

I was excited to chat to many amazing people at the recent Women's Expo in Taradale. More of you were familiar with the term 'Doula' this year.

The word is spreading about what a Doula is, the role it entails and the benefits it offers our HB families.

In case you don't know, a Doula is a non-medical person, who will support the birthing team physically and emotionally through pregnancy, labour, birth and postnatally.

Bronwyn van Hooijdonk
Company Director

Gilmours Pharmacy,
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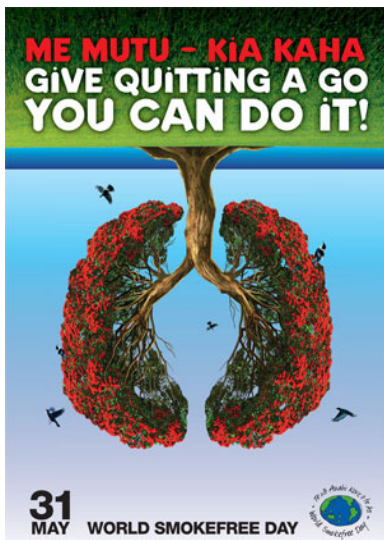
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for further details or to enrol telephone
hb doulas on **06 8778282** or **027 6775241**
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May was a month of celebration

International day of the Midwife 5 May
'the world needs midwives more now than ever'
Midwives are the key to improve outcomes for babies and mothers

Mother's Day 10 May
How did you spoil your mum this year?

International Day of the Family 15 May
'Mothers and Families: Challenges in a Changing World'

World Smoke Free day 31 May
'Me mutu - kia kaha / Give quitting a go - you can do it!'

Solitary sleeping environments for newborn infants are historically novel, culturally circumscribed, and developmentally inappropriate.

Insistence that all infants should sleep in solitary environments at all times is biologically unrealistic, particularly for breastfed babies.

Identifying hazards and informing parents about bed-sharing safety in contemporary social sleeping environments is more logical than denying the instinct of breastfeeding mothers to sleep with their infants.

Prof Helen Ball

WHEN YOU THOUGHT I WASN'T LOOKING

A message every adult should read because children are watching you and doing as you do, not as you say.

When you thought I wasn't looking I saw you hang my first painting on the refrigerator, and I immediately wanted to paint another one.

When you thought I wasn't looking I saw you feed a stray cat, and I learned that it was good to be kind to animals.

When you thought I wasn't looking I saw you make my favourite cake for me, and I learned that the little things can be the special things in life.

When you thought I wasn't looking I heard you say a prayer, and I knew that there is a God I could always talk to, and I learned to trust in Him.

When you thought I wasn't looking I saw you make a meal and take it to a friend who was sick, and I learned that we all have to help take care of each other.

When you thought I wasn't looking I saw you take care of our house and everyone in it, and I learned we have to take care of what we are given.

When you thought I wasn't looking I saw how you handled your responsibilities, even when you didn't feel good, and I learned that I would have to be responsible when I grow up.

When you thought I wasn't looking I saw tears come from your eyes, and I learned that sometimes things hurt, but it's all right to cry.

When you thought I wasn't looking I saw that you cared, and I wanted to be everything that I could be.

When you thought I wasn't looking I learned most of life's lessons that I need to know to be a good and productive person when I grow up.

When you thought I wasn't looking I looked at you and wanted to say, 'Thanks for all the things I saw when you thought I wasn't looking.'

anon

Go Ahead—Sleep With Your Kids, the urge is natural. Surrender to it. by Robert Wright

At this point I should own up to my bias: My wife and I are failed Ferberizers. When our first daughter proved capable of crying for 45 minutes without reloading, we gave up and let her sleep in our bed. When our second daughter showed up three years later, we didn't even bother to set up the crib. She wasn't too vocal and seemed a better candidate for Ferberization, but we'd found we liked sleeping with a baby.

How did we have the hubris to defy the mainstream of current child-care wisdom? That brings me to my second bias. Darwinism. For our species, the natural nighttime arrangement is for kids to sleep alongside their mothers for the first few years. At least, that's the norm in hunter-gatherer societies, the closest things we have to a model of the social environment in which humans evolved. Mothers nurse their children to sleep and then nurse on demand through the night. Sounds taxing, but it's not. When the baby cries, the mother starts nursing reflexively, often without really waking up. If she does reach consciousness, she soon fades back to sleep with the child. And the father, as I can personally attest, never leaves Z-town.

Why, exactly, is it bad to sleep with your kids? Learning to sleep alone, says Ferber, lets your child "see himself as an independent individual." I'm puzzled. It isn't obvious to me how a baby would develop a robust sense of autonomy while being confined to a small cubicle with bars on the side and rendered powerless to influence its environment. (Nor is it obvious these days, when many kids spend 40 hours a week in day care, that they need extra autonomy training.) I'd be willing to look at the evidence behind this claim, but there isn't any.

Lacking data, people like Ferber make creative assertions about what's going on inside the child's head. Ferber says that if you let a toddler sleep between you and your spouse, "in a sense separating the two of you, he may feel too powerful and become worried." Well, he may, I guess. Or he may just feel cozy. Hard to say (though they certainly *look* cozy).

According to Ferber, the trouble with letting a child who fears sleeping alone into your bed is that "you are not really solving the problem. There must be a reason why he is so fearful." Yes, there must. Here's one candidate. Maybe your child's brain was designed by natural selection over millions of years during which mothers slept with their babies.

Maybe back then if babies found themselves completely alone at night it often meant something horrific had happened--the mother had been eaten by a beast, say. Maybe the young brain is designed to respond to this situation by screaming frantically so that any relatives within earshot will discover the child. Maybe, in short, the reason that kids left alone sound terrified is that kids left alone naturally get terrified. Just a theory.

A few weeks of nightly terror presumably won't scar a child for life. Humans are resilient, by design. If Ferber's gospel harms kids, it's more likely doing so via a second route: the denial of mother's milk to the child at night. Breast milk, researchers are finding, is a kind of "external placenta," loaded with hormones masterfully engineered to assist development.

Presumably most breast-feeding benefits can be delivered via daytime nursing. We *know* that an 11-hour nightly gap in the feeding schedule is doing harm. And we do know that such a gap isn't part of nature's plan for a five-month-old child--at least, to judge by hunter-gatherer societies. Or to judge by the milk itself: It is thin and watery--typical of species that nurse frequently. Or to judge by the mothers: Failing to nurse at night can lead to painful engorgement or even breast infection. Meanwhile, as all available evidence suggests that nighttime feeding is natural, Ferber asserts the opposite. If after three months of age your baby wakes at night and wants to be fed, "she is developing a sleep problem."

I don't generally complain about oppressive patriarchal social structures, but Ferberism is a good example of one. As "family bed" boosters have noted, male physicians, who have no idea what motherhood is like, have cowed women for decades into doing unnatural and destructive things. For a while doctors said mothers shouldn't feed more than once every four hours. Now they admit they were wrong. For a while they pushed bottle feeding. Now they admit this was wrong. For a while they told pregnant women to keep weight gains minimal (and some women did so by smoking more cigarettes!). Wrong again. Now they're telling mothers to deny food to infants all night long once the kids are a few months old.

There are signs that yet another well-advised retreat is underway. Though Ferber hasn't put out the white flag. Better late than never. But in child care, as in the behavioral sciences generally, we could have saved ourselves a lot of time and trouble by recognizing at the outset that people are animals, and pondering the implications of that fact.

www.slate.msn.com

Sharing a bed with your baby A guide for breastfeeding mothers

Breastfeeding is best for your baby's health and your own health. The longer you breastfeed, the greater the health benefits for you both.

It is recommended that your baby shares a room with you for at least the first 6 months, as this helps with breastfeeding and protects babies against cot death.

Bringing your baby into bed with you means that you can breastfeed in comfort. This may be why mothers who share a bed with their baby tend to breastfeed for longer than those who don't.

As it is easy to fall asleep while breastfeeding, especially when lying down, there are some important points to consider before taking a baby into bed with you.

In particular, adult beds are not designed for infant safety in mind. Babies can die if they get trapped or wedged in the bed or if a parent lies on them. So the safest place for a baby to sleep is in a cot right by your bed.

Important—when not to sleep with your baby

Smoking increases the risk of cot death. You should make sure that you don't fall asleep with your baby in your bed if you (or any other person in the bed) are a smoker, even if you never smoke in bed.

Falling asleep with your baby is also dangerous if you (or any other person in the bed) might find it hard to respond to the baby. For example if you :

- Have drunk alcohol
- Have taken any drug (legal or illegal) which could make you extra sleepy
- Have any illness or condition that affects your awareness of your baby
- Are otherwise unusually tired to a point where you would find it difficult to respond to your baby.

It also may be safest not to bed share in the early months if your baby was born preterm, was small at birth or if he has a high temperature.

Never sleep with your baby on a sofa or armchair. Sofas are very dangerous for babies as they can become trapped down the sides on in the cushions.

If you are bed sharing it is important to make sure that your baby cannot go under the covers or into the pillow.

Most mothers who are breastfeeding naturally sleep facing their baby with their body in a position that protects the baby by stopping him moving up or down the bed (see picture).

Your baby will usually lie on his side to breastfeed. When not actually feeding, he should be put on his back to sleep, never on his front or side.

If you are bottle feeding the safest place for your baby to sleep is in a cot by your bed.
article taken from www.babyfriendly.org.uk

