



## Childbirth Connections

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



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### Note From Faye

**October 8, 2009**

Issue 7

Published every Thursday.  
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Hi,

I've been madly working on getting my e-book on 'Childbirth Preparation' ready to launch this week. It has been a crazy time, mixed in with school holidays...but we've made it!! The website is now set up and ready to go. You will have access to some great bonuses if you decide to get a copy of this ebook. It has so much value added to it for this first time ever promotional period. You won't want to miss out...truly!

I have also now set up a registration page to take down your details, if you are interested in joining us on a series of FREE teleseminars, which are on offer to you along with this e-book. See below for details.

The weather is now absolutely brilliant over here, so it's been nice to finally get some time out in the garden. I took my daughter and her cousin 'rogaining' last weekend, which is long distance, cross country navigating, for those of you who don't know. It's a fabulous sport that you can do with the 'whole' family, no matter how young or old. It combines hiking, navigating, camping, socializing and great food from the hash house on return! It's a chance to get out into the beautiful Australian bush and see the wildflowers that are out in abundance at the moment, and to spot the occasional bit of Australian wildlife...we always see at least one kangaroo!



As usual, I hope you enjoy this weeks e-zine, enjoy the last of the school holidays if you have them and we look forward to connecting with you again next week. Feel free to pass this on to any friends or family that you think may benefit from it.

Yours in 'Peaceful Birthing'

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

Follow me on Facebook and Twitter



## Birth Tip of the Week

### Trust your Intuition

During pregnancy, women have a heightened sensitivity and very keen intuition. We receive many insights and visions in this time, which may be your baby trying to communicate with

you, or it may be your subconscious letting you know what's best for you. Listen to these messages, write them down and above all...*Trust your Intuition!*

## Self Nurturing Tip of the Week

### Gratitude Journal

A great way to feel good every day is to take ten minutes at the start of the day and write down everything that you are grateful for in your life. Keep a 'Gratitude Journal'. Try to find 100 things if you can. You'll be amazed at how much more positive you feel about life, when you acknowledge all the good things instead of focusing on negatives.



## This Weeks Q & A

### How do I calculate my 'due date' and when am I 'overdue'?

Due date is calculated by adding 7 days and 9 months to the start of your last menstrual period. This is of course, assuming that you have a regular 28 day cycle! If not, the dates may be out by 1-2 weeks. That is why 'due date' can be anywhere between 38 and 42 weeks gestation! So don't let your doctor tell you that you're 'overdue' when you get to 40 weeks and 1 day (or earlier!). You're not technically 'overdue' until you go past 42 weeks! Of course, if there is a concern for the mother or baby's wellbeing before this date, there may be an indication to start labour sooner.

Generally though, mums know their cycles better than anyone else and should know by how they're feeling and how much their baby is moving, as to whether anything is wrong. So listen to your body, trust your intuition and allow the baby to choose it's birthdate.

## Feature Article

### "Natural Methods of Induction"

by Faye Read

#### Have you gone way past your due date?

Are you receiving threats of surgical induction or caesarean section if things don't get moving soon?

Things aren't sounding too good and the stress levels are rising.

#### Relax!

Take comfort in knowing there are some alternatives that you can try first to induce labour naturally before you go back for your next check up.

Here are some suggestions that may help you to get things moving along and reduce the risk of medical intervention. Please note that natural labor induction is still a form of intervention and therefore should only be considered if you have gone past your due date or if medical intervention is eminent.

If your waters have not broken, you can try any of the following suggestions. However if your waters have broken, be sure not to put anything inside the vagina i.e. fingers, penis, oil, pessaries, tampons. Do not take a bath. Vaginal examination should only be done if absolutely necessary; otherwise you could introduce infection.

### Ideas to try:

1. Plan a nice romantic evening for two with your partner. Burn some relaxing essential oils e.g. Lavender – add a drop of jasmine if you have some (this is an aphrodisiac as well as a uterine stimulant). Dim the lights. Take a bath together and get intimate. Make love a lot!! ... Semen contains prostaglandins, which help soften the cervix. Orgasms help to get the uterus contracting.



2. If this fails, it's time to get even more active! Time to go for a brisk walk around the block. Do lots of squatting – up and down. Scrub the floor or dust the walls. This will help the baby's head move down and into position. Belly dancing is the best form of activity to get the head down and rotating – especially once in labor.

3. Try a spot of nipple stimulation – just one side at a time for a few minutes each side. If not successful keep trying every couple of hours. This mimics a baby sucking and releases natural oxytocins which contract the uterus. You need to persist with this for a long time though. This is a good form of stimulation in the 3rd stage also, to help the placenta become expelled.

4. Castor oil – the old fashioned favorite. Works by causing diarrhea that irritates the uterus and kick starts contractions. Not as pleasant as the previous mentioned methods though!

5. Evening Primrose oil can be taken orally or vaginally to help soften the cervix.

6. Raspberry Leaf Tea – drink anytime after the 35th week of pregnancy as a uterine tonic.

7. Consult an Aromatherapist and have a special labour blend made up of essential oils that can be massaged into the abdomen to initiate labor and keep it going. Also burn some oils in the oil burner e.g. lavender and jasmine. A qualified Aromatherapist should always be consulted before using essential oils during pregnancy.

8. Reflexology and Acupuncture – Make an appointment to see a therapist or ask an obliging friend to locate some points for you which can stimulate labor.

- On the inside of the ankle between the anklebone and Achilles tendon.
- On the inside of the leg, four finger widths up from the ankle bone on the calf muscle, just behind the bone.
- Underneath the big toe.
- On the sacrum in the little hollows, working with your thumbs.

9. Homeopathy – homeopathic caulophyllum 200 has been used very successfully for inducing labor naturally. Consult a homeopath or naturopath for the exact dosage.

10. Herbs – There are several different herbs that can be used during pregnancy. The raspberry leaf tea is useful to tone the uterus; chamomile tea can help to calm and relax you if you are feeling stressed. Herbs can be taken in tablet, syrup or tincture form, applied as ointments, creams, compresses or poultices, or used externally in the bath. A qualified herbalist should be consulted if planning to use these as some can't be used if using homeopathy or aromatherapy.

11. Try some meditation – tune into your unborn child and communicate that you are ready for him or her to be born. Try to get some clarity around why things are not happening yet. Is there tension at home or around the birth expectation? Is there unresolved issues concerning pain? If so, these need to be addressed because they could be causing a block in the progress of labor. Consult a therapist/ healer if you feel this is necessary in order to clear these blocks.

12. Visualize!! Get comfortable and make sure you're feeling relaxed. Try to visualize the birth – your surroundings, who is with you and how do you feel? Play with this image until it feels right – and with all the tension gone. Now visualize the cervix opening, the uterus helping to push the baby out, the head emerging....and next a wonderful healthy newborn baby.

13. Relax and let it happen. The baby will come when the time is right. Trust in the process and above all .... trust your own feelings!

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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)

## 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 again Pinky McKay... well known Australian expert on breast feeding and raising children. She talks here about:

### Taming Tantrums

If you have ever watched a desperate mother trying to round up flailing arms and legs as she wipes her child's snot off her arms in the middle of a shopping centre and vowed that your own sweet baby will never carry on like that incompetent mother's brat, think again. Tantrums are a normal fact of toddler life.

It can help to think of a tantrum as an intense storm of emotion that a toddler isn't equipped to handle, rather than an attempt to wield power over everyone around him, especially you – his poor, embarrassed parents.



**Pinky McKay**

**Tantrums are often an expression of emotional distress** (to your child, that is – you are the big person here) and can be triggered by frustration, loss, disappointment, feeling misunderstood or a need to discharge an accumulation of stress. Of course, some tantrums are about pushing boundaries, perhaps to get the biscuit or toy that isn't allowed and these 'tiny tanties' are usually fairly easily diverted or will blow over if they are ignored (with you close by). We do though, need to also consider whether the 'broken biscuit' tantrum is actually the straw that has broken the

camel's back – for instance, is your child's seemingly massive reaction to a broken biscuit really about the biscuit or an accumulation of minor but stressful events that have happened throughout the day (a spilt drink at breakfast, her brother knocked over her block tower, she had to wait for lunch while mummy settled the crying baby and now she is grumpy because she is hungry and her blood sugar is low – and her rice cracker broke)?

**By trying to see things from your child's perspective,** it is much easier not to take tantrums personally and it will be much easier to help your little one grow through this stage relatively smoothly than if you turn every outburst into a power struggle. And each time you help your child deal with his intense emotions, please try and console yourself that you are sculpting stress regulating mechanisms in his tiny brain. This will enable him to deal with frustration and rage in later life: According to Margot Sunderland, the too-good child who does not have tantrums may have learned early on that when he expressed big feelings, he elicited a frightening parental response, and the price of parental love is total compliance. Dr Sunderland says, The too-good child misses out on vital brain sculpting, meaning that when he faces frustration in later life, he may respond with angry outbursts or struggle to be assertive.

### **To tame a tantrum...**

You can reduce tantrums and help your child (and you) cope better with stressful situations by using some simple strategies and sensible planning:

To read the rest of this article and to find out more about Pinky and her work, follow this link:

[http://www.pinkymckay.com.au/index.php?option=com\\_content&view=article&id=35&Itemid=25](http://www.pinkymckay.com.au/index.php?option=com_content&view=article&id=35&Itemid=25)

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



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## Faye Recommends

### Zodiac Child – Astrology Report for your child

So now you have your beautiful, brand new baby. Are you going to mould it into the great child that you want it to be? Or is it going to have its own ideas about the path that it wants to take?

Astrology can help. It can give you an idea of the talents and potentials that this little darling has bought with it. With a bit of luck, your child's potentials will be in line with your hopes.

In the hands of a competent Astrologer, the details of the Natal chart can be expressed in an understandable way. Then a person can get an understanding as to why they tend to want the limelight or why they tend to work behind the scenes, why they like music or painting or study etc. This does not mean that they should just stick to what they find themselves comfortable in. We have a free choice and can choose to tackle challenging things. Things may just be a little harder for them this way.

Zodiac Child is one of those charts and reports that can be drawn up from the birth details of your child. (Yes Mum, just remember my exact birth time and have a go. It may help us get off to a good relationship)

The Zodiac Child report has been written to act as a guide for parents and mentors of children. It is intended to help parents and mentors to support and encourage their children through their difficult times and to provide them with as much love and joy as possible. The report is in 6 sections, including interpretations of the planets influences relating to family, friends, talents, goals, childhood journey, etc. This can provide an interesting insight into the child's natural talents, interests and leanings, despite what the parents may want or hope for.

**To find out more or to get your 'Zodiac Child' astrology report drawn up for your child now, go to:**

<http://www.quolkids.com/zodiacchild.html>

Reports are emailed to you within one to two weeks from ordering. This is a great tool to have, which will help you immensely in parenting your young child. Astrology reports also available for the whole family.

## 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>



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### **“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/>

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### **“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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