



## Childbirth Connections

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



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### Note From Faye

Hi %\$firstname\$%,

It has been a LONG time since the last newsletter, so I must apologize, but life has been flat out. Everyone I speak to says the same thing. There don't seem to be enough hours in a day to do everything we want to. Or are we just more interested in learning more? I think it's a bit of both!

I realize now that I need to bring more balance back into my life, otherwise not only do we suffer, but so does everyone around us. I have been trying to fit so much into every day that I tend to forget about eating properly and sleeping!! Not good when you have a family to look after and a house to run.

I have recently come across 'Green Smoothies' thanks to a friend of mine (several actually) and found them to be the best pick-me-up ever! They even taste great. I have my 11 year old daughter hooked on them now...just have to work on the other three kids?!! I highly recommend them for all the new Mum's out there who are flagging a bit on energy levels.

A friend of mine is holding a video screening in a few weeks time on 'Raw foods' and will be serving a supper of green smoothies and raw food snacks afterwards to try. Anyone living in the Perth area who may be interested in attending, see the link at the bottom of the page. I'll be there!



Well, major changes have been happening here at Soulbirth and I have been busily working on the website, writing my e-book and working on a new format for the 'Soulbirth e-zine'. My aim is to bring way more information to you on a much more regular basis. So I hope you like the new format. Feel free to send in any questions that you would like answered in our new Q & A section. We will be bringing this to you weekly from now on, so that you can have more ongoing, regular support. Enjoy the content and we look forward to connecting with you each and every week. Feel free to pass this on to any friends or family that you think may benefit from it.

Peaceful Birthing  
Faye

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## Birth Tip of the Week

Shop around for your caregiver. Make sure you are 100% happy and comfortable with the person/people who will be supporting you at birth. Don't settle with someone you're not comfortable with.

## Self Nurturing Tip of the Week

### Exfoliating hand scrub/massage

Take a teaspoon of raw sugar and about a tablespoon of oil in your hands. Massage in for 3-5 minutes, and then wash off. Feel how soft and luxurious your hands are. Do this as often as you feel the need... simple but effective.

## This Weeks Q & A

### Should I have a Doctor as my Primary caregiver during pregnancy?

A lot of people automatically assume that once they become pregnant, they need to come under the care of a doctor or Specialist Obstetrician.

The first question you need to ask yourself is...are you sick? Or do you have a 'high risk' pregnancy? If so, then YES, you should be under the care of a Doctor/Obstetrician. They are the experts at looking after women with high risk pregnancies.

If you answered NO, then you need to ask what other reasons do I need this level of care for? Is it because I'm paying for private insurance, therefore I need to get my money's worth? This is not a valid reason to choose this type of care. You need to do your research and find out all the options available.

If your pregnancy is perfectly 'normal', therefore 'low risk', you can have a Midwife as your primary caregiver. Midwives are experts in 'normal birth'.



If you were buying a car, you wouldn't buy the first car you came across from the first dealer would you? So why would you not shop around for the best caregiver to support you during THE most important event of your life? Read today's article to find out more about your options...

## Feature Article

### "Birth Options"

by Faye Read

Having a baby is a normal part of life. We should all be able to choose the type of care that we wish to receive during our time of pregnancy, giving birth and after the birth. There are several birthing options available when it comes to your caregiver and your chosen place of birth. These options may vary from country to country, so it's wise to check out what is available in your local area.

The following is a list of some of the possible options you may have available. Decide which option suits your needs the most and then see if you can find something similar in your local area. Shop around until you find what works best for you. Having a baby is one of the most special events in your life. It is therefore essential that you feel comfortable and at ease with your caregivers and your surrounding environment.



#### Private Hospital with a Private Obstetrician

If you choose private care in a private hospital, the obstetrician of your choice will care you for throughout your pregnancy. They will attend your birth and usually do follow-up post-natal care with you. You will have a private room with an en-suite bathroom.

#### Public Hospital with a Private Obstetrician

You can choose to have an Obstetrician of your choice but go to a public hospital if you wish, as long as the Obstetrician works there, or has visiting rights. In this case the same will apply as for a private hospital with your caregiver. However, at a public hospital you may not get a private room after the birth. Most rooms are on a share basis, as well as the bathroom facilities. This is a slightly cheaper option if you are not on top hospital cover with your health fund.

#### Public Hospital Care

If you choose public hospital care, midwives and doctors who specialize in obstetrics at the hospital will care for you during your pregnancy. You will give birth in the hospital and you may have to share a room with one or more other new mothers during your stay.

#### Shared Care

Shared care is an arrangement between your doctor and the hospital to care for you. During your pregnancy you go to your own GP on a regular basis, visiting the hospital more frequently towards the end of your pregnancy. You give birth in hospital, and whether you share a room or not may depend on if you are a public or private

patient.

## Birth Centre

Birth centers offer a home like environment for women who have a low risk pregnancy. Birth Centers are available at a few public and private hospitals. There are also some freestanding Birth Centers. During your pregnancy midwives will care for you. The room you give birth in is the room you stay in and, in some cases, your partner can stay overnight with you. There is a high demand for places, so you should book early in your pregnancy.

## Homebirth with a Private Midwife

If you choose a homebirth, the midwife of your choice will care you for during your pregnancy. The midwife will be with you during the labour and birth in your own home, as well as do all of your post natal follow-up checks.

## Homebirth with a Community Midwifery Program

Some cities offer a government-funded program for homebirth. This is free of charge usually, except possibly for a small booking fee. Your care will be exactly the same as for a homebirth with a private midwife, except you will need to choose your midwife from those that are available and are linked in with the program. There is a big demand for this option (& limited places), so you need to book in as soon as possible to get a place. You must have a low risk pregnancy to qualify.

To read the full article on '**Birth Options**', just follow this link: [http://www.soulbirth.com/birth\\_options.66.html](http://www.soulbirth.com/birth_options.66.html)

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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](http://www.soulbirth.com)

## 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](http://www.soulbirth.com/active_birth_workshop.49.html)  
You can now book and pay online.

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! I am now getting it ready to have available on the website. It should only be about a week away. Thank you everyone so much for your

patience. I know I've been talking about this for years!!

### 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 in October and run for 6 weeks. Dates will be in the next e-zine.

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 the allocated time doesn't suit you.

### 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](http://www.soulbirth.com)



Soulbirth

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### Faye Recommends



## Natal Hypnotherapy Cds

How would you like to learn the specific strategies that many women are using these days to have a relaxed and empowering birth experience?

**Natal Hypnotherapy helps parents become more informed, relaxed, positive and prepared from conception to parenthood.**

Hypnosis has been clinically proven to help you:

- Overcome fear
- Shorten Labour
- Feel more in control
- Feel relaxed and calm
- Reduce pain in childbirth
- Reduce medical intervention



The award winning CDs are safe, effective and easy to use, teaching breathing, relaxation, visualization and self hypnosis techniques. The CDs enable you to develop effective skills, in your own home, in your own time which helps you to overcome fear, relax, increase confidence, maximize your body's natural potential and feel more in control.

**And the best part is...the price of these amazing cds has now been drastically reduced. Individual Cds that were going for A\$40.00 have now been SLASHED to A\$24.00 each! The 4 Cd Programs, which were selling for A\$125.00 are now JUST A\$80.00!! That's unbelievable value!!**

Get your copy of these 'Must Have Cds' now at:

[http://www.soulbirth.com/natal\\_hypnotherapy\\_cds.77.html](http://www.soulbirth.com/natal_hypnotherapy_cds.77.html)

They can be shipped to anywhere in the world.

## Marketplace

**"Simply Raw: Reversing Diabetes in 30 days"** Karen Bartz – Naturopath and Nutritionist has a 'Raw Foods' screening on Monday 28th September from 7pm to 9.30pm at the Loftus Community Centre in Leederville, Perth, Western Australia. Tickets are \$15.00 at the door and there will be a green smoothie demo, organic raw food supper and a question and answer session. To book, phone Karen on: 0419 943 328. Visit her website to find out all about raw foods: [www.teachtheworldraw.org](http://www.teachtheworldraw.org)

**"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.btt88.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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