



Since the last newsletter hb doulas launched its web site [www.hbdoulas.co.nz](http://www.hbdoulas.co.nz) Check it out and if you have any feedback, feel free to contact me via the web site contact page or phone 8778282.  
**Bronwyn van Hooijdonk - company director**

### what does a postnatal doula do?

A postnatal doula comes to your home and helps 'mother the mother'.

Having a doula in a person's home during the important and critical postnatal period, taking into account the family's specific situation enables those families to get a good head start as they establish the all important role of parenting.

By supporting the mother and family the doula enables the new mother to recover from her birth and to bond with her new baby.

Doulas may assist the family with breastfeeding information and support or an alternative infant feeding method, encourage and develop the mother's and family's skills with the new baby and assist with running the household (light house cleaning duties, meal preparation, washing).

Doulas act as a resource centre and work alongside LMC's, Midwives, Lactation Consultants, Childbirth Educators, Doctors and other support groups.

Doulas help empower parents by giving them the knowledge that non-judgemental support and a helping hand, is available when needed.

Doulas are not medical professionals therefore it is not within their Scope of Practice to perform clinical or medical care on the mother or baby.

**for more information regarding this service phone 06 8778282.**

**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

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: "In the sheltered simplicity of the first days after a baby :  
: is born, one sees again the magical closed circle. :  
: The miraculous sense of two people existing only for :  
: each other." :  
: .....

Anne Morrow Lindbergh

*Gilmours Pharmacy,  
proud sponsors of  
HB Doulas*



 **Gilmours** 13 MIDDLE ROAD,  
PHARMACY HAVELOCK NORTH  
PHE 877 8222

□ Because the more a mother is cared for the more easily she can care for her baby □



## PILATES IN PREGNANCY

Many Pilates exercises can be used to benefit the expectant mother, enabling you to maintain good posture, alleviate some recurrent aches and pains and become more aware of your changing body. Pilates allows you to follow a safe and effective exercise program throughout pregnancy and can be adapted to meet the current stage of your pregnancy and day to day energy levels.

Pilates will help to ensure that your body is working as nature intended. That your pelvis and all your internal organs are correctly positioned and your respiratory, circulatory and lymphatic systems are efficient. Your abdominal and pelvic floor muscles will need to be strong enough to support your enlarging belly but not so strong that problems occur. The breathing techniques and overall body control will be useful during labour as will good control of the pelvic floor muscles.

Pilates exercises will be adapted for each trimester and modifications will be made to ensure your comfort and safety.

Contact Margaret at 06 844 5417 or 021 234 6543 or email [bodyfusion@actrix.co.nz](mailto:bodyfusion@actrix.co.nz) for more information.

# positive birth

Positive Birth courses give mums-to-be and their partners the best possible resources, exercises and advice to ensure women are in their best physical and mental state to meet the demands of labour and birth.

The Positive Birth course includes yoga-based exercises, individual massage and pelvic alignment, information on herbs and homeopathy and specific breathing techniques. It prepares the mind and body for birthing under any circumstances. The course also helps create flexibility and openness of the mind and body, increasing the potential for a natural birth.

Women are taught how to be strong, to develop the courage and perseverance needed to go through the labour and birth naturally, how to be in harmony with the process and feel empowered and ready to give birth.

The course is for women only, but partners are invited to participate toward the end, to learn simple hands-on techniques that effectively support the labouring woman.

For further information phone Di Reefman on 8751170 or 021751610

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 • **Women do not fail to breastfeed, health agencies and** :  
 • **governments fail to educate and support women who** :  
 • **want to breastfeed.** Ecologist online April 2006 :  
 .....

## A note for Dads.....

### On reflection

"If it were not for my husband, I may not have worked as hard to breastfeed our daughter.

In the early weeks I struggled with a lack of knowledge which led me to believe I had a supply problem.

While I now know I made enough milk, I wasn't one of those mothers who made large amounts, became engorged or felt a let-down.

We learned together about how to breast-feed and my husband's determination and support on a minute by minute basis was the key. When everyone around me told me to give up or 'take a break and give formula' my husband said I was doing great, the baby is eating fine, take it easy and relax.

**Thank goodness for daddy! God bless all supportive dads!"**

author unknown

## Suck on this

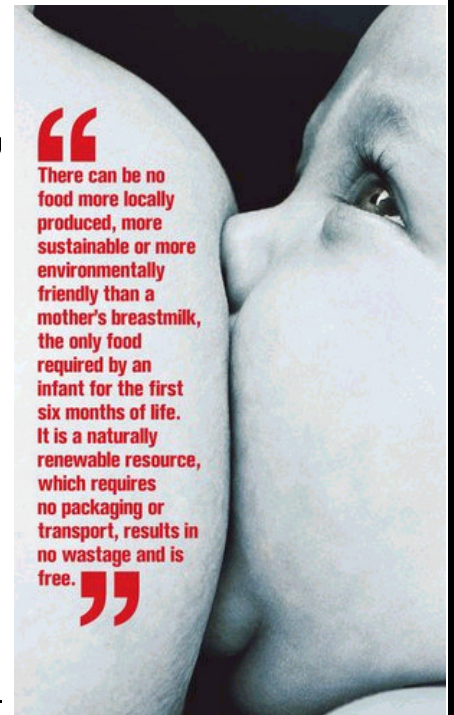
from Ecologist online April 2006 [www.exacteditions.com](http://www.exacteditions.com)

Infant formula was never intended to be consumed on the widespread basis that they are today. They were conceived in the late 1800s as a means of providing necessary sustenance for foundlings and orphans who would otherwise have starved. In this narrow context where no other food was available formula was a lifesaver.

However as time went on and the subject of human nutrition in general and infant nutrition, in particular, became more scientific, manufactured breastmilk substances were sold to the general public as a technological improvement on breastmilk.

There is no contest however. Breastmilk is a 'live' food that contains living cells, hormones, active enzymes, antibodies and at least 400 other active components.

Compared to this miraculous substance, the artificial milk sold as infant formula is little more than junk food. It is also the only manufactured food that humans are encouraged to consume exclusively for a period of months, even though we know that no human body can be expected to stay healthy and thrive on a steady diet of processed food.



“ There can be no food more locally produced, more sustainable or more environmentally friendly than a mother's breastmilk, the only food required by an infant for the first six months of life. It is a naturally renewable resource, which requires no packaging or transport, results in no wastage and is free. ”

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 ■ "Call it a clan, call it a network, call it a  
 ■ tribe, call it a family. Whatever you call  
 ■ it, whoever you are, you need one"  
 ■

Jane Howard