



I have just attended the Homebirth Conference in Whangarei and come away feeling inspired, enthralled and in awe of the group of amazing women and men who spoke with passion about maternity, birthing and parenting in New Zealand. We are fortunate in New Zealand that we are free to make choices that are right for each of us and our families.

**Whanautanga / Homebirth.** v & n. 1. Safe, empowering. 2. The natural choice.

**Hawkes Bay Homebirth Support Group contact -**

**Rachel Correa ph 06 8452660 or**

**email correa-casa@xtra.co.nz**

**www.homebirth.org.nz/associations**

**Bronwyn van Hooijdonk  
Company Director**



## La Leche League Hawke's Bay Support Meetings 2007

*Welcomes all mothers and pregnant women to our meetings for support, information, discussion and inspiration on a wide range of breastfeeding topics.*

*La Leche League Leaders who are experienced breastfeeding mothers, are trained, backed by up-to-date research and offer counselling, accurate and proven information to enable mothers to make informed choices for the wellbeing of their families.*

*Meeting other breastfeeding and expectant mothers at coffee group gatherings can provide you with valuable non-judgemental support.*

### **Date:**

Friday **October** 12th, 10am

Learning a New Art. The art of breastfeeding and avoiding difficulties.

Wednesday **November** 7th, 10am

Look who's coming to dinner, good nutrition for baby from 6months and beyond.

### **Where:**

Heretaunga Women's Centre  
Russell Street, HASTINGS

A snack to share and a gold coin donation would be appreciated to help cover venue and materials costs.

### **Need more help?**

Celia Perrott is the Leader of LLL in the Hawke's Bay, her phone number is 877 1106

[www.lalecheleague.org.nz](http://www.lalecheleague.org.nz)



## 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 - 2 hr postnatal doula session

plus - 1 hr infant massage

plus - 1 hr infant CPR

plus - hospital tour

car seat hire

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

## postnatal care

# NEW SERVICE

Who will help 'mother' you when your baby is born?

This is the role of a postnatal doula. Having a doula in a person's home enables families to get a good head start as they establish the all important role of parenting.

By supporting the mother and family a 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, 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 work alongside LMC's, Lactation Consultants, Childbirth Educators, Doctors and other support groups.

Don't ever be afraid or embarrassed to ask for non-judgemental support and a helping hand. Parenting doesn't always come easily and is certainly not second nature to many parents. A doula can ease you through this transition period and help birth amazing parents.

**for more information regarding this service ph 06 8778282 or 027 6775241**

**feel supported & educated in your new role as parents**

## Welcome Baby Softly

International Lactation Consultant Association's approach to the theme of World Breast feeding week for 2007 was to focus on the importance of protecting the environment for mothers and infants during that all-important first hour or two after birth, allowing the infant to use all five of his heightened senses to get to know mother and father and greet his new world.

UNICEF, WHO and WABA along with the scientific community strongly recommend initiating breastfeeding within half an hour of birth. Evidence shows that early initiation can prevent 22% of all deaths among babies below one month in developing countries.

Every newborn, when placed on the mother's abdomen, soon after birth, has the ability to find their mother's breast all on their own and to decide when to take the first breastfeed.

### This is called the 'Breast Crawl'

Early initiation offers several advantages to the baby and the mother.

- Helps to keep the baby warm.
- Leads to faster and effective achievement of feeding skills by the baby.
- The baby starts getting colostrum as the first feed. Colostrum has high concentrations of antibodies (immunity). Baby starts getting colonized by safe germs (bacterial flora) from the mother. Both these offer protection against infections and hence are important for the baby's survival.
- Helps uterine contraction, faster expulsion of the placenta, reduces maternal blood loss and prevents anaemia.
- Leads to better sugar levels and other biochemical parameters in the first few hours of birth.
- Earlier passage of meconium (first blackish-green stool) and hence decreased intensity of normal (physiological) newborn jaundice.
- Early and long term breastfeeding success.
- Better mother-infant bonding.
- May have a role in boosting development of baby's nervous system.

There is evidence that many of these are better achieved with the Breast Crawl, which also offers proper acclimatisation from the intrauterine to the extrauterine environment. This is also a natural instinctive process with other mammals. Hence, the maximum benefits of early initiation are best achieved with the Breast Crawl.

Ever since the exciting observations of the human infant's ability to crawl to his or her mother's breast shortly after birth, latch on, and suckle all on its own, mothers and fathers have been entranced by this amazing feat.

To think that for many decades both caregivers and parents believed that in order to breastfeed, a baby would not know what to do to feed and was usually pushed onto the breast. The baby would just look and lick and often balk at the intrusion. Actually at birth the infant may know more than the mother.

We are now aware that a number of other interventions also interfere with the infant's natural ability to explore, seek, and find the breast all on his or her own. Narcotic medication either injected or as agents used in epidurals given to the mother during labor can transfer via the placenta to the infant and cause difficulty for the infant to latch on; and also the mother's discomfort from an episiotomy can interfere.

What is especially important now is to provide the information to parents and birth attendants so they can create the quiet, calm unobtrusive environment to allow this event of the "breast crawl" to occur.

There is something special about the first hour of life. Parents have waited many months to see their baby and surprisingly when the baby is born, he or she is in a special state of alertness-called State Four, the quiet state of consciousness, ready to meet its parents, and is especially interested in the mother's and father's face.

In this special state, the baby's eyes are wide open, the baby is quiet. The baby has heard and remembers the mother's voice from uterine life and will distinguish her voice from other women's voices, and 80% of babies remember the father's voice. The baby is warmed by the mother's chest and soothed by the mother's touch. This quiet time together helps the transition from uterine life to the outside world.

This special state in the infant lasts for 30 to 45 minutes or longer. All sorts of exchanges between the mother and infant are going on. The baby is taking in the mother through many senses as is the mother learning about her baby. The baby is becoming familiar with the mother's smell and within a few days will pick out his or her mother's breast pad from other women's breast pads. This is related to the particular smell of one's own mother not her milk.

As the baby gazes in the mother's face he is recording a memory of her face so that if he is tested with a picture of his mother's face and other women's faces four hours later, he will choose his mother's face over and over again.

The mother is taking in her baby also, by touch, smell, as well as sight. Curiously, if she is tested a few hours later to pick out her baby from two others, she will know her baby by touch and smell within one day.

In this early period of the first breastfeeding the baby and mother are giving each other numerous other benefits. Oxytocin is secreted by both the mother and baby. Oxytocin has many effects; it activates the production of prolactin for the milk letdown; it helps production of special GI hormones some of which are growth hormones and aid the absorption of food by elongating the intestinal villae. Oxytocin raises the pain threshold, creates calm in both the mother and baby, causes a feeling of sleepiness, and draws them closer together since it is the cuddle hormone, the hormone of love.

[www.ilca.org/news](http://www.ilca.org/news) and [www.breastcrawl.org](http://www.breastcrawl.org)



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Being pregnant and giving birth are like crossing a narrow bridge. People can accompany you to the bridge. They can greet you on the other side. But you walk that bridge alone.

African Proverb