

BIRTHING

A NEWSLETTER OF ALTERNATIVE BIRTHING PRACTICES

VOLUME 1, ISSUE 1

NOVEMBER/DECEMBER 2000

WELCOME

How do you start the very first article of a brand new newsletter? As I stare at my keyboard, I ponder this question. I could write about myself and my motivations for putting this little publication together. But I think that will become obvious. And I considered writing an impressive piece of journalism about birthing in history and the progress we've made. I even sat down to do it. But it didn't feel right. And as I stared at the empty screen tapping the keyboard with my fingers I became inspired. The same inspirational twinge I felt when I started putting this little paper together. So here we are.

When I trained as a doula at Seattle Midwifery School I was amazed at the feeling of fellowship I experienced with twenty-five other women over the course of only four days. I have found, over and over again, that those involved in alternative birthing practices are warm and giving people who radiate good energy.

Whenever I get together with a group of these people I always leave feeling invigorated and motivated. Then slowly, I begin to realize that this wonderful community of caring people are by and large undiscovered by the community as a whole. It's no wonder so many women feel powerless in birth. We are so out of touch with our community that the network of loving support is just not there for many families.

This must change.

The children are our hope for the future and our children's hopes lie in the ability of their parents to raise them with joy and confidence. Supported, not only by their immediate family

*And when our baby stirs
and struggles to be born
It compels humility: what
we began
Is now its own.*

Anne Ridler

but by an entire network of loving people.

Birth is where it begins.

A woman's birth experience is a memory that will always be with her. How she feels about her ability to birth her child will effect how she relates to her baby, her partner, herself and the rest of the world. By empowering women in birth we empower the future of our community.

It is sacred work, and we are all a part of it.

Julie Samms

YOUR THOUGHTS?

Birthing is looking for submissions from all of you out there in the birthing community. I would love to hear from you, whether you are a midwife, doula, childbirth educator, or one of the mothers and fathers we serve. Anything is acceptable and everything may be published, from letters to articles to poems. Send submissions to...

NEWS

Childbirth Without Fear was published in America in 1944, twelve years after it's original publication in Europe. It was considered revolutionary among women who read it and applied it's theories of "natural childbirth" even though it received little validation from the medical community.

The consciousness of woman's discomfort can now be dispelled, but only at a price, for with it goes the consciousness of birth, and the sensation and emotions, not pains, which are the rock of experience upon which the stability and magnitude of motherliness have firm foundations. But that is not all — today we know the price of relief from pain devolves upon mothers and babies, husbands and homes. The cost is severe...

Prospective Doulas! Seattle Midwifery School would like to teach their labor support course in Bellingham!

The course consists of 32 hours, divided into two 16 hour parts. It's intensive format covers reproductive anatomy, fetal development, components of perinatal care, clinical terminology, pain management techniques, the emotional and psychological aspects of giving birth, scope of practice, culturally sensitive support, coping with complications in pregnancy and labor, newborn care and breastfeeding.

Approved for certification with DONA and PALS. Tuition is \$450.

This is the course I took when I trained to be a doula and it was so much more than I expected it to be. I didn't go into the class anticipating that I would be touched so deeply by both it's content and the wonderful women who teach it.

If you are interested call me, Julie @ 715-7621

BIRTH STORIES - REUBEN'S BIRTH

My water broke at 5:30 in the morning just as my husband and I were about to go to bed. It was exhilarating knowing that my baby was going to be born soon but I wasn't feeling any labor beginning. We went through the back and forth "should we call the midwife yet..." routine and decided that it would be best to try to get some sleep. Caleb was convinced that the baby wouldn't come until morning. I was not so sure and as we laid down to sleep I began to feel regular contractions. I laid there, watching the big red numbers on the alarm clock and timing my contractions. Five minutes apart, lasting almost 45 seconds. We were supposed to call the midwife at five minutes apart lasting one minute. So I kept timing. By 7:00 I was sure that these really were labor contractions and that they really were getting closer together and stronger. I think this was about the time Caleb finally fell asleep. I woke him up to tell him that it was definitely time to call the midwife because we were going to have this baby sooner than later. By 8:00 she had arrived and we were making ready for our new baby, walking around the house, trying different positions. My spirits were so high that I was seeing rainbows around everything. It was a bright sunny morning and the whole world seemed to be welcoming my first child. Because this was my first birth the midwife felt it would be safe for her to leave for a while and let us settle into our labor together. We were to page her as soon as labor started getting really intense. I'm not sure how much time she expected to have but by 10:00 I was becoming more inwardly focused and less in touch with the world around me. Caleb paged. When she returned I was laboring in a big plush rocking chair that my mother had bought

especially for rocking babies. And I was really enjoying myself. I'm a loud laborer, and most of my energy radiates through my mouth. I don't think that, under normal conditions, I could reproduce the sounds I made. Sometime after 11:00 I felt an incredible urge to push that baby out. So we moved from the rocking chair to a birthing stool and at 12:00 I met my son. I was immediately amazed at how large he seemed. Caleb and I sat and held our new baby, together, totally uninterrupted. The room was bright and surreal and our little boy refused to open his eyes for more than a couple of seconds at a time. I thought later that his little grunts immediately after birth sounded like the noises I made while laboring. Finally we let him go get weighed and measured. I went and showered feeling more exhilarated than I had ever felt in my life. Caleb, who had been a well of strengthening energy for me throughout labor and birth, promptly fell asleep.

Julie Samms

Send me your birth stories! 500 words or less will fill this space. If you are a birth attendant and would like to send other peoples stories please send your name and association with the birthing woman (ie doula, midwife, etc...), parents names should not be included. Send stories to...

**BIRTHING: BIRTH STORIES
C/O JULIE SAMMS**

RESOURCES

MIDWIVES

Ann Tive, LM - Birthroot Midwifery Service	(360) 734-2182
Winni McNamara, LM, CNM, ARNP	(360) 734-9500 or (360) 766-6686
Judy Edmunds, CH, RNC, CPM, LM (Oregon)	(360) 647-1220
Leslie Gesner, LM - Women's Wisdom Midwifery Care	(360) 966-0314
Barbara Schickler, CNM, ARNP	(360) 671-4944
Susan Willis, CNM, CFNP	(360) 671-3345

DOULAS

Melissa Denmark Sumas	(360) 599-9157 melissa.denmark@gte.net
Janna Sanabria Bellingham	(360) 647-3604 lionessjds@uswest.net
Julie Samms Bellingham	(360) 715-7621 sammscreativecoalition@netzero.com
Holly Schutza Friday Harbor	(360) 378-3316 schutza@interisland.net
Megan Bottomley Everson	(360) 988-6704 shyseed@webtv.net
Amy Emler-Shaffer Friday Harbor	(360) 378-9426 denamorg@interisland.net
Charity Cook Bellingham	(360) 756-2337 unitedonelove@hotmail.com
Laurie Gallo Orcas Island	(360) 376-4490 opalclt@rockisland.com

*You may give them your
love but not your thoughts.
For they have their own
thoughts.
You may house their bodies
but not their souls,
For their souls dwell in the
house of tomorrow, which
you cannot visit, not even
in your dreams.
Kahlil Gibran*

OTHER BIRTH SERVICES

Aryn A. Whitewolf	HypnoBirthing®	(360) 758-9854
Markaye Maionczynski	HypnoBirthing®	(360) 647-8601

GROUPS

La Leche League	Terry (360) 595-2403 or Angela (360) 988-4086 or Pam (360) 592-5052 or Heather (360) 647-3507 or Judie 715-2020 or Suzanne (360) 354-8278
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BIRTH/BABY SUPPLIES

Mother Baby Store (360) 714-1805	2183 Alpine Way Bellingham, WA 98226
Birth Tub Rentals (360) 738-9015	Deborah Craig

If you provide a birth related service and would like to be listed in this resource directory please leave me a brief message @ 715-7621 and I will contact you.

LOCAL EVENTS

NOVEMBER

2000

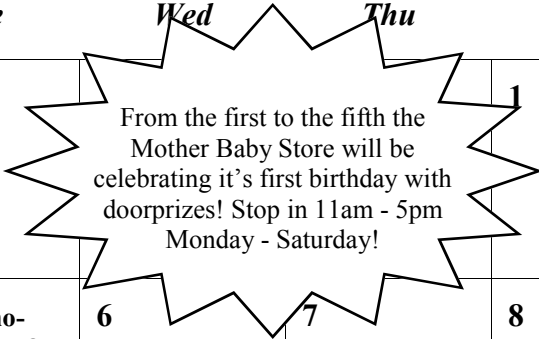
<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1	2	3	4
5	6	7	8 La Leche League 10am @ Brigid Collins House* Breastfeeding: Questions Mothers Ask	9	10	11
12	13	14	15	16	17	18
19	20 Doula Workshop @ Co-op connections building*** 6:30	21 La Leche League 7:30pm @ Pam's home** Breastfeeding: The Healthy Choice	22	23	24	25
26	27	28 Midwifery Forum @ Co-op connections building*** 7:00pm	29	30		

Upcoming Events : Informational evening on waterbirth @ Co-op connections building

*Brigid Collins House 1231 N. Garden St. (Garden & Holly) **Call 592-5052 for information ***Across the parking lot from the Community Food Co-op 1220 N. Forest (Forest & Holly)

DECEMBER

2000

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			 <p>From the first to the fifth the Mother Baby Store will be celebrating it's first birthday with doorprizes! Stop in 11am - 5pm Monday - Saturday!</p>		1	2
3	4 Happy Birthday! The Mother Baby Store celebrates one year!	5 Hypno-Birthing® informational workshop 6pm @ 1155 N State Room 417	6	7	8	9
10	11	12	13 La Leche League 10am @ Brigid Collins House* Nutrition & Weaning	14	15	16
17	18	19 La Leche League 7:30pm @ Pam's home** Birth & the first weeks	20	21	22	23
24	25	26	27	28	29	30
31						

If you would like to put an event on the calendar please leave me a brief message and I will contact you.
Julie @ 715-7621

BIRTHING

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Editor : Julie Samms

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NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

CHECK ANY THAT APPLY...

<input type="checkbox"/> Massage Practitioner	<input type="checkbox"/> Chiropractor	<input type="checkbox"/> Acupuncturist
<input type="checkbox"/> Nurse	<input type="checkbox"/> Herbalist	<input type="checkbox"/> Nutritionist
<input type="checkbox"/> Doula	<input type="checkbox"/> Childbirth Educator	<input type="checkbox"/> Mother/Father
<input type="checkbox"/> Midwife	<input type="checkbox"/> Lactation Consultant	<input type="checkbox"/> Other _____