

Waikato Home Birth Association Inc. Newsmagazine 2000

Maggie Banks  
Te Awa Rd  
RD 3  
HAMILTON

Expiry: 7/00



Disclaimer: Opinions expressed in this magazine are not necessarily those of the Waikato Home Birth Association Inc. Articles are intended for educational and informational purposes only and are not intended to be a substitute for your health care providers consultation.

**SENDER:**

Waikato Home Birth Association Inc  
P O Box 15043  
Hamilton

**\*\*\* REMINDER \*\*\***

**WHBA CORE GROUP MEETING**

**Monday 15th May - 7.30pm**

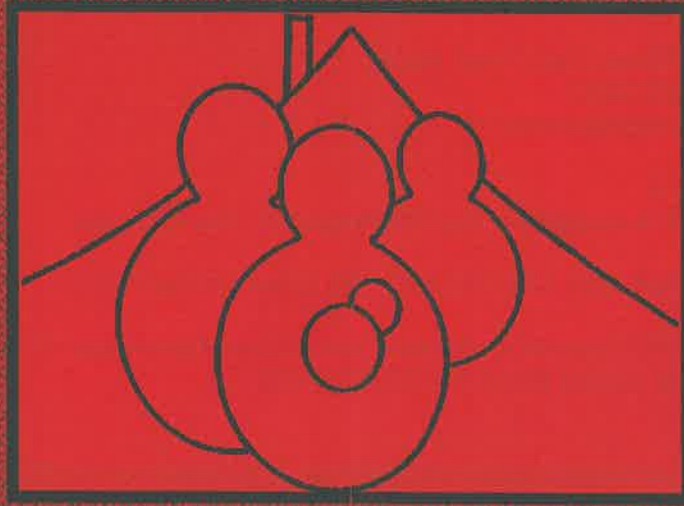
**Parents Place.**

**\* ALL WELCOME \***

Waikato Home Birth  
Association Inc.

# Newsmagazine

May  
2000





## WAIKATO HOME BIRTH ASSOCIATION

P O Box 15 043, Hamilton

<http://whba.homepage.com>

### CORE GROUP CONTACTS:

Name:	Phone:	e-mail:	Position:
Belinda Beetham	(07) 823 2902	beetham@family.net.nz	Co-Ordinator
Glennise Head	846-4925	mggmhead@xtra.co.nz	Treasurer
Gabi Klapka	855-6718	gklapka@ihug.co.nz	Secretary
Joanne Ridder	847 4987	geoff.ridder@xtra.co.nz	Mailing List Co-ordinator
Sheryl Wright	(07) 828 8226	dew.sm.wright@xtra.co.nz	Newsmagazine Editor
Dianne De Estena	854 9686	unusual@ihug.co.nz	Birth Preparation Classes
Clare Shallcross	855 6997		Immunisation Awareness Support Group

### LIBRARY:

The WHBA Library is now located at "Parents Place" 4 Little London Lane, Hamilton Ph 838-2229 Please phone Joanne Ridder if you have any problems.

### NEWSMAGAZINE:

We welcome your contributions but reserve the right to edit or decline at our discretion. Every effort will be made to ensure that all details are accurate but we accept no responsibility for errors or omissions. Please send your birth stories, photos and articles to:

Sheryl Wright  
"Srathcroft", 492 Great South Road, Huntly  
Phone/Fax (07) 828 8226  
e-mail: dew.sm.wright@xtra.co.nz

### Advertising rates:

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

\$15 (Full A5 Page), \$10 (1/2 A5 Page), \$8 (Business Card Size)

We also offer a 10% discount for pre-paid runs of 6 months or more. 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", 4 Little London Lane, Hamilton, Ph 838 2229

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### POST TO:

Waikato Home Birth Association  
P O Box 15 043, Hamilton



Annual Subscription \$20 (2 years \$35) \$ .....

Practising Midwife Professional Sub \$50 (2 years \$85) \$ .....

Donation \$ .....

Cheque Enclosed for \$ .....

Name: .....

Address: .....

Phone: .....

## WHEN GOD MADE MUMS

By the time the Lord made mothers, he was into his sixth day of working overtime. An Angel appeared and said "Why are you spending so much time on this one?" And the Lord answered and said, "Have you seen the spec sheet on her? She has to be completely washable, but not all plastic, have 200 movable parts, all replaceable, run on black coffee and leftovers, have a lap that can hold three children at one time and that disappears when she stands up, have a kiss that can cure anything from a scraped knee to a broken heart, and have six pairs of hands."

The Angel was astounded at the requirements for this one. "Six pairs of hands! No Way!", said the Angel. The Lord replied, "Oh, it's not the hands that are the problem. It's the three pairs of eyes that mothers must have!" "And that's just on the standard model?", the Angel asked. The Lord nodded in agreement, "Yep, one pair of eyes are to see through the closed door as she asks her children what they are doing, even though she already knows. Another pair in the back of her head are to see what she needs to know even though no one thinks she can. And the third pair are here in the front of her head. They are for looking at an errant child and saying that she understands and loves him or her without even saying a single word." The Angel tried to stop the Lord. "This is too much work for one day, wait until tomorrow to finish." "But I can't!", the Lord protested, "I am so close to finishing this creation that is so close to my own heart. She already heals herself when she is sick AND can feed a family of six on a pound of hamburger and can get a nine year old to stand in the shower!"

The Angel moved closer and touched the woman. "But you have made her so soft, Lord." "She is soft", the Lord agreed, "but I have also made her tough. You have no idea what she can endure or accomplish." "Will she be able to think?", asked the Angel. The Lord replied, "Not only will she be able to think, she will be able to reason, and negotiate." The Angel then noticed something and reached out and touched the woman's cheek. "Oops, it looks like you have a leak with this model. I told you that you were trying to put too much into this one." "That's not a leak", the Lord objected, "That's a tear!" "What's the tear for?", the Angel asked. The Lord said, "The tear is her way of expressing her joy, her sorrow, her disappointment, her pain, her loneliness, her grief, and her pride." The Angel was impressed. "You are a genius, Lord. You thought of everything. WOMEN are truly amazing!"

## CIRCLE OF HOPE

If I had my child to raise all over again, I'd build self-esteem first, and the house later. I'd finger-paint more, and point the finger less. I would do less correcting and more connecting. I'd take my eyes off my watch and watch with my eyes. I would care to know less and know to care more. I'd take more hikes and fly more kites. I'd stop playing serious, and seriously play. I would run through more fields and gaze at more stars. I'd do more hugging and less tugging. I'd see the oak tree in the acorn more often. I would be firm less often, and affirm much more. I'd model less about the love of power and more about the power of love.



# Editorial...

Hello again.

I hope this month's magazine gives you lots of laughs and information. With both Midwives and Mothers Day this month it's an important month for us ladies so I hope you enjoy the tributes to all the special women in our lives!

Things to note this month:

\* Page 7 has details of our second Parenting Information Day. Those who came along last time will I'm sure agree it was a great day and we are hoping for a repeat this time. A very warm welcome to members, non-members, friends and families.

\* The Coming Events page on Page 4 has the details of an upcoming Guest Speaker for the Immunisation Awareness Support Group. A Classical Homeopath will be discussing Homeopathic Remedies for Childhood Diseases.

Other news from the Core Group: We are now in the final stages of acquiring some items to sell as fundraising - keep a look-out soon for our bumper stickers, adults and children's t-shirts and handmade (by the Core Group!) calico carry bags! Your support will not only help us out with fundraising but the homebirth logos will provide much needed homebirth PR.

Finally I'm once again on the look-out for Birth Stories - those who send them to me will be the first to receive a complimentary copy of our "Home Birth Naturally" bumper stickers - so get writing!

Until next month - Happy Homebirthing

Sheryl Wright  
"Srathcroft"  
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e-mail: dew.sm.wright@xtra.co.nz  
my webpage: <http://mysite.xtra.co.nz/~wright>



# COMING EVENTS

May to June

Please note these dates on your Calendar



**WHBA Core Group Meeting: Monday 15 May, 7.30pm** Parents Place, 4 Little London Lane. Contact Gabi Klapka ph 855-6718 for the agenda.

**ALL MEMBERS INVITED TO ATTEND.**

**Immunisation Awareness Support Group: Monday 29 May, 7.30pm** Parents Place, 4 Little London Lane. **Guest Speaker: Classical Homeopath, Topic: Homeopathic Remedies for Childhood Diseases**, eg. Measles, Mumps, Rubella, Chicken Pox, Whooping Cough. **Gold coin donation.** Contact Clare Shallcross ph 855-6997 or Joanne Hodgson 855-7742 if you have any queries. "For an Informed Choice" tapes – two copies are available to borrow from the WHBA Library.

**Home Birthers' Coffee Morning: Thursday 25 May, 10am**, bring a plate and share morning tea at 28 Claudelands Rd. Bring your babies and toddlers. Welcome to all members. Contact Clare Shallcross ph 855-6997.

**Cambridge Home Birth Support Group: Tuesday 6 June, 10am** bring a plate and share morning tea at 1 Pepys Place. Bring your babies and toddlers. Contact Tania Bullick ph 827-5165 or Vanessa McColl ph 827-4516. Welcome to all members. **Meeting regularly on the first Tuesday of the month.**

**Te Awamutu Home Birth Support Group: Monday 12 June, 10am** bring a plate and share morning tea. Contact Karene Clark ph 07 871-9114 for details of the address. Welcome to all members. Small library available. **Meeting first Monday of the month, note variation due to Queens Birthday weekend.**


**Preparation for Birth Classes: Dates and times for series to be confirmed.** Contact Dianne De Estena ph 854-9686

**Raglan Preparation for Birth Classes:** Contact Adele Buckton ph 825-8942 for dates.

**Pregnancy Yoga and Relaxation Classes: Thursday evenings, 5.30pm**, at the St Andrews Church Centre, 6 Te Aroha St. Contact Hannah Mae ph 856-0221

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

\*\*\*\*\*  
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us !!!  
\*\*\*\*\*



## MATERNITY FASHION

A variety of labels to include

- Work Wear
- Casual Wear
- Formal Wear

Work room open every Thursday 9.30 am to 12 pm  
Outside these hours please phone first  
Phone (07) 888 5099  
7 Barnard St Matamata

Judith Hallis

# PIXI FOTO

**\*\* Special Offer for WHBA Members \*\***

Please present this voucher when bringing your child / family along to Pixi Fotos and receive a special sitting at the reduced price of only \$5 and receive a 13" x 10" portrait valued at \$45  
**\*ABSOLUTELY FREE\***

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Special Conditions: Not Valid with any other PixiFoto Offer. A person may not appear in two special offers. Minors under 18 must be accompanied by a parent or guardian. Offer limited to one 13"x10" portrait per family. Coupon Expires 31/12/00





# Rimu Herbs

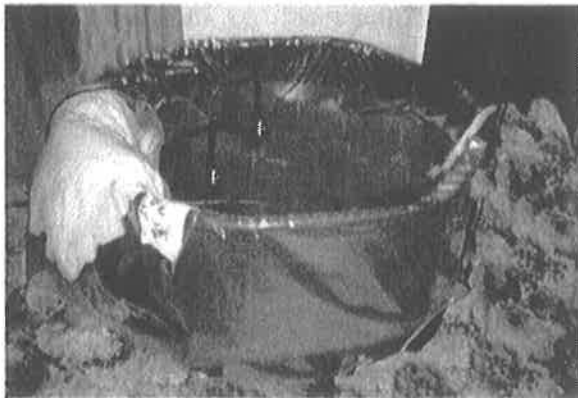
**Paulette Whitford  
Medical Herbalist**

Herbal Consultation available. A consultation is one hour, where an in-depth health discussion and nutritional assessment is taken. A herbal formula will then be prepared and specific approaches will be discussed for your needs.

- ☼ Women's and Children's Health a speciality
- ☼ Herbal medicine is self-empowering. Clients play an active role in their healing process
- ☼ A wide range of herbal products - Creams, ointments, medicines and teas

**Phone Paulette on (07) 847 7033**

**Did you know the WHBA has Birth Pools available for Hire ??**



**Above: Picture of one of our pools filled and waiting !!**

- ♦ Safe and Natural
- ♦ Lightweight Construction - tubular plastic frame with vinyl liner
- ♦ Comes in carry bag - very easy to transport
- ♦ Pool Frame easily assembled in 10 minutes
- ♦ Comes with:
  - full instructions
  - your own disposable liner
  - hoses for filling / emptying
  - electric heating elements

**For bookings or more information contact:  
Glennise Head 846 4925 or  
Belinda Beetham (07) 823 2902**



# BIRTH NOTICES



On	these parents:	had a:	named:	where:	Attended By:
12/4/00	Gwendina Storer & Karl Tilby	Daughter	Stasia	Hamilton	Paulette/ Gabi
14/4/00	Michelle Smylie & Steve Pottage	Daughter	Ruby- Estelle	Te Awamutu	Lyn McC
24/4/00	Danielle Todd	Son		Hamilton	Hannah/ Renee
25/4/00	Selina & Glenn Patching	Daughter	Amelia	Te Awamutu	Lyn McC
4/5/00	Jo & Claude Smythe	Daughter	Abby	Hamilton	Paulette

## THE RESCUING HUG

This is a picture from an article called the "The Rescuing Hug" The article details the first weeks of a set of twins. Apparently, each were in their respective incubators and one was not expected to live. A hospital nurse fought against the hospital rules and placed the babies in one incubator. When they were placed together the healthier of the two threw an arm over her sister in an endearing embrace. The smaller baby's heart rate stabilised and her temperature rose to normal. Let us not forget to embrace those whom we love.

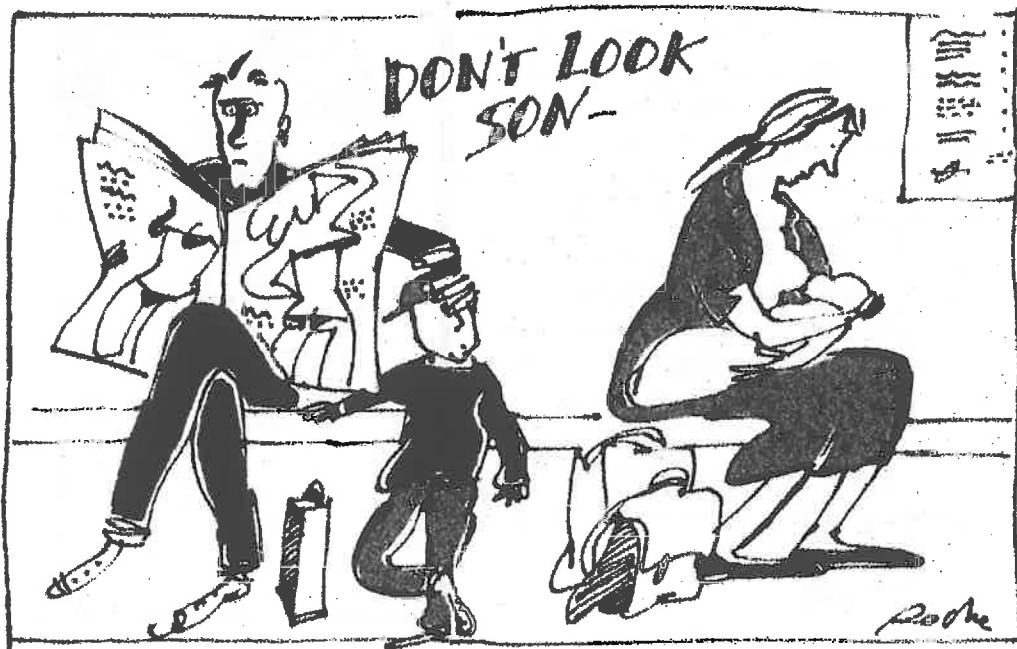




# PARENTS PLACE UPDATE

**Volunteers Day:** Sunday 28 May, 1–3pm. Thankyou to existing volunteers and a welcome to new/potential volunteers to see what the job entails. Parents Place at 4 Little London Lane has a vast collection of pregnancy, birth and parenting information to share with you. **Any Questions Please Phone 838 2229** Due to lack of support to person Parents Place, the hours it is open have been reduced to 11am to 1pm Monday to Friday. 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 Aimee Waghorn 855 8303 or 838 2229.**

**Fundraising:** 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.**



## ANNOUNCING: THREE NEW BIRTH VIDEOS IN OUR LIBRARY !!!!



These three vidoes have been added to our Home Birth Library. We have several tapes and each tape has a copy of all three videos. Why not check them out?

### WATER & BIRTH

by Janet Balaskas

This video was produced for parents and midwives interested in using a waterpool for labour and birth. Modern maternity practices are changing. Today more women are seeking to avoid the routine "high tech" approach and are using natural and active methods. For many, this means deliberately choosing to labour and give birth in or near water. Introducing a deep pool of warm water to the birthing room is a way to make labours shorter, easier and more comfortable. It increases the mothers sense of privacy and helps to make the babies entry into the world gentle and free from trauma, whether the birth occurs in or beside the pool. The benefits of water are now being widely recognised and birth pools are to be found in increasing numbers of hospitals and can be hired easily and installed at home.

### GENTLE BIRTH CHOICES

- Brilliantly demonstrates the power of women during childbirth
- Dispels commonly held beliefs about waterbirth, midwives, vaginal birth after caesarean, birth centers and circumcision.
- Answers questions that all couples have about birth
- Boldly states that women need to be in charge of their birth experience
- Beautifully reveals the magic and the mystery of birth through the experiences of six women actually giving birth where and how they choose (standing, squatting, waterbirth, homebirth)

### GIVING BIRTH: CHALLENGES & CHOICES

by Suzanne Arms

This video shows what is possible for 95% of mothers and babies - who can, and should - birth normally. In this ethnically diverse video you will ...

SEE a completely natural birth attended by a licensed midwife

HEAR from OB's about current scientific research on the benefits and risks of common medical intervention and the body's own wisdom

LEARN about effective and safe alternatives to drugs and anaesthesia, natural labour aids, the psycho-spiritual dimensions of births, and the difference between the medical management and midwifery care models.

DISCOVER how to minimise fear and pain, and the problems they cause in birth.

## You Can Breastfeed Anywhere by Laurie Coker

(Poetry to the "tune" of Green Eggs & Ham.)

You may breastfeed in a store,  
on the floor, in a roar.

You may breastfeed in a jam,  
eating fried green eggs and ham.  
You may breastfeed on the stair.  
You may breastfeed anywhere!

Your baby can latch on in a swing,  
on the wing, in a ring.  
He can latch on in a car,  
where you are, at the barre.  
She can latch on in a storm,  
on the farm: that's her charm.  
She can latch on in a train,  
on a plane, without pain.  
They can latch on to a rhyme.  
They can latch on any time.

You can nurse Jane or Joe.  
You can nurse Clyde or Moe.  
you can nurse Betty or Sallie.  
you can nurse at a political rally.  
You can nurse any time, anywhere.  
You can nurse clothed or bare.  
You can nurse unshaved of hair.  
You can nurse Tim, Tony or Tom.  
Who can nurse? Any mom!



### Quote of the Month:

**"I had the overwhelming feeling that what we needed  
to do was nothing."**

**-Elizabeth von der Ahe, midwife**

## W.H.B.A PARENTING INFORMATION AND SUPPORT AFTERNOONS

### Session Two 2000: Parenting

**Saturday 27th May, 12.30 - 3.30 pm**  
**Parents Place, 4 Little London Lane,**  
**Hamilton**

#### Timetable:

#### **Start Time:**

12.30pm

1.30pm

2.30pm

2.45

#### **Topic/Speaker:**

**Kiwi Baby Massage**  
- Sport Waikato

**Parenting Styles**  
- Sally Carrick

**Afternoon Tea Break**

#### **Practical Parenting Skills:**

- \* Nappy Choices
- \* Coping Skills (eg crying, teething, wind etc)
- \* First Foods
- \* Role of Parents
- Discussions and Demonstrations by Belinda Beetham (Homebirth Midwife) and other Home Birth Mums.

**For more information please contact Dianne on 854 9686  
or Glennise on 846 4925**



# BIRTH STORY



## The Texas Homebirth of Phillip

After being disappointed with my first birth in the hospital, I knew I wanted to have my second baby at home. It took several months into the pregnancy to persuade my husband, John, to let me contact a midwife for a home birth. I found Michelle, the only direct entry midwife in my area. She calculated my due date to be Feb 2, 2000.

February 2nd came and went with no baby. I was having Braxton-Hicks contractions every day, and would wake up thinking, "Today is the day." On February 12th my 12 month old woke up screaming with an ear and eye infection. I took him to the pediatrician's office. On the way home, I felt a very real, but light contraction.

About 90 minutes later I felt another one. I told my husband I might be in early labor, but doubted the baby would be born that day. Over the afternoon, the contractions kept getting closer together, but were still at least an hour apart. I called my midwife, and she told me to call her before I went to bed to let her know what was going on. I called my mom and told her she may want to drive up, since she lives two and a half hours away.

Around 7:30, my contractions got stronger. I ate dinner, and my mother-in-law came and got my 12 month old to keep for the night. I called Michelle and told her I could no longer walk through the contractions. She said she would take a bath and get dressed, and then come over. I decided to take a bath, too. My contractions were about 15 minutes apart.

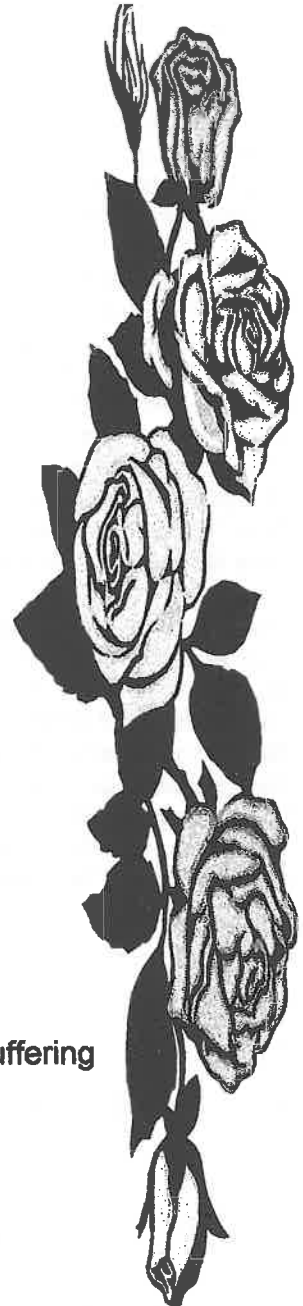
Around nine o' clock I got out of the bath, slipped on a t- shirt, and got in bed. I figured I would be in labor all night, so I wanted to get a little rest. My contractions were less than ten minutes apart, but still very bearable as long as I concentrated on them. Michelle arrived with an assistant named Sue. She checked all my vital signs, the baby's heartbeat, and then checked my dilation. I was already at nine cm!! She said, "You'll be having a baby any time now!"

IN CELEBRATION OF MIDWIVES DAY - MAY 5TH:

"EVERYTHING I NEEDED TO KNOW ABOUT LIFE, I LEARNED FROM MY MIDWIFE. . ."

- breathe
- keep moving
- touching helps
- move!
- relax
- strong contractions are good contractions
- standing on your own two feet can make you feel stronger
- smooch
- smile
- say "Yes" to progress
- women are amazing
- home is safe
- you are more powerful than you ever knew
- touching is pain relief
- laugh
- life is a miracle
- breathe some more
- its OK to be afraid
- strength comes from experiencing life fully
- cooperate with yourself
- accept necessary suffering to avoid unnecessary suffering
- welcome your baby
- someone believes in you
- you are loved

(No author named)







## Does SIDS Have a Caffeine Connection?



Consuming large amounts of caffeine during pregnancy could possibly be associated with an increased risk of sudden infant death syndrome (SIDS). The New Zealand Cot Death Study, conducted from 1987 through 1990, interviewed by questionnaire the mothers of 393 infants who died of SIDS and 1,592 mothers with control, non-SIDS babies. Caffeine consumption was estimated for the first and third trimesters by the mothers' recollections of how many cups of coffee or tea or glasses of cola they consumed. Information was also requested on a host of other subjects, including family smoking habits and infant feeding methods.

Significantly more infants whose mothers consumed large amounts of caffeine throughout pregnancy died from SIDS than infants whose mothers consumed less caffeine during pregnancy. This relationship was evident even after adjusting for many variables that may have affected the analysis. A large amount of caffeine was identified as the equivalent of four or more cups of coffee each day. No association between caffeine consumption and SIDS was found for the infants of mothers who drank three or fewer cups per day. No difference was seen between those drinking no caffeine and those drinking moderate amounts of caffeine. The highest risk was for mothers who were heavy caffeine drinkers throughout pregnancy. Caffeine is known to affect the respiratory patterns of newborns. It is possible that the developing respiratory regulation centers in the brain of the fetus could be affected by heavy caffeine exposure.

**What This Means to You:** High maternal caffeine intake has been associated with low birth weight and spontaneous abortion in some studies. This study, which suggests a possible relationship between caffeine intake and SIDS, may be another reason to limit intake of caffeine during pregnancy. Speak with your caregiver about this and other health and nutrition recommendations.

Source: Archives of Disease in Childhood, January 1998

I got out of bed and sat on the toilet while Michelle and Sue remade the bed with a plastic sheet under the sheet. I had a bloody show and a slight urge to push. I got back into bed propped up with some pillows and talked and joked with Michelle and Sue between contractions. My husband sat by quietly and answered the phone a few times. I was very calm and relaxed and the contractions never seemed very painful.

Michelle suggested I push a little if I felt like it to break my water. At 11:00, my water broke. Michelle checked the baby's heart beat and it had dropped, so she told me to start pushing. I pushed as hard as I could, and kept thinking I wasn't pushing hard enough. Everyone was encouraging me, and telling me how well I was doing. When his head crowned Sue applied warm compresses to ease the burning and Michelle supported my perineum as I pushed his head out. He was born at 11:08, just 8 minutes after I really began pushing. I had only a small tear where my episiotomy scar is, and Michelle said it would heal fine without stitching.

Phillip's color was uneven and he was breathing hard. Michelle wrapped him in a towel and laid him on my chest. Within 5 minutes, he was breathing normally and his color was pink all over. I pushed out the placenta, while Sue helped me begin breastfeeding him.

My mother came over and her and John held him while I got cleaned up and changed in to some clean clothes. I was exhausted, so I decided to go to bed. We put Phillip in the crib and John and I went to sleep. I woke up at 6:00 am and put him in bed with us. I breastfed him and held him for a while before going back to sleep. That day our families came over to see him. And his big brother came home and got to see him for the first time.

John and I plan to have another baby in a few years. I will definitely plan another homebirth. In the mean time, I am going to study to become a midwife.

- Lauren

**"We are only now discovering the long-term destructive effect on human beings and families of treating women as if they were merely containers, to be opened and relieved of their contents; and of concentrating attention on a bag of muscle and a birth canal, rather than relating to, and caring for, the person to whom they belong."**

**-Sheila Kitzinger**



## FOLIC ACID MAY CUT MISCARRIAGE RISK



NEW YORK (Reuters Health- April 4 2000) " While folic acid supplements are already known to protect against certain birth defects, new research suggests that the essential B vitamin may also cut the risk for early miscarriage.

Although no clinical trials have been conducted to support this idea, researchers in the Netherlands have found that women who have low levels of folate, the byproduct of folic acid that is found in the blood, are more likely to miscarry than those with higher levels.

In the new study, investigators compared 123 women who had had at least two miscarriages with 104 women who did not. None of the women took supplements of folic acid during pregnancy.

Those women who had suffered at least two early miscarriages showed lower levels of folate, compared with women who had never miscarried, Dr. Willianne Nelen and colleagues at the University Hospital Nijmegen St. Radboud, report in the April issue of Obstetrics and Gynecology.

The research team also found that women who had had three or more pregnancy losses had lower folate concentrations than those who had had two miscarriages. In addition, miscarriage risk was also linked to higher blood levels of homocysteine, an amino acid linked with heart disease and other health problems.

High levels of folate are known to reduce blood levels of homocysteine. These findings, Nelen and colleagues note, suggest that high folate concentrations may protect against recurrent miscarriages.

Vital to red blood cell production, folate has also been found to help prevent birth defects of the brain and spinal cord, such as spina bifida.

Because such defects occur in the first weeks of pregnancy, women are advised to take folic acid supplements throughout their childbearing years.

According to the March of Dimes, women should take 0.4 milligrams (400 micrograms) of folic acid daily, in addition to the amount they get in foods like orange juice, whole grains, beans, and leafy green vegetables. Folic acid needs increase during pregnancy.

In animal studies, Nelen's team notes, folic acid supplements have improved survival of fetuses past early gestation. Whether the vitamin can do the same in humans awaits evidence from controlled clinical trials.

SOURCE: Obstetrics and Gynecology 2000;95:519-524.



HAPPY MOTHERS DAY: 14TH MAY 2000

Here's what she said to me....



All of us, no matter how old, are guided by things our mother said – probably many times and often in moments of exasperation. "I often open my mouth and am startled when I hear my mother talking" says one American columnist. When I was a little girl ... I'd say (under my breath) "I'll never be like her or say things like that" And when I would get the courage to say "You're mean, I don't like you", she'd say "You don't have to like me, I'm your mother!" Whether we cherish these peculiar "mother cliches" or try to bury them they are part of us. Here are some examples of mother speak....

- I'm going to give you until the count of three.
- Who do you think you are?
- If I catch you doing that one more time....
- You had better wipe that smile off your face before I do it for you.
- Don't use that tone with me.
- Some day your face will freeze like that
- Look at me when I'm talking to you
- How many times do I have to tell you....
- Were you born in a tent?
- Don't put that in your mouth, you don't know where its been
- Why? Because I said so
- Don't you roll your eyes at me
- If you stick your tongue out again it will fall out
- Who do you think you are, the Queen of Sheba?
- Eddie, Timmy, Harry, David, whatever your name is....
- I'm not your maid
- You will always get in more trouble for lying than if you told the truth to begin with and I can always tell when you are lying
- If I didn't love you I wouldn't pick o you
- I'll treat you like an adult when you start acting like one
- You won't be happy until you break that, will you?
- I don't care who started it
- Don't make me tell you again
- Stop crying before I give you something to cry about
- Life isn't fair
- I'm not here to entertain you
- Somebody's gonna end up crying
- You don't want to clean your room, you don't have to want to.
- AFTER you clean your room, make your bed, brush your teeth and comb your hair, THEN you can go out to play.
- Act your age
- If you can't say something nice, don't say anything at all.
- I hope someday you have children just like you.
- Don't talk with your mouth full
- I'm not just talking to hear the sound of my own voice
- Shut your mouth and eat
- So it's raining, you won't melt.
- Don't sit too close to the television it will ruin your eyes
- (On threatening to run away) I'll help you pack....write if you get work.
- If you don't eat your dinner you won't get any pudding.