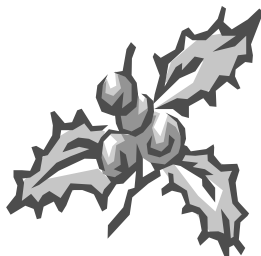


2006 has been an amazing first year for hb doulas. Sincere thanks to all involved and a huge thank you for everyone's ongoing support.

hb doulas wishes you and your family all the very best for Christmas and the New Year. 2007 is going to be another fantastic year and I am already looking forward to starting antenatal classes again in January.

Bronwyn van Hooijdonk  
Company Director

ps keep an eye on Channel 51  
Go Shopping Show from  
10 Dec to 16 Dec for hb doulas



## Thumbs up for hb doulas

"Thumbs up" says Olive of Hastings "to Bronwyn van Hooijdonk who supported my mum and dad through a tiring labour and delivery.

Thank you for giving up 24 hours straight of your busy life to support us.

Your gentle touch and expertise were of tremendous value.

We would recommend Bronwyn as a support partner for anyone during labour and her antenatal classes are fantastic."

**The Hastings Leader October 2006**

**A doula recognises birth as a key life experience that the mother will remember all her life**

*You are unique  
& your birth  
experience will be  
unlike anyone else's.*

*Danette Watson*

## 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

## Tips for New Dads

By Robin Elise Weiss, LCCE, Your Guide to Pregnancy and Childbirth

New dads sometimes feel left in the dark when it comes to their new babies and their postpartum partner.

- Remember that babies aren't really breakable. Don't be afraid to hold yours! Ask someone who is around to show you some great holds for little ones.
- New mums often have emotional ups and downs that are not predictable. Be supportive and offer an ear when possible. Learn the warning signs of postpartum depression and seek help if the situation is heading out of control.
- Support her with breastfeeding. Tell her that you're proud of her and protect her from well meaning but negative comments about breastfeeding.
- Help with the other children or household. Remind mum to let the house go and to focus on her recovery and the new baby.
- Remember that the only thing you **can't** do is breastfeed. You can change nappies, soothe a crying baby, carry the baby, play with the baby, anything the baby needs done.
- Mum is going to need extra sleep and care while her body recovers. Get up with the baby when you can. Bring the baby to her in the middle of the night if possible. If you must go back to work check in with her during the day. Perhaps surprise her with some healthy take out food or fresh flowers.
- Remember that adding a new baby to the mix is always going to stir your life up a bit, even if it's not your first baby. Learning to live with another human being takes time. Give yourself a break if you need it as well.

**WABA (World Alliance for Breastfeeding Action)  
Press Release for World Breastfeeding Week 2006**

Worldwide Health Authorities agree that breastfeeding is the single most effective intervention for infant health. A recent study showed that (US) companies spend an annual average of \$US30.00 per baby on promotion of their products while the government just spends 21 cents per baby on promoting breastfeeding, clear proof of how the scales are tipped the wrong way.

Breastfeeding is NOT a 'nice to have'. It is imperative for the good health of our population and better health outcomes for women. In some demographics it is vital. It is uncomfortable to quote the fact that around the world and yes, in developed as well as developing nations baby's die for want of breastmilk.

Mortality statistics for baby's in the developed world that have perished because they were not breastfed are higher than most people think. Yes, that means dead babies. Say it, dead babies. Another sobering fact is that in most cultures/societies where breastfeeding is the norm well into toddlerhood and where the breastfeeding culture is nurtured and encouraged, child abuse statistics are low or unheard of.

New Zealand could do with such a culture, particularly at a time when we are struggling to come to terms with the shame of our child abuse statistics. It is arguably only the start to put in place the suggestions around more legislation & education to protect breastfeeding in New Zealand and I would say the barest minimum of what is required is to start to address the support that women need and begin to address the negative societal issues we have about breastfeeding.

Breastfeeding does not occur in a vacuum, there are many reasons why women choose not to breastfeed their babies or cannot breastfeed their babies. To over simplify it would be insensitive and naive. Creating such a culture as I have described is a multi-faceted and ongoing task, but not impossible.

Perhaps we could take some encouragement from the Kalahari bush women who chuckle loudly and slap their legs with amusement when it is relayed to them that women have trouble with breastfeeding in other places. I imagine they also wonder if we have trouble with moving our bowels or falling pregnant or sleeping. It would seem to them I guess that breastfeeding falls into one of those categories of bodily functions that just come naturally.

I wonder what they would say if we told them women in our country often do have problems with all of those things. And what, I wonder, does that say about our way of life. I guess we could do with a little of the Kalahari bush women in all of us from time to time.

**Gilmours Pharmacy,  
proud sponsors of  
HB Doulas**



**Gilmours** 13 MIDDLE ROAD,  
HAWELOCK NORTH  
PH 877 8222  
PHARMACY

.....  
: I've run a number of  
: marathons. I've done a lot  
: of hiking with a heavy  
: backpack and I've worked  
: for forty hours straight on-  
: call: but going through  
: labour with my wife was  
: more strenuous and  
: exhausting than any of  
: these experiences. We  
: could never have done it  
: without our doula and  
: LMC. They were crucial for  
: us.  
: .....

From a father

The 1st 6 weeks

To mother with Love by Eleni Karagounis

Crying, feeding,  
Changing, sleeping...  
Crying, feeding,  
Changing, sleeping...  
Crying, feeding,  
Changing, sleeping...

Exponential growth,  
Baby's condition,  
You reach the  
culmination  
Through self-  
preservation.

The cycle of life,  
for 6 weeks through,  
Sleep deprivation  
A friend to you.

Crying, feeding,  
Changing, sleeping,  
Playing!!!

A dear friend,  
Offered reprieve,  
Tending to baby  
A chance to relieve.

The whirlwind stops...  
You find your landing  
Take a deep breath,  
Admire your standing.

Crying, feeding,  
Changing, sleeping...  
Crying, feeding,  
Changing, sleeping...

At the end of the journey,  
Contemplation:  
For a 'good' baby,  
Celebrate with elation!  
For a 'trying' baby,  
Any sign of salvation?

**From 25 ways to awaken your Birth Power**  
by Danette Watson and Stephanie Corkhill Hyles

Many women prepare for birth with the goal of feeling more in control. But we are not meant to be in control of birth any more than we are meant to be in control of the beating of our own hearts or the development of our baby in utero. Your subconscious mind, the orchestra conductor of your body, is in control of birth, just as it controls most of your vital, involuntary functions like heartbeat and breathing. Your subconscious knows how to lead your body through childbirth; your main job is to stay healthy and to learn to facilitate this process.

Stress, tension and fear put the subconscious on alert, causing a physiological response that negatively affects birth. Feeling relaxed, positive and trusting communicates to your unconscious that all is well causing a healthy physiological response that positively affects birth.

Some of the basic tools you need to achieve this relaxed, positive state are deep breathing, visualisation and a clear, empowered focus.

