

The month of May gives us a chance to both celebrate and to make change. We have International day of the Midwife on the 5th, Mother's day on the 9th, International day of the Family on the 15th and World Smoke Free Day on the 31st.

Take the time to make a difference in someone's life be it through recognition of how they have influenced your life or help support them through a change for the better.

Bronwyn Gardner, Company Director  
ps I got married in March  
so have a new surname!

Gilmours Pharmacy,  
proud sponsors of  
HB Doulas



Gilmours PHARMACY  
13 MIDDLE ROAD,  
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## antenatal classes

pregnancy, childbirth & early parenting information  
13 Porter Drive Havelock North  
from 7-9pm Tuesday night

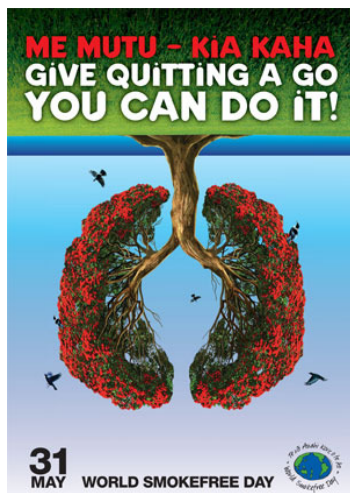
## birth support

continuous physical & emotional support during your labour & birth

## postnatal care

emotional & practical support in your own home after the birth of your baby

for further details or to enrol telephone  
hb doulas on **06 8778282** or **027 6775241**  
**bronwyn@hbdoulas.co.nz**



"For years I have humorously used the phrase, 'Open throat, open vagina!' But the statement really rings true: When the throat is open, the opening is reflected in the throat of the uterus, the cervix."

Debra Flashenberg

## Study Finds Music Can Ease Labour Pain

Music can help reduce sensation of pain and decrease a woman's emotional distress during labour, according to a research study conducted by Sasitorn Phumdoung, a graduate of Case Western Reserve University's France Payne Bolton School of Nursing, and published in an issue of the medical journal, Pain Management Nursing.

The study included two groups of primigravid, labouring women in their 20s—including a group who listened to calming music for three hours after they were 3-4 cm dilated and the control group, who had no music during labour.

The research showed that the women in the music group had "significantly less sensation and distress pain" than women in the control group.

Phumdoung found that soft music had a two-fold effect on the women—decreasing the pain sensations in active labour and also delaying an increase in pain sensations for an hour after the music was turned off.

Phumdoung, S. 2003. "Music reduces sensation and distress of labor pain." *Pain Management Nursing*, 4(2): 54-61.

## May is a month of celebration

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

Mother's day 9 May  
How are you planning to 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!'

The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. The mother is something absolutely new.  
Rajneesh

When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child.  
Sophia Loren



### **Mothering and maternal neurons**

The act of mothering may trigger the development of maternal neurons, at least in rats, according to a new study.

The mommy neurons could help a nurturer to recognise her little ones, though the scientists aren't sure of their function. And the rats didn't have to be pregnant or have ever nursed an infant to get the neuron boost. They just had to show motherly behaviours.

Rat brains are thought to be good analogues of the human brain for research like this.

In the study, virgin rats were exposed to foster pups each day until they began to exhibit maternal behaviour, including crouching over the young, grouping them, or carrying them back to the nest. The researchers found that the virgin rats exposed to pups had increased numbers of new neurons.

Previous studies have suggested interacting with young can stimulate maternal behavior in many animals, including mice, hamsters, monkeys and even humans. Rodents that are pregnant or lactating have also been shown to have increased formation of neurons. But this study was the first to look at neuron growth in virgin animals exhibiting maternal behavior.

The study focused on a specific part of the brain, called the subventricular region, which is involved in the production of cells that affect odour recognition, and possibly recognition of young. Virgin adult rats that behaved maternally were found to have more neurons in this region compared with rats that had never interacted with pups. Also, the nurturing rats had more neurons in this region than rats that had been exposed to young but didn't act maternally, suggesting such neurons are linked with maternal behaviours.

The scientists still don't know what triggers the increased production of new neurons in the virgin rats. One possibility is that the hormone prolactin, which stimulates the onset of maternal behaviour and the formation of neurons during pregnancy, may play a role. Additionally, exposure to the pups themselves could promote the production of more neurons in the virgin rats.

The findings raise many questions that the scientists plan to investigate in future studies, said Robert Bridges, a researcher at Tufts University's Cummings School of Veterinary Medicine. For instance, "Where do these new cells migrate to within the brain and what do they do?" and "Do they affect how a female subsequently perceives her young through recognition of baby odors?"

The study was published in the Dec. 16 issue of the journal *Brain Research Bulletin*, and funded by a National Institutes of Health grant.

### **A "What About the Children" Newsletter refers to new research**

The research shows interactions between parents and infants are significantly increased when they are placed in face to face buggies.

As a consequence of the research findings, demand for this style of baby carrier has increased and manufacturers are seeking to produce more affordable two way travel systems.

"What About the Children" is pleased to report that Boots, Mothercare, Babies R Us and Chicco have introduced a symbol to indicate the face to face buggies and promote the increased opportunity for interaction between baby and "pusher" that these designs provide."

For further information on the research paper see:

**What's life in a baby buggy like?:**

**The impact of buggy orientation on parent-infant interaction and infant stress**

Research study carried out by Dr. M. Suzanne Zeedyk in collaboration with the National Literacy Trust

### **Benefits of breast feeding**

Health professionals in New Zealand strongly advocate breastfeeding for a number of reasons:

- Breast milk is a natural babies' food containing all the right proportions and the appropriate amount of kilojoules for the first months of life, namely: protein, fats, carbohydrates and fluid. It also contains the important vitamins and minerals that babies need.
  - It is always available at the right temperature.
  - It is free!
  - Breast milk is easy for a baby to digest, so the baby is less likely to suffer from stomach upsets and constipation.
  - Breast milk contains antibodies, which will help protect your baby against some infections.
  - Breast fed babies are less likely to develop allergies and breastfeeding can protect your baby from conditions such as asthma, eczema, ear infections, diabetes, gastro-enteritis and heart disease.
  - Breastfeeding will help you to get your pre-pregnancy figure back more quickly.
  - Breastfeeding helps the bond between mother and baby grow and become established.
  - Breastfeeding can help protect you from pre-menopausal breast cancer, osteoporosis and cancer of the ovaries.
- www.

### **Child abuse can cause brain changes**

Published: Feb. 26, 2010 at 2:27 PM

DUBLIN, Ireland, Feb. 26 (UPI) -- Childhood abuse or emotional neglect can result in structural brain changes, say researchers at Ireland's Trinity College Dublin.

Thomas Frodl at the School of Medicine and Trinity Institute for Neuroscience said the finding was based on a study of 24 patients 18-65, who were being treated for major depression.

The researchers used high-resolution structural magnetic resonance imaging scans of the brain and childhood stress assessments. Special analysis programs were used to measure brain regions and the results were compared with 27 healthy control subjects matched for age and gender.

"These structural alterations of the brain are associated with a higher vulnerability to depression and a more chronic course of the depression might be associated with further structural changes," Frodl said.

"Therefore, early intervention in the case of major depression is necessary to increase the chance of a good disease outcome."

The findings are published in the journal *Neuropsychopharmacology*