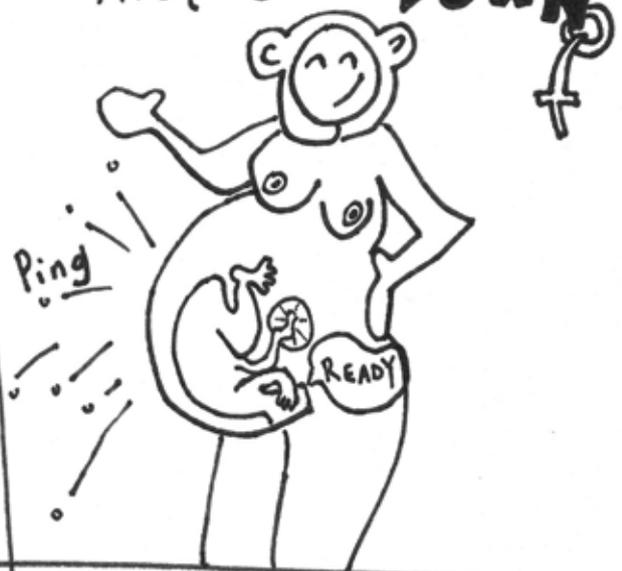
This program has also been approved by the Australian College of Midwives for 33.5 Continuing Professional Development (CPD) points.



Amy Bell's
daisy chain ON GRAVITY
Nature is Science



"What goes UP
must come DOWN"

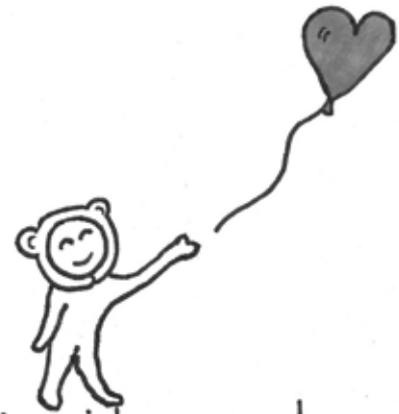


EVIDENCE TELLS US TO
MAKE THE EXIT OPEN...



AND ALLOW GRAVITY
TO HELP. (that is another reason to not be ^{supine})

So Daisy proves that gravity
is helpful when the exit is
open.



Daisy wishes you a happy birth.

ONCE UPON A TIME, BUT NOT SO VERY LONG AGO, WHAT WE CALL SHAMANIC MIDWIFERY WAS JUST A WAY OF LIFE.... *A way of life that all women knew inherently from their own birth.*

As babies and children we watched our mothers and the women of our tribe facilitate transformation daily within community life – holding space for each other in Moonlodge, birthing their babies with instinct and knowing, honouring their Elders, attending to their rich spiritual practice and walking a way of wisdom, sovereignty and beauty in their expression of being a Woman.

At our time of Menarche we were honoured and initiated as women and welcomed to join the Motherline, ready to receive into our own hearts, the ancient ancestral women's wisdom of all those who had walked before us. As we lived our lives through Mother, Maga and Crone, the voices of our Ancestors called to us often, whispering wisdoms of Knowing, Truth, Intuition, Psychic ability, Healing prowess and the Midwifery that comes from being a Shamaness who walks between the worlds.

Whilst the time we live in now is different, the women's hearts and bodies we bring to this life are still the same perfect, precious instruments finely tuned to hear and receive the wisdom of our Ancestry as it calls.

*The opportunity to find our way
back to the Motherline is always there.
We are the sacred vessels we have always been.*

FOUR SEASONS JOURNEY

SOUTHERN HEMISPHERE

Spring (Nov) 2015 - Spring (Nov) 2016

NORTHERN HEMISPHERE - SUBJECT TO INTEREST

Spring (Feb) 2016 - Spring (Feb) 2017

A year long earth based spiritual experience creating and maintaining a deep connection with the Earth and the Divine Feminine. 4SJ is for all women and focuses on the shamanic perspective of cycles of the Earth, life, the moon, and menstruation, preparing women to be shamanic midwives, practitioners and teachers of the Women's Mysteries, for their community and beyond.

FOR MORE INFORMATION AND REGISTRATIONS GO TO
WWW.SCHOOLOFSHAMANICMIDWIFERY.COM

What will you choose?



Cloth
\$200+
Ingredients:
Organic Cotton



Disposable
\$3000+
Ingredients:
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Paper pulp
Plastic
Chemical gels
Hydrogen-peroxide

Ever noticed how much having a baby costs?

We can help you save thousands of dollars by using the very best quality for your baby. Certified Organic Cotton nappies, baby wipes, body creams and swimmers cost you much less than the disposable equivalents. It's good health sense, great environmental sense and amazing value for you!



Waiting for you on line at www.natureschild.com.au

- Inform yourself with our Online Nappy Workshop
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- Follow Our Blog
- Subscribe at the bottom of our home page to get our E BROCHURE
- And remember to join us on social media

natureschild™

Ph: 1300 555 632



natureschild



natureschildorganicbaby

BIRTHING SERVICES: MIDWIVES

Homebirth Access Sydney provides a list of midwives currently offering homebirth services in the Sydney area and a list of questions to ask when interviewing them on our website. Midwives are listed when they agree to sign up their clients for a year's membership of HAS. Listing does not imply endorsement by HAS.

AMINIBIRTH

My name is Tanya Munten from Amini birth and I am a privately practicing midwife. Services I offer include home birth support, postnatal support for women birthing in hospital, Hypnobirthing classes (The Mongon Method) along with Placenta Encapsulation, covering Sydney's northern bchs and surrounding areas. My passion for birth, choice & knowledge as both a birthing carer and educator have led me to being a passionate protector of birth.

Tanya Munten

0412 210 222 / 8 Ellen St, Curl Curl NSW 2096

tanya.munten@aminibirth.com.au

www.aminibirth.com.au

EMMA FITZPATRICK: MIDWIFE IN PRIVATE PRACTICE

[Midwives @ Sydney And Beyond]

With over 11 years experience in Midwifery, I am passionate about supporting women and their families throughout the journey of pregnancy, birth and the postnatal period. As well as being a passionate Midwife I am mum to 3 children, my littlest recently being birthed at home in the water. I am located in the Hawkesbury, and happy to provide support and service to women in Western Sydney, The Hawkesbury and The Blue Mountains areas.

Emma Fitzpatrick (The Hawkesbury)

0432724103 / emma_gu77@yahoo.com.au

HAZEL KEEDLE

Private midwife, antenatal, home birthing and postnatal care and placenta encapsulation covering the Central West, based near Orange, NSW

0408 661 503 / hazelkeedle@gmail.com

www.midwifehazel.com

IBIRTH - INTIMATE BIRTH & BEGINNINGS

[Midwives @ Sydney & Beyond]

My name is Janine O'Brien and I have been a midwife for over 10 years, committed in women centred care and providing a continuum of care to women and their families. I am the mother of two beautiful young women and have been practicing with Midwives@Sydney & Beyond since June 2013.

Servicing Northern Beaches, Sydney & surrounding suburbs.

Janine O'Brien

0422 969 961 / janine@ibirth.com.au

www.ibirth.com.au

JO HUNTER : HOMEBIRTH MIDWIFE

I believe that women should be placed at the centre of their own experience, supported to empower themselves with knowledge and skills, given time and encouragement from their midwife, as well as being surrounded by those they love and people who believe and trust in their ability to birth. It is the midwives role to have patience and trust in the innate ability of women and babies and to be comfortable and confident to support this process in any setting the woman chooses. Pregnancy, birth and postnatal care up to 6 weeks is provided in your home. I live in The Blue Mountains and service local families, inner west and western Sydney.

Jo Hunter (Blue Mountains, Inner west and Western Sydney)

(02) 47519840 / midwifejo@bigpond.com

www.midwifejo.com.au

NEW BEGINNINGS MIDWIFERY PRACTICE

[Midwives @ Sydney and Beyond]

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 (North Ryde)

9888 7829 / midwiferobyn@optusnet.com.au

www.homebirthmidwives.com.au

PREGNANCY, BIRTH & BEYOND

[Midwives @ Sydney and 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 (Dundas Valley)

9873 1750 / jane@pregnancy.com.au / www.pregnancy.com.au

SHERYL SIDERY

Hi my name is Sheryl, I live on the northern beaches and have been in private practice for over 23 years. I believe that pregnancy and birth is a transformative process that is essential for mothering. I cover the northern beaches, eastern suburbs and the inner west. Having Medicare eligibility provides women with a rebate for some of their pre and postnatal care.

Sheryl Sidery

0409760548 / secretwomensbiz@bigpond.com

www.sherylsidery.com

THE ELLA MAY CENTRE

[Midwives @ Sydney And Beyond]

The Ella May Centre provides an alternative to the medical management of fertility, pregnancy, birth and beyond by providing Midwifery and Naturopathic care to prospective and expecting families. Your midwife will provide you with individualised care throughout the preconception, pregnancy, birth and postnatal periods and is on call 24 hours a day.

The Ella May Centre supports you to birth in the way and place of your choosing. For full details of services please visit our website or book a free information appointment.

Melanie Jackson (Western Suburbs & Blue Mountains)

0425 280 682 / www.ellamaycentre.com

WITH WOMAN MIDWIFERY CARE

I am an independent midwife based in Shellharbour. I provide continuity of midwifery care throughout pregnancy, birth and the postnatal period to women planning to birth at home. All visits take place in the woman's home at a time that suits the family. Areas covered include the Illawarra, Southern Highlands, Southern Sydney, Shoalhaven and Canberra.

Rachele Meredith

0421 721 497 / rachele@withwoman.com.au /

www.withwoman.com.au

GUIDE TO CHOOSING A MIDWIFE

For a downloadable list of these questions to ask your midwife, please go to the 'Find A Midwife' page on our website.

Different midwives have different personalities and practices, and different responsibility. When selecting your midwife, we recommend you:

- Interview as many midwives as you can from different practices
 - Talk to as many of their clients as you can
- Here are some questions you might consider asking midwives you are considering for your care:

QUALIFICATIONS AND EXPERIENCE

- Are you registered?
- How long have you been practising?
- Where did you train and when?
- Do you do regular continuing education? What about refresher courses and extra skills courses?
- Have you had any long periods away from practice? If so, what did you do to update your skills and knowledge?
- Do you have regular peer review of your midwifery practice?
- Did you work in a hospital setting and then become a homebirth midwife? When?
- Do you combine hospital shift work and a homebirth practice?
- How many births have you attended as primary caregiver?
- How many of these were at hospital? In a birth centre? At home?
- How many births per year and per month do you attend?
- Do you have a specialty area of practice?
- What is your rate of transfer to hospital? Rate of caesarean section? Rate of assisted delivery?
- Have you ever had to resuscitate a baby?
- Has a baby ever died under your care? What were the circumstances?
- Are you certified in neonatal resuscitation? Do you carry oxygen to the birth?

ELIGIBILITY

- Are you registered as an eligible midwife?
- Can I claim Medicare for pre and post natal services?
- How much will I get back from Medicare per visit?
- Can you prescribe antibiotics, vitamin K etc?
- Do you have a collaborative relationship with a GP or obstetrician?
- Do you have midwife visiting rights to my local hospital?

PHILOSOPHY AND ATTITUDE

- Why did you become a midwife?
- What do you perceive your role to be - during my pregnancy, during my labour, after the baby is born? How does your practice vary for different women?
- Do you see yourself as actively involved in a woman's labour? How? (Some midwives prefer to sit back and let you do it with your birth support people, others will become actively involved if you want that and talk to you, massage, hold heat packs)
- What is your attitude to complementary therapies such as homeopaths, acupuncture, etc
- What is your attitude to circumcision? Immunisation?
- What do you expect regarding self-care during pregnancy?
- What is your view on nutrition and weight gain during pregnancy?

COLLABORATION /TEAM

- Will you provide all my midwifery care or will others be involved?
- What are your back-up arrangements if you are not available to provide my care?
- Do you work with a regular second midwife?
- If you work alone, what happens if two women go into labour at the same time? What is your backup system? If you work with other midwives, when can I meet them?
- Are there any collaboration requirements with doctors, obstetricians or others? Do you have any collaboration agreements? If so, with whom? Please explain how these will work, how the team collaborates and how much each element will cost. How does collaboration affect my care and specifically continuity of care? When will I meet these people?
- Who will you bring with you to the birth?
- What is your experience of working with doulas? Do you prefer a woman to have a doula at birth? Do you have any doulas with whom you regularly work?
- What will happen if I need to see a specialist during my pregnancy or labour?

- What will happen if my baby needs to see a specialist?
- In what circumstances would you recommend my baby see a pediatrician or doctor?

PRACTICAL MATTERS

Legal, contractual, financial

- What do you charge for your services and what does that cover? Is it a lump sum or segmented for different phases of care? Will there be a written contract?
- When do you expect payment? Is there flexibility?
- What rebates are available?
- What happens if we discontinue our relationship during my pregnancy? For example, if I don't want you to be my midwife anymore, if there is a medical situation that recommends against my having a homebirth, or if you are unwilling or unable to continue my care? Will you refer me? How will the finances work?
- Please explain the current situation regarding professional indemnity insurance and how it affects my care or our relationship.

TIMING

- What happens if two clients are in labor at the same time? How many clients do you have due around the same time as me? Will you take on more?
- Do you combine hospital shift work and a homebirth practice? What if you're working when I am in labour?
- Are you likely to be away when my baby is due?

SPECIFIC ISSUES

...DURING PREGNANCY

- Where will the prenatal appointments be? What do they include? How long will they take? How many antenatal visits do you recommend, and why?
- How and when can I contact you if I need help or advice during the come up between visits?
- In what circumstances would you transfer me to obstetrical care for during pregnancy? What is your rate of prenatal transfer?
- What is your attitude to 'due dates' and how would you feel about my pregnancy going over 40 weeks? What would your advice be?
- How do you feel about natural induction methods? Can you offer any of these services?
- What would you do in the case that I was having twins? Had a breech baby?
- What prenatal tests do you require? What do you recommend? Do you have an obstetrician to whom you refer?
- Do you provide education as I prepare for the birth? Do you have a lending library of books/DVDs?

...DURING LABOUR AND BIRTH

- In what circumstances do you recommend transfer to hospital? How often do your clients transfer and for what reasons? Do you stay with your clients who transfer? In what capacity?
- Do I need a backup booking with the hospital? Which one? What is involved in this? If it's a private hospital, do I need private health insurance?
- What equipment do you provide (eg birth pool)? What must I provide?
- How and how regularly will you monitor the baby during labour?
- Do you support me labouring in water? Birthing in water?
- What do you do in the event of a long labor? A "stalled" labor? Do you stay? Go away and come back? In what circumstances?
- When will you come to me after I begin labor? Have you ever missed a birth?
- How often do you perform an episiotomy?
- What is your attitude towards premature rupture of membranes (PROM)?
- How long do you wait to cut the cord after the baby is born?
- Do you support lotus birth?
- What do you do if there is a post partum hemorrhage?
- What procedures do you perform immediately on the newborn? What can wait? Will you wait if I request it?
- How long will you stay after I give birth?

...DURING THE POSTNATAL PERIOD

- What is the schedule of post-natal visits? Where will they be? What do they include? How long will they take?
- Will you help me with breastfeeding? If so for how many weeks?
- How do I get my baby's birth certificate?

PRE-NATAL SERVICES

MASSAGE FOR WOMEN AND BABIES

Mobile Massage Service for All Areas in Sydney.
Supporting women before, during and after birth, offering:

- Pregnancy Massage
- Postnatal Massage
- Labour Trigger Massage
- Baby Massage Class
- Reflexology
- Remedial Massage
- Massage and Acupressure Lecture for Partner
- Doula Service
- Placenta Encapsulation
- Child Care/Housework Support

Private health fund rebates are available.

Noriko Amies

Health Funds Registered Remedial Massage Therapist and Doula

www.norikoamies.com

0410547980

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. As well as “The School of Shamanic Midwifery” – a women’s mysteries school for doulas and midwives

Jane Hardwicke Collings

0248882002, 0408035808

janecollings@bigpond.com

www.moonsong.com.au

www.placentalremedy.com

Sutherland / St George

NATURAL BEGINNINGS

Herbal Medicine, Nutrition & Birth Support

I have a very personal interest in treating preconception, pregnancy and children’s health, naturally. With some help from herbs and nutrition, my partner and I prepared our bodies’ health naturally for conscious conception, and I enjoyed 2 trouble free pregnancies, and gave birth at home to my 2 healthy, full term baby boys and they continue to enjoy perfect health. You too 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 health conditions, (including during pregnancy)
- ~ preparing your body and mind for a better birth
- ~ birth support for mum & dad, and/or siblings
- ~ treating your children’s health naturally
- ~ chemical-free home-made herbal skin products

Natural Pregnancy, Birth and Post-Natal Kits also available which make great gifts for the expectant or new Mum!

Virginia Maddock

Herbalist, Nutritionist & Doula

0415683074. 5 Balfour Ave Caringbah 2229

www.naturalbeginnings.com.au

JULIE CLARKE’S PREPARATION SESSIONS ARE:

Calmbirth and Transition into Parenthood 2 reasonably priced, very popular courses, with many couples in Sydney selecting to attend both courses and taking advantage of the big discount for the combo booking.

Calmbirth(r) Classes are provided by Julie Clarke almost every weekend of the year for pregnant couples who would like to prepare for a stress free comfortable birthing experience using breathing, relaxation, visualisation, positive expectancy, to reduce fear and increase their confidence. Pregnant women and their partners find the classes wonderful to attend which enhances their pregnancy experience. Julie facilitates the Calmbirth course in such a beautiful way that it’s easy to participate, provides plenty of time for group participants to ask questions, an easy going comfortable atmosphere of genuine empathy and support. Julie’s lovely calming voice takes you easily into relaxation and the benefits of doing the course with Julie are continuous phone and email support well after the sessions are completed. All tea, coffee, chai, delicious snacks provided. Parking easy, free right at the front. Venue perfect. Brilliant website rich with information for you
www.julieclarke.com.au

Transition into Parenthood are also conducted by Julie every second weekend throughout the year covering pregnancy, labour, active birth, all the self help strategies for women to use but also very importantly for partners all the labour companion support skills to use during the labour and birthing so partners can be very confident in their ability to help during the process and not feel scared or useless as many partners put it. Very importantly the TiP course answers all your important questions around caring for newborn babies, feeding, sleeping, settling, calming, reading their body language and signals, what to buy, what not to buy, and a myriad of other important ways to become ready, prepared and organised for new parenthood. This is a very practical course and that’s why everyone loves the TiP course.

Julie Clarke conducts the courses in a spacious classroom lounge area purpose built for teaching classes which is very comfortable for pregnant couples. Sylvania is a suburb south of Sydney which is a peaceful, pretty, leafy area easily accessed on any weekend morning. Parking is free and plentiful.

The Baby Care Support Service is a convenient “in home” service available exclusively to all the couples who have attended Julie’s courses and require assistance and guidance during the first year with their baby, so too is the Pram Walking Club run by Julie for free for the mums, which includes the most delicious breakfast at a beautiful cafe at the local beach.

Julie has thought of everything to help pregnant couples experience a very positive, memorable happy journey into parenthood together and she provides this with a sense of humour at a very reasonable cost.

See Julie’s website for all the details

www.julieclarke.com.au

Julie Clarke’s mobile 0401265530

Landline 95446441

email: Julie@julieclarke.com.au

HYPNOBIRTHING AUSTRALIA™ COURSE

Hypnobirthing Australia™ program is a unique, modern and comprehensive antenatal education to suit Australian needs.

Be Prepared for an easier, safer, gentle and empowering birth experience through discovering and optimizing the power of our mindset, deep relaxation, visualisation, self-hypnosis, specific breathing techniques and other practical information covered in our classes.

w: www.birthingbreeze.com.au

f: www.facebook.com/birthingbreeze

e: bitna@birthingbreeze.com.au

m: 0433 952 104

LIVING CHIROPRACTIC

Living Chiropractic having been assisting women before during and after birth for over two decades.

At Living Chiropractic we believe that looking after yourself during pregnancy can lead to a healthy and natural delivery giving you the best possible start for your baby.

Pregnancy is a time of miraculous beginnings and copious amounts of excitement, but it’s also a time filled with stress and changes to the body. As the baby develops mum’s bodies begin to adapt to the extra weight and pressure that is placed on the muscles, ligaments, joints, discs and bones that can lead to general discomfort.

Research shows that Chiropractic care helps to relieve back pain for up to 85% of pregnant women.

Seeing your Chiropractor before during pregnancy simply ensures that your nervous system is firing on all cylinders and your body is performing at its peak which allows for ease of delivery, and less stress and pressure on both mum and bub. Which can provide a quick recovery assisting your body to function at its best with the changes.

Available to see clients in both our clinics located in Liverpool and Blacktown.

(02) 9600 6900

www.living-chiropractic.com.au

info@living-chiropractic.com.au

DOULA SERVICES

NATURAL BEGINNINGS

HOLISTIC HEALTH AND DOULA SERVICE

As a homebirth mum, I have the experience and trust in natural birth to be your ideal birth support, whether you choose to birth at home, in hospital or birth centre.

As a natural therapist, I have the resources to assist you with reiki massage, herbs and flower essences in case the journey of labour becomes difficult.

As an ex-nanny, I can help look after older siblings so that Mum can focus on birthing, Dad can focus on Mum, and older sister or brother can still feel important and included in the process, without fear.

My birth package includes 3 prenatal visits, birth support incl. herbs/flower essences and reiki massage, birth photography, follow up visit, and all your edited digital photos of your birth for you to keep.

Natural Pregnancy, Birth and Post-Natal Kits also available which make great gifts for the expectant or new Mum.

Virginia Maddock
Herbalist, Nutritionist & Doula
0415683074
5 Balfour Ave Caringbah 2229
www.naturalbeginnings.com.au

PLACENTA SERVICES

NATURAL BEGINNINGS

Doula, herbalist and nutritionist Virginia Maddock is now offering placenta encapsulation give back what your body has lost after birth. The placenta can be ingested in a palatable way once it is dried and encapsulated, to nourish your body and replace nutrients and hormones that will help with post natal bleeding, mood regulation, breast milk production and energy boosting.

I can also make your placenta into a tincture to be taken by you or your baby for years to come, create a beautiful tree of life artwork, have the cord dried into a heart or spiral shape keepsake (or dream catcher), and make a placenta balm infused with herbs and essential oils for many skin conditions.

Please see my website for more information and prices.

Virginia Maddock 0415683074 Virginia@naturalbeginnings.com.au
www.naturalbeginnings.com.au

HOSPITAL HOMEBIRTH PROGRAMS

BELMONT MIDWIFERY GROUP PRACTICE HOMEBIRTH PROGRAM

Our service provides individualised women centred continuity of care throughout pregnancy, birth and for two weeks postnatally.

Healthy women have the choice to birth at home if they are within 30 mins to our supporting hospital, John Hunter Hospital (New Lambton Heights in the Hunter/New England area).

For further information contact Jane Crosbie, Phone: 0428 112 192,
<https://www.facebook.com/pages/Friends-of-Belmont-Birthing>

ROYAL HOSPITAL FOR WOMEN HOMEBIRTH SERVICE (Randwick)

This public health service is available to women within 7km of the RHW and within the RHW geographical area. Continuity of care is provided by two midwives throughout pregnancy, birth and the postnatal period.

For further information contact: 9382 6100

WOLLONGONG HOSPITAL HOMEBIRTH SERVICE

This public health service is available to women in the Helensburgh to Kiama region. Continuity of care is provided by two midwives throughout pregnancy, birth and the postnatal period. Contact the Antenatal Clinic on 0242534256 and ask to book in with the Midwifery Group Practice (MGP). Your details will be taken down and MGP will return your call.

HOME BIRTH SUPPORT GROUPS

Sydney & NSW

EASTERN SUBURBS HOME BIRTH SUPPORT GROUP

3rd Wednesday of every month Time: 10.00-12.00 Location: Clovelly
Contact: Nadine Fragosa 0468 382 580 or nads@jonads.com
Please feel welcome to join us if you're pregnant, have children or are just curious about home birthing.

INNER WEST HOME BIRTH SUPPORT GROUP

First Tuesday of Every Month Time: 10am - 12pm
Location: changes every month, so please email your details to Magda or call to find out where we are meeting.
Contact: magda.jansen@gmail.com 0410 139 907
Please feel welcome if you're pregnant, have children or are just curious about home birthing. Partners welcome too!
(Search for Sydney Inner West Homebirth Group on Facebook!)

NORTHERN BEACHES HOME BIRTH GROUP

Last Thursday of the month Time: 10am-12pm
Location: 12 Collaroy St Collaroy
Contact: Jenna Richards with any questions 0476 197 683
Please bring snacks to share and keep in mind this is a NUT FREE event as some families have allergies.

SUTHERLAND SHIRE NATURAL BIRTH & PARENTING GROUP

Every Monday Time: 10.30am weekly
Location: 5 Balfour Ave Caringbah.
Contact: Virginia 0415683074 or maddvirg@yahoo.com.au
If you're pregnant or have babies or kids in tow, come on over, let the kids run amok and enjoy a cuppa and some fresh baked delights with some like-minded mamas.

PREGNANCY & PARENTING NETWORK MEETING - DUNDAS VALLEY

Midwives @ Sydney & Beyond:
1st Thursday of the month Time: 10am-12pm
Location: Jane Palmer's home: 27 Hart St, Dundas Valley.
Contact: Jane Palmer 1300 MIDWYF (1300 643 993)
jane@pregnancy.com.au
Info: <http://www.pregnancy.com.au/resources/support-groups/index.html>
No booking is necessary. Please note that the group is held on the first Thursday of the month. The venue is Jane's place (27 Hart Street, Dundas Valley) from 10am until 12pm. Please bring a plate of food to share (anything you can manage). As always, mums, dads, friends and kids are all welcome! See you there!

PREGNANCY & PARENTING NETWORK MEETING - BLUE MOUNTAINS

Midwives @ Sydney & Beyond:
3rd Tuesday of the month Time: 9.30 - 11am
Location: Cafe 2773 Ross St Glenbrook.
Contact: Melanie: 0425 280 682 mkjackson@live.com.au
Dates / Topics: Info: <http://www.ellamaycentre.com/Events.html>
As always, mums, dads, friends and kids are all welcome! See you there!

ILLAWARRA BIRTH CHOICES GROUP

3rd Monday of each month Time: 10.30am to 12.30pm
Location: Russell Vale Community Hall - corner of Keerong Ave and Channon Street Russell Vale.
Contact: info@birthchoices.info

HAWKESBURY BELLIES & BABIES

2nd Thursday of every month from 9:30-11:30am
· 14th April · 12th May · 9th June · 14th July
Contact Heather Sassine 042317191 / heather@heathersassine.com

BLUE MOUNTAINS HOME BIRTH SUPPORT GROUP

Every 2nd Thursday Time: 10am-12pm
Location: Lawson Family Day Care room, unless otherwise specified!
Cost: A donation of \$2-5 is appreciated to help with group running costs.
Contacts: email Krystal: bmhomebirth@gmail.com or visit our website <http://www.bluemountainshomebirth.com.au/>
To join our mailing list of upcoming meetings / topics please email Krystal.
Bring a healthy snack to share if you get a chance, if not come anyway. *No meetings in school holidays*

MOTHERS & MIDWIVES OF THE SOUTH (SOUTHERN HIGHLANDS)

Every month
For more details contact Kylie Woods: 486801691 / 0416204424 or candlebark@hotmail.com.
Everyone welcome!

CENTRAL COAST HOME BIRTH GROUP

1st Wednesday of each month Time: 10.30-12.30
Location: Various venues in group members' homes
Contact: Lisa Richards bellabirthing@live.com.au
Come along if you are pregnant, trying to conceive, mums, dads, kids, doulas, midwives, and anyone interested in homebirth (including homebirth & hospital transfers).

HUNTER HOME & NATURAL BIRTH SUPPORT (HHNBS)

Email hhnbsgroup@gmail.com with enquiries or to join our mailing list.
You can also find us on Facebook- Hunter Home and Natural Birth Support Group, <https://www.facebook.com/HHNBS>

ARMIDALE & DISTRICT HOME BIRTH SUPPORT NETWORK

1st Sunday of every month
Contact: Rebecca Pezzutti hbsarmidale@gmail.com

CENTRAL WEST BETTER BIRTH GROUP

1st Friday of the month
Location: Various homes around Orange and Central West, NSW.
Contact: Hazel Keedle. Ph: 0408661503
Informing, supporting and empowering women in their birth choices.
(Search for Central West Better Birth Group on Facebook!)

Interstate & National

HOME BIRTH AUSTRALIA

Contact: Chris Wrightson 0414 812 144 Homebirth@gmail.com
www.homebirthaustralia.org

HOME BIRTH QUEENSLAND INC.

Contact: 07) 3839 5883 info@homebirth.org.au
www.homebirth.org.au

ALICE SPRINGS HOME BIRTH GROUP

Contact: Ann Yffer 0402 424 780 wildisha@gmail.com

DARWIN HOME BIRTH GROUP

Contact: Justine Wickham 0438 888 755 dhbinfo@gmail.com
www.darwinhomebirthgroup.org.au

HOME BIRTH NETWORK OF SA

PO Box 275, Seaford, SA 5169
Contact: Clair at admin@homebirthsa.org.au
www.homebirthsa.org.au

HOME BIRTH ACCESS SYDNEY (INC)

- 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 work 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.

YOU ARE WELCOME TO ATTEND

Homebirth Access Sydney (HAS) Committee Meetings

Meetings are generally held on the 2nd Wednesday of each month at venues TBA, but dates are subject to late changes according to availability of attendees.

Please contact Virginia on 0415683074
or email info@homebirthsydney.org.au for
submissions and agenda confirmation.

All welcome, including children!

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)
Service Pages		
Services Listing	n/a	\$35
Advertisements		
Business Card Display	\$20	\$70
Quarter Page Display	\$30	\$110
Half Page Display	\$40	\$150
Full Page Display	\$65	\$250

For print and online advertising please email Serene Johnson
advertising@homebirthsydney.org.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.

The topic for the next issue of Birthings is:

The Baby Bubble



Birthings is your magazine. We would love you to contribute!

The Winter 2016 issue is all about The Baby Bubble. This issue is all about the sacred time preparing for birth and the early post-natal period. Send us an article!

Submissions are due by May 1st, 2016.

Please check our submission guidelines on page 2 and don't forget to send a bio!

We love to hear your birth stories, too!

Email the Editor, Julia Wilson at: editor@homebirthsydney.org.au

REMINDER: Please ensure that we have your correct email address so you can receive membership expiry reminders as well as our newsletter. If you have recently moved, please send us your new address: member@homebirthsydney.org.au