

Maggie Banks  
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Expiry: 7/99

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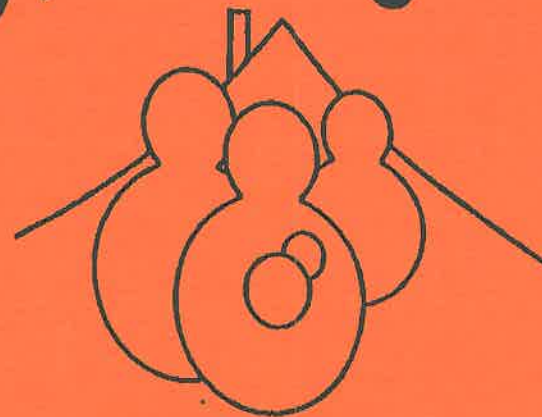
**SENDER:**

Waikato Home Birth Association Inc  
P O Box 15043  
Hamilton

**WHBA CORE GROUP MEETING**  
**MONDAY 19th APRIL 1999 7.30 PM**  
**PHONE 846 4925**

Waikato Home Birth Association Inc.

# Newsmagazine



APRIL 1999

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The WHBA Library is now located at  
"Parents Place" 113 Rostrevor Street, Hamilton Ph 838-2229  
Please phone Joanne Ridder if you have any problems.





# Editorial...

Hello to you all again. I hope you all enjoying reading this months magazine. We are trying a new layout and I hope you will agree it looks really good! With myself living in Huntly, Jody in Taupiri and Joanne in Hamilton we decided to give some technology a try and move the magazine into the 90's! Rather than sellotape and scissors this issue has been put together with a combination of e-mails, computer publishing programs and scanners! We are hoping this will save us all on travel time and make the magazine clearer and easier to read.

We are lucky to have two homebirth stories in this months magazine - many thanks to Jeni Palmer and Paula Smith for sharing their special days with us all. We are now looking for stories for next months magazine - and remember if you are sending in a story we'd be happy to include a birth photo too if you have one to share.

Reading through another associations editorial recently I saw mention of who will be the first person to have a baby in the new millennium. Apparently to have the best chance of this you would have to ovulate on the 9th of April. Wouldn't it be wonderful if the first baby born in the year 2000 was a homebirth baby? Any takers?

Until next month - happy homebirthing

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## "Have you Considered a Home Birth?" Booklets

Free copies of these booklets are available for distribution by Midwives who are financial members of the WHBA. Copies are also available free to interested members. For non financial members of the WHBA there is a 50 cent charge per copy.

## AHBA: A Guide to Healthy Pregnancy & Childbirth

These books are also available for purchase at \$25 per copy.

Please contact Joanne Ridder Ph 847 4987

## SUBSCRIPTION FORM

If there is a GREEN spot on this form then  
it is time to renew your subscription..

*No Green spot ?* Pass the form on to a friend.

The \$20 minimum fee will list me as a member of the association and entitles me to 11 issues of the Newsmagazine and use of the library, located at "Parents Place", 113 Rostrevor Street, Hamilton, Ph 838 2229

### POST TO:

Waikato Home Birth Association  
P O Box 15 043, Hamilton



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## NO SUBSTITUTE

Swings for arms,  
Bottles for breasts,  
Advice from the 'experts'  
Who think they know best.  
'Binky's and monitors  
And all sorts of clutter  
Think they can take  
The place of a mother.  
Pre-schools and daycares,  
And babysitters, too,  
Think they can do  
What mothers should do.  
Oh listen, dear mother  
To words that are true -  
No one or nothing  
Can care just like you.  
Your children are blessings  
Loaned from above,  
More than money or things  
What they need is your love.

By Cynthia Flanagan



## Coming Events... April - May:

Please note these dates on your Calendar

### WHBA Core Group Meeting

Monday 19 April, 7.30pm at 28 Claudelands Rd, ph 855-6997.

Contact Glennise Head ph 846-4925 for the agenda

**ALL MEMBERS INVITED TO ATTEND.**

### Immunisation Awareness Support Group

Thursday 29 April, 7.30 - 9pm at "Parents Place" 113 Rostrevor St.

Guest speaker: Deborah Murtagh, Dip.N.T., Dip.Hom., MHANZ., MNZIIM.

Topic: "What Happens to your Child's Body After Immunisation"

Gold Coin donation. Contact Clare Shallcross ph 855-6997 or Vanessa McColl ph 827-4516. "For an Informed Choice" tapes -two copies are available to borrow from the WHBA Library.

### Home Birthers' Coffee Morning

Friday 30 April, 10am, bring a plate and share morning tea at 40 Vardon Rd. Bring your babies and toddlers. Welcome to all members. Contact Brigid Devcich ph 849-9478. Meeting regularly on the last Friday of the month.

### Cambridge Home Birth Support Group

Tuesday 4 May, 10am bring a plate and share morning tea. Bring your babies and toddlers. Contact Tania Bullick ph 827-5165 or Vanessa McColl ph 827-4516 for details of the address. Welcome to all members.

Meeting regularly on the first Tuesday of the month.

### Preparation for Birth Classes - Weekend Series:

Saturday 24 April & 1 May, 10am - 2pm followed by a Labour Support evening

Thursday 6 May at the "Parents Place" 113 Rostrevor St.

Saturday 26 June & 3 July, 2pm - 6pm followed by a Labour Support evening

Thursday 8 July at the "Parents Place" 113 Rostrevor St. Contact Vanessa McColl ph 827-4516.

### Raglan Preparation for Birth Classes

Saturday 15 May, 10am - 3pm. Contact Adele Buckton ph 825-8942.

### Pregnancy Yoga and Relaxation Classes

Thursday evenings, 5.30pm, at the St Andrews Church Centre, 6 Te Aroha St. Contact Paulette Whitford ph 847-7033.

Te Ahuru Mowai o Waikato - Whakawhanau ki te kainga. The Sheltered Haven Homebirth for Maori Women. Contact Rangimarie Hohaia 07-871-5858



# BIRTH NOTICES



On	these parents:	had a:	named:	where:	Midwife / s
2/2/99	Roma & Andre Julian	daughter	Kayleigh	Hamilton	Adele/Miriam
4/3/99	Gabi Klapka & John Innes	son	Finn	Hamilton	Paulette/Mary
4/3/99	Sue Beard McGlone & Andrew McGlone	daughter	Rosie	Hamilton	Jane/Maggie
6/3/99	Christine & Brett Ollerenshaw	daughter	Katie	Ohaupo	Lyn McC
8/3/99	Cathy & Kevin Millard	daughter	Kiegan	Te Poi	Maggie/Nicky
10/3/99	Sarah & Brian Duffell	daughter	Amy	Matamata	Maggie/Nicky
10/3/99	Raukawa Simon & Nick Barnes	daughter	Sapere	Hamilton	Maggie/ Paulette/Bet Paulette
12/3/99	Sheena & Glenn Peihopa	son	Te Ra	Hamilton	
15/3/99	Joanne & Brett Mainland	son	Joel	Hamilton	Adele/Karen/ Hannah
15/3/99	Nadia Mason & Carey Monaghan	son		Te Kuiti	Maggie/Jane
21/3/99	Sylvie McColl & Garth	daughter	Erika	Cambridge	Maggie/Jane
23/3/99	Alison Oliff & Herb Smith	daughter	Bronwyn	Raglan	Lyn S/Maureen
23/3/99	Amelia Turangi-Joseph & Rob Joseph	daughter	Kauri	Hamilton	Maggie
26/3/99	Joy Meha & Tyrone & Family	son	Joseph	Hamilton	Maggie/Dee/ Corrina
30/3/99	Leatita & Altus Van As	son	Aljoh	Hamilton	Paulette/Nicky

*Most children seldom misquote you:  
they repeat what you shouldn't have said word for word.*

Universal childcare is contrary to what much expert opinion believes is best for infants. But many mothers know this in their hearts. Putting babies in childcare is not what most women desire.

Paid parental leave, be it 12 weeks or even six months, is not founded on a proper understanding of what parents and infants need. It is not radical enough.

The current solutions up for discussion do not lead the way to encouraging the respect and the proper value of home-caring parents of either sex. A solution that allows mothers to stay at home for only two or three months is a continuation of a work-before-parenting ethic. Parents of young children are vulnerable with very special needs.

I despair when I realise we have few politicians who can delve beyond the surface and really relate to what we, the public, are experiencing. The role of stay-at-home parents must be regarded highly and seen as pivotal in contributing not only to the immediate economy but to the health of the next generation. Twelve weeks is not good enough. Something useful can be done with Alliance's \$112 million per annum, even National's planned \$50 million, but they are yet to put their brains where their money is.

Offer help to all parents not just to double-income families. Families that live on a single income should be seen as valuable and treated as such by policy makers. The proposed 12-week paid parental leave bill and National's bribes do not address these issues. It ignores them. It is discriminating. It does nothing for babies or women.

□ *Alexis Stuart is a young mother taking a career break.*





## My View

# Parental leave plans get it wrong

Recent proposals for paid parental leave ignore a wide range of issues. And a major downfall is the failure to assist all parents, says **Alexis Stuart**.



**L**AILA HARRE'S proposed paid parental leave bill and National's rumoured compromises are worse than a "make do" offer. It will harm the welfare of mothers and their babies. The pitfalls are obvious. Only desperate electioneering politicians wanting to create an illusion of progress will feel reprieved.

Throw money at a problem that will trick the voters into believing that some thinking has been done. It is far too simplistic to assume that all mothers will benefit from the bill. It is amazing how manipulative politicians can be in the name of equality for women.

So who will benefit?

□ Mothers will not because 12 weeks is far too short a period. And to receive it you have to be employed in the first place. Too bad if you have other young children and have chosen to stay at home. The six weeks proposed by the National party is a joke.

□ Poor mothers with limited employment opportunities will not benefit at all. Why should only privileged working mothers benefit?

□ Employees will have to pay a levy. That certainly doesn't help to raise the falling profile of motherhood and the justice in it is questionable.

□ Infants will not because it encourages women, who already feel under pressure, back into the workforce when their babies are still young.

Workforce equality is feminism at its narrowest and most deceptive. Most women do want to return to the workforce after they have had children. But this is frequently misinterpreted as a desire to return to work when their child is still a baby. Short-term paid parental leave is a continuation of this misunderstanding and an undervaluation of motherhood.

Twelve weeks' paid parental leave muddies the water on the ongoing childcare debate — six weeks is worse. Both assume that "quality childcare" is something that the state should provide or at the very least subsidise. It assumes that non-parental quality childcare is something that actually exists. At the very least present intentions inhibit our discussion of the real issues facing our youngest New Zealanders. All of which is important in the context of the continuing deterioration of our children's emotional and physical health and ethical understanding.

Childcare has never been such a hot topic. Women have never felt so pressured to put their pre-schoolers into institutionalised childcare, be it for economic or social reasons. But the problem is, and it is colossal, that childcare as a national phenomenon, is a frightening experiment. The amount of evidence on shortcomings of institutionalised childcare is beginning to outweigh that which claims it is as good as, or even better than, the care of loving parents.



# PARENTS PLACE UPDATE



## Parents Place Fundraising

### Monster Garage Sale and Cake Stall

**Saturday 10 April 1999, 8am:**

Clear out your cupboards/wardrobes, go through the toy boxes etc, as items are required to sell. Come along and purchase some treasures!! If you can assist with donations, **please phone Shelley 849 9479**

**There will also be phone call made for donations of cakes etc.**

### Gift Vouchers: "Mothers Day" in May!!

Purchase a \$10 gift voucher for a facial, makeover or foot and hand massage and treat someone special. These make delightful, welcome gifts and are within a reasonable price range for a child to give to mum or grandma. All of the profits from this exclusive offer go to the Parents Place project. For a more generous gift additional amounts can be prepaid for Artistry and Aromatherapy products.

**To order your vouchers phone Joanne 847 4987**

### Warehouse Building Supplies: 20 Avalon Drive, Hamilton:

Mention Parents Place when making your purchase and they will donate 2.5% of the value you have spent to Parents Place. **Please tell family and friends also.**

## Parents Place

Parents Place at 113 Rostrevor St has a vast collection of pregnancy, birth and parenting information to share with you. **Any Questions Please Phone 838 2229** The building is open to the public from 10.00 am until 2.00pm from Monday to Saturday. So do come in and visit, this resource centre is for you! The staffing of Parents Place is done on a roster system. If you feel you could spare a few hours once a month or more please contact **Joanne Ridder 847 4987**, or complete the enclosed form and post to **Almee. 113 Rostrevor St.**

## Parents Place Committee

People required to be on the Parents Place Management Committee, to oversee the day to day running of the facility, and to keep this important community project open. It is a joint venture between WHBA, La Leche League, New Mothers Support Group, NZ College of Midwives and Parents Centre, so if you wish to meet with others in different organisations this is a great opportunity. You do not have to belong to the WHBA Core Group to be involved in this committee, but regular feedback will be required, contact **Joanne 847 4987** for information.

## HAYLEYS BIRTH STORY

On Monday October 5<sup>th</sup> 1998 (4 days past my due date) I woke up at 1am lying in a wet bed. My waters were trickling out. I woke my husband Kevin up with the news. "Great" he said and leapt out of bed. After a quick shower we decided to set up the birth pool as we weren't sure how long it would take to fill or how long my labour would be. After about ¾ of an hour I started to feel definite contractions every few minutes. I let my midwife (Aldwyn) know something was happening but that I didn't need her yet. We rang my sister Robyn and my friend Paula who were planning to attend the birth. We were glad the baby was coming in the night as it meant their husbands were at home with their children. It felt so cosy to be at home. Everyone pottered around tidying up and having a cup of tea. Matthew our 4 year old came out for a cuddle but went back to bed. By now the pool was ready and I decided to hop in as the contractions were starting to bite. The water felt lovely. Kevin rang Aldwyn to come. She arrived at 2.30am and gave the baby a quick check. All was well. I could feel pressure in my bottom. I got out of the pool to see if I needed to go to the loo but of course what I could feel was a head. I had a couple of contractions before I could get back into the pool - that decided me - I definitely wanted a waterbirth! I was kneeling up leaning into Kevin groaning loudly into his shoulder. Aldwyn called Kevin around to catch the baby and Robyn took over with the support. Out sild the bby. She came up in front of me into my arms. I stood up. A little girl - 9lb6oz. I apologised to her for expecting a boy. It was 2.48am. Sue the 2<sup>nd</sup> midwife arrived. She stood with her mouth open. We were so elated. After the afterbirth came out Kevin went and got Matthew and Rebecca. We celebrated with cheese and crackers, fizzy drink and heaps of photos. What a wonderful memory.

Jeni Palmer



## IS DIRT GOOD FOR YOU?



The incidence at asthma and other allergies such as hayfever and eczema is rising sharply in the developed word . It is estimated that asthma afflicts between 20-30 percent of the population of such countries as Britain and Australia and in the United States asthma kills 5000 people every year. Why this rise in allergies? Proponents of the 'hygiene hypothesis' believe that people and especially children may develop allergies and perhaps diabetes and rheumatoid arthritis because of our obsession with cleanliness. They believe that everyone, children most of all, need to be exposed to a certain amount of germs in order to train their immune system to focus its attention on harmful invaders such as bacteria and viruses rather than on harmless allergy causing invaders such as cat dander and pollen. Graham Rook an immunologist at University College London is one of the proponents of the hygiene hypothesis and is especially concerned about the role of childhood vaccinations in over stimulating the immune system and precipitating allergies There is some indication that children who have had measles are much less likely to develop allergies - and that children who had had an infection before the age of five are less likely to later develop insulin-dependant diabetes. Rook and his colleague John Stanford a bacteriologist are now zeroing in on the importance of children being exposed early on to mycobacteria, a common bacteria found in dirt. Maybe infants know something we don't when they insist on eating dirt!

(Ref: Hamilton, Garry, Let then eat dirt. New Scientist, July 18, 1998, pp. 26-31)

### Quote of the Week:

"In many cases, the "failure to progress" designation on a woman's birth records could be translated as "OB's failure to have patience."

-Sue LaLeike , aspiring midwife

# Homoeopathy First Aid Classes

**Deborah Murtagh**

Dip.N.T. Dip.Hom., M.H.A.N.Z., M.N.Z.I.I.M.(S)

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*(If I am unavailable, please leave a message)*

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## **WE NEED YOU!!!**

The Waikato Home Birth Association urgently requires a PR person for organising our display boards in libraries etc. Our display boards are very professional and need to be seen in the community - at the moment they are in storage as we don't have anyone to fill this very important role! In ther past these boards have generated a lot of interest.

Can you help please?

If you are interested or would like to know more please call Joanne Ridder 847 4987



\* Arnica \* Belladonna \* Pulsatilla \* Hypericum \* Calendula \* Nux Vomica \*

## DAISY'S BIRTH STORY 19-11-98

Hil My name is Paula Smith and I thought I'd send my birth story as I found it interesting how different labours, births and children are. I had my son Gus's story in the February magazine and this is Daisy's story. I wanted to homebirth with Sage my 6 yr old as I'd recently returned from the UK where homebirthing was reasonably well accepted but I found it difficult to get support for that idea so was drugged and cut etc in hospital instead so.....

Daisy was an unexpected package. We already had 2 children, Sage 6 and Gus 2 and we thought we had contraception wired! Wrong! Daisy let us know she was on her way fairly late in the piece, about 17 or so weeks I think. Of course I wanted the midwifery team we had befriended during my pregnancy with Gus, however, being a late discovery they were both busy one way or another. Thankfully Jane (previous midwife) was able to give me Bet's number. Bet had been with Maggie as a student midwife when Gus was born so I decided it would be nice if she would be able to help us welcome our "extra" into the world.

With an uneventful (perfect) pregnancy under our belt I woke about a week or so after "THE DATE" at 3.30am with contractions and was confident we'd be having a baby later that day. Sage went off to school with the promise that Biddy (my mother) would come and collect her for the baby's arrival if we had it that day. I rang Bet about mid morning to let her know that I'd started and she came to check all was well. We all had Gus's quick 2<sup>nd</sup> stage in mind with only Roger here to catch (which, by the way, was fantastic) I rang my Mum and she arrived down from Auckland later that afternoon and Roger was able to be relieved from back rubbing for a while. At around 7.30 I felt the 2 minute contractions were getting pretty sore, but now less regular. We went on until about midnight when Bet decided to go home and I was able to sleep for nearly an hour.



## RED RASPBERRY LEAF TEA



Because red raspberry leaf provides dual qualities as mild stimulant and gentle relaxant, it has a regulating effect on the uterus. The leaves contain an alkaloid known as fragerine, which relaxes and strengthens the uterus and tones the pelvic muscles. Raspberry remains one of the safest and most effective herbs for use in the entire course of pregnancy. A recommended use of this tea is one cup three times daily in the first trimester, one to two cups three times daily in the second trimester, and two to three cups three times daily through the third trimester and postpartum. A few women have found they are especially sensitive to red raspberry's toning effect in the first trimester and tend to have too much uterine stimulation. If red raspberry is being used and uterine cramping is experienced in the first trimester, it is best to use less of it, or to stop using this herb altogether until later in the pregnancy. Raspberry can, however, have reasonable success in preventing miscarriage and hemorrhage, so careful history taking and evaluation on the part of the care provider is important.

- Linda Lieberman in *The Birthkit* Issue No. 6 (a Midwifery Today publication)



## ANTIBIOTIC RETHINK REQUIRED

The frequent use of antibiotics for glue ear and sore throats has been questioned by leading medical researchers. They argue that antibiotics are issued too quickly for conditions that often rectify themselves after a short while. In the first attack - on the use of antibiotics to treat glue ear (acute otitis media) - Prof Deborah Sharp and Dr Tom Fahey from Bristol University point out that over half of children with earache are pain-free within 24 hours provided that symptomatic treatment is given. "For every child (given an antibiotic) who experiences diminished pain between two and seven days three other children will have vomiting diarrhoea or a rash, without deriving any benefit from antibiotics" they say. In a separate attack on antibiotic overuse researchers from Southampton University say that "Not prescribing or delaying prescribing is likely to be the most effective and efficient management" for sore throats. They say that serious side effects of over prescribing - and of the resistance developing against antibiotics - are other good reasons for the GP to think twice.

(BMJ, 1998; 316: 630-2). (from Natural Parent Sept/Oct '98)





## PACIFIERS



CHICAGO, Mar 02 (Reuters Health) - Mothers who give their infants pacifiers tend to breastfeed less often and for a shorter time than mothers who do not use pacifiers, report US researchers. The finding is important, the study authors note, because breastfeeding has many health benefits for both mothers and their infants, which may be lost if breastfeeding is not encouraged.

A study of 265 breastfeeding mothers and their babies found that pacifier use had no effect on breastfeeding in the first 3 months of life. But the research team, led by Dr. Cynthia R. Howard of the University of Rochester School of Medicine and Dentistry in New York, noted that 68% of the mothers gave their babies pacifiers before the age of 6 weeks. Study data show that mothers who gave their infants pacifiers were 1.5 times more likely to breastfeed their infants for a shorter overall time than those who did not offer pacifiers. The investigators also found that mothers who used pacifiers tended to breastfeed their infants fewer times per day, were "more likely to report that breastfeeding was inconvenient," and were also more likely to say that they had insufficient milk. The team suggests that some mothers may use pacifiers to extend the time between feedings, unaware that "infrequent feedings are a cause of insufficient milk supply."

However, the study data does not support the belief that pacifier use leads to "nipple confusion," which has been thought to impair infants' suckling abilities. Howard and colleagues note that the many health benefits of breastfeeding to both infants and mothers "are known to depend on the duration of full breastfeeding." These benefits include providing the infant with immunity against some infectious diseases, and reducing the woman's risk of breast and ovarian cancer.

The researchers suggest that breastfeeding education and support should be included in prenatal courses, and that parents should be taught alternative ways of comforting infants other than pacifier use. The study is published in the electronic pages of the journal of Paediatrics, available at [www.paediatrics.org](http://www.paediatrics.org).  
SOURCE: Paediatrics 1999;103:e33.

Roger and Mum took turns at rubbing my back until just after 5am when Roger decided to ring our dear friend Grant to ask him to milk - again - he'd done the previous afternoon as well and having seen me in labour was expecting a baby during that milking!

After 6 I decided I needed Bet as I was getting tired and frustrated at the stop-start nature of things and on cue the rhythm we'd built up was shattered on Bet's arrival. Roger and I went for a little walk, hugging power poles with every contraction. When I got back I took some Rescue Remedy and we tried some homoeopathy to try and get this labour more established. Once again poor old Bet left and returned at 11am. Finally I was feeling a bit "pushy". I hopped into the birthing pool at 11.45 and Paulette arrived not long after. I was still having well-spaced contractions when OUCH I started pushing hard continuously for about 7 - 8 minutes. Thank god for Roger whispering in my ear. But we were there and once again a fast intense 2<sup>nd</sup> stage, a tiny wee girl, much smaller and daintier than our other two babies, our Daisy. I remember feeling much less emotional or "high" that with the others - just content and relieved. It was so incredibly low-key. Sage, Gus and Mum just missed the birth - they'd gone for a walk to pick Sage up from school but were rapt to meet Daisy. Her laid back approach has continued, which is incredibly wonderful. She was worth the wait.

Paula Smith and Roger Wills

Waikato Home Birth Association  
Birth Pool for Hire  
For Details Phone:  
Glennis Head 846 4925  
Belinda Beetham 823 2902



# ON A LIGHTER NOTE ...

Q. Am I more likely to get pregnant if my husband wears boxers rather than briefs?

A. Yes, but you'll have an even better chance if he doesn't wear anything at all.

Q. What is the easiest way to figure out exactly when I got pregnant?

A. Have sex once a year.

Q. What is a chastity belt?

A. A labour-saving device.

Q. What is the most common pregnancy craving?

A. For men to be the ones who get pregnant.

Q. What is the most reliable method to determine a baby's sex?

A. Childbirth.

Q. Should I have a baby after 35?

A. No, 35 children is enough.

Q. I'm two months pregnant now. When will my baby move?

A. With any luck, right after he finishes college.

Q. How will I know if my vomiting is morning sickness or the flu?

A. If it's the flu, you'll get better.

Q. Does pregnancy affect a woman's memory?

A. I don't remember.

Q. Since I became pregnant, my breasts, rear end, and even my feet have grown. Is there anything that gets smaller during pregnancy?

A. Yes, your bladder.

Q. My wife is five months pregnant and so moody that sometimes she's borderline irrational.

A. So what's your question?

Q. What's the difference between a nine-months pregnant woman and a Playboy centrefold?

A. Nothing, if the pregnant woman's husband knows what's good for him.

Q. What position should the baby be in during the ninth month of pregnancy?

A. Head down, pressing firmly on your bladder.

Q. How long is the average woman in labour?

A. Whatever she says, divided by two.

Q. My childbirth instructor says it's not pain I'll feel during labour, but pressure. Is she right?

A. Yes, in the same way that a tornado might be called an air current.

Q. What does it mean when the baby's head is crowning?

A. It means you feel as though not only a crown but the entire throne is trying to make it's way out of you.

Q. Does labour cause haemorrhoids?

A. Labour causes anything you want to blame it for.

Q. How does one sanitise nipples?

A. Bathe daily and wear a clean bra. It beats boiling them in a saucepan.

Q. What are the terrible twos?

A. Your breasts after baby stops nursing cold turkey.

Q. Can a mother get pregnant while nursing?

A. Yes, but it's much easier if she removes the baby from her breast and puts him to sleep first.

Q. What is colic?

A. A reminder for new parents to use birth control.

Q. What are night terrors?

A. Frightening episodes in which the new mother dreams she's pregnant again.

**The WHBA endorses the following sample of quotes taken from "Qualities we expect in a midwife" in the booklet "Have you considered a home birth?"**

A midwife should see her role as a facilitator who can help a woman explore and research options for her birthing experience and help her articulate her own needs in the birthing situation. She can do this by including the woman in her own health care, building her knowledge of and confidence in her own body.

The midwife must at all times respect a woman's right to make informed choices over her birth. It is the woman who is in charge of her birth (or her advocate who she has empowered on her behalf) and it is the woman who delivers her own baby. From this philosophy we see it is important that a written birth plan be viewed as a document of informed consent, a respected contract of care between midwife and woman.

*Midwifery is a Women Centred Profession*  
Information and names of practising Home Birth Midwives is available,  
phone Joanne Ridder, 847-4987

