

hbdoulas

ANTENATAL  POSTNATAL CARE



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hb doulas has been operating for six months, during which time several groups of amazing people have been part of our antenatal classes. Read what they have to say below & check out the website www.hbdoulas.co.nz.

Bronwyn van Hooijdonk - company director

why go to antenatal classes?

Everyone has questions and fears about birth and becoming parents - antenatal classes are here to address those worries. Classes help parents explore their options and make informed decisions on issues relating to pregnancy, birth and early parenting.

Antenatal classes are time well invested and it is suggested that women cope better with their labour if they have attended a course.

Among other things, parents-to-be learn about what to expect during labour, birthing skills and tips on how they can cope in the first few days and weeks following the birth.

Classes help parents become involved in baby and parenting preparations and can make the process seem more real. They are also great for meeting other new expectant parents who are at the same stage of pregnancy.

The aim is for expectant parents to acquire the skills and confidence needed to make birth a positive experience and their parenting journey rewarding.

what birth support teams say about hb doulas antenatal classes

"Thankyou for making learning about our impending parenthood enjoyable. For being relaxed, laid-back and approachable. But most of all for reminding us that the journey we are taking is beautiful and special."

"Thanks - the course has been great. I appreciate your enthusiasm and the depth of knowledge you've given. I think the big thing for me has been remembering how special this process is."

"Have learnt so much and enjoyed it. Thanks for your enthusiasm and obvious passion for all things 'baby'. All the best in your new business venture, we will only have good things to pass on."

"Thanks so much. You have made the classes exciting and enjoyable. You have made the whole birthing process seem so special."

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

*Gilmours Pharmacy,
proud sponsors of
HB Doulas*



 **Gilmours** 13 MIDDLE ROAD,
HAVELOCK NORTH
PH: 877 8222
PHARMACY

**"Mothers hold their children's hands for
a short while but their hearts forever"**

- unknown

A father's thoughts on breastfeeding

By Jim Blake Wheaton USA

NEW BEGINNINGS, Vol. 19 No. 3, May-June 2002

Before my wife became pregnant, I did not have an opinion about breastfeeding. It's one of those things men don't usually think about until they have to. Well, once Ileana's pregnancy was confirmed, my sister Kathy immediately inundated us with La Leche League information on the positive aspects of breastfeeding. Once I had read the material, it was obvious that breastfeeding was the correct choice for our child. I was a convert.

Of course, all the information was just information until Alex arrived in June of 2000. Happily, everything we had learned about breastfeeding was tremendously helpful during those first few intense weeks. I'm sure there is a primal urge that drives a parent to want their child to eat. I remember watching Ileana trying to get Alex to latch on the very first day. When he did it, a tremendous sense of relief came over me that suddenly turned to panic when he broke off and had to start over. Thankfully, Alex and Ileana figured things out quickly. Before long, Alex was comfortably nursing.

The thing that most impresses me about breastfeeding, aside from the nutritional and logistical benefits, is the sheer sense of pleasure I get from watching my son nurse. He looks so happy and peaceful in Ileana's arms. It makes me happy to know he's being loved in the best way possible. This makes me love my wife even more. It's this emotional element that breastfeeding encourages that I find so appealing. We really feel like a close-knit family. I give my full support to Ileana for breastfeeding so she can do so for Alex. In turn, he loves us back even more. It's really a team effort.

I find all the objections about breastfeeding just so absurd. It is amazing how ignorant modern society has become about this. In the end, I'm glad La Leche League found its way into my family. We're much better for it.

Dealing with anxiety

Being pregnant and having babies is an adventure. It's exciting, but it isn't without its challenges and risks. You're bound to have some concerns and anxieties about the future, about how you'll cope and about your and your baby's health.

This makes you especially vulnerable to the negative effects of other people's opinions and experiences.

Ways to cope better:

Thank people for their concern - then carry on as you were.

Keep yourself informed - use a reliable and trusted source.

Speak your mind - if you're tired of other people's opinions, be assertive and say: "Thanks, but I think I can make up my own mind".

Mix with people you can rely on not to worry you - other parents at your antenatal class, for example.

Talk with your partner - you can reassure each other.

See the funny side - interpret people's concern as interest rather than interference. Enjoy being the centre of attention.

La Leche League Hawkes Bay



Our mission is to help mothers to breastfeed through mother-to-mother support, education, information, and encouragement and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

We welcome all mothers and expectant mothers to our informal meetings in homes for support, information and discussion on a wide range of breastfeeding topics. We meet once a month over morning tea to share information and ideas and to support each other in breastfeeding and in all aspects of mothering.

La Leche League leaders are themselves experienced breastfeeding mothers who are trained to provide practical support and information to any breastfeeding mother or to those planning to breastfeed.

La Leche League aims to provide a network for families who wish to give their children the best nutrition and a loving nurturing environment. Getting friendly and informed support can make a big difference to you and your baby.

Babies and children are always welcome at all LLL meetings. We have a library available and we take orders for the well known La Leche League book "The Womanly Art of Breastfeeding". LLL also offers membership for \$36 per year which includes 6 copies of the magazine "Aroha". Leaders have information leaflets available and also offer free phone counselling.

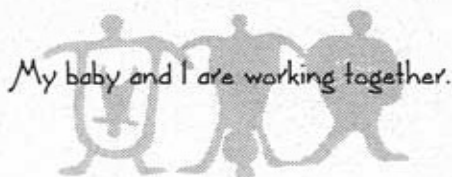
**For help or more information call Celia ph 8771106 or email perrotts@paradise.net.nz
www.lalecheleague.org.nz**

Breastfeeding...do it for your baby....do it for yourself.

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! World Breastfeeding Week 1-7 August !
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If I were to raise my child again

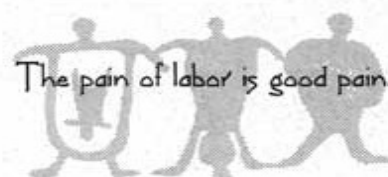
I would build self-esteem first and the house later,
I would finger paint more and point the finger less,
I would do less correcting and more connecting,
I would take my eyes off my watch
and watch more with my eyes,
I would care to know less and know to care more,
I would take more hikes and fly more kites,
I would stop playing serious and seriously play,
I would run through fields and gaze at stars,
I would do more hugging and less tugging,
I would see oak trees in acorns more often,
I would model less about the love of power
And more about the power of love.



My baby and I are working together.



My body will open to birth my baby.



The pain of labor is good pain.