



Childbirth Connections

Creating a soulful birthing experience ...
through education and support



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Please help us to pass on this information by [sharing this e-zine with a friend](#) or directing them to [our website](#) to [join our mailing list](#).

Note From Faye

Hi,

Just a short note from me today as I have been very busy getting back into the normal routine. With school holidays over all too early there has been a lot to catch up with. I wasn't ready for school holidays to finish at all.

I thought this weeks ezine could focus on everything about relaxation. We can all use reminders about this, as I'm sure all the mums out there are always forgetting to take time out to relax? So please sit back, relax and have a good read. Enjoy this edition.

Yours in 'Peaceful Birthing'

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Issue 9

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Birth Tip of the Week

Join a yoga class

Join a yoga class or get a pregnancy yoga video out of the library, so you can follow along at home. Yoga is one of the best things you can do for yourself during pregnancy. It will help keep you flexible and strong, help you focus on your body and your baby, as well as give you a wonderful preparation for birth.

Self Nurturing Tip of the Week

Foot soak

Soak your feet in a bowl of warm water with a drop of 'rose-Geranium' oil added or some rose petals, with marbles on the bottom. Run your feet over the marbles for a foot massage. Indulge yourself for as long as you like!!

This Weeks Q & A

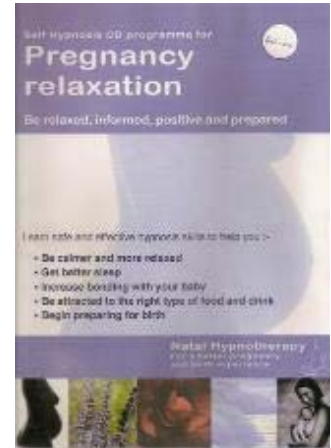
How do I decrease my stress levels while I'm pregnant?

Stress is never good for us, but when we're pregnant it is even more important to reduce stress levels, as we now have our baby to consider also. If you work in a stressful job, think about a change or taking on less stressful duties. Finish work as early as is practical in your circumstances so you have plenty of time to relax and prepare for the upcoming birth. Find relaxing pastimes, such as yoga, meditation, gardening etc.

See the article below about relaxation during pregnancy. Consider listening to meditation CDs, or specially designed tracks for pregnancy, such as the 'Pregnancy Relaxation' Natal Hypnotherapy CD, which you can find at:

http://www.soulbirth.com/natal_hypnotherapy_cds.77.html

Try to avoid stressful situations as much as possible, as stress release adrenalin into the system and can cause a stress reaction in the baby also. Find things that make you 'Feel good' instead as this releases endorphins, creating the opposite effect.



Feature Article

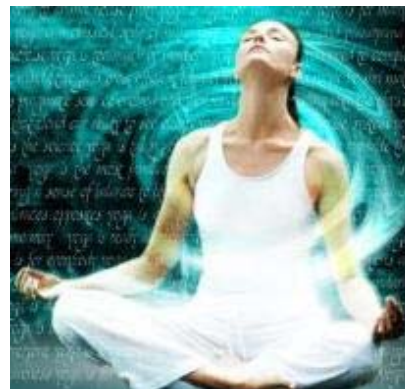
“Relaxation during pregnancy”

by Faye Read

Relaxation can help counteract stress and produce a calm mind and body. More than any other time in your life relaxation is an important technique to learn during pregnancy. If you can develop a good relaxation routine now you will be well placed to handle the additional stresses of parenthood later on.

There are a number of relaxation techniques available. Yoga is particularly advantageous during pregnancy as it also helps stretch and strengthen the muscles to assist in labour and childbirth. Many people find meditation helpful and again this can also provide a benefit during labour.

Relaxation breathing is a very simple technique which can take 2 to 20 minutes and can be practiced anywhere - lying down, sitting up or even in the car. Preferably sit in a comfortable position and close your eyes. Think about your breathing, concentrate on breathing in through the nose and out through the mouth. Busy people often take short, shallow breaths with their chest. Focus on using long, deep breathes in through the nose and down into the abdomen. Let your muscles in your lungs and ribcage fill your abdomen and concentrate on it swelling and then contracting as you breathe out. As you improve, and as time permits, increase your relaxation breathing to 20 minutes.



Progressive muscular relaxation is a method which enables you to relax the large muscles of your body. It is also a wonderful technique to put you off to sleep at night as it works on the theory that a relaxed body means a relaxed mind.

Progressive Muscular Relaxation Technique:

- Simply lie down, close your eyes and breathe naturally.
- Begin by clenching your fists tightly and then tense your arms.
- As you breathe out release the tension in your arms all the way down to your fingertips.
- Say the word 'relax' to yourself.
- Imagine the weight in your arms being drawn by gravity into the bed (or floor, or whatever you're lying on).
- Next do the same with your feet and calf muscles and in turn with your thighs, bottom, stomach, back and head.
- Try tensing the muscles of your face last and as you breathe out saying the word 'relax' to yourself your entire body should feel heavy and relaxed.
- As you improve try imagining a peaceful scene and put yourself there. It may be a boat on a calm ocean or a beautiful clearing in the bush.
- Let yourself stay there for a while.

Whichever relaxation technique you decide works best for you try to do it as a regular routine. Prevention of stress is better than a cure.

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

This is our new column introducing various experts on raising our children to be happy, healthy, well rounded individuals. This week's expert is Natalie Garmson, from Idibidi Kids. Natalie is based in Perth, Western Australia and teaches parents about Infant Massage. Today, she shares her wisdom with us.

Infant Massage

Infant massage, otherwise known as baby massage, involves the parent or caregiver learning a series of strokes and massage techniques in order to enhance your baby's **physiological and psychological development** and to deepen the parent-infant bond through **nurturing touch**.

As well as learning the massage sequence, infant massage is about discovering how your newborn communicates their needs through body language (non-verbal communication), and learning how to interpret this in terms of whether they would like a massage or not. This forms part of the 'permission sequence' which is the very first part of the infant massage routine. It is also important for the parent or carer to ask their baby, 'would you like a massage now?' (verbal communication). The permission sequence is a 'learned response' and may take several weeks of regular, daily massage for your baby to recognise. Some regard the permission sequence as the most important part of the massage routine.

Nurturing touch supports the parent-infant relationship and promotes sensitive, attuned parenting. Idibidi Kids courses are non-judgemental and are held in a supportive and friendly environment, whether that be at your home or centre.

Invest in an Idibidi Kids massage course today. Help strengthen the bond between you and your child through nurturing touch... the benefits will last a life time!

For further information on infant massage, please read [about IDIBIDI KIDS™](#) Massage and refer to articles on [Infant Massage and Touch Therapy](#). Idibidi Kids™ runs parent-child wellbeing [courses and workshops](#) designed to assist your babies health and development, focusing on specific massage strokes and techniques.

To read the rest of this article, go to:

<http://www.idibidikids.com.au/infantmassage.htm>

Events Calendar

Active Birth Workshops

Our next Active Birth Workshop which is scheduled for Sunday 11th October is now FULLY BOOKED. Apologies to those of you who may have missed out. Demand for these workshops is increasing, which is fantastic. That means that more and more women are starting to take back control of their birth experience! People are looking for information and wanting to know what THEY can do for THEMSELVES to have a great outcome.



I have scheduled more frequent workshops for the next 6 months to meet this 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, I have now completed my e-book... 'Childbirth Preparation'! This has been a LONG time in development...but it's FINALLY done! It is NOW available on the website, along with some fantastic FREE bonuses. See below for details. Or follow this link:

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

Teleclasses

To celebrate the '**Childbirth Preparation**' E-book launch, I will be conducting a series of **FREE teleclasses** around 'Childbirth Preparation', based on the e-book. These will commence on Wednesday October 21st (Perth time) and run for 6 weeks consecutively. You can now register for these calls, by going to the following page on my website:

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

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 FREE. 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 will also be 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 FREE '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



Soulbirth

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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](http://www.childbirthpreparationebook.com)" 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](http://www.childbirthpreparationebook.com)' Ebook now, go to:

<http://www.childbirthpreparationebook.com>

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

Marketplace

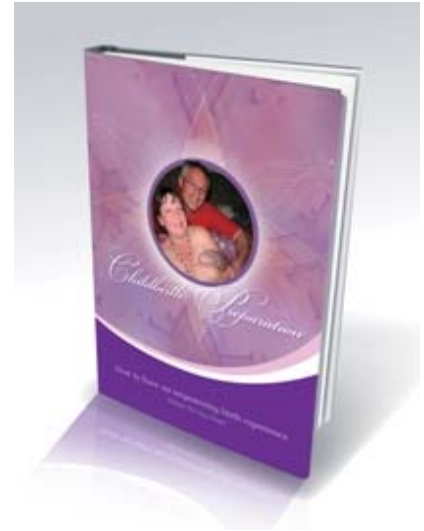
"Early Loving, Early Learning - Loving Ways to Make Your Baby Smarter"

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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