



Childbirth Connections

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



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Note From Faye

Hi,

Well it's been another busy week, but not as stressful as last week thank goodness. I've been meeting some wonderful people and connecting with other amazing women in the pregnancy and birth field. I have some contributions from a couple of them in this newsletter and I envisage introducing you to many more over the coming month's. I find it really exciting when we all connect up for the common good of women and families everywhere.

In future editions, I would also like to focus more on the men in our lives. I would love to honour their journey through parenthood as well, for the vital input that they have in our lives.

Enjoy this edition of 'Childbirth Connections'. I have a lot more exciting news and events to bring you again next week.

Yours in 'Peaceful Birthing'



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Birth Tip of the Week

Watch a good birth DVD



Go to your local library or Pregnancy and Childbirth Resource Centre and find their selection of birth DVDs. There are some really good ones available. Ask for one that portrays birth as a normal, positive event. Take it home and watch it with your partner. The more positive births that you can watch during your pregnancy, the better prepared you will be and your subconscious will be programmed for a positive experience. Enjoy!

Self Nurturing Tip of the Week

Light a candle

Light a candle and take five big deep gratitude breaths. Think of at least one thing that you are grateful for.

This Weeks Q & A

What can I do to keep homebirth as an option for future births?

The simple answer to this one is to read the article below and take URGENT ACTION...otherwise the option of homebirth may be lost to Australian women. Even if you don't want a homebirth, many other women do and our children may...so help keep choice alive for ALL women...PLEASE!

Feature Article

Urgent Message – Please read and take action NOW

On behalf of Justine Caines, Secretary of Homebirth Australia and Founder of What Women Want (Australia) Inc

Dear All

We have just (and yes I mean in the last 24 hours) been advised that Nicola Roxon will put amendments to the midwifery legislation that will REQUIRE a midwife claiming Medicare to work WITH either an Obstetrician or GP. It is not work FOR (ie in their office) but it will be to demonstrate that you work WITH.

As we all know this spells the end of midwifery practice as we know it, and IT IS THE ABSOLUTE END OF PRIVATE HOMEBIRTH.

I have been feeling that something very bad was around the corner and that is why I knew I had to re-invigorate What Women Want. In my heart I believe the only way we will win this is to unite like never before in a formal political force and meet these pathetic politicians AT THE BALLOT BOX.

We are now furiously contacting politicians for support and the response has not been overwhelmingly positive. The Libs seemed to think this would always be the case.

After an excellent campaign by so many wonderful women, we are in such a desperate position.

I have pasted the details for joining WWW below. We need 500 members by the end of the week (Today!!!) We have half so if you want to be part of a federal election campaign for women's rights please join us.

In solidarity

Justine Caines
Founder - What Women Want (Australia) Inc

WHAT WOMEN WANT (POLITICAL PARTY)

To maintain our registration as a political party, WWW needs 500 members by October 30, yes very soon!

Are you interested in joining?

Membership is \$20 per year

[Proceed directly to our site](#)

Then "send Money" tab then send money to a friend and type in this address:
paypal@whatwomenwant.org.au

Then send a [membership form](#) in if you are new. If you are renewing just send an email to wwwmembership@gmail.com

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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 f'ree weekly articles at: www.soulbirth.com

Parenting Column

Expressing Breast Milk

By Lorraine Cuadro

There are many reasons and methods for expressing breast milk...and on the surface the various options can make it all seem very difficult, confusing and painful. But the great thing is that your reason for pumping breast milk will usually make your decision on how often you are going to express, how long you need to express for, and the type of [breast pump](#) you will use a lot easier.

I started expressing breast milk soon after I established breastfeeding. For most mums this is usually when their baby is about 6-8 weeks old; they are feeling confident with breastfeeding and their supply has balanced enough for them to notice. I needed to express because I was going back to work part-time and wanted my little boy to continue to have the [advantages of breastfeeding](#) when we were apart.

You might need to express your breast milk because:

- Your breasts may be [engorged](#)
- Your baby may not be feeding often
- You may have [inverted](#), [cracked](#) or [sore nipples](#)
- You may need to clear [mastitis](#)
- You may be returning to work
- You may like to have the freedom and flexibility of leaving your baby with someone when you need to
- You may have a baby that is unable to feed, is premature, has tongue tie or cleft palate

Expressing breast milk is also made a lot easier when you understand how your breasts work and what you can do to trigger the let down reflex, which makes your milk flow...somehow a plastic, cold breast pump is not as conducive to it as your little baby is!!

I expressed for about 6 months with my first and about 3 months with my second baby and it was very different both times. I found that expressing takes practice and time; and that your baby is more efficient at removing milk from your breasts than any type of pumping ever will be.

To give you an example of this, my second baby was a little guts and he had cute little fat rolls all over him. He was only three months old and exclusively breast fed, so I knew my milk supply was more than fine. But when I tried to express (using a hand pump) it took me about 6 weeks to get anything more than a few drops.

So please remember that the amount of milk you express is not an indication of how much milk you have or how much milk your baby actually drinks...a lot of mums can get hung up on this.

Expressing breast milk is a topic which is very close to my heart, I have tried it all, including every method of breast milk storage you can imagine so I hope you find the related pages helpful in your quest to pump breast milk. To see more of Lorraines articles, visit her website at: <http://www.the-essence-of-breastfeeding.com>

See details below for her new ebook "Essential Steps to a Beautiful Breastfeeding Relationship

Events Calendar

Active Birth Workshops

The next Active Birth Workshop is scheduled for Sunday 22nd November. We have just a couple of places left now, so don't forget to book your place so you don't miss out. My schedule of workshops for the next 6 months is at:

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

You can book and pay online.



For those of you who can't attend in person due to distance etc, you can order a copy of my new e-book...'Childbirth Preparation'! It is available on the website, along with some fantastic FREE bonuses. Follow this link for more information:

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

Teleclasses – NOW ON!

To celebrate the 'Childbirth Preparation' E-book launch, I am conducting a series of **FREE teleclasses** around 'Childbirth Preparation', based on the e-book. These commenced 2 weeks ago 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 couple, don't worry as you will be sent a link to the recordings...BUT you **MUST** be registered to receive these! We have had a few technical difficulties starting up, but hoping these will be ironed out soon. This is my first experience at doing this, so please be patient with me. If any of the calls don't turn out, they will be recorded anyway, so you **WILL** still receive the download link regardless!

This is a great option for those of you who can't attend the Active Birth Workshop. As an *introduction* e-course this is the only time it will be offered FREE. 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 and I am recording the calls, 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.

WNA – Women in Enterprise Expo

Coming to Perth on November 15th 2009 a great opportunity to network, meet other Mums AND pick up a good bargain or two. Come and browse, or have your own display. Details are as follows:

Date: Sunday, November 15, 2009
Time: 10.00am – 4.00pm
Where: Banksia Room, Wanneroo Civic Centre
Street: Dundobar Road
City: Wanneroo, Perth, Western Australia

For more details. Contact Kiera Pedley on 0430 209 924, or email her at:
kiera@wahnnetwork.com.au

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

'Breastfeeding E-book' by Lorraine Cuadro

Time is running out!! Only 1 day to go until this special offer closes.

Be one of the First to Read Lorraine Cuadro's New Breastfeeding E-book!

[Lorraine Cuadro](#), Breastfeeding Counsellor from The Essence of Breastfeeding will soon launch her new ebook "[Essential Steps to a Beautiful Breastfeeding Relationship](#)".

Because she is so passionate about breastfeeding, the start it will give your baby and the lifelong memories it will give you, Lorraine is offering Soulbirth readers the chance to [purchase her ebook](#) at the special price of \$9.97 (normally \$16.99).

You will receive the following bonuses:

- Unlimited access to Lorraine's email counselling services for 12 months if you purchase before the 30th October 2009, this alone is valued at nearly \$600.00.
- "A Guide to Supporting a Breastfeeding Mum" to give to your family and friends to help them understand breastfeeding and how they can best support you.
- An MP3 recording of "Essential Steps to a Beautiful Breastfeeding Relationship" - contains bonus information.

But be quick the offer ends on the 30th October 09, just one day away!

[Click here to find out more or purchase "Essential Steps to a Beautiful Breastfeeding Relationship"](#)



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/>

"Let's 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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