

BIRTHING

A NEWSLETTER OF ALTERNATIVE BIRTHING PRACTICES

VOLUME 2, ISSUE 1

NOV/DEC 2001

A BIRTHDAY FOR BIRTHING

Julie Samms, CD

Greetings everyone! This month marks the first issue of the second volume of Birthing! We've been bringing you birth information and resources for a year now and I would like to thank all of you for your contributions, your support, your beautiful writing and most of all your encouragement. This newsletter wouldn't be here without you.

In light of this special occasion, I would like to take a moment and extend a few words of gratitude to some of the women who work hard in our birthing community and who have helped me to build this newsletter over the past year.

First and foremost, I would like to thank my midwife, Ann Tive. She was one of the first people I met when I moved to Bellingham. I was pregnant with my first child and wanted to have my baby at home. I will always be grateful for the kind ear and gentle support that not only helped me to birth my two children, but helped me pull some of my wild ideas into a single vision. Thank you Ann, I think that you've inspired me more than you know.

I would also like to thank Deborah Craig. I took my first class in natural childbirth in Deborah's living room. She introduced me to the concept of doula care and it was her experience as a doula that started me towards my own training and certification. Thank you Deborah, for your continuing support.

Everyone at Mother Baby Homecare deserves mention in this list for their service to pregnant and birthing women in the Bellingham area but I would like to extend a special thank you to Sharon Sauders. It was her contribution that

*When we turn to one
another for counsel we
reduce the number of
our enemies.*

Kahlil Gibran

made the resource directory as thorough as it is. I always look forward to bringing newsletters to the Mother Baby Center because we get to spend a few minutes talking. Thank you Sharon, your encouragement has meant more to me than you could possibly know.

I met Leslie Gesner in one of my vaccination classes. She stuck in my mind and we met again two years later. Leslie is one of those people who exudes a warm supportive energy and the times I have worked with her have always been a pleasure. Thank you Leslie for your coaching, your graceful decline of absolutes and for reaching out to me.

Aryn Whitewolf teaches Hypnobirthing in Bellingham, a method of childbirth preparation that was totally foreign to me until I met her. Her article on Hypnobirthing was one of the first contributions to the newsletter. Thank you Aryn, for your enthusiasm and encouragement!

Last, but not least, I must thank my partner in crime Bequi Boonstra. The birth of her first child was the first I witnessed. We've come a long way together, even lost each other for a while. Thank you Bequi, for helping me find myself and for always donating your energy to my crazy ideas.

I've really enjoyed bringing you this newsletter and look forward to another year! Birthing will continue to bring information, resources and support to our little corner of the Northwest and beyond! If you are interested in getting involved or provide a birth related service that you want the community to know about contact me at my new number (360) 961-3463.



THE BIRTH OF A DOULA

Aimee Stilts

I first met Melanie when she came to work at the Food Co-op, which is where I work. I was given the job of training her, and we hit it off right away. A few months after she started working with us, Melanie discovered that she was pregnant. Since her two older children were born at home, she wanted to have a home birth with this baby too. Hearing this, I told her about my plans to become a midwife and that doula experience is part of the prerequisite to attend Seattle Midwifery School. I asked Melanie if she was interested in having a first-time doula assist her and her husband during their birth.

I was so excited when she told me that she and her husband would like to have me be their doula. We arranged to get together out at their house so I could meet Odin, Melanie's husband and Judy, their midwife. From there, we agreed to keep in close contact until it was time for the baby to come.

On Saturday, May 20th, Melanie called and asked me to do some things with her to help get labor started. She was five days past her due date and wanting very much to meet this person who had been growing inside her womb for ten months. She drove over to my house to pick me up and we headed over to Judy's house to have her cervix checked for dilation and effacement.

We got to Judy's around 7 p.m. and discovered, to our delight, that Melanie's cervix was approximately 80% effaced and three centimeters dilated. Judy decided to try some cervical stretching to see how far it would open and told us that it was easily opening to seven centimeters. We knew Melanie probably wouldn't have a long labor.

Since walking is one of the many things nature has instrumented to help labor progress, Melanie and I decided to take a walk to see if her labor would initiate on it's own. Her body was ready, the baby was ready, and we just needed to encourage active labor to start.

We went downtown and saw the action happening at "the Pit" on the corner of Railroad and Holly. There were lots of people of all ages, ethnicities and backgrounds down in this cemented hole, tearing up the concrete, planting gardens, painting murals and slogans, singing songs and playing.

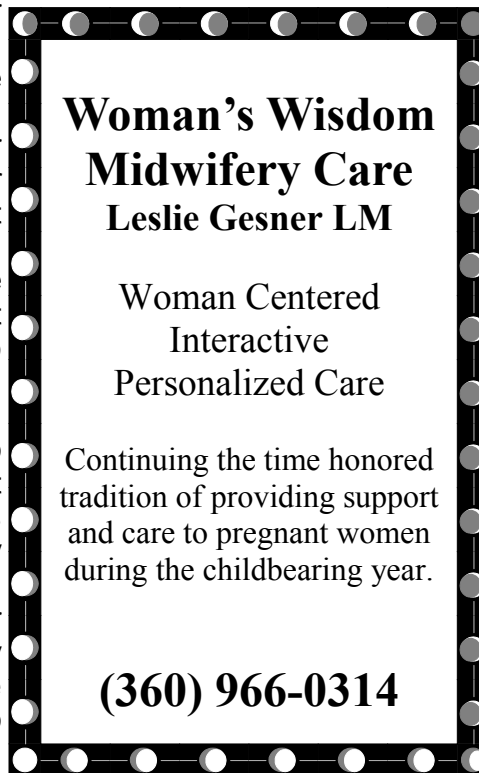
From there we walked two blocks up to the Food Co-op to purchase some labor-encouraging items. The two main things were Castor Oil, to help stimulate labor and Blue Cohosh, to help bring on the contractions.

We finally arrived at Melanie's house (she lives about twenty minutes from town) around 10 p.m. We started making the Castor Oil smoothie for her to drink and I got the warm water ready for the Blue Cohosh tincture. I don't know what we were thinking, trying to initiate labor that late! Now it was time for the big waiting game.

Wait to see if Melanie would have a contraction. Wait. Wait. Wait. We found different things to do in order to pass the time, we talked about growing up and our birth experiences, played games and listened to music until about 12:30 a.m., when I decided that I should head home and get some rest. The necessary contractions just weren't happening. And I was scheduled to be at work to train someone new at 7:30 the next morning if there wasn't a baby born that night. I got home at about one

o'clock in the morning and took the phone to bed with me for quick and easy access in the event Melanie called.

Sure enough, she called about 1:45 and told me that she thought she was in labor and that she had had two strong contractions after I left her house. I told her to try and get some rest and to call me when she had a few more that were stronger and closer together. I'm not sure what time it was when Odin called, but I think I arrived at their house between 2:30 and 3 a.m.



**Woman's Wisdom
Midwifery Care**
Leslie Gesner LM

Woman Centered
Interactive
Personalized Care

Continuing the time honored
tradition of providing support
and care to pregnant women
during the childbearing year.

(360) 966-0314

(Continued on page 3)

(Continued from page 2)

When I arrived at their house, Melanie was well on her way to having a baby. She had called Odin home from work around 2 a.m., so he had been there for a little while, along with Melanie's mother, Diane, whom Odin had called when he got home.

The natural course of labor took hold before the Castor Oil had a chance to do it's job, so Melanie ended up throwing everything up, which helped the contractions to start. The motion of her diaphragm heaving up and down pushed the baby's head down into her cervix and, since it was so stretchy to begin with, it opened very fast.

Judy got to the house about fifteen minutes after I did and, with the help of me and Diane, got the room set up. It was all cozy and warm with the necessary instruments and birthing aids, including Judy's Birthing Chair which looks like a Captain's Chair with the middle of the seat cut out. Right about this time, Melanie, who had been in the bathroom all this time, started asking for the Birthing Chair. Melanie had both of her older kids on the birthing chair and wanted to try it again with this baby.

Odin and I helped Melanie out into the living room, got her situated on the chair, and turned the lights down to invoke a lazy, comfortable feeling and so that the baby wouldn't have bright light in his eyes when he was born. Everything seemed to glow. Melanie, with that particular sheen of a laboring woman. Odin, glowing with the anticipation of an expectant father watching the woman he loves endure the exhausting and exciting task of childbirth. Judy, had the glow of an experienced midwife with the knowledge and wisdom of more

Ann's Card

than 600 births under her belt. She held the confidence and energy that is necessary when attending a laboring woman. Diane was gleaming, watching her daughter give birth. I felt wave after wave of excitement with each contraction that I was witnessing this powerful display of life at its fullest moment. Everyone spoke in gentle tones and quieted with each contraction. By 3:20, we were settling into a rhythm with contractions coming two-to-three minutes apart and lasting well over a minute. We knew that these were the contractions that were going to get the baby out. Birth was imminent. There was no going back. By 4:00 Melanie was feeling like she wanted to start pushing, so Judy checked her dilation and discovered her cervix to be almost fully dilated, about nine and a half centimeters, with just a little anterior lip. Melanie decided, at this point, that she wanted to be on the floor to push instead of on the chair, so we helped her down to the floor and got her into the position she wanted to be in.

The baby's head was descending already and was working on moving that lip out of the way. Melanie was pushing with each contraction by 4:45 a.m. and I predicted the baby would be born before 5, but he waited. With each push, we could see a

Your Ad Here!

Advertise your birth related service in *Birthing* and know that your money is bringing resources, information and support to the Bellingham area and beyond.

A minimum donation of \$5 an

Catriona's Ad

Birth Tub Rental

Easy set-up
Built-in heater
Promotes deep relaxation

For more information
Call Deborah Craig
(360) 738-9015

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 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 style="text-align: center;">↳Breastfeeding↳ -Lactation Consultants-</p> <p style="text-align: center;">The Parent Center</p> <p>Kathleen Auerbach, IBCLC, PhD 384-1755 Jeanne Brotherton, RNC, IBCLC 758-9561</p> <p style="text-align: center;">Mother/Baby Homecare</p> <p>Barbie Jimenez, RN, IBCLC 647-1544 Holly Telfer, RN, IBCLC 715-4170</p> <p style="text-align: center;">Breastfeeding Success</p> <p>Judie Zerzen, IBCLC 715-2020</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;">Opportunity Council Childcare Resources 734-5121 x 227</p> <p>Dept. of Social & Health Services 714-4000</p> <p>Parent Cooperative Preschools 676-2170 x 338</p> <p style="text-align: center;">↳Classes↳ -Childbirth-</p> <p>Apple Tree Childbirth Education 676-2526 <i>Christian-based</i></p> <p>Becoming Parents, Staying Partners 676-2443</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</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 style="text-align: center;">Infant & Child Massage</p> <p>Christin Nelson 733-6560</p> <p style="text-align: center;">Partners in Parenting</p> <p>Anji Citron 676-2443</p> <p style="text-align: center;">↳Health Care↳ -Acupuncturists-</p> <p>David Adich, DC, LAc 734-9555 Paula Brown, LAc 734-</p>	<p>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;">↳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;">↳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;">↳Healthcare↳ -Douglas-</p> <p style="text-align: right;"><i>(Continued on page 5)</i></p>
---	--	---

RESOURCES

(Continued from page 4)

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

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

Julie Samms, CD (*juliesamms@hotmail.com*)
Bellingham & surrounding area **961-3463**

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 (*stripes@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**

Donna Redekop
Abbotsford, BC **(888) 275-5424**

Melody Jewell (*momjewell@hotmail.com*)
Abbotsford, BC **(866) 608-7999**

Heather Belt (*etucker_imp@hotmail.com*)
Roche Harbor **378-8742**

Healthcare ↴ -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

Healthcare ↴ -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

Birth & Beyond (206) 324-4831

Aqua Doula (800) 882-7864



*Rain is grace; rain is the sky
condescending to the earth;
without rain, there would be
no life.*

John Updike

If you provide a birth related service and would like a free listing in this resource directory please contact Julie @ 360-961-3463 or e-mail birthing@hotmail.com or mail to Birthing: Directory P.O. Box 3107 Bellingham, WA 98227

(Continued from page 3)

little more of him. Melanie would give a good, big push and we could see the baby's head come down and then slip back a little after the contraction was over. This back-and-forth action lasted for about four pushes until we could see this tiny, wet tuft of thick, black hair sticking out, and with the next push, the baby's head crowned and slipped out to show us this glorious face trying to open his eyes to see a brand-new world.

His body came out quickly and pinked up almost right away. It was 5:20 a.m. on Sunday, May 21, 2001. The final stage of this birth was as smooth as the rest for them. The umbilical cord was short, so the placenta had to be close to Melanie while she was holding her newborn to her breast for his first drinks of colostrum. We waited for all the blood from the cord to enter the baby's body before the cord was cut, and then the tie that bound Melanie to this tiny human for forty long weeks was severed.

The sun was rising just to the northeast of Mt. Baker, which was in full view. Not a cloud in the sky on this beautiful spring morning one month before the Summer Solstice. The birds outside seemed to be singing a song of new life as Melanie, Odin and their brand-new son sat glowing in the light of the dawn.

Thank you Melanie, Odin and baby Caleb for inviting me to witness and assist in this magical occasion!

Catriona Munro

Swimming under mom's legs and up up to light and unmuffled sounds opening eyes for the first time to air realizing that there is this thing called breath this thing called gravity these things called cold and warm this shape of a face, mom's eyes her voice her heartbeat that were suddenly so distant are now near again as she holds me to her body the same body same heartbeat but such a different aspect now.

I begin to hunger for something I cannot even imagine my mouth having a mind of its own, searching, sucking madly at my hand - no that's not quite it - tongue thrusting mouth open chin tipped up ready oh what's this circle this scent? With a deep knowing I head towards it and somehow everything conspires towards me getting my mouth there, there in the middle of that unending softness that perfect shape I inhale it and profoundly feel relief.

After the recent rhythmic turmoil unending inexplicable there is this new sweetness this rightness oh let this moment last forever.



Kenya's Ad

*Natural Childbirth
Classes*

*For home or hospital
birth*

*Deborah Craig
(360) 738-9015*

BIRTH STORIES!!

Send me your birth stories! 1,000 words or less, sometimes I can accommodate 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...),

Send stories to...

BIRTHING:BIRTH STORIES

P.O. BOX 3107

BELLINGHAM, WA 98227

or e-mail us

BIRTHING@HOTMAIL.COM

THE MOTHER BABY CENTER

Jessica Wight

Doula

Mother Baby Center Intern,

Mother Baby Center Board of Directors member

The Mother Baby Center will begin a series of classes and informational lectures this fall.

The Center is a non-profit organization, which recently combined four other local programs: Mother Baby Homecare, Mother Baby Store, ICAN Adoption and Mother's Helping Hands. The lectures will help to broaden the already diverse array of services that The Mother Baby Center provides pregnant and breastfeeding women, new parents and newborns.

Barbie Jimenez began Mother Baby Homecare in 1991 as a way to provide lactation services to local women. They now have registered nurses and lactation consultants on staff, which are available 24 hours a day to nursing mothers. In addition the staff provides nursing care and social services to pregnant women and mothers with newborns. These services are brought directly to the clients through home visits.

Other services the Center provides include, treatment of newborns for jaundice; making calls to insurance companies; help with setting up doctors appointments; substance abuse counseling and parenting information. The Mother Baby Center also houses The Mother Baby Store which provides a wide range of products that maybe difficult to find in other more conventional stores.

Starting in November Mother Baby Center will have classes every month on issues of concern to pregnant women, and parents of newborns as well as those who support them. Classes in November will be free but keep in mind that the Center is always seeking tax-deductible donations.

The first class will be November 12th at 6pm. Teshan Laucircia a Certified, Dip. Aromatherapist from the Australasian College of Herbal Studies and the Institute of Dynamic Aromatherapy presents "Aromatherapy for a Happy and Healthy Pregnancy and Newborn." Ms. Laucircia will cater the information to the audience's needs and interests; topics could include pregnancy, labor, post-natal care and baby care. Ms. Laucircia has been working for the National Association for Holistic Aromatherapy, as an editor, spokesperson, and National conference planning. She is the owner of Violet George Botanicals, and a published author as well as an invited lecturer for the Institute of Dynamic Aromatherapy and Western Washington University.

The final class of November will be on the 28th at 6pm. Julianne Rosado will be demonstrating the **Rosado Sling for Infants & Toddlers** and speaking about the benefits of baby wearing. The class will cover topics such as: Infant-Parent bonding; Medical Benefits and Breast-feeding ease and privacy. You are invited to bring your baby and slings will be available for purchase that evening for 10% off!

Space is limited for the classes so please call ahead to register, 714-1805.

The Mother Baby Center is open from 9am to 5pm Mondays through Fridays. The Mother Baby Store is open from 11am to 5pm Mondays through Saturdays. Both are located at 2183 Alpine Way in the Irongate Industrial Park.



Write for Birthing!

Birthing is looking for submissions! 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

Looking for a doula?



Reasonable rates/Barter/Flexible
Julie Samms, CD @ 961-3463
or **juliesamms@hotmail.com**

Aryn's Ad

BIRTHING

P.O. BOX 3107
BELLINGHAM, WA 98227



Birthing is published bi-monthly in Bellingham, Wa.

Editor : Julie Samms

© Copyright 2001 Julie Samms

Contributors : Aimee Stilts, Catriona Munro, Jessica Wight

Subscriptions to Birthing are available on a donation basis. Unfortunately, due to printing costs I can no longer make subscriptions available for free. A minimum donation of \$5 helps me to continue to make them available to the public. When you subscribe, consider this...

- ⇒ If you donate \$5 you will cover the cost of your newsletters including postage for one year
- ⇒ If you donate \$10 you cover your cost and help me make them more available to our community
- ⇒ If you donate \$20 or more you are helping to support a wider distribution and larger newsletter

Send subscription requests to : *Birthing Subscriptions* P.O. Box 3107 Bellingham, Wa 98227

✂

BIRTHING

A NEWSLETTER OF ALTERNATIVE BIRTHING PRACTICES

NAME: _____

ADDRESS: _____

PHONE NUMBER: _____
