



Childbirth Connections

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



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October 1, 2009

Issue 7

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Note From Faye

Hi,

School holidays are well underway. We've been busy catching up with family and organizing the usual sleepovers with cousins.

We had some beautiful weather over the weekend, so we managed to escape the city and head north to 'Moore River' for a very short break. I love it up there...the river meets the ocean, great sand dunes to go tobogganing on, lots of water sports, mainly paddling a kayak and wonderful fresh pastries from the shop in the morning...hmmm! I love beach holidays. We're so spoilt here in Western Australia with our beautiful beaches. I wouldn't want to live anywhere else.

I've been madly working on bringing my e-book on 'Childbirth Preparation' to you. Everything always takes way longer than



you think it will. I'm still just setting up the website so that you will have access to some great bonuses if you decide to get a copy. It's going to have so much value added to it for this first time ever promotional period. You won't want to miss out...truly! It will all be finished in the next few days, so the official launch will be in next week's ezine...FOR SURE!!

I've been working on setting up a series of F'REE teleclasses to offer you along with this e-book. See below for details. This will all be ready next week also to register for.

As usual, I hope you enjoy this weeks e-zine, enjoy the school holidays if you have them now 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.

Peaceful Birthing



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Birth Tip of the Week

Begin a journal if you haven't already. During pregnancy, women are highly intuitive. After practicing your meditation sessions from last week and continuing these, you will be in a lovely space to allow for thoughts and pictures to flow. Allow yourself some reflective time following this, to jot down anything that came to you. If you prefer pictures; start painting or drawing. This can be very therapeutic and relaxing.

Self Nurturing Tip of the Week

Express yourself

If you meditate, visualize and/or tune in to your baby, express what you see, feel, hear and experience. You can either try journaling as mentioned above, whereby you write or draw what comes to you.

You can also use this highly creative time to indulge yourself in 'painting for you'. Get some paper or canvas, some paints (whatever type you feel drawn to) and paint WHATEVER you feel like. It doesn't have to mean anything to anybody else or even to yourself. It doesn't have to have meaning...just 'express yourself' through colour and texture! Have fun and play with it. At the end you can choose to either keep it, frame it or throw it away!

If you're more the singing type...why not write a song and sing it out loud? Or just play your favorite song, turn the volume up and let your lungs expand!! This is great practice for labour.

There are lots of creative ways you can express yourself and now is a great time to do it. Expressing yourself now will pave the way to expressing your



needs in labour, as well as those needs you will have as a new parent. Get practicing!!

This Weeks Q & A

What can I do to avoid medical intervention in labour?

Quite often these days 'Normal birth' includes some kind of medical intervention. It may be 'induction of labour', medical forms of pain relief, continuous monitoring of mother &/or baby, IV antibiotics, instrumental delivery, or a number of other things. None of these are 'Natural'. However, they have become 'the norm'.

To avoid any of these interventions, it is really important to educate yourself during pregnancy, so you know what is 'natural' and what is not. Find out all about the birthing practices that are offered at the various hospitals, birth centre's and with home birth Midwives. Ask for their statistics of epidurals, episiotomies, instrumental deliveries and Caesareans. These are generally a good indication of whether you will be able to 'freely' birth how you want, or whether it is highly medicalised, with a high rate of interventions.

Ask your caregiver if they will support you in your choices to birth naturally. If they're not, then think about changing to someone else. It's never too late to change!

The most important aspect to avoiding intervention is to stay off your back!! Remain upright and active as long as possible, as this allows gravity and nature to do the work. Find natural methods of pain relief, utilizing positions of comfort as well as natural therapies and water.

Attend an 'Active Birth Workshop' in your area that will teach you and your partner about ALL the options available, including the ones that you can initiate yourself (non-medical). You need to feel comfortable in asking questions about ANYTHING at all that concerns you. If there are none available, consider joining me later this month on my FREE 6 week tele-class series on 'Childbirth Preparation'. My e-book which will be available next week also has everything you will need to know to avoid medical intervention.



Just remember that if everything is normal and natural, there is no need for any intervention. Women have been birthing naturally for centuries at home and in hospitals. It's all about self education and

natural instincts. Begin now by making 'informed decisions!'

Feature Article

"Preparing for Birth"

by Faye Read

Being pregnant and giving birth is probably one of the most amazing, empowering experiences of your life. It's a big event that most people look forward to for a very, very long time and it's certainly worth preparing for.

No doubt you've spent quite a bit of time together as a couple up until now, and this may be the first time you've had to care for another person, another little being coming into the world. Not only do you need to work your way through the new territory of pregnancy but also the impending parenthood which comes with a whole lot of its own challenges. For some of you this may be your first, and for some it may be your second, third or fourth pregnancies, but each and every one of them is unique and different in its own way. Every child is different and so is every pregnancy and birth. If



this is your second or third pregnancy, it's good to revisit the same territory again. It is good to reflect on previous birth experiences at this point and see what went well and what didn't go so well. Could anything have been done differently? What can you do this time so that this birth is a positive empowering experience?

From the moment you become pregnant you begin having to make a lot of decisions that you have probably never had to make before. Right from the beginning with the first blood test that tells you you're pregnant, you then have to choose what tests you will undergo, who will be your primary caregiver, where you're going to go to have your baby, the type of birth you wish to experience. Which interventions (if any) you are willing to undergo, method of feeding you wish to offer your baby, to vaccinate your baby or not, etc, etc. The list goes on. Once you become a parent, your life is filled with decision making processes.

Why prepare for birth?

Why do we need to prepare for childbirth? Surely all this is natural or common sense? Preparing for birth can clarify your expectations, not only of yourself, but of your partner, your doctor, your midwife, and the birth, your past and present influences around family, health, sexuality etc. What were your birth experiences like, your coming into the world? What is your health like? Do you have any high risk factors?

It can also help if you educate yourself about caregivers, so you can choose them and the place of birth carefully, knowing that you're going to have the best support possible for the birth that you want. This then allows you to discuss your needs, so that you can create a flexible and realistic birth plan. That way if anything doesn't go as originally planned, you have something to fall back on, as a responsible plan, flexible enough to change if the birthing process changes. It allows you to identify stresses and act now to fix these. If you're uncomfortable with anything, e.g. hospitals, you have the opportunity to address this and come to terms with where the best place is for you to give birth. Are you better off in a birth centre or at home if you really don't like hospitals?

It also helps to develop strategies to cope with labour. What kinds of things can you do leading up to the birth to keep you fit and healthy? Birthing is like running a marathon, it is extremely tiring, and you need a good level of fitness to cope with the long and tiring period of labour. Do exercises to help with pelvic floor control. Get plenty of rest. Have sufficient activity to keep you fit and active. Learn relaxation techniques, which not only help you to relax during pregnancy but also come in useful during labour so you can relax and just go with the flow.

There are a number of reasons to prepare for birth. By educating yourself before birth; reading as many books as you can and talking to as many people as possible; you will be learning as much as you can about pregnancy, birth and the post natal period. This will help you relax more and feel more in control of your own experience. Birth is after all, your own personal experience. You need to be actively involved in the decision making processes all the way along.

To read the full article on 'Preparing for Birth', just follow this link:

http://www.soulbirth.com/preparing_for_birth.22.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

Parenting Column

Introducing a new column where I would like to introduce various experts on raising our children to be happy, healthy, well rounded individuals. This week's expert is Pinky McKay... well known Australian expert on breast feeding and raising children. She recently held a teleseminar series on the following topic:

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

You didn't hold up the flashcard saying, "you are being born!"

Your 3 month old doesn't have a curriculum beyond playtime and cuddles?

Are you wondering...is this one more thing I should be feeling guilty about?

If you would you like to learn amazing secrets about early nurturing that will have lifelong benefits to your baby's development - without feeling overcome by guilt and stress or having to create a whole new lifestyle, you will love the recordings of this ground-breaking tele-seminar series featuring interviews with internationally acclaimed experts.



Pinky McKay

Each expert explains the revolutionary research in their specialized field of early development and how you can apply this information to create the best possible environment to help your baby thrive and achieve his or her incredible physical, social, emotional and neurological potential - from the very beginning!

What will you learn?

These recordings are interviews with an absolute **"Who's Who" of international speakers** who have specialist expertise in health and child development with a particular interest in social, emotional, neurological and physical development. All speakers are committed to supporting the parent-child relationship as a vital ingredient to infant well-being. They will show you how every loving interaction between you and your baby creates new learning pathways in your baby's brain and how you can enhance this amazing development.

Best of all, not only will you be armed with the theory to support your parenting choices, **you will also discover a plethora of practical strategies** that you can implement and enjoy with your baby -right now!

Each recording features a single expert being interviewed on their main topic of expertise. In these interviews I 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.

"Thanks so much for utilizing such wonderful technology. I am in awe of what can be achieved now days. The presentation is very clear and truly wonderful. I am delighted to have access to such experts in the comfort of my own home, in my own time in a place and space that I can devote totally to listening."

Bronwyn MacGregor

To find out more about these incredible interviews, or to find out more about Pinky and her work, follow this link:

<http://www.1shoppingcart.com/app/?af=1066440>

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! I am now getting it ready to have available on the website. It WILL BE available from next week on. We're just finalizing a few details now. The link to this, along with some fantastic FREE bonuses, will be in next week's e-zine.

Teleclasses

To celebrate the 'Childbirth Preparation' E-book launch, I will be conducting a series of **F'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. I'm just setting up the registration process at the moment so as of next week you will be able to register for these calls.

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 F'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. Keep a look out for next week's e-zine.

If you have any friends or family that you think would benefit from this F'FREE 'Childbirth Preparation' tele-class series, please send them to <http://www.soulbirth.com> to sign up for this f'ree e-zine. This way they won't be missing out on this great offer when it becomes available next week!

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

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>

"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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