



## In This Issue

- **A Note from Faye**
- **Birth Tip of the Week:** Swim in the Ocean
- **Self Nurturing Tip of the Week:** Sit under a tree
- **This Weeks Q & A:** How can I develop a good support network?
- **Feature Article:** It takes a whole village to raise a child
- **Events Calendar:** Workshops and Teleclasses
- **About Faye**
- **Faye Recommends:** Childbirth Preparation ebook
- **Marketplace**

December 3, 2009

Issue 16

Published every Thursday.  
You are on our list because you signed up for our e-zine or made a purchase from us. To change your subscription, see link at end of email.

[Sign me up for this e-zine](#)

Please add [faye@soulbirth.com](mailto:faye@soulbirth.com) to your email address book, so you don't miss out on future issues!

Please help us to pass on this information by [sharing this e-zine with a friend](#) or directing them to [our website](#) to [join our mailing list](#).

## Note From Faye

Hi %\$firstname\$%,

As you read this, I am probably laying back and relaxing on the beach in Fiji. It is a welcome and much needed break from my busy schedule. I should come back feeling relaxed, re-energised and ready to move into the new energy that 2010 is going to bring.

The main reason I came to Fiji, is to attend a family wedding. What an awesome experience to absorb the culture of a Hindu Wedding. Can you believe, the celebrations go on for three days!! That's my type of wedding. It is actually a beautiful way to honor the couple, as they join together for their journey through life.



Next week I'll show you some pic's and let you in on some of the highlights. Until then, enjoy this weeks ezine. Take a nice slow, deep, relaxing breath and think of me...relaxing on the beach!! Sorry...I couldn't resist!! Have a great week ahead. I know I will.

Yours in 'Peaceful Birthing'



Follow me on Facebook and Twitter



## Birth Tip of the Week

### Swim in the Ocean

Go for a swim in the ocean. Just float around and visualize what it's like to be your baby floating around in amniotic fluid. Take this time to tune into your baby and have a loving conversation with them.

## Self Nurturing Tip of the Week



### Sit under a tree

Take time out this week to sit under a tree, by the pool or at the beach...anywhere that helps you to feel totally relaxed. Take a good book to read, or simply close your eyes and enjoy!!

This is for ANYONE...no matter how old or young. Take the kids and make it a family experience!

## This Weeks Q & A

### How can I develop a good support network?

It's important not only when you're pregnant, or a new parent, but at all times to have a good support network around you. It can make all the difference between sanity and insanity. I'm sure these networks have helped prevent many people, both male and female from plunging into the depths of depression when things get tough.

Different places you may wish to look, to find these networks of support are:

- Family and friends
- Co-workers
- Church
- Sporting clubs
- Hobby groups

- Pregnancy Resource Centre's
- Libraries
- Women's health centre's
- Maternal and Child Health Centre's
- Playgroups
- Schools
- Local pool or club

There are many more places you can look. Start getting active in your local community and I'm sure you'd be surprised at what's actually out there. Get a hold of your local paper, as this is a GREAT resource for finding people and groups close to you.

### **Feature Article**

## "It takes a whole Village to raise a child"

by Carol Gioia

*Forward: I am passionate about this topic and so searched the Net for an article that I thought did it justice. This article by Carol Gioia really resonated with me, so I'd like to share it with you. Feel free to follow the link at the bottom and rate her article. Enjoy...*

While the parents have the primary responsibility for raising a child, they cannot do it alone. The village is a metaphor for the people and environment surrounding the child.

Much as parents might want to exclusively nurture and protect their child, they cannot live in isolation, and must prevail upon the community at large to have the moral fiber and nurturing spirit to be the child's village.

In the primitive African villages where the proverb, "It takes a village to raise a child," originated, the phrase could be taken literally. Each village was a separate entity and the children of the village were free to roam in safety and security. The village had an established code of morals and values which were passed down from generation to generation. Those who did not adhere to the code were cast out. Life was simple; outside influences, varying philosophies and oppositional agendas were not an issue. Children were nurtured, educated and protected in the womb of the entire village.

Today's world is far more complicated. A couple has a child, provides food, shelter, clothing and plants the seeds of moral values. The greater the desire of the parents to provide opportunities and advantages for the child, the more the child is exposed to surroundings and environments outside of the family unit.

Teachers, sport coaches, religious leaders, neighbors and the community at large, all have input into the child's life experience. They become the child's village. These are the individuals who have hands on responsibility for the welfare of the child.

There is the larger village of social responsibility. Public servants, political figures and leading citizens in all walks of life influence the raising of the child by their platforms, their commitment to issues and their votes.

For a child to thrive, the family must thrive. Therefore, the leaders in the community, the state and the country must act as an extension of the village; in the best interest of families, thus impacting each individual child.

Children are the future. As stated in [The Prophet](#), they are life's longing for itself.

Individuals who parent a child are doing more than creating a family, they are making a commitment to the future. They are entering into an implied contract with the universe to contribute to a better world through the conscientious raising of their child.

Everyone who comes in contact with that child becomes a partner in that implied contract. They become a link in the chain of the child's village. They have as much moral and ethical responsibility for the well-being of that child of the future as the parents. Metaphorically



speaking, while we may not be "Our brother's keeper," we are our brother's child's keeper.

Each child has a unique village. It is a tight-knit community made up of all the individuals encountered in that child's life journey. A child comes into the world a clean slate. Each person who writes on that slate takes up residence in that child's village. There are permanent residents, temporary visitors and transients.

It is the duty of the parents to monitor, to the best of their ability, who comes in contact with their child; who makes up the child's village. It is the duty of the rest of us to be a positive presence in the life of any child we encounter.

It does indeed take a village to raise a child.

To find out more about Carol Gioia, the author of this article, visit:

<http://www.helium.com/users/161704>

Or to read more articles on this topic, visit:

<http://www.helium.com/items/1461914-assessing-it-takes-a-village-to-raise-a-child>

## Events Calendar

### Active Birth Workshops

The next Active Birth Workshop is in January! The full schedule of workshops for the next 6 months is at:

[http://www.soulbirth.com/active\\_birth\\_workshop.49.html](http://www.soulbirth.com/active_birth_workshop.49.html)

You can book and pay online.

Don't forget, for those of you who can't attend in person due to distance etc, you can order a copy of my 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 – Have now concluded!

All except for a bonus Q&A session I will be holding in a few weeks time. 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 6 weeks ago, so have now just concluded. You can still register for these calls and access them for free for a limited time only, 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 was a great option for those of you who couldn't attend the Active Birth Workshop. If you have any questions around pregnancy or birth, please email them in to me at: [faye@soulbirth.com](mailto:faye@soulbirth.com) and I will be sure to answer them on the bonus Q&A call. I will be recording this call as well.

---

## Radio Interview

Last week I was interviewed on Jeanice Barcelo's radio show about the spiritual aspects of birth. I had so much fun chatting with Jeanice and it was so nice to be able to share my experience on radio with others. To listen to the call, just follow this link...



<http://www.blogtalkradio.com/jeanice-barcelo/2009/11/25/love-sex-pregnancy-childbirth-parenting>

---

## 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 be presenting a couple of topics at the Summit and will be participating in the 'International Commission for Birth'. I will also be helping to create an 'International Spiritual school for the Art of Birth'. I will let you know more details when they become available in case you are interested in attending. To find out about Damanhur where the Summit will be held, visit:

<http://www.damanhur.org/>

---

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



Soulbirth  
PO Box 349, Beechboro, WA 6063, Australia  
Phone: +61 8 9378 9196 Mob: 0417 471 526  
Email: [faye@soulbirth.com](mailto:faye@soulbirth.com)  
Website: <http://www.soulbirth.com>

## 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>



## 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>



*The Essence of Breastfeeding*

Share in my love and knowledge of breastfeeding...



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', 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>

---



To see the full range of Ayana Organics, visit:  
[www.ayanaorganics.com.au](http://www.ayanaorganics.com.au)

---

#### **Paid Advertising Disclaimer:**

Soulbirth does not represent or endorse the accuracy or reliability of any of the recommendations or advertisements above or the quality of any products, information, or other materials displayed, purchased, or obtained by you as a result of an offer in conjunction with any ad. Please do your own due diligence before purchasing any product.

© 2009 Soulbirth, all rights reserved