

Waikato Home Birth Association Inc. Newsmagazine 2002

Maggie Banks  
Te Awa Rd  
RD 3  
HAMILTON

Expiry: 12/02

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

**WHBA ANNUAL GENERAL MEETING**

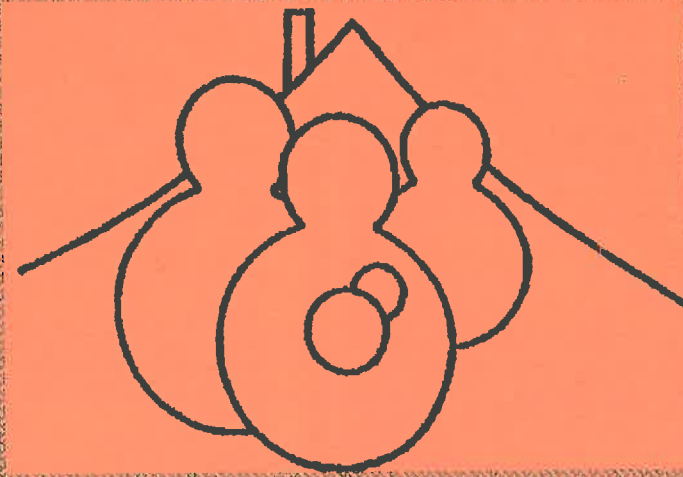
**Monday, 17th June at 7.30 pm**  
**Parents Place - Little London Lane, Hamilton**  
**Phone Clare on (07) 8556-997 for details.**

**\* ALL WELCOME \***

Waikato Home Birth  
Association Inc.

# Newsmagazine

JUNE  
2002





## WAIKATO HOME BIRTH ASSOCIATION

P O Box 15 043, Hamilton

<http://www.homebirth.org.nz>

### CORE GROUP CONTACTS:

Name:	Phone:	e-mail:	Position:
VACANT POSITION			Secretary
Carol Churchouse	829 8182	churchouse.family@xtra.co.nz	Magazine Editor
Jo Simpson	8469226	jopiripewiremu@xtra.co.nz	Birth Prep Classes
Glennise Head	846-4925	mggmhead@xtra.co.nz	Treasurer
Joanne Ridder	847 4987	geoff.ridder@xtra.co.nz	Mailing List Co-ordinator
Clare Shallcross	855 6997	shallcross@wave.co.nz	Co-ordinator & Immunisation Awareness Support Group
Sheryl Wright	(07) 828 8226	cyberbirth@paradise.net.nz	Web Page

**LIBRARY:** The WHBA Library is now located at "Parents Place" 4 Little London Lane, Hamilton Ph 838-2229. Parents place is open for the toy library and therefore access to our library is also available. Tuesday 9.30am - 11.30am, Thursday 6.30pm - 8.30pm & Saturday 9.30am - 11.30am 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:**

Carol Churchouse  
2180 Kakarama Road  
Hamilton, RD 10  
Phone 829 8182

e-mail: churchouse.family@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 Carol Ph 829 8182

**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.

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

-- ✂ -----

### 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) \$ .....

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Cheque Enclosed for \$ .....

Name: .....

Address: .....

Phone: .....

# THE LAST LAUGH CORNER ....

## Career Opportunity...?

**POSITION:** Parent

### **JOB DESCRIPTION:**

Long-term team players needed for challenging permanent work in an often chaotic environment. Candidates must possess excellent communication and organizational skills and be willing to work variable hours, which will include evenings and weekends and frequent 24 hour shifts on call. Some overnight travel required, including trips to primitive camping sites on rainy weekends and endless sports tournaments in far away cities. Travel expenses not reimbursed. Extensive courier duties also required.

### **RESPONSIBILITIES:**

For the rest of your life.

Must be willing to be hated at least temporarily, until someone needs \$5.

Must be willing to bite tongue repeatedly.

Also, must possess the physical stamina of a pack mule and be able to go from zero to 60 mph in three seconds flat in case, this time, the screams from the backyard are not someone just crying wolf.

Must be willing to face stimulating technical challenges, such as small gadget repair, mysteriously sluggish toilets and stuck zippers.

Must screen phone calls, maintain calendars and coordinate production of multiple homework projects.

Must have ability to plan and organize social gatherings for clients of all ages and mental outlooks.

Must be willing to be indispensable one minute, an embarrassment the next.

Must handle assembly and product safety testing of a half million cheap, plastic toys and battery operated devices. Must always hope for the best but be prepared for the worst.

Must assume final, complete accountability for the quality of the end product. Responsibilities also include floor maintenance and janitorial work throughout the facility.

### **POSSIBILITY FOR ADVANCEMENT AND PROMOTION:**

Virtually none. Your job is to remain in the same position for years, without complaining, constantly retraining and updating your skills, so that those in your charge can ultimately surpass you.

### **PREVIOUS EXPERIENCE:**

None required, unfortunately. On-the-job training offered on a continually exhausting basis.

### **WAGES AND COMPENSATION:**

You pay them! Offering frequent raises and bonuses. A balloon payment is due when they turn 18 because of the assumption that college will help them become financially independent. When you die, you give them whatever is left. The oddest thing about this reverse-salary scheme is that you actually enjoy it and wish you could only do more.

### **BENEFITS:**

While no health or dental insurance, no pension, no tuition reimbursement, no paid holidays and no stock options are offered; this job supplies limitless opportunities for personal growth and free hugs for life if you play your cards right.

# Editorial...

Hello to all you wonderful people.

June! Winter! Say no more!

We have an exciting newsmagazine this month - we are very privileged to have **two** absolutely beautiful birth stories. Thank you so much to Angie Fisher and Shelina Somani-Pene for taking the time out of your busy lives to write these for us. Also, thank you Shelina for your new family photo.

June is always our A.G.M month (remember our big add for this in the May Newsmagazine). Please do come along - I know I am harping on, but try and make the time to join us.

I have again had a pretty full on last month, but we are off for a little holiday soon to the South Island and are so looking forward to this. Yes, I know it will be cold (especially in cabins!!), but what an adventure it shall be. We also have a family wedding - in the metropolis of Dannevirke of all places (I was actually born in that very important place!). So lots happening in the Churchouse family over June.

I hope you all have a neat June also, my warmest congratulations to the lucky families who have birthed new babies in the last month. Well done and may you get so much joy from your precious new babies.

Take care, Carol

PS: Don't forget to send me through any articles, birthstories, etc, etc. Thank you so much to those who do this!!





# COMING EVENTS



Please note these dates on your Calendar

**WHBA Annual General Meeting: Monday 17 June, 7.30pm at**  
Parents Place, 4 Little London Lane.

Contact Clare Shallcross 855-6997 for agenda.

**ALL MEMBERS INVITED TO ATTEND.**

**Immunisation Awareness Support Group: Thursday 27 June, 10am**, bring a plate and share morning tea at 8 Shelley Jane Place. Contact Clare Shallcross ph 855-6997 if you have any queries. "For an Informed Choice" tapes – two copies are available to borrow from the WHBA Library.

**Home Birthers' Coffee Morning: Monday 10 June, 10am**, bring a plate and share morning tea at 225 Killarney Rd. Contact Liz Brownlie ph 847-7433.  
**Thursday 27 June, 10am**, bring a plate and share morning tea at 8 Shelley Jane Place. Contact Kim Henneker ph 846-1967 or Clare Shallcross ph 855-6997. Bring your children. Welcome to all members.

**Cambridge Home Birth Support Group: Monday 24 June, 10am**, bring a plate and share morning tea at 1 Pepys Place.  
Contact Tania Bullick ph 827-5165. Welcome to all members.

**Te Awamutu Home Birth Support Group:** Small library available. Contact Karene Clark ph 07 871-9114.

**Preparation for Birth Classes:** Series begins **Tuesday 13 August, 7-9pm** for 6 weeks at Parents Place, 4 Little London Lane.  
Contact Jo Simpson ph 846-9226.

**Pregnancy Yoga and Relaxation Classes – Monday 1.30pm or Thursday 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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Phone 04-5650301 Fax 04-5653494 email [helen@natural-choice.co.nz](mailto:helen@natural-choice.co.nz)

## YOGA AND RELAXATION CLASSES FOR PREGNANT WOMEN

The use and practice of Yoga in pregnancy offers many advantages to protect and nurture your pregnancy and growth into motherhood as well as providing strength and calmness towards labour and birthing. Other benefits of developing focus and concentration, increasing power and vitality, and deepening your relaxation are gained through regular Yoga practice. Come and join our group to aid in relearning openness and gain acceptance to the process your body and emotions are experiencing along with the enjoyment of a more central connection with your body and your baby.

**Classes:** Every **Monday** 1.30 – 3pm (Room 1)  
Every **Thursday** 5.30 to 7.00 pm (Lounge)

**Venue:** St Andrews Church Centre, 6 Te Aroha Street, HAMILTON

**Cost:** \$5.00 per class or  
\$8.00 per week if attending both Monday and Thursday

**Facilitator:** Hannah Mae (Homebirth Midwife) Phone: 856 0221



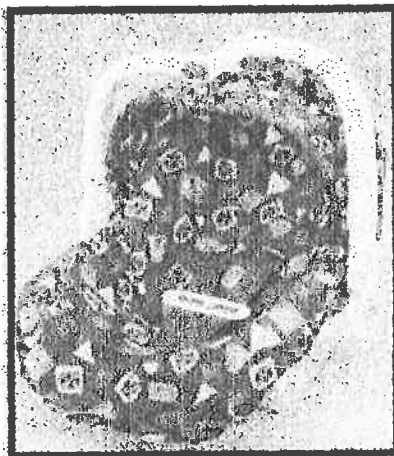
# BIRTH NOTICES



## BIRTH NOTICES

On	these parents:	had a:	named:	where:	Attended By
01/05/02	Elizabeth & Foster Kalma	Son	Samuel	Waitoa.	Jenny/Heather
04/05/02	Dianne Wallace & Pat	Son	Justin	Hamilton	Heather
09/05/02	Kara Brown & Steve Kowald	Daughter	Chavaun	Hamilton	Lyn S/Les/Koha
10/05/02	Emma Pearson & Matt Dudson	Son	Dagan	Hamilton	Jo/Jenny
13/05/02	Shelina & Doug Pene	Son	Zavien	Hamilton	Lyn McC
16/05/02	Rania Wharawhara & Ben Muriwai	Son	Te Aonui	Hamilton	Heather
17/05/02	Karen & Aaron Mooar	Daughter	Adi-Grace	Raglan	Jo/Hannah
18/05/02	Vicki & Justin Sonnenberg	Son	James	Ngaruawahia	Lyn S/Les/Koha
24/05/02	Camelia & Wayne Haenga	Son		Raglan	Karene/Theresa
25/05/02	Kirsten Graham	Son	Te Whao	Raglan	Lyn S/Les/Jessica
28/05/02	Danielle & Jason Todd	Son		Hamilton	Hannah/Kelly
29/05/02	Jenna Moetu & Nailah Smith	Daughter	Jael	Hamilton	Jo/Hannah
01/06/02	Candid Lecourtois & Steve Reid	Son	Sky	Ngahinapouri	Hannah

## BABY-ON-THE-MOVE



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**Annual General Meeting**  
**Monday 17<sup>th</sup> June**  
**7.30pm**  
**Parents Place**  
**4 Little London Lane**  
**All welcome**



# BIRTH STORY

## The beautiful Home Birth of ... ZAVIEN DOUGLAS RIYAZ PENE

I was always one of those people who thought there was no way I would have a child if I had to go through the pain of labour, even though I loved children. It wasn't until I was at a birthday party and I met a midwife by the name of Lyn McCroskery. Lyn and I chatted and one thing led to another and we got onto the subject of birth. I explained to Lyn my reservations on the subject and that I could not handle pain and I was a wimp when it came to things like that.

I also remember telling Lyn that I would have every drug possible if I got pregnant, to reduce the pain. At that stage home birth would be a no no!

Lyn explained to me that labour would not be a constant pain and there would be intervals in between contractions. Well Lyn I did not even really know you a few years ago but whatever you said stuck and gave me the courage and strength to have our beautiful son Zavien. So thank you! And what a little treasure he is.

When I fell pregnant with Zavien it was the best feeling ever. Doug and I were thrilled and could not believe it. The first step was to get a midwife and of course Lyn was our number one choice and yes we were so lucky she took us on.

Our next decision was our birth plan. Doug and I both felt that it was right to have Zavien at home. We both don't really like hospitals and felt that it would be nice to have Zavien enter this world with peace and harmony in a loving family environment. A few people thought we



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We have a large fenced play area, complete with TV/Video, so you can enjoy your coffee in peace.

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**Kerry Mitchell**

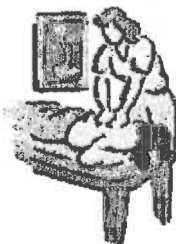
**Dip. Natural Therapies.**

**MMINZI**

## **Pregnancy Massage**

### **The Benefits of Massage during Pregnancy.**

- By promoting circulation, massage eases the load on mum's heart and helps to keep her blood pressure in check.
- Muscular discomforts, such as cramping, stiffness, tension, and knots, can all be alleviated.
- It relaxes tense muscles and tones loose muscles.
- Massage can help relieve depression or anxiety caused by hormonal changes mum is experiencing.



**15% Discount for all Home Birth Association members.**

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**Ph: (07) 855 8839**

were crazy – A home birth? Water birth? You've got to be joking! What if something goes wrong? This did not bother us in the slightest as we felt 100% confident with our choices and also in our midwife Lyn and our support people Donamia and Judy.

It's funny, the more people gave their opinions the more Doug and I made our own informed choices. This led to me gaining a lot of knowledge through reading various books and articles. This also helped us to make the decision to breastfeed Zavien (yes you got it – I would never have been one to breastfeed!). Well, people passed comment on that one too!

Now for the birth. Zavien was due on Monday 20<sup>th</sup> May 2002, however this was not to be. On Sunday, May 5, 2000 at 1 am I awoke not feeling very comfortable, but at this stage I had no idea that I was about to go into labour. I sat half upright on the sofa and then Doug got up at about 2.15 am and that's when my legs just started to shake. I was more worried that something was wrong rather than being in labour.

Doug and I decided it was time to phone our support person July who has had two home births herself. I spoke to July to ask her whether I could be in labour but we were not certain as I could still talk on the phone, so Judy told us to phone Lyn. I was unsure of phoning Lyn as I was worried it might be just a false alarm so from 2.30 – 2.45 am Doug and I monitored my pains which were actually contractions and they seemed to be two minutes apart and I could still not believe it.

Doug insisted we phone Lyn, so he did and I had to put the phone to my ear so Lyn could assess my contractions. Lyn said it sounded like I was in labour so she was on her way. Lyn arrived, we did not have enough time to put the birthpool up, so Doug filled the bath.

Well this was it, Zavien was on his way. The hot bath was so relaxing and helped relieve the contractions. I had a cold ice pack on my forehead – so nice! I spent most of my labour in the bath.

I remember looking at the clock at 5.45 am when I came into the lounge and thinking when are you coming Zavien? Well Zavien arrived at 6.26 am and I know they tell you at the antenatal class that your endorphins will kick in and you're in a world of your own, but I remember thinking at the



time I looked at the clock – where are these endorphins cause I feel so alert and know exactly what is happening around me – I had so many thoughts during my birth and I also remember Lyn asking my support people if Zavien's clothes were ready. Well, when I heard this I knew this little man can't be far away. I also remember the moment I pushed Zavien's head out and the rest of his body just followed – what an experience – I turned around and could not believe it. All I could keep saying was "he's gorgeous".

Doug had tears coming out of his eyes and kissed me as we just looked at Zavien.

Lyn could not believe how thick Zavien's cord was. Doug cut the cord and then held Zavien and then Zavien was checked over and weighed. I felt really good and all I wanted to do was have a shower, get ready for the day and hold Zavien. I fed Zavien and then I got ready. My support people could not believe it.

All I can say is that birth is such a beautiful experience, words cannot express the feelings you get the moment your treasure has arrived into this world. It's about being positive, believing in yourself and if you have the right midwife, support people and a supportive husband, what else do you need.

I would just like to thank our midwife Lyn McCroskery what has been wonderful and Lyn I know Zavien was your last birth while you take a break from midwifery, but you went out with a bang, and what a great job you have done. You are definitely a part of our family and will always be remembered as the one who helped make our informed choice about birth. Hurry back to midwifery – new parents like us need midwives like you.

Also to Judy Somani and Donamia Wils, you both were such good support people and thank you again for your helpfulness. You guys are great!

So this is a birth story coming from someone who thought she would have a hospital birth, epidural and would not breastfeed.

I've learned.... That no one is perfect until you fall in love with them.

I've learned.... That life is tough, but I'm tougher.

I've learned.... That opportunities are never lost; someone will take the ones you miss.

I've learned.... That when you harbor bitterness, happiness will dock elsewhere.

I've learned.... That I wish I could have told my Dad that I love him one more time before he passed away.

I've learned.... That one should keep his words both soft and tender, because tomorrow he may have to eat them.

I've learned.... That a smile is an inexpensive way to improve your looks.

I've learned.... That I can't choose how I feel, but I can choose what I do about it.

I've learned.... That when your newly born grandchild holds your little finger in his little fist, that you're hooked for life.

I've learned.... That everyone wants to live on top of the mountain, but at the happiness and growth occurs while you're climbing it.

I've learned ... That it is best to give advice in only two circumstances; when it is requested and when it is a life threatening situation.

## Increasing Milk Supply:

- Drink at least 2 liters of water daily.
- Brewer's yeast, though reputed to contain oxalic acid (inhibits calcium absorption), is wonderful for helping increase milk supply. Brown rice eaten at some point in the day will block the action of oxalic acid. Two tbsp. brewer's yeast morning and evening is a good amount. Mix it with a drink.
- Borage and oatstraw tea is great and so is lots of fennel.
- Barley water, the cooking water from preparing barley in too much water, and fennel is a wonderful combination for increasing milk supply and tastes really nice.

Raven, Midwifery Today Forums



# WHAT I'VE LEARNT

I've learned.... That just one person saying to me, "You've made my day!" makes my day.

I've learned.... That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

I've learned.... That being kind is more important than being right.

I've learned.... That you should never say no to a gift from a child.

I've learned.... That sometimes all a person needs is a hand to hold and a heart to understand.

I've learned.... That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.

I've learned.... That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

I've learned.... That we should be glad God doesn't give us everything we ask for.

I've learned.... That money doesn't buy class.

I've learned.... That it's those small daily happenings that make life so spectacular.

I've learned... That under everyone's hard shell is someone who wants to be appreciated and loved.

I've learned.... That the Lord didn't do it all in one day. What makes me think I can?

I've learned.... That to ignore the facts does not change the facts.

I've learned.... That when you plan to get even with someone, you are only letting that person continue to hurt you.

I've learned.... That love, not time, heals all wounds.

I've learned.... That the easiest way for me to grow as a person is to surround myself with people smarter than I am.

I've learned.... That everyone you meet deserves to be greeted with a smile.

I've learned.... That there's nothing sweeter than sleeping with your babies and feeling their breath on your cheeks.

Well to you new mums to be, if I can do it, anyone can. Home birth, no pain relief and breast-feeding. Have faith and go with it! Birth is beautiful

Shelina Somani-Pene



## CO-ORDINATORS CORNER

By crickey I thought I'd get on to the co-ordinators report quickly after the meeting this month to make sure everything is still fresh in my mind! Our daytime May meeting had only three of us attend which means we couldn't really "pass" anything but nevertheless we shared lots of information which is then minuted and passed around the core group members and will assist as background info for making decisions at the next meeting. And the next meeting is the AGM on the 11th of June!! It is likely that there will be a larger general business session after the main AGM stuff (reports and voting in of offices etc) due to the small "informal" May meeting. One thing that we will be thinking about is whether to continue with daytime meetings at all as they seem to be more poorly attended at the present. We introduced them thinking that maybe there were many members who could not make evening meetings and would prefer to come in the daytime but perhaps this wasn't the case. Please let me know if you have any feelings on this issue or come to the AGM and let us know.

Righto - on with the issues. We are looking at radio advertising for Home Birth to get our message out there and are currently thinking about deals offered by the two major radio networks in the city. Information about these was presented at the meeting. Advertising of course is not cheap and we are looking at getting a good three month deal for around \$750 - \$1000. At the end of the day - we hope to touch a few more people with the message that homebirth is safe, that we have an excellent home birth association in the Waikato and some wonderful home birth midwives here.

We also had some great information from the gas appliance people about gas caliphonts to heat the birth pools quickly. We have a few options ranging in price from \$400 - \$1000 depending on the speed and capacity we are hoping for. We are hoping that we may be able to hire a couple of the models for the midwives to test out and anticipate a full demonstration on how to use them for the core group and midwives soon.

We will be buying a couple more slings to hire out as we currently only have one and it is in hot demand. Apparently there are a whole swag of different types around so we hope to provide a few different varieties for members to sample.

Well - hope to see some of you at the AGM. One more issue to think about for the AGM is our role in Parents Place. We are currently questioning whether it is worth our while to continue with this - any thoughts?

**On a final note - we had a lovely card from Belinda Beetham our past co-ordinator, secretary, homebirth midwife, core group member and dear friend for many years who has moved to Dunedin who is feeling very homesick. So a special note to her - we miss you too Belinda and send all our love to you.**

Until next month. Lots of love, Clare

## W.H.B.A. FUNDRAISING MERCHANDISE

### T-SHIRTS:

**ADULTS: \$15.00**

**CHILDRENS: \$12.00**

Quality adults 190 gram t-shirts in 100% cotton. Good sizing and of longer length. These are embroidered with the WHBA logo and "Home Birth Naturally".

**Sizes** L, XL, XXL & XXXL. **White, Grey and Black**  
(no black available in L or XXXL)

Children's t-shirts are good quality cotton fabric and these are screen printed with the WHBA logo and "I was born at home" in large print.

<b>Sizes</b>	1	Orange, Red, Lilac, Lime, Aqua and Royal Blue
	2	Aqua, Lemon, Sky Blue, Natural and Red

### CALICO CARRY BAGS:

**\$10.00**

**CALICO CARRY BAGS.** These are strong handmade calico bags which are screen printed on one side with the WHBA logo and "Home Birth Naturally".

**PROFITS:**

**\$4.00 (or 3 for \$10.00)**

**A really nifty gadget!** Ideal for use near the computer, phone, desk, where-ever you have paper/bills/photos that need "propping" up. The are white with the WHBA logo and "A Safe Choice - Homebirth" printed the front.

### BUMPER STICKERS:

**\$2.04**

**BOMPER STICKERS:** As seen on great cars! White background with "Home Birth Naturally" in large purple printing.

**Ordering Information - Please allow up to 21 days for delivery. Postage is 40 cents for bumper stickers and \$1.00 for T-shirts, bags or propts. Please enclose a cheque for payment with your order.**

# WHBA MERCHANDISE ORDER FORM

Please post orders to: Waikato Home Birth Association,  
P O Box 15-043, Dinsdale, Hamilton.



Name: .....

Address: .....

Item Description:	Price	Colour	Size	Quantity	Total
Postage & Handling:					
Total Enclosed:					

very far De suggested I turn around and use her to lean on so Graeme could be free to catch our baby. This sounded like a great idea as I was ready to see our baby.

Once I got into this positive I didn't need hot towels on my back but I did find that one on my perineum was great to give me something to focus the pushing on.

One thing I found is I really had the strongest urge to empty my bowels, but couldn't. When Michelle, who was in front of me with Graeme eagerly awaiting our baby, started to see her, we realised that she was still in her waters as they had not burst yet. This did not really surprise me as I had a feeling that she might be born in her waters "which she was!!".

Graeme caught her with expert grace and passed her to me all intact. Michelle then ripped open the bag and the waters splashed at my feet. Then our little girl took her first breath and looked at me.

We had waited to find out what sex child we were having and we were over the moon to find that we had a daughter. A beautiful six pound girl. We couldn't have been happier.

The birth of our beautiful daughter was everything I had wished for. No stress, just everything was perfect.

Thank you De, Michelle, Graeme, Beck and of course my Mum. With your support it all came so naturally. I am so pleased you shared this wonderful experience with us.

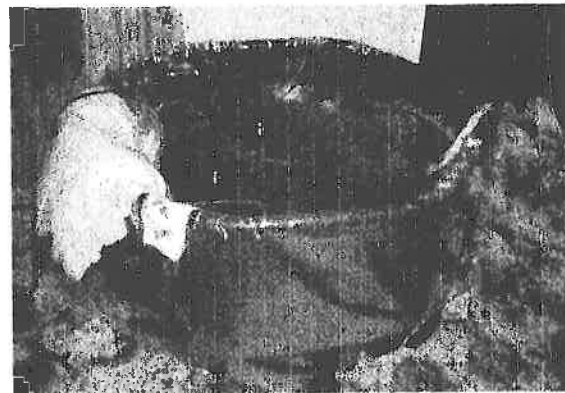
Angie Fisher

### QUOTE OF THE MONTH

Although it takes hard work, a strong and loving relationship shines through in every aspect of life.

# SERVICES FOR MEMBERS ....

## BIRTH POOL 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**

## BABY SLING FOR HIRE

A great way to try out a sling before deciding whether to buy one of your own. Available for Short Term Hire. \$ 5 month. For bookings or more information please contact: Glennise Head 846 4925.



## SIBLING KITS FOR HIRE

The ideal way to prepare your child for a new arrival! Kits include baby doll and basket, several childrens books, the video "A sister for Hugo" and a parents preparation guide. Available for Short Term Hire - \$2 fortnight. For bookings or more information please contact: Clare Shallcross 855 6997.



# BIRTH STORY

**AUTUMN LAUREL FISHER    26/11/2001    7.52 am**

As a first time mum, nothing could have prepared me for what was to come.

My husband and I choose to birth at home as we wished to bring our child into a loving, friendly environment in which our child and I had become comfortable in.

I think the most important tool you can have when having a child is "faith" in yourself and in the universe to take care of everything. Aside from having "faith", it is really important to have strong support and a loving environment with plenty of positive vibes.

It was about 7 am on Sunday the 25<sup>th</sup> when I started established labour. I had been niggly since 6 am that morning and thought I was rather brave then, little did I know it was to get much worse.

There is no doubt that having a baby hurts, but there is no real words that can explain it.

After I had been having contractions every four minutes for over an hour Graeme called my girlfriend and my Mum and gave them the beckoning. They arrived at about ten. We had been keeping contact with De Cleaver (our midwife) via the phone and at about 10.30 I told Graeme that I wanted her to come.

We had also agreed to have a student midwife present (Michelle Keen) with whom we had also clicked with and felt more than comfortable to be there. We had developed quite a loving relationship with De and we had complete and entire faith in her. We both trusted her completely, she is an amazing woman with a passion for pregnant women and their babies.

Michelle also proved to be a wonderfully capable woman, with a very promising future ahead of her. "I thought they were both amazing".

After what seemed like many hours I reached the transition stage. I laboured through this for some four hours. My labour was as I wanted it to be, I had my husband whom was not allowed out of my sight as I felt stronger with him comforting me.

My support crew was great. My girlfriend Beck spent endless hours with her hands in boiling hot water to give me the hot towels that I needed to help me through the painful contractions. We did supply her with two pairs of rubber gloves, but that still didn't stop her getting blisters all over her hands. "Thank you Beck".

My Mum was also an amazing strength to me as there was not much anyone could do as it was my pain to bear, but she just was there giving me kisses and cuddles when she could.

I am quite proud of the fact that I didn't take my pain out on those who were there to help me.

I laboured right through the night. 13 hours it took me to open the present I had been growing inside me for 40 weeks or more.

My husband Graeme was the most loving supportive man any one could ever wish to have. "I love you for being you!".

It was important that I kept up my fluid and food intake.

At one point I had enough and I got up and passed out. As soon as I hit the floor I came to and that seemed to get me going.

It was incredible that my body was letting me sleep between contractions and at one point I was getting ten to twenty minutes rest in-between.

Then the moment I had been waiting for, I started to push before I even realised I was. It had been a long night and all of us were stuffed. But as soon as Dee heard the grunt in my voice she was right there beside me giving me words of encouragement, which I was in need of. After some time of pushing leaning forward over a chair which was getting me not