

As another year draws to a close I wish you and your families all the very best during the coming festive season.

Once again I wish to thank you for your support and hope 2009 is prosperous and fulfilling for all.

Bronwyn van Hooijdonk  
Company Director



"What makes pain intolerable to women is fear. What takes the fear away is knowledge, relaxation and focus. Yes, when these things are incorporated, there will still be pain but it will not be intolerable. Remember, you are hearing this from a certified wimp."

Gloria Lemay

Gilmours Pharmacy,  
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 Gilmours PHARMACY 13 MIDDLE ROAD, HAVELOCK NORTH TEL 877 8222

## Christmas in New Zealand

Incorporating Christian or religious activities, rituals and customs into your Christmas celebrations can make this time of year special for both Christians and non-religious Kiwis. You can bring spirituality to the festive season with poems, crafts, songs and stories.

Today, Christmas is celebrated the world over through a combination of modern and ancient traditions. Marking the birth of Jesus Christ, Christmas time is a time of festivity and family closeness. Some traditions are seen around the world – Christmas trees, lights, carols and gift giving – but each culture has created its own unique form of celebration.

A Christmas celebration Downunder brings together the traditional and the Kiwi. Christmas trees and lights, gifts and Christmas stockings, carols and church services are all part of the celebration, along with enjoyment of the summer season - barbecues in the backyard, long days at the beach and picnics in the park.

Universally, Christmas is a time to gather and connect with family, both immediate and extended. New Zealand families often travel long distances to be together at this time of year and according to a recent study, spending time with family is the most important part of celebrating Christmas!



### 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 677524106**  
**bronwyn@hbdoulas.co.nz**

### birth support

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 ph **06 8778282** or **027 6775241**

### Birth Support—using a Doula

"All over the world there exists in every society a small group of women who feel themselves strongly attracted to give care to other women during pregnancy and childbirth. Failure to make use of this group of highly motivated people is regrettable and a sin against the principle of subsidiarity."

(Editor's Note: The principle of subsidiarity is that nothing should be done by a larger and more complex organisation that can be done as well [or better] by a smaller and simpler organisation.)

Gloria Lemay

Excerpted from "Midwifery Tip from Gloria Lemay," The Birthkit, Issue 36

## Dry Skin & Eczema In Infants

Skin conditions are very common in infants and some babies will require extra care & attention to keep their skin healthy and looking great!

Dry patches on the skin may result in eczema (also called dermatitis) which is where the skin becomes red and itchy. Rashes may also be caused by teething or infections but eczema usually looks dry and doesn't tend to clear up very quickly. It can start in infants from four months of age and can follow on to childhood eczema, but this will usually disappear by the age of ten.

### **Treatment tips for eczema:**

- Try and find out what causes the eczema and avoid this (look at dust mites; pollens; dairy; wheat; weather changes; irritants – woollen clothes, soaps).
- Watch your baby's diet. Breast milk is best and when solids are introduced, give fruit and vegetables.
- Dress your baby in loose-fitting clothes made from natural fibres which are washed with true soap. Rinse clothes and sheets thoroughly.
- Bath your baby in lukewarm water and use a soap substitute to cleanse the skin. Note that many of these products may feel oily making your baby slippery, so extra care needs to be taken when lifting baby out of the bath.
- For very itchy skin, add oatmeal to the bath. Ask about the Aveeno range.
- Use moisturisers on the skin at least three times daily. The Stelatopia range from Mustela is worth a look as a moisturising range for babies with eczema.
- Try not to let him/her scratch. Mittens may be helpful at night.
- If the area looks very red and/or sore, see your Doctor.

The information provided in this column is to be used as a guide and is not intended as a comprehensive medical service. It should not be used as a substitute for seeking professional medical advice, diagnosis or treatment.

**Claire Wallis Gilmours Pharmacy (Havelock North) and Ahuriri Pharmacy (Napier).**  
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## **A Father's Point Of View by Anthony Wilson**

The day my wife gave birth to our firstborn was the end and the beginning of something beautiful. The culmination of nine months of physical, emotional and spiritual preparation for the birth of our baby, it was also the beginning of our life with children.

The birth itself was a transition from one stage of our life together to another. I saw my wife in a whole new way that day.

There was never any doubt that I would attend our births, we just did not know the details of how. Lois and I have always done everything together. After attending childbirth classes I felt more prepared, but I was still scared at the thought of holding a new baby.

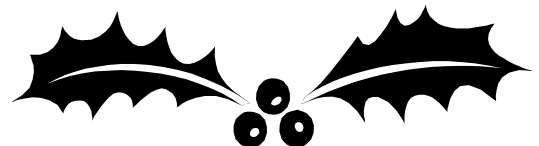
Then came "the day."

I look back and see my wife as an incredibly focused and powerful woman. The power of a woman giving birth amazed me. Labor, such an intense time of hard work, impressed on me that there is no greater work than that of bringing a new life into the world. Any man who has not seen his wife give birth has an incomplete view of what it means to be a mother. He underappreciates mother-hood.

My fears of holding my baby melted into joy at the touch of new skin, skin that had never before been "outside." We experienced the joy together, Lois and I, and it has only strengthened the bond of our marriage. It has been my privilege to attend and support my wife, the mother of my children, through each of our births in turn. Each one was different, as each of our five children is different.

Every birth is unique, and each is a life experience, one that should be shared by husband and wife, mother and father, as they grow not only a baby, but also a family. After almost twenty years of marriage, some of my best memories are the births of our children, and seeing my wife give into this powerful maternal act called childbirth.

[www.midwiferytoday.com](http://www.midwiferytoday.com)



### **Did you know.....**

1. Human milk has over 300 ingredients, including interferon, white blood cells, antibacterial and antiviral agents, while formula has only 40 ingredients.
2. Human milk has been shown to kill cancer cells in a laboratory dish and has been used in oncology.
3. The human breast "custom-makes" antibodies to fight whatever pathogen the infant is exposed to in the environment.
4. Breast milk has been used to treat eye infections, ear infections, pimples, cold sores, and nail fungus and prevent infection in scrapes and scratches.
5. In some parts of the world, donated organs are bathed in breast milk for the protective factors.
6. There were 22 "significant" recalls of formula for potentially life-threatening situations.
7. Human milk lactoferrin is patented for use in killing E. Coli in the meat packing industry.
8. Donor milk is being used to treat malabsorption and short-gut syndromes, renal failure, inborn errors of metabolism, ulcerative colitis, irritable bowel syndrome, immunodeficiency diseases, burn cases, cardiac problems, and infectious diseases such as intractable diarrhea, gastroenteritis, infantile botulism, sepsis, pneumonia, and hemorrhagic conjunctivitis in both children and adults.
9. Adoptive moms, grandmothers, and yes, even men (!) have been able to lactate for an infant.

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