



Birth Circle of Kirksville

supporting informed choices, gentle births, and confident moms

CONTACT INFORMATION

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President – Laurie Griego

Vice President – Heather Martin

Secretary/ Treasurer – Jackie DeSanty-Combes

Community Liaison – Lynn Carter

Committee Members - Cheryl Dorell,
Shana Stremel

Lamaze Grant Highlights

Better Birth Workshop: Saturday, November 15th, Truman's Student Union Building, 9 am to 4 pm. See page 2.

Birth Satisfaction Survey Update on page 3

Website: links to our Lending Library list and the CIMS's Birth Survey is now available. More information on page 3.

Join our chat group: <http://health.groups.yahoo.com/group/birthcircle4u/>

Birth Circle Meetings

We gather the third Saturday of each month from 10:15 a.m. to noon at the parish center of Mary Immaculate Church (no affiliation) for presentations, demonstrations, story sharing, and community building. Meetings are free and open to the public. It's a child-friendly atmosphere.

Past Discussions/Demonstrations

Birth Plans, Standard Intervention, Nutrition and Exercise, Baby Wearing, Birth Video Watching and Sharing Birth Stories, Palpating, Vaginal Birth After Cesarean (VBAC) Support, Postpartum Care, Mother Blessings

Upcoming Topics

September 20 – Birth Expectations

October 18 – Birth Places

November 22 – Birth Partners

Mark your calendars for the Better Birth Workshop

The Better Birth Workshop is November 15th, 9 to 4 at the Student Union Building, Truman University, Kirksville. Admission is free, on site lunch is available with early registration. The workshop targets expectant families, maternity care providers, and pre-med/nursing students. Continued on page 2....

Presentations and demonstrations will include prenatal nutrition/exercise; birthing location options; pain management techniques; vaginal birth after a c-section (VBAC), birth plans, birth partners, and the postpartum period. This workshop is a great opportunity to obtain information on birth options and local resources, speak with a variety of maternity care professionals, hear the results of our Birth Satisfaction Survey, voice your opinion about improving maternity care in NEMO, meet like-minded families, and expand your support group.

BETTER BIRTH WORKSHOP

First Call for Presenters and Vendors

Funded by a grant from Lamaze International and co-sponsored by Truman State University's Women's Resource Center, Birth Circle of Kirksville is hosting a Better Birth Workshop on November 15, 2008 from 9 to 4 on the Truman State University campus in Kirksville. Our keynote speaker is Dr. Elizabeth Allemann (M.D.) from the Columbia Community Birth Center. The workshop will cover many topics of interest to expectant families, as well as doctors and midwives who provide maternity care, and the pre-med and nursing students who attend Truman State.

Presenter Information

Three mini-sessions will be held in the morning from 9 until noon and each will last approximately 45 minutes. We hope to provide expectant families with presentations and demonstrations that include prenatal nutrition/exercise; birthing location options; pain management techniques; vaginal birth after a c-section (VBAC), birth plans, birth partners, and the postpartum period. Lunch will be provided for all our presenters. If you are interested in sharing your knowledge or experience please contact Laurie (660) 665-2264 or email us at info@birthcirclekirksville.com by September 21st.

Vendor Information

We are seeking vendor participation from local artisans as well as labor assistants, medical professionals, and birth-related small businesses. Vendor booth space will be available 9 to noon and there will be ample space for birthing related demonstrations (e.g. belly dancing, massage therapy, yoga) in the afternoon. Vendor fees are waived in exchange for door prize donations such as vendor merchandise and gift certificates. If you cannot attend the workshop please consider providing us with your business card/flyer by October 1st so we can post your information on the Workshop Resources and Information bulletin board. This workshop is free to expectant families so we expect a large crowd. Please reserve booth space by October 1st by contacting us at info@birthcirclekirksville.com.

Volunteers Needed

We also need volunteers to help spread the word about the workshop and assist us during the workshop with registration and workshop set up/take down.

For more information about Birth Circle of Kirksville visit www.birthcirclekirksville.com

BCK Birth Satisfaction Survey Update

Ninety-two women participated in our survey between April and September and Elisa Peavy of Kirksville won the drawing for a \$50 Wal-mart Gift Card. Thank you to everyone who participated in this confidential survey and let your voices be heard! The survey results will be presented at our Better Birth Workshop at Truman University on November 15th. The survey is still available on our website at www.birthcirclekirksville.com

CIMS Birth Survey (from e-CIMS news)

As part of the Transparency in Maternity Care Project, the Coalition for Improving Maternity Services (CIMS) developed **The Birth Survey** as an online resource for new mothers to share their consumer reviews of doctors, midwives, hospitals, and birth centers, learn about the choices and birth experiences of others, and view data on hospital and birth center standard practices and intervention rates. The Birth Survey is now available throughout the United States, it's free and available 24/7. Women who have given birth within the past three years can take the anonymous online consumer feedback survey. The survey asks mothers a variety of questions about their satisfaction with their maternity care providers and birth setting, and includes their feedback in the results, allowing other women to benefit from their experiences. In addition to the consumer data, the website will begin to list obstetrical intervention data for each hospital as provided by state Departments of Health. The Birth Survey is designed to help women find quality providers and birth settings that are the best match for their needs and lifestyles. Providers and facilities will also be able to utilize The Birth Survey as a consumer feedback and quality improvement tool.

For more information visit www.thebirthsurvey.com

Check out our on-line Lending Library List on librarything.com

BCK has over 100 books, magazines, and videos available for clients to borrow on topics ranging from conception to postpartum. Popular books include "A Thinking Women's Guide to a Better Birth" and "Taking Charge of Your Fertility", magazines include "Midwifery Today" and "Mothering", and videos include "Gentle Birth Choices" and "Bonded Beginnings: Creating an Extraordinary Family"

A comprehensive list of books are now available on librarything.com
userID: birthcircle4u ; password: kirksville

Library.com provides a photo of the book cover and you can search by book title or subject. Our resources can be borrowed by attending a monthly meeting or e-mailing us at

info@birthcirclekirksville.com

30,000 women will be giving birth with you today.

Relax and breathe and do nothing else.

Labor is hard work, it hurts and you can do it.

- Unknown Author

Book Review:

This Isn't What I Expected: Overcoming Postpartum Depression by Karen R. Kleiman and Valerie Raskin is an extremely informative and useful book for expecting families and for postpartum women. The book gives an interesting description of some suggested causes of postpartum depression and does an excellent job of asserting that depression is a real illness and should be treated as such. The authors describe common thought processes and symptoms of women suffering postpartum depression and include a helpful chapter for husbands. Perhaps the most helpful parts of the book are the chapters that help women work through common misconceptions of motherhood. These chapters are an excellent resource for pregnant women as well as women with postpartum depression and are useful enough to help women with mild cases of depression to work through it on their own. The chapters include worksheets covering fantasies of motherhood, exploring your losses, and working through intergenerational issues. Kleiman and Raskin treat these topics respectfully and in a way that will benefit all mothers. **This Isn't What I Expected** is a must read for all pregnant women and women who think they might be suffering from postpartum depression.

Postpartum Recipe:

Miyuk Gook (Korean Seaweed Soup)

(Mothering Magazine, <http://www.mothering.com/sections/recipes/miyuk-gook.html>)

Seaweed soup is customarily given to postpartum mothers in Korea to help them recover from labor and increase milk supply. An excellent source of calcium, iron, and protein, Miyuk Gook is a great soup to nurture the new mother.

Ingredients

1 oz dried seaweed, 1 tablespoon sesame oil, 3-4 cups soup stock, 2 tablespoon soy sauce
3-4 finely chopped cloves garlic, salt to taste, Optional: stewed beef or clams

Preparation: Place seaweed in a bowl and cover it with water for about 30 minutes. Keep in mind that 1 ounce of dried seaweed will expand to about 2 cups when rehydrated. Drain seaweed, squeeze out excess water, and cut into 2-inch pieces. In a soup pan, sauté seaweed and garlic in sesame oil for about 2 minutes over medium heat. Add soy sauce and sauté for another minute or so. Pour stock into pot or use dashida, and turn heat to high. If you choose to add beef or clams, this is the time to do so. When soup begins to boil, turn down to simmer. Add the salt. Cook for 20 minutes or until the soup looks milky.

BCK Birth Highlights

Elaine and Tim Aubuchon – hospital VBAC
Eric Maxwell, born on May 14th, 2008 at 10 lbs

News and Birth Related Websites...

“The Business of Being Born”. A documentary film by producer Ricki Lake is now available on DVD for on \$27.95 and includes a free copy of “The Guide to a Healthy Birth” (Choices in Childbirth, 2008). You will never look at giving birth the same way again.

https://www.thebusinessofbeingborn.com/store_dvd.php

The American Medical Association attempt to Outlaw Home Birth

<http://www.icpa4kids.org/wellness/0043.html>

WASHINGTON, D.C. (June 16, 2008)—The American Medical Association (AMA) adopted a resolution to introduce legislation outlawing home birth, and potentially making criminals of the mothers who choose home birth with the help of Certified Professional Midwives (CPMs) for their families.

The Big Push for Midwives (www.TheBigPushforMidwives.org) is a nationally coordinated campaign organized to advocate for regulation and licensure of Certified Professional Midwives (CPMs) in all 50 states, the District of Columbia and Puerto Rico, and to push back against the attempts of the American Medical Association to deny American families access to safe and legal midwifery care.

Parenting Books Go Green

<http://www.seventhgeneration.com/learn/guides/parenting-books-go-green>

New Book Titles:

- Healthy Child Healthy World: Creating a Cleaner, Greener, Safer Home (Gavigan)
- Raising Baby Green: The Earth-Friendly Guide to Pregnancy, Childbirth, and Baby Care (Greene)
- Green Babies, Sage Moms: The Ultimate Guide to Raising Your Organic Baby (Fassa)
- The Complete Organic Pregnancy (Dolan and Zissu)
- Organic Baby: Simple Steps for Healthy Living (Rider)

Breastfeeding Links:

The Sweet Tooth Truth: Does Breastfeeding Cause Cavities?

<http://www.breastfeed.com/articles/breast-is-best/the-sweet-tooth-truth-3263/>

Extended Breastfeeding Non-Risk #2: Dental Caries

http://www.compleatmother.com/bf_carries.htm

Is Breastfeeding Linked to Tooth Decay?

<http://www.kellymom.com/bf/older-baby/tooth-decay.html>

“Does nighttime breastfeeding cause cavities?” <http://www.askdrsears.com/faq/bf3.asp>

You're braver than you believe. Stronger than you seem.
And smarter than you think.

- Christopher Robin in Pooh's Grand Adventure

http://www.mother-care.ca/birth_quotes.htm

Local and National Events Calendar

AMERICAN ASSOCIATION OF BIRTH CENTERS' BIRTH INSTITUTE "What is Optimal?"
September 4-7, 2008 - Tucson, AZ www.birthcenters.org

Lamaze International Annual Conference "Off and Running for Normal Birth"
September 11-14, 2008 Louisville, KY www.lamaze.org

BCK Board Meeting, October 2nd from 6:15 – 8:30pm at Napoli's Restaurant, Kirksville.
Anyone interested in becoming a BCK member or being involved in the Better Birth Workshop is welcome to attend.

La Leche League of Washington 2008 Parenting and Breastfeeding Conference
October 17-19, 2008 – Redmond, WA www.lllwaconf.org

International Childbirth Education Association (ICEA) Convention October 23-25, 2008 -
Buffalo, NY "Celebrating the Childbirth Professional" www.icea.org

Area Resources

Whole Birth Prenatal Yoga

The Integrative Wellness Institute, Shana Stremel 660.627.0066

Doulas

Active Childbirth Options, Jo Wheeler 660.457.3184

Gentle Heart Doula Services, Laurie Griego 660.665.2264

Sacred Matters, Shana Stremel 660.627.0066

Columbia Community Birth Center (CCBC)

Ivy White 573.447.2700 www.birthcolumbia.org

Prenatal and Infant Classes

Childbirth Education Classes Saturdays from 1-3 PM, beginning March 17th

Belly Dancing Classes DeeDee at 573.443.8574

Meditation Megan 573.657.1425

Mother Craft Nicole K-Weber 573.876.0676

La Leche League

Lynn Carter 660.665.5866

Parents as Teachers

Ricky Trosen 660.626.1455

Attachment Parenting Playgroup

Jackie DeSanty-Combes 660.689.3012

For families interested in meeting others who practice extended breastfeeding, co-sleeping, babywearing, or positive discipline. Chat Group: <http://groups.yahoo.com/group/APKirkvilleMO/>