



Thank you all for your ongoing support, what an amazing year! I thoroughly look forward to 2008 & what it may bring & wish you all the best for next year.

Bronwyn van Hooijdonk  
Company Director



## Christmas

Traditions, celebrations and rituals give children a sense of belonging, stability, predictability and connection. Christmas is a great time to introduce family traditions or to carry on your own childhood traditions with your children.

### Here are a few ideas:

Choose and decorate the Christmas tree together.  
Have a different child each year put the angel or star on top of the tree and have their photograph taken.  
Buy one new decoration each year for the tree.  
Serve the same menu each year e.g. strawberries & cream.  
Make a December scrapbook each year.  
Go to carol singing / Christmas service / Christmas parade.

Make a surprise Advent Calendar.

Choose a special bedtime story leading up to Christmas like "The Night Before Christmas" by Clement Clarke Moore.

Serve sparkling grape juice around the tree on Christmas Eve by candlelight.

Gather round the tree at bedtime in the week leading up to Christmas, turn off the electric lights and turn the Christmas tree lights on. Observe 10 minutes of quietness as you read "The Little Drummer Boy", or something similar that illustrates the true meaning of giving.

Ideas taken from www.parentsine.org.nz

## My labour pledge

I will work hard, try my best, focus on my baby, share my wishes, use my voice, use my body, give myself a break, do what I need to do, and be present in this life changing experience!  
www.birthwares.com

## Being a Dad

You are my everything - my world - my love - my blood - my sun - my moon - the stars above - you are me and I am you - we are so very new - I am a dad and you are a child - I will carry you over the miles - we will be connected for life - you are my everything and I am yours - call me dad - I will call you son - you are my special, very first one!  
www.birthwares.com

## 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

## birth support

**NEW SERVICE**

a birth doula offers continuous care during labour and birth from a woman who understands and is experienced in childbirth.

a doula nurtures the mother, both physically and emotionally during her labour and birth.

a doula gives emotional and physical support to the father, showing him how to be more effective in his role and to feel more involved in the process.

a doula offers help and advice on comfort measures such as breathing, relaxation, massage and positioning.

a doula's goal is to help women have a safe and satisfying childbirth experience, as defined by each individual woman and to keep the mother's outlook balanced and positive.

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

www.hbdoulas.co.nz

mothering the mother

## BRAIN POWER

Remember the days when as children we played for hours with sand, water or huts? Or the way we became interested in a game or toy that we explored, poured over and came to know extremely well? There is evidence now that the time children spend 'wallowing in ideas, feelings and relationships' (Tina Bruce) is time where the brain increases its capacity to learn things.

A baby is born with its brain not yet fully developed and the way it does develop is by experiences. Every time the infant is spoken to, brain connections are made that give the child information about the person or environment, how friendly (or not) people are, that the person will do something for the child, maybe feed them. Later, this wired-up information is used by the brain as knowledge about other people and what the child can expect from people and can give to people.

The more experiences the child has the better their brain works. This does not mean that we need to take children everywhere at all times or to entertain them. It does mean that we need to give children the time to do their own exploring in all areas of life. It means that we need to include children in day to day experiences alongside us and they need repeated experiences. They will not learn about books, for example, by always having a new book. They like, enjoy and learn more from the same story over and over again. Experience means they handle the book, go to the library to see where it comes from, talk about the story with someone who is interested and see you reading the newspaper. They may also include parts of the story in their play, depending on their age/stage. They will hear or see things in the book related to real life and gradually come to make the connection.

Perhaps the story is about a postman. They can learn about what real postpeople do and what letters are about. Their experiences will become unique according to their interests, the interests of people around them and the encouragement they receive.

We can show them what we are doing at home and include them in our activities. Young children can carry something to put on the table. Or take the pegs out to the clothesline. This way they learn the finer parts of the whole experience and that they have an important part to play. Also we know their brain is developing in the best possible way. These activities will ensure you have a child who is more likely to be willing and able to learn competently at school.

Reference: Bruce, Tina. 1992. *Time to Play in Early Childhood Education*. Hodder & Stoughton, Kent.

Spontaneous labour in a normal woman is an event marked by a number of processes so complicated and so perfectly attuned to each other that any interference will only detract from the optimal character. The only thing required from the bystanders is that they show respect for this awe-inspiring process by complying with the first rule of medicine – nil nocere (Do no harm).

G Kloosterman Dutch professor of obstetrics

## Pregnancy and prenatal parenting

During pregnancy the unborn child is affected by many decisions his or her parents make, particularly choices linked to their lifestyle. The health and diet decisions of the mother can have either a positive or negative impact on the child during prenatal parenting.

Many people believe that parenting begins with birth, but the mother begins raising and nurturing a child well before birth. Scientific evidence indicates that from the fifth month on, the unborn baby is able to hear sound, be aware of motion, and possibly exhibit short-term memory. Several studies (e.g. Kissilevsky et al., 2003) show evidence that the unborn baby can become familiar with his or her parents' voices. Other research indicates that by the seventh month, external schedule cues influence the unborn baby's sleep habits. Based on this evidence, parenting actually begins well before birth.

[wikipedia.org/wiki/Parenting](http://wikipedia.org/wiki/Parenting)

Acknowledging that the quality of the birthing experience has both an immediate and continuing impact on both the mother and child is vital as it affects not only bonding but the quality of the postnatal care available to baby from the mother.

A disempowered and traumatised new mother is much more likely to struggle with the physical and mental demands of motherhood if she has been robbed of the spiritual strength and energy of birth. If this is not acknowledged and addressed the effects can be serious and far-ranging.

Author Unknown

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*HB Doulas*



 **Gilmours** PHARMACY  
13 MIDDLE ROAD,  
HAVERLEIGH NORTH  
TEL: 017 9202

We have a secret in our culture and it's not that birth is painful. It's that women are strong.

Laura Stavoe Harm