

Waikato Home Birth Association Inc. Newsmagazine 1999



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Expiry: 7/99

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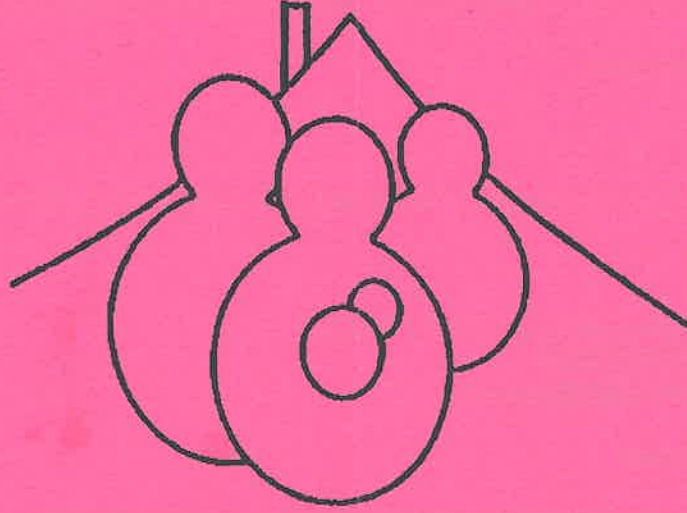
SENDER:

Waikato Home Birth Association Inc
P O Box 15043
Hamilton

**WHBA CORE GROUP MEETING
FRIDAY 28TH MAY 10AM
PHONE 849 9478**

Waikato Home Birth
Association Inc.

Newsmagazine



MAY 1999

WAIKATO HOME BIRTH ASSOCIATION

P O Box 15 043
Hamilton

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LIBRARY:

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.

NEWSMAGAZINE:

Contacts:

We welcome your contributions. Please send your birth stories, photos and articles to:

Sheryl Wright
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Advertising rates:

Advertising space is available in our newsmagazine. Our rates are:

\$15 Full A5 Page
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For more information please contact Sheryl Ph (07) 828 8226

Deadline:

Material for the next newsmagazine is accepted up to midday on the 20th of the month.

"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

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P O Box 15 043, Hamilton



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NATIONAL HEALTH COMMITTEE MATERNITY REVIEW

The National Health Committee has given us as an Association the opportunity to submit a submission on the above.

It is intended that we gather to put together ideas on the review for the submission due by the 31st of May 1999. We intend to do this on **Saturday 8th May 1999 at 9am at Parents Place**. Please if you are interested in having an input into this submission you are very welcome to join us. (and if possible please bring a shared plate for morning tea).

The points of reference are:

- To assess the quality of the public maternity services currently being provided and the scope for any improvement in the quality of the service.
- To assess whether women are satisfied with the public maternity services available to them, including the choice available and whether they are able to make informed choices
- To identify and barriers to women accessing maternity care and the type and quality that they need.
- To identify ways to address issues identified in the review, within current funding levels, to achieve better utilisation of available resources.



Editorial...

Hello again! Well it seems hard to believe that a month has gone by already! We've had some great feedback over the new magazine layout - please remember its your magazine so if there is anything you'd like to see just let us know! We have a wonderful birth story (and photo!) this month - a big thank you to Dianne De Estena for sharing these with us. For me and my family it has been a sad month as my Nana passed away - she was my last grandparent so it really is the end of an era for us. I will miss her terribly but will always remember the happy times we shared together and especially the joy and pleasure she got from my children - her great-grandchildren. It was always interesting to talk to Nana about motherhood and what things were like in her day - things surely have changed in the last 50 years! In her day there were no partners at the birth (and certainly no children!) and afterwards it was strictly 14 days of bedrest and 4 hourly feeds (any more and you'd kill the baby!) She was amazed at how things had changed at that I really was able to give birth at home on my lounge floor surrounded by all of my family and pop down to the shops the next day! Recently when she first became ill she came to visit for the day and spent the day just sitting holding my daughter Celina who was only a few weeks old at the time and who happily slept the day away in her arms. It really was wonderful to watch them together and afterwards she told her Doctor it was the best medicine she could have had! Its easy to forget in the hustle and rush of life just how precious our children are - and not just to us but to all of those special people in our lives.

Until next month - happy homebirthing

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COMING EVENTS

May - June

Please note these dates on your Calendar

WHBA Core Group Meeting

Friday 28 May, 10am at 40 Vardon Rd, ph 849-9478. Contact Glennise Head ph 846-4925 for the agenda **ALL MEMBERS INVITED TO ATTEND.**

Immunisation Awareness Support Group

Date and time to be advised

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

Home Birthers' Coffee Morning

Friday 28 May, 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 1 June, 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.**

Te Awamutu Home Birth Support Group

Contact Karene Clark ph 07 871-9114 for details of the address. Welcome to all members.

Preparation for Birth Classes - Weekend Series:

Saturday 26 June & 3 July, 2pm - 6pm followed by a Labour Support evening on **Thursday 8 July** at the "Parents Place". Contact Vanessa McColl ph 827-4516.

Raglan Preparation for Birth Classes

Saturday 15 May, Saturday 14 August, 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

"Your Time"

A feeling deep inside,
Stirring restlessly within.
A home for you to reside,
My welcoming place to begin.

Little one swimming free,
Growing protected from it all.
An angel already to me,
Strangely precious even though so small.

Mixed emotions still cloud my thought,
Even though I try to be happy.
Good news of your arrival; to us you have brought,
My darling to you; I am longing to see.

By
Dianne De Estena

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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

Homemade Disposable baby wipes:

Take a roll of paper towels and cut it in half. Use a large Tupperware-style container and place the roll inside. Add enough of the solution (see below for recipes or use a weak baby bath/baby shampoo and water solution) to soak the towels thoroughly. Remove the cardboard core and pull the wipes out from the center. Store in a cool to room temperature place.

Other Wet Wipes Recipe: Or:

- | | |
|---------------------------|--|
| 2 cups water | 2 cups water |
| 1 cup witch hazel | 1/4 cup aloe vera gel |
| 1 tablespoon baby shampoo | 1 tablespoon calendula oil |
| 1 tablespoon baby oil | 2 tablespoons baby shampoo |
| | 2 - 3 drops each of tea tree and lavender oils |

These solutions can also be used to "re-wet" dried up commercial baby wipes or used on a flannel or muslin cloth.

WHAT'S IN AMNIOTIC FLUID?

"Amniotic fluid functions as a cushion to protect against mechanical injury. It also helps control the embryo's temperature, permits symmetrical growth of the embryo, prevents adherence of the amnion, and allows freedom of movement so that the embryo-fetus can change position. The amount of amniotic fluid at ten weeks is about 30 mL and increases to 350 mL at 20 weeks. After 20 weeks, the volume ranges from 500 to 1000 mL. The amniotic fluid volume is constantly changing as the fluid moves back and forth across the placental membrane. As the pregnancy continues, the fetus contributes to the volume of amniotic fluid by excreting urine. The fetus swallows up to 400 mL every 24 hours. Amniotic fluid is slightly alkaline and contains albumin, uric acid, creatinine, lecithin, sphingomyelin, bilirubin, vernix, leukocytes, epithelial cells, enzymes and lanugo



BIRTH NOTICES

On	these parents:	had a:	named:	where:	Midwife / s
5/1/99	Cindy Hanson & Paul Gann	son	George	Hamilton	Hannah/Adele
26/1/99	Kathleen Lewis & Brett Fowler	son	Rohan	Hamilton	Hannah/Adele/ Renee
25/3/99	Alison Moore & Seven Simon	son	Kaahu	Kawhia	Hannah/Betty
2/4/99	Maree & Steven Smith	daughter	Catherine	Pirongia	Paulette/Nicki
5/4/99	Sandra & Barrie Jennings	daughter	Keely	Hamilton	Paulette/Nicki
9/4/99	Liebling Barnes & James Gifford	daughter	Chelsea	Raglan	Paulette/Adele
11/4/99	Karen & Steve Walker	daughter	Te Haeringa	Raglan	Naumi/Jackie
16/4/99	Joanne & Chris Brennan	son	Connor	Rotokauri	Maggie
17/4/99	Kate Bailey-Hellen & Rob Hellen	daughter	Isabella	Raglan	Adele/Miriam
21/4/99	Karyn Simon & Wayne	daughter		Raglan	Adele/Megan
23/4/99	Lisa Clements & Neil Turner	daughter	Olivia	Te Awamutu	Maggie

Quote of the Month:

"You can't get a diploma for sitting and waiting patiently. You can't get a degree for talking someone through a stressful and painful experience in a supportive way. You can't get a doctorate for knowing in your bones that something isn't quite right. And so it is that one of the greatest problems for midwives is that their knowledge and skills are often indefinable, instinctive and sometimes not easy to describe."

-Caroline Flint, president, Royal College of Midwives



BIRTH STORY

BORN ON DUE DATE

I had a very good pregnancy; the only thing that hampered it was when I sprained my hip. I went to the chiropractor and felt relief, but I managed to fall over a couple a times and re-injured it so had to go back to the chiropractor. We chose not to have a scan as we feel they aren't that safe, so we didn't know what sex the baby was going to be.

I woke up at 4:30am on the 28th February with an ache in my tummy. Tarantino (our 3-year-old son) then woke up and had wet his bed, so Gregory gets him changed and I make up his bed. I have another pain. We go back to bed and make love, then another pain. I thought it might just be from making love. Another pain, ten minutes later, (5:10am) I think I might be in labour. I tell Gregory and we notice another is ten minutes later! Yip I know I'm in labour, I go to the toilet to see if my waters have broken – yes only a little though.

We decide to put the birth pool up inside, as it's cool outside and if it's a fast labour I'll get cold. I ring Maggie to tell her the news it's 5:30am will ring again later for her to come. I ring my mother and father in Taumarunui and tell them to come now. They were meant to be here for Tarantino's birth, but missed it by 20 minutes, as they didn't leave straight away. So I wanted to make sure they made it this time.

The pool is filling and the contractions are 10 minutes apart and quite strong. I ring my sister Lynda and left a message, also left a message for my sister in the states. Lynda rings back and we talk for about ½ hour, she will keep ringing me as she is going out later. I ring Lesley (support person) at around six to tell her I'm in labour. Ring Maggie back 7:20am as contractions are stronger. I go for a walk to the mailbox with the cats following, and have to stop halfway down with a contraction. Maggie comes 7:50am and then Mum and Dad arrive – yay what a relief, I'm so glad that they are here. Miriam arrives too (student midwife). Hot drinks for everyone and I go outside with Maggie.

After they finish their drinks both midwives decide to leave and come back later, since Mum and Dad have arrived, it's now 8:30am. While they are away we put on Titanic to watch. Dad took some photos of Tarantino and me to show off my tummy, as it will be the last photo of me pregnant. I have a few crackers and a cup of tea. Midwives return 10ish and I have been in the pool before they came and continue to hop in and out when I feel like it. Hopping out to use the toilet also. All this time (11am now), Dad and Tarantino have been in the bedroom on the computer! Tarantino comes to see me to get kisses and hugs then goes back to his game, I think he just needed reassurance that I'm okay.

Disposables and Public Health & Landfill Concerns

About 5 million tons of untreated body excrement, which may carry over 100 intestinal viruses, is brought to landfills via disposables. This may contribute to groundwater contamination and attract insects that carry and transmit diseases. In 1990, 18 billion disposables were thrown into United States landfills. Is it wise to use 3.4 billion gallons of oil and over 250,000 trees a year to manufacture disposables that end up in our already overburdened landfills? These disposables are not readily biodegradable. The paper must be exposed to air and sun to decompose. Thirty percent of a disposable diaper is plastic and is not compostable. Even if the rest of the diaper could be composted, these plants could only handle 400 of the 10,000 tons of diapers tossed in landfills EACH DAY, assuming they didn't have to process any other compostable garbage. Biodegradable diapers have cornstarch added to the plastic to break it into tiny pieces. The pieces still end up in landfills.

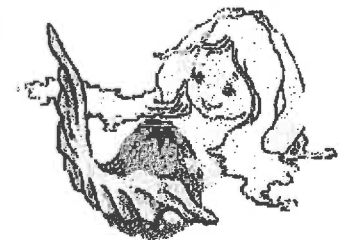
Inaccurate and Misleading Information from Disposables Manufacturers

It's the late 1980's, people are becoming concerned about the environment. Disposables are on the decline. The disposables manufacturers fight back. Articles and advertisements say disposables are OK. Many mothers, glad to hear that and relieved of guilt, switch to disposables. Disposables manufacturers say energy usage is the same for cloth or disposables, but the fact is that throwaways use five times more energy than reusables.

References

- The Landbank Consultancy Limited, "A Review of Procter & Gamble's Environmental Balances for Disposable and Re-usable Diapers" (18 July 1991).
- J. Tanino et al., "The Relationship of Perianal Dermatitis to Fecal pH," J Pediatr 54 (1959): 793-800.
- B. Gaunder and E. Plummerm "Diaper Rash: Managing and Controlling a Common Problem in Infants and Toddlers," J Pediatr Health Care 1 (1987): 26-34.
- Mothering Magazine Summer 1993. Pgs 37-48.

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



DIAPERS - DISPOSABLE OR CLOTH ???

Your baby will spend about 25,000 hours in diapers and need about 6,000 diaper changes during the first years of life. Your decision to use disposable or cloth diapers, will have a great impact on your baby's comfort and health, and on your peace of mind and finances.

Chemicals in Disposables

Since your baby will spend so much time in diapers, let's take a closer look at disposable diapers. On the market since the early 60's, the disposable diaper changed from a plastic diaper with a lot of paper fluff to a diaper constructed of a waterproof plastic outer layer, an absorbent pad with super absorbent chemicals, and an inner liner. The super absorbent chemical, sodium polyacrylate, absorbs and holds fluids in the diaper. This chemical has been linked to toxic shock syndrome, can cause allergic reactions, and is lethal to cats if inhaled. Death has occurred from ingestion of just 5 grams of this chemical. Pediatric journals contain reports of this chemical sticking to babies' genitals. When the baby's skin gets wet, this super absorber can pull fluids from baby's skin. Dioxin, the most toxic of all cancer-linked chemicals, according to the Environmental Protection Agency (EPA), is a byproduct of bleaching paper. Even in the smallest detectable quantities, dioxin has been known to cause liver disease, immune system suppression, and genetic damage in lab animals. Dyes found in some disposables are known to damage the central nervous system, kidneys, and liver. The Food & Drug Administration (FDA) received reports that fragrances caused headaches, dizziness, and rashes. Problems reported to the Consumer Protection Agency include chemical burns, noxious chemical and insecticide odors, reports of babies pulling disposables apart and putting pieces of plastic into their noses and mouth, choking on tab papers and linings, plastic melting onto the skin, and ink staining the skin. Plastic tabs can also tear skin, and disposables may contain wood splinters. In 1987, the Sunday Democrat and Chronicle published news about the new Pampers Ultra. The new gel they used caused severe skin irritations, oozing blood from perineum and scrotal tissues, fever, vomiting, and staph infections in babies. Employees in Pampers factories suffered from tiredness, female organ problems, slow-healing wounds and weight loss. According to the Journal of Pediatrics, 54% of one-month old babies using disposable diapers had rashes, 16% had severe rashes. A survey of Procter & Gamble's own studies show that the incidence of diaper rash increases from 7.1 percent to 61 percent with the increased use of throwaway diapers, great for manufacturers of diaper rash medicines. Widespread diaper rash is a fairly new phenomenon that surfaced along with disposable diapers. Reasons for more rashes include allergies to chemicals, lack of air, higher temperatures because plastic retains body heat, and babies are probably changed less often because they feel dry when wet.

My cat Elsa comes by the pool and says hello and goes to sleep. Maggie is pouring water over my back with each contraction; they are 4-6 minutes apart. I close my eyes and go into myself blocking everything out. Gregory is there holding my hands throughout. The contractions feel very strong, but I have a good rest in between them. I crunch on ice and drink water when thirsty. Maggie leaves to get slippery elm as I have indigestion and it's really annoying me. I have some crackers while she is gone with Miriam in the kitchen and she helps me through some strong contractions.

They are getting stronger. I go to the toilet again. Gregory is in the bedroom checking on the others. Lesley is here now, and Mum goes to the shop to get things for lunch. I go back to the lounge to kneel and lean on a big cushion on the couch with Gregory holding my hands. Maggie is gone ½ hour and is back 12:30pm. She gives me the slippery elm in yoghurt and it seems to work.

I can actually feel now my cervix open up before each contraction. Back into the pool. Toilet again (1pm ish) and I have a clear show, I get up and cuddle Gregory and moan that it's taking longer than Tarantino's birth and I feel everyone is waiting for me – that I'm not progressing.

I go outside for awhile – it is hot and sunny and the contractions seem to be quite spaced out at times. Back to the pool and Mum and Lesley have made lunch for everyone, sandwiches and they looked yummy. I didn't want any just in case I throw them up later. Maggie talks about a red line on my back that comes when I have a contraction, its not yet burgundy. Tarantino visits for a cuddle.

2:10pm another Toilet stop, then back to the pool. Contractions are very intense, but still spaced out – very different to Tarantino's labour so far. I ask for Gregory to turn on the video and I turn around and hold onto his hands, Tarantino is right there too, as he didn't want to go down for his sleep. My Dad tried to make him and he got upset and came by me, I knew it was getting close and told Dad it was okay.

I am kneeling in the pool, leaning into the side when a contraction comes; Gregory gives me ice and water when I want. 2:30pm and the contractions don't seem to stop and I feel overwhelmed with them and scream a little. My Dad makes a joke and it annoys me and I tell him to shut up and he walks out, I cry and tell Miriam to make sure he's not offended and is back in the room. She does and Mum and Lesley are also there.

I feel baby come down and scream as I remember the yucky stretchy feeling. Baby moves back up and I have a rest and wipe my face then the next contraction comes and baby crowns and stays there. Maggie says baby staying there, and I say I realize that – I think she's stating something that is too obvious to me!! She says then one more push and baby will be born. Another contraction and I push, but baby doesn't come – I feel slightly cheated. The next one I push and baby is out, yet it felt weird like three hard bits. I say is it out yet as it took a few seconds. Maggie guides baby through my legs and I turn around and I lift baby out of the water and cuddle baby and cry. I say "My baby".



Maggie tells me that baby's cord was around his tummy and over his shoulder – that she helped untangle it, so that's why I felt three hard bits as it took a bit to come out. Tarantino cuddles me and then Gregory leans over and says, "Are you going to check what sex it is?" I do and it's a boy – I tell everyone here's Serrano Bruce Alan De Estena so they know he's a boy. I decide to get out, as Serrano feels cold even though they put in more hot water. Time he was born was 2:49pm, Wow only 19 minutes of second stage, and only four pushes for him to come out. Tarantino second stage took 50 minutes; I am amazed how different the two births were. I hop on the couch 20 minutes later I deliver the placenta.

Serrano is very alert and cried Breastfeeding before and after the placenta being delivered. My Dad cuts the cord with Tarantino overseeing it. We celebrate with grape juice and chocolates for everyone. I ring Lynda and then Denise to tell them the good news. I also ring my brother; they will come over soon. Everyone is there and I feel peaceful and loved. I am really glad my parents were there to witness their grandchild's birth, especially as dad has never been at a birth. Lesley was overwhelmed and thankful to be apart of our special day. It was her son's birthday also!

Maggie then goes over the placenta and explains all the "bits" to me. She checks Serrano out and we all guess at his weight after everyone having a hold. Miriam and Lesley are the closet. Maggie weighs him and he is 9lb 10ozs, 57cm long. Wow!! Then she helps me to the shower while Miriam gets him changed and clean as he passes some meconium. Then back to the couch for a cuppa and something to eat, which mum kindly gets for me. Maggie and Miriam leave it is now just before 5pm. Another wonderful homebirth that I will cherish, it was exactly how I wanted having a waterbirth.

Thanks to Maggie for helping me achieve this. Thanks to Miriam for your help and I hope this reinforces homebirthing for you. Thanks to my wonderful husband who like me thinks there is no other way to birth, but at home. We feel truly blessed to be able to have the birth we both wanted – once again in our home, surrounded by people we love.

Dianne De Estena

(This photo was taken a few moments after I had turned around and picked Serrano up through my legs. Tarantino and Gregory had been there, and Gregory went to check on the video. It was such a tender moment with Tarantino, mind you it seems quite typical of a home birth. A wonderful setting surrounded by people you love.)



They are supposed to be useable with ordinary cloth nappies but I found that these were far too bulky and the elasticated legs didn't get near my baby and so there was no seal, they didn't work even when I cut the nappy in half, muslin nappies fitted well. They do have special disposable pads and even maternity sanitary pads fit quite well! A major problem with disposables has been the oil and powder that gets onto the fastening renders the nappy useless. Firstly, there is no need to use these products, breathable covers mean that nappy rash is much less of a problem, just make sure that bub is clean and dry. Secondly, there is now a velcro type fastening available (Huggies) which is brilliant, you can get powder and oil everywhere and the nappy still holds and where you fold it into itself for disposal the tab grip any part of the fabric cover.

Other considerations:

- * Disposables avoid the need for detergents, which can be problematic on baby's delicate skin.
- * Disposables are so much easier when you are out, you just throw them in the bin
- * Make sure the leg is double elasticated – much safer!
- * Boy/girl nappies aren't much different to gender neutral nappies and can even be interchanged without doing baby any harm, just don't tell your son he used to wear girls nappies, he'll be soooo embarrassed (and vice versa).
- * Treasures ultra are wider in the bottom than other nappies.
- * First Choice are incredibly thin but still very absorbent, now with a breathable cover, but don't have double elastic – a good cheaper option.
- * You know you're going to need all the sizes, so when there is a deal on buy ahead – you can get Huggies or Treasures Sleepytime for about \$10.75 when they have a deal on, even if you only use two pack a week that saves \$7.
- * Don't buy more than one pack of newborn size before your baby is born. If you give birth to a mega-lump like mine you will be moving through the sizes at a frightening rate!
- * Joining the Treasures club can make their nappies work out cheaper because they have points on all of their products which can be redeemed for items from their catalogue or magazine. Such loyalty schemes are designed to tie you to the product and are very effective at that.

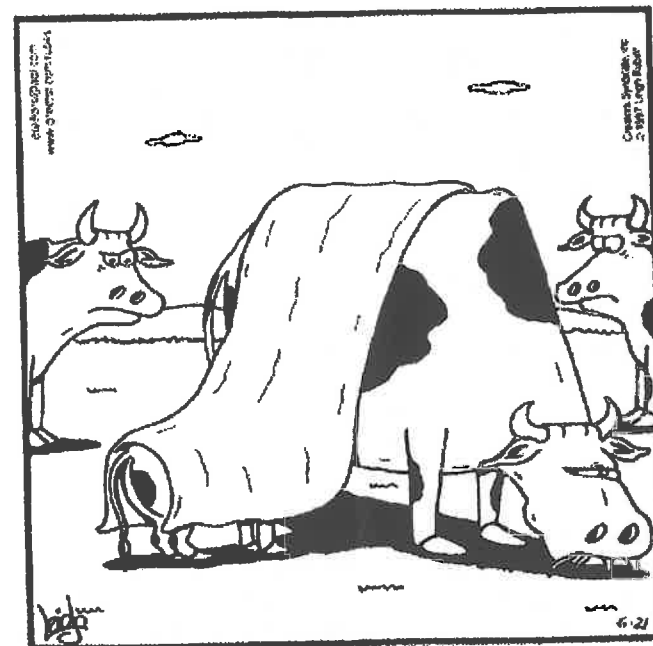
How to do up a disposable nappy:

That's easy I hear you cry. But there is doing up and doing up! (My experience is only of boys so please forgive any bias or missed ideas about girls!). This section should really be called "how to make your disposable leak-proof" For boys – make sure his penis is pointing down, failure to do this will result in dry nappies and wet clothes. Put the back part of the nappy under the baby making sure that it is high enough not to have a baggy nappy between the legs. When pulling the nappy up between the legs make sure that the baby's legs are straight down, young bubs naturally pull their legs up and this will mean that the nappy doesn't fit snugly around the legs and will leak. If your baby sleeps on its' side make sure you do up that side of the nappy first, this will provide slightly more protection on that side which is where most of the urine will end up. Do the nappy up as tight as you can – if you can get a finger inside the front of the nappy then your baby can still breathe and digest etc.

THE NAPPY DILEMMA

by Jody Christian

Lying in bed this morning, being tormented by my eight month old son, I was thinking about the nappies we'd used whilst overseas recently with their velcro type of waistband and wondered how long it would be before they got to NZ. My boys' next nappy change came from a new pack and lo they have a velcro fastening! Thus inspired I write this item. The age-old debate (actually only about twenty years old) still goes on, what is best? cloth or disposable, which is cheapest.. and so on. It is often argued that disposables are the expensive option whereas cloth nappies have a once off high cost but after that they last forever. However, several studies have compared the overall cost of cloth nappies including the cost of liners, detergent and wear and tear on the washing machine, or just sheer work if you don't have a washing machine. A comparison of "true" costs shows that there is in fact very little difference in costs. What about the babies skin? Again the argument has gone both ways – cloth nappies keep the moisture against the skin and so promote nappy rash, on the other hand they are breathable (but only if you don't used plastic overnaps, and fluffies just don't hold it in!). Disposables, on the other hand, hold the moisture away from the skin. They usually have a gel powder in the most absorbent part – front for boys, centre for girls – which soaks up huge amounts of liquid. Sometimes there are traces of this powder in the nappy which will show up as clear jelly particles stuck to your baby, don't panic – apparently when this stuff was first used someone took their baby to hospital because of the unidentified "body fluid", it took much testing before they realised! Up until recently all disposables had plastic covers to keep the moisture in, but there are several brands that now have a breathable outer layer, these include Huggies, Treasures Sleepytime (but not Ultra), and First Choice (there may be others, check the pack it should be boasting of breathable outer layer or soft fabric cover). The breathable cover feels almost dry even in the soggiest cases, but certainly won't make clothes damp. Cloth nappies are probably the most environmentally friendly option, all those non-biodegradable plastic disposables will still be there for their original occupants to deal with in years to come (the ultimate revenge for having to change several thousand dirty nappies – save them for the baby to clean away!). However, there are now biodegradable disposable pads which can be buried and degrade in just a few weeks, these can be put inside "Weenees" (see later) since they contain no plastic fastenings or leak-proof backing. Cloth nappies, of course, need to be washed. This, obviously, involves the use of some kind of detergent complete with its' unfriendly ingredients and most people will want to soak their dirties in Napisan or the like and so add to the chemical cocktail going down the drain. I contacted the folks at Huggies to ask about biodegradability. Apparently if the nappies are put in a landfill or otherwise buried they will disappear in about 20 years. Alternatively, you could leave them open on the ground exposed to sun, and rain, in which case they are gone in about a year. If anyone has any suggestions about where we can all lay our dirty nappies to try to salve our collective consciencesa good use for the Sahara maybe? Apparently the new breathable covers are a special type of plastic, so are still not very friendly to the environment, but they are oh so friendly to stressed out mums. An alternative to disposable, which is similar in style, is the "Weenee". This is a velcro fastening overnap with a nylon lining which is both breathable and holds in the moisture, they come in lots of lovely designs too. I tried these my verdict: - initial outlay is quite high (about \$20 each and you need two at least, more if your washing and drying isn't extremely efficient).



Even when practiced discreetly, raised eyebrows and disapproving glances still meet with those who dare to udder-feed in public.

The Millennium Health Centre



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PARENTS PLACE UPDATE



Parents Place Fundraising

Teddy Bear Picnic Promotional Product Sale:

Tee shirts, assorted colours and sizes	\$5
Character bubble bath	\$3
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Available at Parents Place, ph 838 2229

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 Ph 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 Aimee. **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.



"ALL WELCOME"

The Waikato Homebirth Association has invited the Caseload Midwives from Waikato Hospital who are involved with homebirths

to meet with interested members
of the association.

Come along and share your birth
stories and expectations.

²⁰
18th May 1999
7pm
Parents Place

*** Supper Provided***

For more info phone:
Glennis 846 4925