

hbdoulas

ANTENATAL  POSTNATAL CARE



issue 1 2006 April

phone : 06 8778282 or 027 6775241 email : bronwyn@hbdoulas.co.nz

Welcome to hb doulas first two monthly publication. This newsletter will bring you parenting information and advice and local parenting services. I hope you enjoy the read and please feel free to contact me at any time on 06 8778282.

Bronwyn van Hooijdonk - company director

what is a doula

"Doula" pronounced ("doola") is a Greek word meaning caregiver. It now refers to women who offer emotional and practical support to families before, during and after childbirth.

antenatal education

This eight-week course offers you and your birth support team valuable information regarding the physical and emotional areas of childbirth and early parenting. The 8th week will be followed by a daytime group session – a chance to meet socially.

Facilitated by a qualified Childbirth Educator this course offers an excellent chance to develop new friends and meet other expectant parents.

additional services

In addition to your antenatal course you will receive a newsletter every two months full of parenting tips and topical information. Your antenatal class will receive a voucher for a 1hr infant massage session and a 2 hr postnatal doula session to be used by your coffee group once your babies are born. A 1hr infant CPR session and a hospital tour will be held during your eight week antenatal course.

postnatal education

To be offered from mid 2006. Postnatal doulas work along side women and their families, offering uncomplicated emotional and practical support. This may be by way of assistance with the chosen infant feeding method, encouraging and developing the mothers and families skills with the new baby and assistance with running the household (light house cleaning duties, meal preparation, washing).

feel supported & educated in your new role as parents



antenatal classes in havelock north

topics covered include -
stretching
breastfeeding
prenatal care
pelvic awareness
relaxation techniques
pregnancy information
infant car seat installation
labour & birth preparation
pain relief methods & options
plus - 1 hr infant massage
plus – 2 hr postnatal doula session
plus - 1 hr infant CPR
plus - hospital tour

for further details & to enrol telephone
hb doulas on **06 8778282** or **027 6775241**

held at 13 Porter Drive Havelock North
from 7-9pm Tuesday night throughout 2006

Birth

**If you want the job done right...
do it yourself!**

*Gilmours Pharmacy,
proud sponsors of
HB Doulas*



Gilmours
PHARMACY

13 MIDDLE ROAD,
HAVELOCK NORTH
PH: 877 8282

mum and baby yoga @ the yoga room

Yoga for mum and baby focuses on nurturing the parent/child bond while allowing parents to actively participate in their baby's neuromuscular development. Close physical contact and movement with your baby through yoga will help him or her chart a more direct path of growth and development as well as the opportunity to explore movement with greater confidence and ability when it comes time to sit, crawl and walk. This contact can also ease baby's nervous system while bolstering his immunity, circulation and physical growth. Yoga with your baby will start you both on the lifelong journey of learning about relationships - to one's self, to others and to the world.

Yoga classes for mum and baby incorporates -

For the mum - Asana (poses) which work to regain strength, balance and flexibility in the physical body. Pranayama (breathing techniques), which revitalise and unblock pranic channels and Pratyahara (externalisation of the senses), which helps the mind and body stay clear, calm and balanced.

For the baby - gentle Asana (poses) which help to relax and soothe baby while allowing him or her time to stretch and release. Therapeutic asana for baby which can help relieve common discomforts associated with digestion and sleeping imbalances.

For further information and for bookings please call 8743093 or 027 2559329 or email enquiries@theyogaroom.co.nz

Parent and Child Baby

We are delighted to be working alongside Bronwyn from hb doulas. For those of you who have a place on the antenatal course - congratulations!



Parent and Child are very proud of its new centre; designed especially for new parents and their babies. Our relationship with hb doulas means you are able to enjoy our beautiful and comfortable surroundings before your baby is born. The ninth class is a daytime group session during which we will explain all the wonderful things we can offer you and your baby. We are here to support you and teachers are on hand to offer help and advise and organise lots of fun activities.

Parent and Child Baby have created a 'home away from home'. A place for you and your baby to meet other families, play and get support. We've created a really good venue for coffee groups to meet - free from the worries and stress of having to prepare and clear away messy activities. Comfy couches, fresh muffins, good coffee and friendly faces are all part of the service! We are really looking forward to meeting you and your baby and wish you all the best at this exciting time.

Call 8779595 for more information.
Come and play with us

Hawkes Bay Homebirth Support Group

This group is co-ordinated by a collective of local women and midwives, who are passionate about supporting families interested in this empowering birthing choice. We are affiliated with the National organisation Homebirth Aotearoa; www.homebirth.org.nz

We aim to:

- ★ Increase public awareness of the homebirth option
- ★ Provide information & support for people who wish to learn about homebirths
- ★ Assist homebirth families practically & emotionally

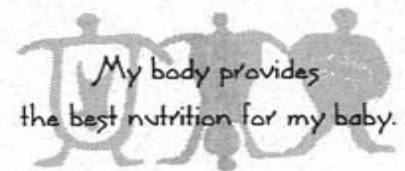
We have members who are willing to share their many different pregnancy, labour and birth experiences. Our other resources are a library including an extensive range of "positive-birth" nation-wide homebirth group journals, a copy of "the pink kit", a homeopathic birth kit and a baby → toddler clothing and equipment exchange. The library will be made available to families who are not necessarily planning a homebirth but wish to read positive, can-do material written about normal birth.

Today more women are choosing to birth their babies at home. A decision to have a homebirth is normally planned with yourself & family & your midwife. You can even plan to have your first baby at home!

Some of the many reasons given are:

- ★ Privacy
- ★ Freedom from hospital time frames
- ★ Relaxed, known environment
- ★ Family can be more involved
- ★ Drug-free labours
- ★ Breastfeeding is easily established
- ★ Creature comforts and familiarity of home

The Hawkes Bay Homebirth Support Group meets on the last Monday monthly for a shared morning tea. We meet at homes around Napier and Hastings, for further details please contact Rachel 8452660



A note for Dads.....

Dads make a difference for babies when they take an interest and make close contact from early on.

Traditionally, fathers have taken care of financial support for a new baby. There are often other jobs dads need to do to keep the home ticking over and to manage the family and friends who want to visit and help.

Giving backup to your partner is also an important part of the role. But as a father you also have one important job that no one can do for you - making contact with your baby - through talking, touching, and just 'being there'. If your infant could talk, that's something they'd be telling you. **Dads make a difference.**

from The Engaging Fathers Project