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Note From Faye

Hi %\$firstname\$%,

I hope you have had a wonderful week? I had a wonderful day last Sunday at the 'Women in Enterprise Expo', which was held here in Perth. I spent most of the day wandering the floor, meeting all the other amazing women that were displaying there. Lucky my daughter and niece came along to help out. They did a great job, not only helping to man my stall while I wandered, but they also went and helped loads of other stall holders!! The girls and I really enjoyed ourselves and would really like to thank Kiera Pedley for putting in such a big effort to organize the day. I made some really great contacts and I plan to introduce some of them to you over the coming weeks. Today I will introduce you to Sam from 'Ayana Organics'. Read all about her and her amazing products down the bottom in the 'Faye Recommends' section.



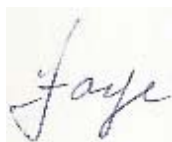
It was also lovely to see some of you there. I love catching up with everyone at every possible opportunity. I think I just like talking!!

I had a wonderful time talking with Lorraine Cuadro from 'The Essence of Breastfeeding'. Lorraine interviewed me as part of her 'The Essence of Parenting Interview Series'. She has a fantastic offer to readers if you get in before the 1st December. See below for details. You won't want to miss out on all the fantastic advice and special offers, which will be available to you for free for a limited time only.

I'm looking forward to all the activities coming up in the next couple of weeks. See below in events. We're up to our very last teleseminar already in the series that I ran to celebrate the release of my ebook: 'Childbirth Preparation'. It's been a huge learning curve for me as it was the first time I have ever run teleseminars. I look forward to running more next year on a whole different lot of topics. So stay tuned to see what I will have in store for you.

I hope you enjoy your week ahead. I'll bring you more news and views next Thursday.

Yours in 'Peaceful Birthing'



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Birth Tip of the Week

Get out and meet other Mum's

When you're expecting, it's more important than ever to get out and meet other mum's. Start developing a good support network if you don't already have one, as this will be very necessary during the early years of parenting. It's good to know other mum's who are going through the same stuff as you. If you're suffering from sleep deprivation and your baby won't settle, friends are the best!

Also try to meet other women who have had positive birth experiences and get them to share their stories with you. Don't allow people to 'dump' their negative stories on you...you only want positive energy surrounding you now.

Self Nurturing Tip of the Week

Give yourself a facial

If you can't afford to go out and pay someone else to give you a facial, create time and space

at home to nurture yourself a little. Start by setting the mood...take the phone off the hook, put on some nice music, get into some comfy clothes and get ready to relax.



Start by cleansing your skin. Then try some exfoliation and a deep cleansing mask. Lie down and rest your eyes while the mask does its work. Once the mask is washed off, try some toner and a lovely nurturing moisturizer. I'm sure you have your own favorite brands that you use. Otherwise the body shop stocks lots of inexpensive goodies. I really love the range of 'Ayana Organics' that I sampled on the weekend. See below for Sams lovely range of products. What I particularly like about them is that they are all organic, are not tested on animals and they are all created under the fair trade scheme. :)

This Weeks Q & A

How can I prevent stretchmarks?

Everyone is different and as such it seems, some women are more prone to stretchmarks than others. I don't know that you can completely prevent stretchmarks from forming in all women, as it depends on your skins integrity and pigmentation.

You can however, do a lot to help your skins suppleness and moisture level. Often as our belly grows, the skin is stretched so far out of it's normal range. The skin tends to become very dry and itchy. We can apply nourishing body oils, 'stretchmark blends' and body butters. These generally tend to use some essential oils (that are safe to use in pregnancy) that are particularly good for the skins elasticity and moisture retaining properties. There are a lot to choose from out on the market. Shop around and find one that suits you and use it on a daily basis. While massaging it in, be conscious to soothe and nourish the skin and take time to connect with your baby. This way, it will have a two way benefit for both you and your baby. I'm sure your baby will love the massage!



Feature Article

"The Universal Mother - Making the Connection"

by Helen Laing

KEEP IT SIMPLE. Avoid making life more complicated than it needs to be.

PREGNANCY IS A TIME OF GROWTH – not just the tummy. Work through the emotional stuff that comes to the surface.

INTELLECTUALISING WON'T HELP. It hinders birth. Get real and be honest!

PLENTY OF REST. Plenty of exercise and good food.

DON'T GIVE AWAY YOUR POWER. Honour the goddess!

TRY TO HAVE AS MUCH TIME AS POSSIBLE on your own with the baby for at least three or four weeks after the birth.

HAVE HEAPS OF CUDDLES with your man or a close friend.

USE YOUR INTUITION. You know what to do.

BE IN THE MOMENT. "Catch-life-as-it-flows."

MAKE TIME FOR SOME ZAZEN each day. It is revitalising.

DON'T TRY TO BE SUPERWOMAN. And for God's sake, keep your sense of humour. Otherwise, you are done for.

REMEMBER, we are all sisters on this amazing journey through life.

An extract from Helen Laing's wonderful book "Birthing in Paradise – An alternative approach to child birth"

Parenting Column

The Essence of Breastfeeding Presents

"The Essence of Parenting Interview Series"

By Lorraine Cuadro

Being a parent is awesome, there are days when our child's little smile can make me feel on top of the world, and there are others when it makes me feel like I am drowning in a sea of guilt and worry.

Often it's when I feel as though I am barely coping when some stranger on the train or in the doctor's waiting room will comment on what a great mum they think I am and how well behaved my boys are.

Bang! Back up goes my confidence, until we get home and it all goes pear shaped again.



I would love to feel that confident and competent as a parent all the time. Who wouldn't? But often I find life gets in the way, there's work, traffic, financial pressure, the need to be there for extended family, homework, sleepless nights, guilt, taking care of hubby, oh and the baby won't stop crying!!

So, in an effort to find help, I sought out some of the best parenting experts I could find. But I made sure they were experts that had kids, and that would not judge me, but rather would understand me and my situation.

With you in mind, I asked the experts if they would allow me to record our interviews so that I could share them with you so that you too would benefit from the tips, strategies, and insight they shared with me.

The information I gained from these interviews has helped me to connect with my kids, reconnect with my husband, lose the guilt and find joy everyday.

To give you some idea on the aspects of parenting that we will cover here is a very, very brief overview on our wonderful experts.

- Margaret Saunders specialises in toddler sleep and we chat about how to make bedtime a time that is enjoyable for you and your toddler.
- Natalia Mendez talks to me about how to reconnect with your partner after the busyness of life can make you feel like strangers.
- Yvonne Collier reveals how to create boundaries in a loving way so that you are able to adjust to your new bundle of joy without constant intrusions.
- Ruth Powell shares her knowledge of childcare so that you know what important factors to look for when choosing child care for your precious child and to help them settle in very quickly!

- Talia Mana will give you strategies to release tension, nervousness and stress in under 60 seconds so that you can deal with everyday situations with calm and patience.
- Emma Newman will inspire you to follow your heart and try new things as she shares her journey in becoming a work from home business woman.
- Faye Read will help you to prepare for birth so that you feel empowered about the birth of your baby and can come to terms with the birthing experience you had.
- Natalie Ebrill will help you get your baby to sleep by understanding all the factors that can stop little ones from sleeping.

I'm sure each of these experts will help you gain confidence and feel joy in your everyday parenting life. They have certainly done that for me!

To find out how you can access these amazing interviews free of charge [click here](#).

Events Calendar

Active Birth Workshops

My last Active Birth Workshop for 2009 is on this Sunday. I'm looking forward to spending the day with more amazing pregnant couples. The next Active Birth Workshop after this one is scheduled for January! The full 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 – Last one on next week!

To celebrate the 'Childbirth Preparation' E-book launch, I have been conducting a series of FREE teleclasses around 'Childbirth Preparation', based on the e-book. These commenced 5 weeks ago, so we only have one left to go. 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 ones, don't worry as you will be sent a link to the recordings...BUT you MUST be registered to receive these! Registrations will no longer be possible after next week.

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. I will also now be adding a bonus session at the end, specifically for 'Questions and Answers'. So if you have any questions around pregnancy or birth, please email them in to me at: faye@soulbirth.com and I will be sure to answer them on this call. I am recording all calls, in case the 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 f'ree e-zine, or the above link to register for the event.

Radio Interview

On Thursday morning, 26th November I am being interviewed on Jeanice Barcelo's radio show about the spiritual aspects of birth. That will be a very early morning for me at 4 am to be in time in the US where the show is broadcast from. I will send you the link to the replay afterwards. Can't wait!!

World Birth Summit

This will be on between the 5th–9th May in Damanhur, a spiritual community in the far North of Italy. I will let you know more details when they become available, in case you are interested in attending.

National Homebirth Australia Conference

The National Homebirth Australia Conference is also on next May. If interested in attending you can visit the HBA website for details at: <http://www.homebirthaustralia.org>

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

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.

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

<http://www.childbirthpreparationebook.com>



'Ayana Organics' By Sam Crosby

Ayana Organics is a West Australian owned and operated boutique skin care company, passionate about providing products that are kind to our environment and free of chemicals. Ayana is an Indian word meaning 'beautiful flower'. In many cultures, the image of a flowers petals opening is synonymous with new life.

At Ayana, we have chosen to celebrate one of the most special and sacred journey's in a woman's life by creating a skin care range especially for pregnancy, newborn babies and the post-natal period. Ayana products are the highest quality natural ingredients, and we are committed to using certified organic ingredients wherever possible. Our entire range is vegan friendly, cruelty free and kind to the environment.

To see the full range of Ayana Organics, visit: www.ayanaorganics.com.au





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>



I am so impressed with the parenting experts Lorraine is interviewing; it's great to be in such good company. To access her 'The essence of parenting interview series' for F'REE before 1st December, visit:

<http://tinyurl.com/y8um9nf>

“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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