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Note From Faye

October 22, 2009

Issue 10

Published every Thursday.
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Well after writing all about relaxation and stress management last week, I have just had one of THE most stressful weeks of my life!! I had to take my son into the emergency department suffering chest pains!! Not what you expect to have to deal with for your child! I had to practice a lot of my own advice to stay calm. So it was quite timely last week to be reminded of all the techniques we can use! My son is much better now. He had to be admitted for observation and further tests, which were all okay, so he is now back home again.



As parents, we are often faced with stressful situations and emergencies, especially with our kids. So I thought this week we'd take a look at some of the events that happen in life and how we can deal with them calmly. Here's to a MUCH more relaxing week ahead.

Yours in 'Peaceful Birthing'

A handwritten signature in cursive script that reads "Jaye".

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Birth Tip of the Week

Do something that makes you feel good!



Whatever it is that makes you feel good, is likely to release 'endorphins' into your system. Endorphins are our bodies natural pain killer hormones and can make you feel quite euphoric. It is these hormones that are released into our body during labour, if left undisturbed and without artificial analgesia, not long before we give birth. The more endorphins we have in our body and the less adrenaline, the better our birth will flow. Try dancing, eating chocolate (unless you're diabetic) and do have lots of passionate kisses!

Self Nurturing Tip of the Week

Count to ten while taking slow deep breathes

Whenever you're feeling stressed or under pressure, stop what you are doing and count to ten

while taking slow, deep breathes. This will help you to calm down, centre yourself and think clearly, before deciding to act. Hopefully whatever you do next, will be in a calm, relaxed state.

This Weeks Q & A

What do we do if our baby arrives before we get to hospital?

Ever heard stories of people giving birth on the roadside on the way to hospital? If this happens to you, the main thing is NOT TO PANIC! Usually when this happens, everything will be okay. You need to remain calm, ring for the ambulance and allow the birth to happen calmly and naturally. Below is a full article on EXACTLY what to do. It is written for an at home scenario, but adapt it for the roadside and just make do with whatever you do have available to you. The main thing is to stay calm. So read on and worry no more!!

Feature Article

“Surprise Birth”

by Faye Read

A small proportion of women have a totally painless first stage of labour or experience very mild contractions and are unaware that anything is happening until they feel the urge to push. This may be indicated by a sudden need to empty the bowel. If your partner should go into labour unexpectedly and you find yourself alone with no time to get help, the following suggestions may be useful.

1. First of all relax if you can. When birth is so rapid, nature is usually at its most efficient and by simply allowing things to evolve, problems are very unlikely. If driving, pull over and stop the car.
2. If there is time, summon a neighbour or phone for an ambulance.
3. Go to a convenient place that is warm and quiet – the bathroom is ideal. Wash your hands thoroughly. If you're in the car, don't worry, you probably won't have the time or the facilities!
4. Attend to your partner, making her comfortable and helping her to relax. If her contractions are very strong and rapid suggest that she use the all fours position, as this will help her to feel in control and slow down the contractions a little. Give her a cushion or beanbag to kneel against if possible. Spend a few minutes relaxing and breathing together.
5. Once your partner is relaxed, try to warm the room as the baby is used to body temperature and can chill easily.

6. Find a few clean towels, sheets or newspaper – whatever you have at hand – to keep the baby and mother warm. Place a clean towel on the floor between the mothers' legs.
7. Get a bowl of warm water, a toilet roll and a bowl for the placenta.
8. Now get back to your partner and help her to concentrate on her breathing and the contractions, using massage and lots of encouragement if she needs it.
9. As the baby's head descends through the birth canal you will see first a round shape bulging around the vagina and then the head will appear through the opening. There is nothing for you to do apart from waiting for the uterus to do its work and keeping your hands nearby, ready to catch the baby who may come out very rapidly or else slowly and over several contractions. Get your partner to 'breathe the baby out'. Allow the baby's head to hang down naturally as it emerges and gravity will help to ensure perfect rotation. Once the head is out, first one shoulder, and then the other and finally the whole body will slither out.
10. If it is not born with the next contraction, check to see if cord is wrapped around the baby's neck. If it is loose, slip it over. If the cord is tight it may need to be cut to allow birth to proceed. Tie two lengths of tape/wide shoelaces (nothing too narrow) tightly around the cord, and with clean scissors, cut in between the two ties. Unwrap the cord from around the neck to allow the baby to be born. Make sure there is no bleeding from the cut ends.
11. If the membranes haven't ruptured, baby's head may be born inside the bag of waters. If this is so, the membranes must be ruptured and removed from baby's face (carefully with fingernails, nail scissors etc), so that baby does not inhale fluid.
12. Hold the baby with your hand palm up under its chest with the face downwards to allow the fluids to drain. Wipe any mucous from the baby's nose and mouth.
13. Place the baby on its side, on a clean sheet or towel on the floor for a few moments and then help your partner to sit down and pick up her baby. Do not cut the cord.
14. Both of you can now relax and enjoy the baby. Make sure that the mother is sitting in an upright position to facilitate contact between her and the baby and that they are both warm. Wrap the baby in a towel immediately and wait for the placenta.
15. Encourage your partner to start breastfeeding, as the suckling of the baby will stimulate the uterus to contract and expel the placenta.
16. If the placenta is coming out ask your partner to squat over a bowl and keep the placenta beside her without cutting the cord.

17. Give her a drink of warm milk and honey, or tea, as she will probably be a little shocked if the birth was very rapid.
18. After a while the mother could squat over a bowl of warm water to wash her genital area to prevent infection. Place a clean towel or sanitary pad between her legs.
19. Contact your doctor, midwife or hospital to let them know what has happened. When you are ready, make your way to the hospital, where the baby's cord will be cut and any tears will be repaired.

A fast delivery, which catches you unprepared, is more than likely to be perfectly normal, natural and easy – Enjoy it!!

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WANT TO USE THIS ARTICLE IN YOUR EZINE OR WEB SITE? You can, as long as you include this complete blurb with it: Faye Read is dedicated to empowering couples to achieve a positive birth experience. To learn how you too can take back control of your birth and make informed choices, register for her free weekly articles at: www.soulbirth.com

Parenting Column

Emergency! A no panic guide to health scares

By Laurie Tarkan, Parenting

How would you handle it if your child was unconscious, choking, or having a seizure? A little knowledge can help you approach an emergency as a doctor would: calmly and confidently.

The first step: "If you're really worried - particularly about your child's breathing or a drastic change in his behavior -- go directly to the ER," says Marc Gorelick, M.D., medical director of the Emergency Department at Children's Hospital of Wisconsin in Milwaukee. What else you need to know about some of the scariest childhood emergencies:

Febrile seizures

A response to fever by a young child's immature brain, febrile seizures typically occur between the ages of 6 months and 5 years in 2 to 5 percent of all children. They come on suddenly, with no early warning signs.

Fortunately, there is no long-term cognitive or behavioral damage. "Febrile seizures generally require urgent evaluation but almost always have a benign outcome," says Kathy Shaw, M.D., chief of emergency medicine at Children's Hospital of Philadelphia. Most are "simple," meaning they last less than 10 or 15 minutes and don't recur within 24 hours. Typically, a child is evaluated and released, and is fine.

But in a small number of these cases, children with febrile seizures have something more serious, such as meningitis (see the next section). And some have "complex" seizures -- longer than 15 minutes or recurring within the day -- which might indicate epilepsy. (However, a simple febrile seizure can never "bring on" epilepsy.)

You can't really prevent febrile seizures. Most often, a fever of 103°F or higher sets one off. Even giving your child a fever reducer at the first sign of a temperature won't prevent one.

If a febrile seizure occurs once in a child over 18 months, there's a 30 percent chance it'll happen again. It's even more likely if these seizures run in your family, if your baby was 18 months or younger the first time, or if it was triggered by a milder fever, such as 101°.

So be prepared. If it's a first-ever seizure, call 911 (000 in Australia), but don't try to take her to the ER yourself while she's having one. Instead, without restraining her, lay her down on her back on a rug so she won't fall or bang her head against something hard. Gently turn her head to the side to prevent choking (don't put anything in her mouth, including medicine). Cool her down (unbutton her clothes, use a cool cloth). After it's over, let her sleep and then take her to the ER.

If it's a second seizure and the first one was simple, there's no need to call 911 (unless it lasts more than five minutes). When it's over, call your pediatrician. If it's off hours, go to the ER for an evaluation.

Laurie Tarkan, a frequent contributor on health topics for The New York Times, is writing a book on pregnancy. She's a mom of two in Maplewood, NJ.

For more articles on this topic, go to:

<http://www.parenting.com/article/Pregnancy/Health/child-emergency-health-scares/1>

To learn how to use first aid effectively and save a child's life, look out for a first aid course in your area. Here in Australia, the St Johns Ambulance run regular classes in most locations. For more information on first aid classes and kits, go to: <http://www.stjohn.org.au>

Events Calendar

Active Birth Workshops

The next Active Birth Workshop is scheduled for Sunday 22nd November and is filling fast. The Sunday before last, I shared another lovely day with 6 couples all planning a variety of different births between them. I love the variety and the sharing of experiences that happens. I particularly love seeing the guys getting involved and asking lots of questions! It is always my hope that all the participants leave feeling confident and excited about the upcoming birth.



I have scheduled more frequent workshops for the next 6 months to meet the increasing demand. To find a date that suits you, go to:

http://www.soulbirth.com/active_birth_workshop.49.html

You can now book and pay online. The November Workshop is also now filling fast...don't miss out!

For those of you who can't attend in person due to distance etc, you can now order a copy of my new e-book...'Childbirth Preparation'! It is NOW available on the website, along with some fantastic F'REE bonuses. See below for details. Or follow this link:

<http://www.childbirthpreparationebook.com/>

Teleclasses – NOW ON!

To celebrate the 'Childbirth Preparation' E-book launch, I am conducting a series of **F'REE teleclasses** around 'Childbirth Preparation', based on the e-book. These commenced yesterday - Wednesday October 21st (Perth time) and are set to run for 6 weeks consecutively. You can still register for these calls, by going to the following page on my website:

http://soulbirth.com.au/teleseminar_registration_page.109.html

If you missed the first one, don't worry as you will be sent a link to the recording...BUT you MUST be registered to receive this!

This is a great option for those of you who can't attend the live workshop. As an *introduction* e-course this is the only time it will be offered F'REE. So don't miss out! In the future it will be by subscription. So be in the first series to get a real bargain. The lines will be opened at the end of each call for Q & As. I am recording the calls, so that they can be available for a limited time after, in case this time slot doesn't suit you.

If you have any friends or family that you think would benefit from this F'REE 'Childbirth Preparation' tele-class series, please send them to <http://www.soulbirth.com> to sign up for this free e-zine, or the above link to register for the event.

About Faye



Faye Read is an author and specialist in childbirth education. As the founder of Soulbirth - a consulting firm dedicated to empowering and educating women and their families about their choices and options available to them during the childbearing years.

Faye's professional experience includes being a Registered Nurse and Midwife, an Independent Community Childbirth Educator, Natural Therapist, Healer, Energy Intuitive and mother of 4 beautiful children. She uses a large range of Natural Therapies and healing modalities in her work and has a broad range of experience from her many years working in the various fields.

Faye is author of "Childbirth Preparation", "Soulbirthing-A Spiritual Perspective" and a featured contributor to the book "Living an Abundant Life" by Sandy Forster of:

<http://www.WildlyWealthy.com>

Faye is passionate about helping others to have a positive, empowering birth experience, laying the groundwork for many years ahead of positive parenting.

You can learn more about Faye and her workshops, products and services at

www.soulbirth.com



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Faye Recommends

'Childbirth Preparation' Ebook

At last...take back control of your own birth experience and learn all about the options available to YOU ...leaving you feeling positive and empowered, as every new parent should be.

This newly released e-book titled "[Childbirth Preparation](#)" by Faye Read is the quickest and easiest way to holistically prepare for birth.

Inside this informative e-book you'll get information about all the various choices available to you and what you can do to create the birth experience that you desire. Absolutely everything any birthing couple would need to know.

Even if you're not wanting a 'natural birth' you'll still benefit immensely from reading this, because you'll know what to expect and how you can create a positive experience, no matter how you choose to birth.

My goal is to help you to make 'informed decisions'.



Just imagine being able to relax throughout the birth process, knowing that you are fully informed, confident and flexible with the outcome?!

To find out more or to get your 'Childbirth Preparation' Ebook now, go to:

<http://www.childbirthpreparationebook.com>

Get you copy now to take advantage of \$284.80 worth of FREE bonuses, making your birth preparation well rounded, holistic and comprehensive.

Marketplace

"Early Loving, Early Learning - Loving Ways to Make Your Baby Smarter"

A series of recordings, which feature experts being interviewed on their main topic of expertise. In these interviews Pinky McKay asked each professional (individually) to explain how you can support your baby's development through the most appropriate care and interactions for each stage, from pregnancy through infancy. To find out more about these recordings, go to:

<http://www.1shoppingcart.com/app/?af=1066440>

"Bedtime and Toilet Training Solutions"

Forget about all those sleepless nights and spending hours getting your children to go to bed and fall asleep fast - your bedtime problems solved in a loving way - guaranteed and proven.

Forget about potty training and toilet training being a hassle, taking months and spending a fortune on unnecessary nappies. Find the solutions to all of these 'toddler hassles' by visiting: <http://soulbirth.btts88.hop.clickbank.net/>

"Lets Create an Ecstatic Birth School and Center on Maui"

A friend of mine... Jeanice Barcello lives in Maui and is creating THE most amazing place on earth for birthing women. You can help bring her vision to reality. See what she's up to and visit her website at: <http://www.ecstaticbirthmaui.com/2.html>

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