

Waikato Home Birth Association Inc. Newsmagazine 2003

Maggie Banks
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RD 3
HAMILTON

Expiry: 8/03



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:

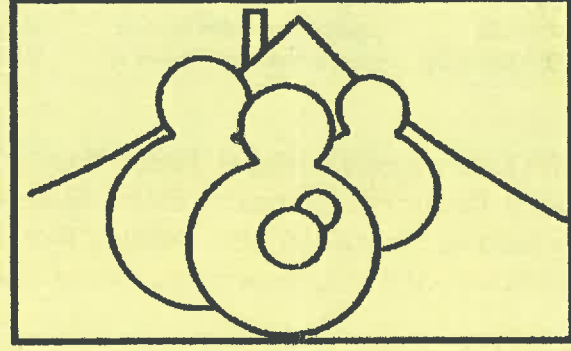
Waikato Home Birth Association Inc.
P O Box 15043
Hamilton

WHBA CORE GROUP MEETING

Sunday 13th April 2003 at 2pm.
Parents Place, Little London Lane, Hamilton
Contact Traceyann May on 07 858 3494 for details
or agenda items.

• **ALL WELCOME** •

Waikato Home Birth Association Inc.



Newsmagazine

APRIL 2003

Home Birth = A Safe Option

WAIKATO HOME BIRTH ASSOCIATION

P O Box 15043, Hamilton

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

CORE GROUP CONTACTS:

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Sheryl Wright	(07) 828 8226	cyberbirth@paradise.net.nz	Birth Preparation Classes
			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, photo's and articles to:

Dianne De Estena
Unit 2 - 8 Te Aroha Street, Hamilton
Ph: 854 9686
E-mail: unusual1@slingshot.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 further information please contact Dianne ph 854 9686.

DEADLINE: Material for the next magazine is accepted up to midday on the 20th of the month. This also includes birth notices.

"Have you considered a Home Birth?" Booklets

Free copies of these booklets are available for distribution by Midwives who are financial members. For non financial members of the WHBA there is a 50¢ 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.

—X—

POST TO:

Waikato Home Birth Association
P O Box 15043, Hamilton

Annual Subscription \$20 (2 years \$35)	\$
Practising Midwife Professional Sub \$50 (2 years \$85)	\$
Donation	\$
Cheque enclosed for	\$

Name:

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ARE YOU A NEW MEMBER? Yes ☐ No ☐

THE LAST LAUGH CORNER

The doctor told me "Physical exercise is good for you."
I know that I should do it, but my body is out of shape,
so I have worked out this easy daily program I can do anywhere:

Monday:

Beat around the bush.
Jump to conclusions.
Climb the walls.
Wade through paperwork.

Tuesday:

Drag my heels.
Push my luck.
Make mountains out of mole hills.
Hit the nail on the head.

Wednesday:

Bend over backwards.
Jump on the band wagon.
Balance the books.

Thursday:

Toot my own horn.
Climb the ladder of success.
Pull out the stops.
Add fuel to the fire.

Friday:

Open a can of worms.
Put my foot in my mouth.
Start the ball rolling.
Go over the edge.

Saturday:

Pick up the pieces.
Whew! What a workout!
You are invited to use my program without charge!!



Editorial...

HOLA to you all, I have some great news to share with you all. I had a little girl on March 17th (St Pat's day) her name is Ariana, she weighed 7lbs 6ozs and of course is gorgeous!! Yes biased mama here! A special thank you to Maggie Banks, Sheryl Wright and Sonia Kerr for their unwavering support and love during my pregnancy and labour, you are all amazing women whom I feel privileged to know.



Hope you all have a great Easter, balloon fiesta and all and any cultural festivals and celebrations for this month. Also enjoy the school holidays with your children.

We had a busy month with our meeting and then the garage sale on the 29th (this will be at printers then), I will tell you how we did in next month's magazine. Look out at our classes for "Mothering" magazine we have copies there and in our library, such a great resource. Thanks to Telisa for getting a great article in "This Week" and "Hamilton Press" newspaper, great advertising for the association and our Garage sale. I have reprinted the article for people to read in this magazine.

Thank you to Mayme for her birth story and insights into the newborn period and what might help us during that time. I would love to hear from other mums who found other things useful also. As every baby is different and will respond differently and will have different cues to when they need to feed, sleep and play etc.

Well that is all for me for this month, it is late and I need some sleep, new baby and all. Breastfeeding, sleep, food are my three top priorities at the moment, so take care till next month.

Chao

Dianne

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Your Newly Hatched!

SERVICES FOR MEMBERS

BIRTH POOL FOR HIRE

On	These Parents	From	Had a	Named	Attended by
24/02/2003	Rebecca Dowling & Sean Oliver	Raglan	Girl	Maisy	Lyn s/Lisa K
25/02/2003	Toni Ainsworth	Thames	Boy	Taran	Sue/Jenny
04/03/2003	Yvonne & Ted Te Bogt	Gordonton	Girl	Sjarde	Maggie/Tracey
07/03/2003	Ruby Day & Dave Oven-den	Hamilton	Boy	Jack	Maggie/Tracey
10/03/2003	Stacey Body & Michael Holmes	Matamata	Girl	Emily	Sue/Heather/Jo
13/03/2003	Janny & Klaas Akkersma	Arapuni	Girl	Nikita	Maggie/Tracey
14/03/2003	Sarah & Brian Duffell	Matamata	Girl		Maggie/Tracey
14/03/2003	Kathryn & Doug Bridge	Raglan	Girl	Ursula Daisy	Hannah/Jo
15/03/2003	Barbara & Nephi Baudke	Hamilton	Girl	Neneh	Maggie/Tracey
17/03/2003	Dianne De Estena & Mark Kennedy	Hamilton	Girl	Ariana	Maggie/Sheryl/ Sonia
20/03/2003	Karen Condell & Paul Lowe	Matamata	Girl		Heather/Jenny



- ♦ 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

****NOW** available Gas Caliphants to heat the water without using your water cylinder!**

**For bookings or more information contact:
Glennise Head: 846 4925**

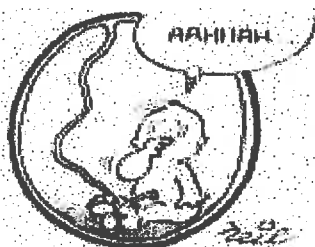
BABY SLING FOR HIRE

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.

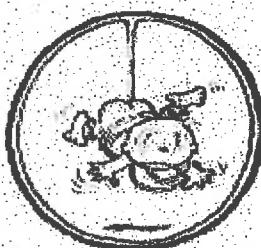


SIBLING KITS FOR HIRE

The Ideal way to prepare your child for a new arrival! Kits include baby doll and basket, several children's 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:



SNEEZE!!



T-SHIRTS:

CHILDREN'S: \$12.00

L (purp logo) x2.

1/2

Red x6

1/2

Red x6

2

Yellow, Sky Blue, Aqua.

Size 6 in Red with Blue writing and Blue with Red writing - Writing is "I'm a home birth Kid"

\$10.00

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

\$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.

\$2.00

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


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

Name:

Address:

Phone:.....

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



Calendar of coming events

ALL MEMBERS INVITED TO ATTEND.

Monday April 14th, 10am, bring a plate and share morning tea at 74 Wellington street, Contact Traceyann ph 858 3494. Thursday May 1st, 10am, bring a plate and share morning tea at 74 Wellington Street Contact Traceyann ph 858 3494. Bring your children. Welcome to all members, pregnant women who are having a home birth or thinking about having one. Children are most welcome.

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

Preparation for Birth Classes: For Series dates or to book in please 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 Street. Friday 5:30pm at Parents Place, 4 Little London Lane, Hamilton.

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.

La Leche League monthly meetings - Chartwell Group: 3rd Friday, 10am, Richmond St Plunket rooms. Annemarie ph: 856 6471. Westside Group: 2nd Thursday, 9:45am,

Parents Place, Little London Lane, Hamilton, Lynn ph: 846 1013. Hillcrest Group: 3rd Thursday, 7:30pm, 51a Wellington St, Hamilton, Anne ph: 849 7675. Cambridge Group: 3rd Monday, 10am, Parents Centre, Taylor St Cambridge, Tracey ph: 823 2259.

Te Awamutu Group: 2nd Wednesday, 10am, Kindergarten Room, St Andrews Hall,

Mutu St TA, Mandy ph: 823 6522 (Ohaupo). Morrinsville Group: 1st Wednesday, 10am. Plunket Rooms. Anderson St. Morrinsville, Anne ph: 849 7675 (Hamilton). Raglan

Breastfeeding Support Group: 2nd Tuesday 10am contact Dianne for venue 854 9686.

Ruth's Reviews

Parenting the fussy baby and high need child
by William Sears and Martha Sears

When I first picked up this book I was a bit put off by the title – labelling babies as “fussy” or “high need” seemed to be quite negative. But fortunately I got past my hang-up about the title and discovered a very positive book that views baby behaviour as a continuum of what is normal rather than trying to squash all babies into the same box.

One of the things that I really liked about this book is that the authors had three children whom they describe as relatively “easy” infants who slept well and fed routinely and predictably. By their own admission William and Martha, a highly respected paediatrician and nurse who had written other parenting and baby books, were pretty confident that they were experienced parents who knew how to handle babies. Then came their fourth baby, Hayden, who challenged all their assumptions about babies and parenting. They describe Hayden as being “wired differently” to the first three – she needed to be held, fed, and responded to more frequently.

Initially they tried to parent Hayden in the same way they had their first three but her incredible persistence made this impossible and they responded by re-examining their own attitudes and beliefs about parenting and adapting their parenting style to suit. They then went on to have four more children (yes, that is eight in total for those that are counting) and parented them in the same way although none were quite so “high-need” as Hayden. The fact that these experienced parents had the courage to admit that they didn’t know everything and to change their parenting style (despite a lot of negative flak from well-meaning friends and relatives) in response to their baby lends a great deal of credibility to their book.

In Chapter Two they give a description of some of the traits of high need babies, which is useful as a way of determining if your baby fits the high need profile. It is also reassuring that your high-need baby’s behaviour is normal. There are also chapters about feelings that parents have, survival tips, mother burn-out and how to avoid it, feeding, disciplining, parenting baby to sleep, talking and listening to the high-need child, the benefits of high-need babies and stories from other parents of high-need babies.

If you find yourself thinking: “Why is my baby so different? She’s not like other friend’s babies. They will sit in a car seat, a bouncer or a pram without screaming. They don’t have to be held and walked all the time. They sleep through the night. They breastfeed routinely. ...” then this may be the book for you. It is reassurance that your baby is normal and provides practical help for how to cope.

I would also lay down a challenge for those without high need babies. If you have friends or relatives whose babies seem to be more difficult than your own and you think the parents are “making a rod for their own back” and just need to “leave them to cry” or “start controlling baby”, then read this book and be open to a different perspective. One of the hardest things for parents of “high-need” (or my preferred terms “full-on” “born without an off switch” “babies with energiser batteries”) is the negative comments and well-meaning advice that comes from others when what the parents actually need is all the support and understanding that you can give.

My own sister-in-law had a high-need baby and I regret that I did not understand more and provide support that I now know she needed. I only learned of what she needed, eight years too late, after having my own full-on baby, reading this book and listening to my sister-in-law’s story of my niece as a high-need baby and infant.

ready, and he can do it himself without help from the baby food industry. In contrast, the old image of Mom patiently spooning pureed food in and Baby spitting it back out is a picture of a baby who is just not ready yet.

The older guidelines that recommend starting solids “at 4 to 6 months” include formula-fed babies and those few breastfed infants whose growth is truly faltering. For the baby who is doing well on breastmilk alone, early solids may replace a complete, well-digested food with an incomplete, poorly digested one, and can lead to obesity, allergies, and even anaemia. There are good reasons to wait until about 6 months, especially if there are allergies in the family.

Some 4 and 5 month olds are “mouth hungry”, and seem eager to eat. They more likely want to teethe or practice or socialise, and will probably be happy to sit at the table with cups, spoons, plates, and company. They may also be seeking more chances to nurse for food or comfort. On the other hand, the baby who insists on solid food before 6 months knows his own body. He is a person, not a calendar. Offer him age-appropriate finger foods and let him do it himself. That will increase the entertainment value, decrease the mess and expense, and eliminate worries about overdoing it.

Other babies may not be interested in solids until well past the 6-month mark. No problem, so long as they continue to thrive. Follow your baby’s lead. He will increase solids at his own pace, if you make them available to him at the family table. But breastmilk may be his main source of food for some time to come. Rest assured that your milk is a fully nutritious food for as long as your baby enjoys it. Breastfed is best fed. Relax and keep the food fun. La Leche League’s pamphlet, **Your Baby’s First Solid Food**, is a good source of more information on when and how to start solids. Call a local LLL Leader for a copy. See also: World Health Organisation, supplement to vol. 7, 1989 Bulletin, chapter 4

This information from Diane Weissinger’s website at www.lightlink.com/hilinda/diane/breastorbottle.html

SOLIDS? WAIT A BIT...

Adding anything to a thriving baby's diet in the early months can interfere with his normal breastfed health.

Even one exposure to a formula or cereal causes changes in a young baby's body, and can trigger allergies that might have been avoided. Young babies have very low levels of an enzyme important to starch digestion, so early cereal may be filling, but it isn't effective food. Early fruits or vegetables can interfere with iron absorption. And studies indicate that babies sleep through the night when they're ready, not when they start solids. Is your baby gaining poorly? Supplementing a low milk supply can make your supply even lower. If weight gain is a concern, call a breastfeeding specialist for help in keeping your baby well-fed and nursing.

So when is a baby ready for solids? If your baby is about 6 months old and can sit up, reach for food, put it in his mouth, chew and swallow it, and reach for more, he's

YOGA & RELAXATION FOR MOTHERING

HANNAH MAE
Home Birth Midwife
Mondays 1:30pm-3:00pm
St Andrews church centre
6 Te Aroha Street,
Hamilton

Bring your baby & essentials. Cost \$5

This class provides a wonderful support unity to get together with other mothers and pregnant women. Join us with your baby for some yoga, working towards positive, fulfilling mothering and breast feeding within a supportive group of women.

YOGA & RELAXATION FOR PREGNANCY

HANNAH MAE
Home Birth Midwife
Thursdays 5:30pm-7:00pm
St Andrews church centre
6 Te Aroha Street,
Hamilton

Bring a towel & pillow. Cost \$5

Yoga is a deeply effective exercise system for the months of pregnancy, childbirth and beyond. It can provide the key to a relaxed and enjoyable pregnancy, activating the energy and the tools that empower us as women in birthing new life.

YOGA & RELAXATION FOR THE FAMILY

HANNAH MAE
Home Birth Midwife
Fridays 5:30pm-6:45pm
Parents Place
4 Little London Lane
Hamilton

Bring your family and essentials.
Gold coin donation.

This class provides an opportunity to get together with other families. Join us for some yoga, working towards positive, fulfilling living & parenting within a supportive group. We have access at Parents Place, but will be outside on the lawn for yoga. **CLASS WILL BE HELD WEEKLY THROUGH THE SUMMER.**

Siblings At a Homebirth - A Parents' Guide Compiled by Sheryl Wright

I thought it would be good to include in the magazine an article on having older siblings at a homebirth, especially as with the homebirth option many parents today are considering or planning this, but I was unable to find a specific article, just a lot of references, so I decided I'd have just have to put them all together and write one myself.....

Things to consider: Firstly the most important thing to consider is the willingness / desire of the child to attend. It is also very important to acknowledge the child's rights to decide at any time that they don't want to see the birth. Some children are very excited about it beforehand, and change their mind at the time, and vice versa. It could be traumatic to make a child watch a birth that they don't want to. Secondly how do you feel about having your children there? It's important that this is your decision and others do not convince you that this would be a good idea. Some women just can't imagine not having them there to share such a special event, whereas others do not want the distraction of having them (or anyone else) present. Be prepared to play it by ear and be open to changing your mind.

Some advantages are that watching the birth of a sibling is a great bonding experience for siblings and can help reduce rivalry - and its wonderful early sex education for kids, hard evidence that birth happens or should happen in the context of a loving family. Many women find that having children there "grounds them" and gives them something else to think about during labour.

Some other points to consider are:

If labour begins at night do you want to wake them? With younger children it may be best to not wake them until well into labour.

If a transfer to hospital becomes necessary, do you want the kids to accompany you? Some children may be frightened by the change of location, huge weird beeping machines, procedures (eg episiotomy), unfamiliar hospital staffs and the concern they can sense. Make sure they are prepared for this, or if they are not going to come, make sure there is someone to stay with them and answer any concerns they have and to make sure they do not feel deserted.



Preparation:

Once the decision has been made to include them the next step is to make sure they are fully prepared. Here is a list of ideas:

- ◇ start with Mum & Dad talking a lot about "when the baby comes out",
- ◇ read age appropriate books with parents and be open about any questions they have look at birth photos and talk about the process watch birth videos
- ◇ practise making "labour noises". Strange noises seem to be one of the biggies that bother's kids - even the bigger ones! It can be done in a fun and humorous way so when the time comes the noises are not unfamiliar.
- ◇ draw pictures of mummy pregnant and of the baby being born get into a pushing position and make "pushing noises" together - explain that mum will be doing hard work and it might sound like she's in pain (and will be in pain) but it's a "good pain"
- ◇ talk about the "good blood" that they will see.
- ◇ movie's or even real life experiences of people working really hard at something are invaluable for kids as they prepare for birth eg Olympic competition marathons, weight lifting, etc. showing people who are working hard, red in the face sweating, grunting or yelling with exertion and happy to be doing it!
- ◇ involve them in antenatal appointments - let them build up a trusting relationship with your midwife and ask the midwife to let them listen to the baby's heart, show them the different "baby parts" by feeling your belly, allowing them to touch and see all the items in her birth bag etc.
- ◇ play with someone else's newborn so they are expecting a baby not an instant playmate
- ◇ try role playing eg imagine pushing a refrigerator across the kitchen - what does your face look like? what sounds do you make? - this is letting them know that mum's pushing noises are just the sound of hard work.
- ◇ use age appropriate terms eg something like "Mummy might moan "to call the baby to come out"
- ◇ explain that mum won't be able to help anyone else, and Grandma (or whomever) will be there just for the child.
- ◇ remember young children interpret events they observe according to the interpretations of the other people around them. If other people are very calm, they'll assume that this is a safe, calm event. Most young



Things you may like to prepare for your homebirth: (NZ list)

Birthmat – Use a large sheet of plastic, without holes, and cover it with many sheets of newspaper held in place with masking tape. Cover the whole area with an old sheet and attach to the underside of the plastic with tape.

A clean bucket and 3-4 thick hand towels.

Rubber gloves (protects supports persons hands when using hot water)

Hot water bottle (2 if possible) or wheat bags.

If you are using the birth pool you will need lot's of towels, 2 large pots for heating water and a sieve.

A bowl and flannel for keeping your face cool.

A container or bowl in case you feel like being sick.

A container with a lid for the placenta.

Thick sanitary pads.

Ice chips.

Snack foods.

Water for drinking (sipper bottles are great or use bendy straws).

Arnica.

Candles and matches.

Music you like.

Clothes to change into after birth.

For the baby.

Two soft towels.

Clothes to dress baby in: woollen and cotton singlets, woollen hat and booties, gown or stretch and grow, cardigan and nappies plus safety pins.

Make this into a bundle and keep in the hot water cupboard.

Nappies -- either cloth or disposable (first bowel motions are black and sticky).

EDITOR'S NOTE: hmmm notice my comments in the previous page? Now which list sounds better? Sounds more like a hospital setting is nearly required on the previous page. Sterile bags of stuff and extra drying ekkk too much work I think.

Parents Supply List (editor's note - taken from an American website)

Homebirth Supply List.

This is a sample list used by some midwives for the things parents will need to gather for a homebirth.

- Pint of 91% alcohol (or 99% alcohol, grain alcohol, or 180 proof Golden Grain) *(sheesh that will wipe us out! - ed)*
- Bottle of isopropyl rubbing alcohol (70%) *(gin or vodka might be better? - Ed tehehehe)*
- Cotton balls *(excuse me why do we need these - Ed)*
- Plastic drop cloth or plastic sheet (an old shower curtain or large plastic table cloth works wonderfully)
- Plastic trash bags (AT LEAST 4 large) dark coloured *(ok why 4 - Ed)*
- 2 fitted bed sheets to fit your bed
- 2 flat bed sheets to fit your bed (4 flat sheets is acceptable)
- 4 bath towels
- 4 wash cloths
- 8 receiving blankets *(sheesh how huge is this baby - Ed)*
- Large mixing type bowl *(what are we cooking? - Ed)*
- Small mixing type bowl (prefer bowls not be glass)
- Working flashlight and extra batteries
- Extra toilet paper (at least 2 6-roll packs) *(midwives stop going to the lool - Ed)*
- Several kinds of juice (at least one citrus and 1 non-citrus)
- One extra bag of ice
- Protein you like that is easy to fix (peanut butter, cheese, or eggs e.g.)
- Clothes for you for after the birth (gown and panties)
- Clothes for the baby (2 pair socks or booties, 2 onesies, 2 sleepers)
- Diapers for the baby
- Large cookie sheet *(cooking cookies??? - Ed)*
- Silver duct tape (preferably new roll) *(ok this freaks me out - Ed)*
- Thermometer (if digital, include probe covers) *(probes? ekkk - Ed)*

Instructions for Preparation

Linens and clothes may be old or new. All should be freshly washed and dried in a hot dryer 10 extra minutes. Bag items in brown paper bags (NOT plastic bags), tape shut, and label clearly in large letters.

Bag in this combination:

- | | |
|-----------------------|--------------------------|
| 1. Sheets | 2. Towels and washcloths |
| 3. Receiving blankets | 4. Baby clothes |
| 5. Mother's clothes | |

Please have your birth kit and other supplies purchased, prepared and ready by 3 weeks before your due date. Have everything in one place in the room you plan to give birth.

children are not "grossed out" by mud, poop or blood.

Remember the senses:

Sight: what birth looks like, what the baby will look like, what the placenta looks like, what white vernix is etc.

Sound: the loud sounds that mummy might make, the crying of the new-born etc

Smell: remembering mummy might not like a particular food smell while in labour, the smell of amniotic fluid, baby etc

Touch: practise comforting touches, massage etc or maybe Mummy won't want to be touched at all etc. * **Taste:** what Mum might like to eat or drink while in labour etc.

Caregiver for the Child:

It is important to have a Caregiver for EACH child so that the birthing mothers support people are not distracted or involved in caring for the child's needs. Choose your support person carefully - they must be fully supportive of your choice and not easily freaked out - kids will pick up the moods and negative energy of those around them. If no one in your family is suitable remember there are many aspiring childbirth educators, midwives etc who are very eager for the opportunity to observe ANY home-birth. Also another woman considering the homebirth option may see this as a wonderful opportunity to see first hand what it's all about. However the Caregiver must be committed to staying or leaving - whatever the child expresses a desire to do. So if you think they might try to influence your child to stay so they can see the birth, choose someone else. Make sure the children have plenty of time before the birth to become comfortable with the Caregiver and that the Caregiver knows all of the child's routines and preferences and where things in your house are.

Keeping Kids occupied During the Birth:

Especially with smaller children it's important to have plenty for the child to do, as they really don't understand why birth takes so long. Here are some suggestions:

- ◊ Give the child a disposable camera - in addition to giving them something to do with their hands, it will give everyone some nice photos, and maybe their own personal photo album of the birth, which should enhance the bonding even further! Also, cameras can have the effect of distancing the photographer from the immediacy of the event, so this would provide them with a way of remaining present while reducing the intensity if it's getting to be too much.

- ◊ Have the child prepare a backpack etc filled with snacks and a cassette player with headphones, book etc. Have them pack their favourite pillow and sleeping bag if they want to "camp out"
- ◊ During labour have them bake and decorated a birthday cake to eat after the birth or maybe colour some pictures for the baby.

Roles in the Birth:

Allow each child to participate at its own comfort level. Maybe assign their own special "birth helper" job eg announcing the sex, cutting the cord, helping weigh and measure the baby, cutting the birthday cake, announcing the new arrival to everyone who arrives after the birth or making some announcement phone calls etc.

Some Personal Accounts:

My daughters were 5yrs4mos and 3yrs1mo when their brother was born. My mother and grandmother were there for the kids. My 5 year old was totally into it, rubbing my back and breathing with me. After the birth she said, with wonder in her voice, Oh Mummy, congratulations! That was so great. My 3 year old mostly remembered that after the baby was born she got a Popsicle!

My daughter was just turned 5 when she came to the birth of our third daughter. She was very "experienced" at seeing birth because she had watched ALL of the birth movies that I previewed during my pregnancy. She told me that she would not be scared and that if I screamed too loud that she would just cover her ears! We made sure that Lauren had a lot of things to do ie. sticker book etc. in case it was a long haul. Well, the baby was born after only 35min. Right after the baby was born, Lauren exclaimed, "I didn't even have to cover my ears!" And, to show how normal birth is and the fact that children recognise this, as they were delivering the placenta, Lauren rushed over to me exclaiming, "Mum, LOOK! Look at my STICKER BOOK!!!!" Lauren is soon to be six now and still is talking fondly about "being there" when her sister was born. In fact she will still give anyone a play by play account of the birth if they give her a chance!

A friend of mine told me about a birth where young siblings were present and the Mum made very, very loud noises during the labour. Afterwards, the Dad asked the 2-year-old whether she was frightened during the birth. The 2-year-old responded that she had never been frightened because the midwives kept saying, "You're doing great. Everything looks good." Sometimes we forget how much little ones depend on adults to interpret their experience for them. There are things that scare adults that won't scare a two-year-old who feels safe because all the adults are acting calm.

News Flashes

Simple maternal hydration can increase amniotic fluid volume, a study has shown. A search of the Cochrane Pregnancy and Child-birth Group trials register and the Cochrane Controlled Trials Register were searched to compare maternal hydration with no hydration in pregnant women with reduced or normal amniotic fluid volume. In two studies, 77 women were asked to drink two litres of water before having a repeat ultrasound examination. Maternal hydration in women with and without oligohydramnios was associated with an increase in amniotic volume (weighted mean difference for women with oligohydramnios 2.01, 95% confidence interval 1.43 to 2.56; and weighted mean difference for women with normal amniotic fluid volume 4.5, 95% confidence interval 2.92 to 6.08). Intravenous hypotonic hydration in women with oligohydramnios was associated with an increase in amniotic fluid volume (weighted mean difference 2.3, 95% confidence interval 1.36 to 3.24). Isotonic intravenous hydration had no measurable effect. Controlled trials are needed to assess the clinical benefits and possible risks of maternal hydration for specific clinical purposes.

- *Cochrane Database Syst Rev. 2002;(1):CD000134*

I'm proof this works and midwife's know what they are doing. During my pregnancy my midwife felt my waters weren't as much as they should be, so she suggested increasing my daily water intake to fix this. And the following week my waters were up and back to a normal amount. No need for scans, just a simple solution to a concern. - Editor.

PROPERTY LAWS OF A TODDLER

If I like it, it's mine
 If it's in my hand, it's mine
 If I can take it from you, it's mine
 If I had it a little while ago, it's mine
 If it's mine, it must never appear to be yours in any way
 If I am playing with or building something, all the pieces are mine
 If it looks like mine, it's mine
 If I saw it first, it's mine
 If you're playing with something and you put it down , it automatically becomes mine

Excerpts from the News

This Week - Thursday, March 20th, 2003

Home Birthing news heads for the country.

Rural women may soon have the same access to home child birthing information as their Hamilton city counterparts.

The Waikato Home Birth Association is raising money to extend its service of providing education and support for birthing to outlying country districts this year.

On Saturday, March 29 the association will hold a monster garage sale at 18 Kitchener St, Hamilton. From 8am onwards baby gear, children's and maternity clothing, books and a wide range of household goods will be on offer.

There will also be a sausage sizzle and free balloons for the kids.

Spokeswoman Dianne De Estena says interest in home birthing is such that pregnant women and their husbands often travel an hour or more to Hamilton to attend the association's six-week birth preparation course.

"Feedback about the WHBA website and monthly magazine suggest there is strong interest in home birth in rural settlements," Ms De Estena says.

Over the past seven months there have been up to 16 planned home births each month in the Waikato region, reflecting women's increasing desire to labour without medical interventions in a familiar environment.

"It is our aim that women are informed about the options available to them in childbirth, regardless of where in the Waikato they live," she says.

The WHBA relies on fund raising to promote the home birth option and lobby to improve maternity services in general. If enough money is raised at the garage sale the WHBA plans to advertise throughout the region and stage events and demonstrations in smaller rural centres during Home Birth Week in September. (tis OCTOBER - Ed)

This article was also published in "Hamilton Press" on Wednesday March 26th, 2003.

I would personally like to thank Telisa from the whole Core group for writing the article and getting it into the papers, such an great effort. It is hard to find angles to get free advertising like this, and to pay for space like that is worth \$400 or more depending on which paper etc. So thank you so much Telisa.

- Editor

My Own Experience:

I asked Dylan (5yrs) what happened when Celina was born (he was 4 ½ at the time) and this is what he told me:

"Granny made Shaun and me scrambled eggs for dinner. There was a pool there too but we didn't get the baby born in it though cause we didn't want to that day. Rose helped us to get the baby Celina out of our tummy. Mummy pushed her out of her tummy so hard and I went outside with Grandad looking at things and then Grandma came and said Celina is born so we went inside and saw her and she screamed and screamed and I had a cuddle with her and that was good and it was a girl and then me and Shaun went to bed and then the other people had dinner. In the morning we woke up and I came into my Mum's room and I said "where is Celina" and Mummy said she is in her bassinette so I went there very very quietly and I saw her fast asleep and she was very tiny not like she is now."

I asked Shaun who was just 2 at the time and he started to tell me about something that happened yesterday :-)



Photo's included in this article are from Ruth's birth of Samara, which I was unable to include in the previous magazine with her birth story. But what wonderful photo's of a sibling at birth.

- Editor

Home Birth Story

Hi, I recently gave birth to a beautiful baby son at home in the country by the fireside. Thank you to my caring friend Vicki and midwife Ruth. I wanted to write this because I am a solo mum and thought it would be nice to share what I've learned during these first three weeks with my baby.

I fell in love with my baby the day I discovered I was pregnant. I loved being pregnant - it was a dreamtime of imaginings. It also felt like knowing Christmas is in 8 months time, thinking about it every single day until it arrives!! Thank you to De and Milly and Jo for the lovely birth preparation classes. They were a celebration of our babies and affirmation of our ability to birth naturally. I made it to the first four classes and then my baby felt his mummy was sufficiently prepared for his journey out into the new world. I had a quick labour and Toby was in my arms. I was a bit overwhelmed, in fact that night in bed at 2am I looked at him and it really sank in that I had a baby and here he was sleeping peacefully beside me and me with a fat, soft tummy now.

Labour started abruptly at pm after a walk up to the neighbours and cups of chamomile tea and fresh carrot cake mmmm!! Followed by a nice long warm shower at home. I spent the next 3/4 hours in the living room on hands and knees not moving far, giving my pal Vicki instructions on what to get out for the birth (in between contractions) and receiving lovely back rubs and hot hotties during contractions. Then at 8:47pm my baby was in my arms. Yay for babies!! Anyhow, I've been falling in love with my baby ever since his birth in lots of different ways and he's a happy, cuddly contented baby.

I believe it is really important to keep company with positive, enthusiastic, baby-loving people during pregnancy, especially if you are in a situation which will attract criticism, e.g. solo and/or homebirth plans.

Mayme Oliver

Here are some things which I thought would have helped me remove unnecessary negatives from these precious early days with a beautiful newborn baby who's busy sleeping, eating, trusting and loving his mum. She's floating on a beautiful ocean tide of birthing emotion and new maternal love.....

HELP

Someone you feel really comfortable with who pops in to help and doesn't look for your conversation/hosting skills and they e.g.

- ◇ wash nappies/hand washing and hang it out

Page 12 ◇ tidy up

- ◇ bring some lunch for you
- ◇ remind you to care for yourself return in the late afternoon and...
- ◇ bring in and fold washing
- ◇ bring hot cooked tea for you
- ◇ maybe give baby cuddle/nappy changes so you can eat tea/have a quick shower
- ◇ share the evening busy-ness!!

BABY

- ◇ Baby's needs are always pretty immediate!! You learn about your baby by being with him/her and caring. But babies have some special body language too...
- ◇ If the little arms go up near the head, then baby's going off to sleep
- ◇ jerky (maybe frantic) arm movements mean baby might need a big cuddle and maybe a feed too.
- ◇ If baby's skin looks bluish over the top lip below the nose, he/she has wind...that might be why he/she's fussing but not feeding!
- ◇ holding: there are lots of positions - ask someone who knows to show you, as a change of position is nice for baby's little body and back.
- ◇ I found it easier to go to bed with baby at night when he goes to sleep rather than a day sleep.

VISITORS

- ◇ It's okay to say NO!! Visitors in the first few weeks can be overwhelming, plus there are possible negatives e.g.
- ◇ distract you from you and baby - all your attention was wanted by visitors
- ◇ can leave you tired. And on your own, you have to attend to everything - you, baby's needs etc 24 hours a day. I think I explored the outer reaches of tiredness (plus some beautiful places too) during the first 3 weeks.
- ◇ might ask you to wake baby to hold him/her or be noisy in the hope that baby will wake.

NOTE: It's based on my baby Toby who does need a lot of sleep, other mums might have useful suggestions for new mums with very wakeful babies.

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