

BIRTHING

A NEWSLETTER OF ALTERNATIVE BIRTHING PRACTICES

VOLUME 1, ISSUE 5

JULY/AUG 2001

Julie Samms

Greetings! Summer is here and it's so nice to see the sun again. I hope that all of you are enjoying the blue skies. In my house lately blue skies has meant hammering, scraping and sawing. Our old roof has finally been deposited in large heaps around the yard and a beautiful new roof is almost in place. Just in time for my daughters first birthday. A present that she will enjoy the benefits of but not really appreciate. So it goes with children.

Now that the fireworks have died down (mostly) I am finally sitting down to finish off the fifth edition of *Birthing*. It is a bit late but with all the roofing and spring cleaning and my strong desire to be outside rather than inside at my computer I think it will do nicely.

You may notice that this newsletter is reformatted and slightly smaller than the last few have been. This is partially to lower printing costs and streamline the newsletter. You see, this newsletter is my baby. It is printed by my efforts and supported by whatever money I can come up with. And on that note, I'd like to thank all of you who have contributed through subscriptions and otherwise... this newsletter would not be possible without you! I am hoping to go up on the web in the near future which will expand accessibility and hopefully provide more space for expansion. However, the printed newsletter will remain available. I haven't done this sooner because I don't really care for the internet, but I was finally forced to admit that it is a good *accessible* source of information. So I'm working on it.

Unfortunately, as some of you may have noticed, I can no longer offer subscriptions for free. I really want to, but finances do not allow. So I've set a minimum donation of \$5 a year if you want the newsletter sent to you. This covers only my printing cost and postage. Perhaps in the future I will be able to offer free subscriptions again. The newsletter will still be available at the Community Food Co-op in downtown Bellingham for free.

The other bad news is that the Calendar of events hit the cutting room floor. Hopefully it will be

Pregnant women! They had that weird frisson, an aura of magic that combined awkwardly with an earthy sense of duty. Mundane, because they were nothing unique on the suburban streets; ethereal because their attention was ever somewhere else. Whatever you said was trivial. And they had that preciousness which they imposed wherever they went, compelling attention, constantly reminding you that they carried the future inside, its contours already drawn, but veiled, private, an inner secret.

Ruth Morgan

revived in future issues but until then I will try to give a brief update in each issue covering any local happenings.

In other news, I am hoping to expand our area to cover at least San Juan, Island and Whatcom counties. What I'm looking for right now is people in the Islands and outside of Bellingham who would like to distribute the newsletter in their areas. If you are or would like to be one of those people please contact me. The more we can get this information out there the better off our communities will be.

On a different note, I'm still looking for writing from all of you out there. This is your community and I want to put your voices out there as well as mine. So if you've thought about it, do it! I really do want to hear from you. Even if it's just a letter, your message is a valuable contribution to the birth community. And there are lots of you out there. I see you every day, at the Food Co-op, waiting for the bus. Pregnant women, small children, curious bystanders.

Community.

Speaking of community, I have two events to report -

Saturday July 21st : *Brazen Birth & Babes* promises to be a wonderful evening whether you are pregnant, just thinking about it, or have a birth story to share. Leslie Gesner organized this night of birth stories

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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...

Birthing: Submissions

P.O. Box 3107

Bellingham, WA 98227

or E-mail us

Birthing@hotmail.com

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and empowerment. We will hear amazing birth stories from the people who lived them, watch a video and rejoice together that each of us is a part of the sacred cycle of life. For more information and location please call Leslie @ 966-0314.

Birthing will be holding our first annual potluck Saturday July 28th at Elizabeth park by the play structure! We will be starting at about noon and everyone is welcome. Bring a blanket and a dish to share. Now I'm Vegetarian but I know some of you out there are not so you're welcome to bring whatever you want but please label it if it has meat in it. This is a great opportunity for me to meet all of you out there and spend some time getting to know my readers. So mark your calendars and hopefully it will be a beautiful day!

I am still in the process of organizing BIRTH (Birth Information and Resources for Total Health) in Bellingham. So if anyone has more resources for me remember that BIRTH extends beyond Bellingham and Whatcom County. BIRTH will be holding it's first meeting in Bellingham towards the end of the summer and more information will be available in the next issue. If you are interested in volunteering to help get our Bellingham chapter going please give me a call or drop me an e-mail. We'll probably kick it off with a big potluck later this summer so stay tuned!

In other big news Seattle Midwifery School is planning to be here to teach their Labor Support Course at the end of the year. If you want to participate in the class please give me a call or send me an e-mail so that we can verify class size. The deadline isn't until October so you still have time to mull it over.

Well, I'm drawing to the close of this issues update. Thank you, all of you out there reading and getting involved. It makes me feel good every time I go into the Co-op and find that all of the newsletters are gone. Keep it up! And keep it coming!

With Love,

Julie

<p>Looking for a doula? I am trained by DONA and looking for clients in the Bellingham area. Reasonable rates/Barter/Flexible Julie @ 715-1795</p>
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Birth Story

Cora Ridley

The birth of our son, Jaden Forest Ridley, was a wonderfully beautiful experience, and it happened so easily and naturally that sometimes I look back on it and can hardly believe that it happened! My labor and delivery took about five hours, and it was such a fun, special time.

After reviewing all the different options for birth, we decided to do a midwife directed hospital birth, because that is where our midwife, Barbara Schickler, did all her deliveries. We also chose to use the Hypnobirthing method, taught locally by Aryn Whitewolf, and we had a Doula, Jessica Wight. These three wonderful women along with my husband, Dan, made an awesome labor support staff, and everybody worked in harmony to help us make the birth the beautiful experience that it was.

Hypnobirthing is a deep relaxation birthing technique, and in the class you learn various methods of self-hypnosis, but you also learn a lot about the history of childbirth and about the way your body works to make birthing possible. Dan and I didn't get as much of the 'homework' from the class done as we would have liked to, so we didn't achieve as deep of a relaxation as is possible, but even so, it was a wonderful aid to the process. I think that what we gained the most from it was confidence building. The course provided a solid foundation for my optimism and anticipation about the birthing process, so that we were able to go into this birth absolutely thrilled and confident that we could handle whatever happened.

I started to go into labor on Monday, April 9 at about 10:30 a.m., just after my weekly checkup. I called Barb, and she told me to head over to the hospital once the contractions got so strong that I couldn't talk through them or once my water broke. Neither of those things happened. Dan was working, and planned on coming home around 12:00 or so. Our

(Continued on page 5)

RESOURCES

<p style="text-align: center;">↳Adoption↳</p> <p>Adoption Resource Library 733-6714 Adoption Support Group 671-3093 Bethany Christian Services 733-6042 Int. Child Adoption Ntwk. 738-8251 Nancy Berg, Atty 714-6188 Debra A. Lev PS 671-7065</p>	<p>Opportunity Council Childcare Resources 734-5121 x 227 Dept. of Social & Health Services 714-4000 Parent Cooperative Preschools 676-2170 x 338 ↳Classes↳ -Childbirth-</p> <p>Apple Tree Childbirth Education 676-2526 <i>Christian-based</i></p> <p>Becoming Parents, Staying Partners 676-2443</p>	<p>Paula Brown LAC 734-9500 Darcy Elliot LAC 647-0228 Mystique Grobe ND, LAc 715-9010 Heidi Hawkins 676-5477 <i>(pediatric & allergy)</i> Dennis Littleton ND, LAc 676-5337 Jack Shupe LAC 733-1693 Michele Siemion LAC 715-9010</p>
<p style="text-align: center;">↳Breastfeeding↳ -Support-</p> <p>La Leche League 595-2403 Terry 988-4086 Angela 592-5052 Pam 647-3507 Heather 715-2020 Judie 354-8278 Suzanne</p> <p>Women, Infants & Children (WIC) 738-2505 or 384-1633</p>	<p>B'ham Technical College 738-0221 Deborah Craig 738-9015 Tricia Griffin (Bradley) 733-8086 Brooksana Raney 758-2555 Transitions 734-1414 Judie Zersen, IBCLC (Bradley) 715-2020</p> <p>Hypnobirthing® Aryn A. Whitewolf 758-9854 Markaye Mionczynski 647-8601</p>	<p style="text-align: center;">↳Healthcare↳ -Chiropractors-</p> <p>Robert B. Bates DC 398-7466 <i>Free Cranio-Sacral Therapy <1month old</i> Advid Adich DC, LAc 734-9555 Jim Ballif DC 650-0997 Will Cummins DC 715-9010 Lindon Keeler DC 715-9010 Cherrelyn Seegers DC 715-9010</p>
<p style="text-align: center;">↳Breastfeeding↳ -Lactation Consultants-</p> <p>The Parent Center Kathleen Auerbach, IBCLC, PhD 384-1755 Jeanne Brotherton, RNC, IBCLC 758-9561</p> <p>Mother/Baby Homecare Barbie Jimenez, RN, IBCLC 647-1544 Holly Telfer, RN, IBCLC 715-4170</p> <p>Breastfeeding Success Judie Zerzen, IBCLC 715-2020</p>	<p style="text-align: center;">↳Classes↳ -Exercise-</p> <p>Prenatal Yoga-Plus & Yoga Moms Maureen Braun 647-0712 Whatcom Family YMCA 733-8630</p> <p style="text-align: center;">↳Classes↳ -Parenting-</p> <p>B'ham Parks & Recreation 676-6985 B'ham Technical College 738-0221 Ferndale Parks & Recreation 384-5113</p> <p>Infant & Child Massage Christin Nelson 733-6560</p> <p>Partners in Parenting Anji Citron 676-2443</p>	<p style="text-align: center;">↳Healthcare↳ -Counselors-</p> <p>Catholic Community Services 676-2164 or (800) 300-2493</p> <p>Anji Citron MSW, CSW 676-2443 Alexandra Hall Coy M.Ed. 650-1591 Melinda Creed MSW, CSW 650-1690 Jillian Froebe MA, ATR 738-4805 Djuna W. Harper ARNP 714-9574 Naomi Rudo MA, MFT 734-0592 Whatcom Counseling & Psychiatric Clinic 676-8455 or 384-3100</p>
<p style="text-align: center;">↳Childcare↳ -Resources-</p> <p>B'ham Community ChildCare Center 676-0950 <i>(Sliding Fee Scale)</i></p> <p>The Birches Headstart & Childcare 734-8396 or 384-1470 x 415</p>	<p style="text-align: center;">↳Health Care↳ -Acupuncturists-</p> <p>David Adich DC, LAc 734-9555</p>	<p style="text-align: center;">↳Healthcare↳ -Douglas-</p> <p style="text-align: right;"><i>(Continued on page 4)</i></p>

RESOURCES

(Continued from page 3)

Melissa Denmark (*melissa.denmark@gte.net*)
Langley 221-4181

Janna Sanabrina (*lionessjds@gte.net*)
Bellingham 647-3604

Julie Samms (*juliesamms@hotmail.com*)
Bellingham 715-1795

Holly Schutza (*schutza@interisland.net*)
Friday Harbor 378-3316

Megan Bottomley (*risingmoonfarm@msn.com*)
Everson 988-6704

Amy-Emler Shaffer (*denamorg@interisland.net*)
Friday Harbor 378-9426

Charity Cook (*unitedonelove@hotmail.com*)
Bellingham 756-2337

Laurie Gallo (*opalclt@rockisland.com*)
Orcas Island 376-4490

Sharon Souders
Bellingham 738-6915

Nancy Simmers
Bellingham 671-5685

Brooksana Raney
Bellingham 758-2555

Jessica Wight
Bellingham 738-3536

Sharon Avolio
Bellingham 738-1776

Anna Fernandez
Bellingham 398-9951

Physicians ↴ -Herbalists-

Judy Edmunds CH, RNC, CPM, LM(Or)
647-1220

Suzanne Nagler 354-6334

Linda Quintana 733-0157

Amy Sothman 715-8123

Bonnie Sprague 756-9793

Physicians ↴ -Massage-

Susan Adich 734-9555

Elizabeth Brown 676-8274

Judy Edmunds CH, RNC, CPM, LM (OR)
647-1220

Sarah Love 733-0887

Claire Lynam 733-4011

Catriona Munro 734-1560

Cheryl Roberts 734-1560

Cindy Sabol 715-9495

Joanna Schmidt 715-9010

Sharon Souders 738-6915

Medical ↴ -Midwives-

Ann Tive, LM 734-2182

Winni McNamara, ARNP, LM, CPM,
734-9500 or 766-6686

Judy Edmunds, CH, RNC, CPM, LM (OR)
647-1220

Leslie Gesner, LM 966-0314

Barbara Schickler, CNM, ARNP 671-4944

Susan Willis, CNM, CFNP 671-3345

Peggy Franklin, CPM 856-2161

Medical ↴ -Nutrition-

Apple A Day Medical Nutrition Therapy
676-1585

Tracy Delaney, PhD, RD 738-2830

Judy Edmunds, CH, RNC, CPM, LM (OR)
647-1220

St. Joseph's Hospital Nutrition Therapy
715-6420

Physicians ↴ -Naturopath-

Mystique Grobe, ND, LAc 715-9010

Dennis Littleton, ND, LAc 676-5337

Laura Shelton, ND 734-1560

Mark Steinberg, ND 738-3230

Joseph Wessels, ND 734-9500

Supplies ↴ -Birth Balls-

Sharon Souders 738-6915

Supplies ↴ -Birth Tubs-

Deborah Craig 738-9015

Pamela Aube 592-9018

DOULA TRAINING! Seattle Midwifery School Labor Support Course In Bellingham

@ The Co-op Connections
Building
Nov. 30th - Dec 1st
&

Dec 7th - 8th
Four day course fulfills training
requirements for certification with
DONA

Tuition is \$450
Deadline for registration is Oct. 29th,
2001

Contact Julie @ (360) 715-1795

Birth & Beyond 206/324-

If you provide a birth related service
and would like to be listed in this
resource directory please contact Julie

@ 360-715-1795 or
e-mail *birthing@hotmail.com* or
mail to *Birthing: Directory*
P.O. Box 3107

(Continued from page 2)

Doula, Jessica Wight came over around 11:30, and we sat up in my bedroom and just hung out. We talked about music, literature, dreams, aliens... just about everything. We had such a great time. Jessica is a really wonderful person and has become very dear to us. We are so grateful that we got to meet her and get to know her while working toward this birth. It was such a beautiful beginning for a friendship!

That beginning stage of the labor was so magical. Everything just felt so right, so poignant. Just sitting around and talking with the early afternoon light coming through the windows, full of excitement and anticipation felt so right, so natural. My contractions were very strong, and there was some minor pain at the climax of each one, but I was able to relax quite well throughout them.

Around 2:30 I felt that we should probably head over to the hospital. My contractions had been getting steadily stronger, but there wasn't much more discomfort, and my water still hadn't broken, but it just felt like it was time. It's a good thing that we went when we did, because as we were on our way there my contractions started to get considerably stronger. We were at the hospital for an hour and fifteen minutes, from the moment we walked in the lobby to when Jaden took his first breath. The initial in-patient exam showed that I was dilated to 8 cm. They put me into a room right away, and just about as soon as I got into the bed, I began to transition. Barb arrived right about at that time, and she began to wash up and put her scrubs. Even though this part of the process was so short, it was so helpful to have Jessica there. Her presence was a constant comfort and reassurance. Transition was the most difficult part of the labor, and the contractions were intense. I was not able to relax during those contractions, but I was able to relax in between them, which made me able to deal with the next one.

During the transition contractions I was rolling from side to side, and at one point my elbow hit the call button for nurse assistance. A voice came on saying, "Do you need assistance?" I was

in the middle of a very strong contraction, but I responded, "No, my elbow just hit the button." She said, "So you don't need assistance?" That's when I realized that there were five other people in the room, and none of them were having a baby, so they could answer her! I do recall thinking at the time, "Huh, this is funny!"

While transition was difficult, it was also very short—about six or seven contractions, and then it was time to push, though Barb had to manually rupture my membrane at that time. We did about five pushes without an episiotomy, and then it was apparent that I was going to need a small one, so Barb somehow managed to do that while I was still rolling a bit from side to side, and on the next push, Jaden was out!

I can't even begin to describe the magic of having him on my belly for the first time, so I won't even try.

The hospital was so much nicer than I was expecting with regards to respecting our wishes for a natural birth and to forgo many of the standard procedures for both mom and baby. Our birth plan helped, and Barb and Jessica were instrumental in enforcing it. Still, I was very pleased that the hospital staff was so great, and I found out that many of the nurses were not only respectful of our beliefs, but they actually shared them. They see so many women come in wanting epidurals without even considering natural birth. They were very excited and supportive of our choices.

Afterwards, our nurse thanked us for having her there for such a beautiful birth. She was so happy to see such a natural and wonderful delivery. Our family doctor, when looking Jaden over, was so impressed with how calm he was.

Send me your birth stories! 800 words or less will fill this space and sometimes I can accomidate more. 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
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