

lower mainland childbearing

8540 Elsmore Road
Richmond BC V7C 2A1

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Priceless

childbearing

The newsletter of the Lower Mainland Childbearing Society

“O Sleep! it is a gentle thing, beloved from pole to pole”

Samuel Taylor Coleridge may well have been writing about new parents rather than ancient mariners when he penned that line. I doubt there's any topic that receives more weary coverage at parent-infant drop-ins. Should your baby be sleeping through the night? Should she be sleeping with you or alone? Should you let him cry it out? If you don't, will you still be co-sleeping with a kindergartener? These questions seem to plague parents in our society, and many of us find our own convictions pulled and stretched out of shape by the endless barrage of advice, opinions, and dire warnings handed out by everyone from well-meaning relatives to equally well-meaning “sleep experts”.

I was one of these new parents once, and found myself attempting to sleep-train my four-month-old despite both my intellectual understanding and my intuition telling me this was a bad idea (and it was – she was so traumatized she never slept in the cradle again). Why did I do it? Because several other mums had come beaming into the drop-in with tales of eight hour sleeps, and, more significantly, with no bags under their eyes. I should have known better. I should have trusted my instinct, and saved both of us a lot of tears. In the end, however, my daughter and I worked things out: she started sleeping through the night the day after my twins were born. If I'd trusted her and myself a little more, and experts a little less, she might have done so even earlier. But we survived.

With this cautionary tale in mind, go ahead and delve into what our “experts” have to say on sleep and crying, but weigh their advice thoughtfully with your own gut feeling. One day, sooner or later, you will sleep again. ☺ Jennifer Landels, Ed.

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Lower Mainland Childbearing is: Diane Donaldson, *President, Treasurer*; Aleksandra Henderson, *Doula Representative*; Jennifer Landels, *Registrar, Newsletter Editor*; Stephanie Ondrack, *Secretary*; Susan Woodhouse, *Packages*.

Instructors: Aleksandra Henderson. Jennifer Landels. Stephanie Ondrack. Alli Brumwell.

childbearing news

Letters

Hi Jennifer and Stephanie,

I just wanted to send a separate email to express thanks from all three of us for your instruction and wisdom in the pre-natal class. The class was of real educational value, especially for me, and it prepared me well for everything that took place in the birthing process. Other than the friends I had throughout childhood, who were the same age as me, I had essentially no exposure to children and babies prior.

Nathan's birth was such a transforming event for me as a human being! I cannot imagine choosing to go through life without children. It would be missing out on one of the greatest of human experiences. It would be denying yourself a huge dimension of self-actualization and growth as a human being. I feel so lucky and blessed.

Thanks again and we look forward to the class reunion in the fall!

Fenton Fong

Hi Jennifer!!

This is Jackie Pierre and I attended your summer prenatal class last year and just wanted to say again how useful it was.

As a young mother the shock alone

of finding out I was pregnant was enough.

Entering into your prenatal class, I had just turned 20 and was dealing with the biggest change in my life ever. I felt extremely comfortable on the first day, I got along well with most of the people, but I still felt a bit of discrimination because of my age.

I think your classes are awesome and I loved it, but I think it would be really cool if you had classes targeted towards younger mothers, because as a young mother there were a lot of things I learned through this experience that my Grandmother, Mother, or even you could have taught me. Especially emotionally and mentally.. If you ever think about really pursuing this suggestion, please give me a ring, I would love to help...I feel like I have a lot to share as a young mother.

As you know, I gave birth naturally on September 1, 2003 to Simone who weighed 7' 7 at birth. Today she is 10 months old and she is doing more than I had ever imagined. She started walking last month and has been eating solids for a while. She surprises me everyday!! She says about 10 words and can pretty much understand everything you say to her. She loves to dance and is now even trying to sing...when we put the music on, Simone gets crazy!!! She points things

out in her picture book when you ask her to, she is extremely smart...I feel so lucky and blessed. Things have gotten so much easier, she does her own thing around the house and only comes to me (yes, she comes to me) when she wants me...otherwise, you'd be disturbing her, and now that she has learned to walk, crawling is a thing of the past. **She totally has her own personality and has a smile like the sunshine...I'm so glad she is mine!!!** Thank you so much Jennifer for helping Dino and me raise a healthy baby in the womb and out...prenatal should be taken by all before even being allowed to give birth!!!

Jackie and Dino

Ed: you can read Jackie's birth story in this issue and check out the listing for her young mothers' group in the parent-to-parent section.

Additional Location! We are now offering evening clas-ses at **Mount Pleasant Neighbourhood House** at Broadway & Fraser, as well as at Bay-view School and Maternal Instinct. Our **Autumn series** and **September Healthy Pregnancy classes** will be held here, and we hope to be running our **postpartum classes** from this location as well. We look forward to seeing you in this friendly and beautiful eastside space.

30th Anniversary: It was great to see so many familiar faces and so many beautiful babies and children at our Anniversary Picnic on August 7th. We hope to see you all again in five years!

Postpartum Classes: We have decided to delay starting the post-partum classes until **February 2005** due to teacher availability. Sorry for the disap-pointment, but in the mean-time please feel free to telephone us with any post-partum concerns or questions.

doula profile: Nicole Seeds, CD (DONA), CBE

Nicole Seeds is the mother of two children and has been a birth doula (CD DONA) since 2000. In that time she has also become a Childbirth educator.

She specializes in maternity reflexology, herbalism and natural care for the childbearing year. She does belly casting in her home studio and loves the pregnant form.

She is currently teaching birthing from within - style classes and trained as a *Birthing From Within* mentor in may 2002. Nicole also serves as the current president of *Doula Services Association* here in British Columbia.

Qualifications:

- ⊗ *Certified Doula (DONA)*
- ⊗ *Childbirth Educator*
- ⊗ *Certified Advanced Reflexologist*
- ⊗ *Chartered Herbalist*
- ⊗ *Registered Nutritional Consultant*
- ⊗ *Level one Birthing From Within mentor*
- ⊗ *Mother of two*



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Focus on:

Sleep and Crying

Question of the Quarter

Q: I have been following [Elizabeth Pantley's] No Cry Sleep Solution for a while now and it is working to some extent. [Our baby] is almost 7 months. He is still in our bed and we are trying to move him to the crib but he always wakes up!! He falls asleep various ways - in stroller, walking, nursing and with soother, and during the night after I change him he falls asleep completely on his own. He is now sleeping 4 and 5 hour stretches but early in the evening and early morning he tends to wake up, so at best he wakes up twice a night and worst five or six times. I nurse him after four or five hours but not before. **I am feeling discouraged and everyone (including a sleep expert) tells me the only way is to let him cry and this does not seem right to me.** Unfortunately, before he sleeps he cries a little bit anyway (I pick him up) and if I put him down he gets more upset. In No Cry she says if the baby gets upset, to abort and try again later which I have, but it is difficult. I have no problem if this takes a while - we all sleep - but I just need to know from someone other than the book that it can work. I worry about our future and that [our baby] is getting adequate sleep. The sleep expert said if we keep him in our bed, he might not leave until he is five!! RD

A: It sounds as if you are doing everything right regarding his sleep. You say he falls asleep on his own after you change him, so in fact, he doesn't actually have a problem falling asleep. His (or your) problem is waking up. Unfortunately, that is something you will just have to wait out. Babies develop at very different rates in different areas, and his tendency to wake up after four or five hours is just biologically where he's at.

One thing I've noticed with our girls, is that they sleep more soundly when there is light and noise in the house. It is when we start turning off the TV and lights and getting ready for bed ourselves that they are more prone to waking. Do you leave the door open when he's in bed? Is there enough social noise going on? Babies tend to be reassured by the bustle of life, and most sleep better with it.

There's nothing wrong with him being in your bed unless it bothers you. However, if you're finding it cramped, having his crib beside yours might be the best solution (if it works in your space you can have the railing down with the crib wedged up next to your bed). He'll get used to the crib and you'll be able to gradually move it farther and farther away. Personally, I found cribs not terribly useful. We always ended up with our kids in bed till they were big enough for a regular bed (and at one point had all our mattresses on the floor).

I can't promise you that any one technique will "work" since all babies are so different and you truly are the expert on your son and his needs. What I can promise though, is that if his attachment needs are met now in infancy, he'll be that much more secure as a child and adult. One thing to keep in mind is that the first nine months are really the second gestation period. We humans are born so helpless and "premature" (ie, unlike most mammals, we are born long before we can walk) that we are programmed to exist as a mother-infant dyad for the first year or so, and that includes proximate sleeping. If he can't yet walk or crawl to you, he will feel insecure out of your arms reach (and this is true of "sleep-trained" babies too - they have just learned to hide the insecurity since expressing it does no good).

If things are working for you now, go with it. Babies change so fast and infancy is gone so quickly that before you know it he will be an independent toddler and your issues may be completely different. With my own parenting, I have found that the problems I actively try to "fix" hang around longer than those I just wait out.

Good luck, and keep listening to your baby and your own gut feelings!

✉ JL

If you have a question for us, send it to registrar@childbearing.org

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profile:

*Jennifer Landels, BA, CBE
Registrar, Instructor, Doula*



Jennifer fell in love with birth when her eldest daughter was born in 1995. She attended her first birth as a doula in 1997, and certified to become a Childbirth Educator in 1998.

Since then she has been privileged to be welcomed into many pregnancy, birth, and postpartum experiences. The birth of her own twins in 1999 increased her appreciation of the miraculous nature of childbirth and expanded her expertise; her years of teaching prenatal classes, both at Burnaby Hospital and with **Lower Mainland Childbearing** have given her a broad base of knowledge which she is continually enlarging.

She became **Childbearing's** registrar in 2000, and has been teaching the bulk of the evening classes since then.

Should I let my baby cry it out?

by Elizabeth Pantley

from *The No-Cry Sleep Solution*

Does it take forever for your baby to fall asleep? Does he or she *only* fall asleep if you breastfeed, give a bottle or pacifier, rock, carry, swing, take a ride in the car, or perform other elaborate rituals? Does your baby wake up frequently throughout the night? Are your sleep issues further complicated because your baby won't nap easily, or takes very short naps?

Do you ever feel like Leesa, mother of 9-month-old Kyra who said, "I am truly distressed, as the lack of sleep is starting to affect all aspects of my life. I feel as though I can't carry on an intelligent conversation. I am extremely unorganized and don't have the energy to even attempt reorganization. I love this child more than anything in the world, and I don't want to make her cry, but I'm near tears myself thinking about going to bed every night. Sometimes I think, 'What's the point? I'll just be up in an hour anyway.'"

As your sleep issues cast lengthening shadows over your life, you may begin to live purely for the moment. Your sleep-deprived, foggy brain may focus so intently on sleep that you can't think beyond the next few hours of rest. You may have one – or many – people telling you that you should just let your baby cry to sleep. You are probably frustrated and confused. *What you lack is perspective.* To gain that perspective, ask yourself these questions:

- Where will I be five years from now?
- How will I look back on this time?
- Will I be proud of how I handled my baby's sleep routines, or will I regret my actions?
- How will the things I do with my baby today affect the person he will become in the future?

Once you have some perspective about your baby's current sleep issues, it is important to be realistic in determining your goals and to be honest in assessing the situation's effect on your life. Some people can handle two night wakings easily, while others find that the effect of even one night waking is just too much to handle. The key is to evaluate whether your baby's sleep schedule is a problem in your eyes, or just in those of the people around you.

Begin today by contemplating these questions:

- Am I content with the way things are, or am I becoming resentful, angry, or frustrated?
- Is my baby's nighttime routine negatively affecting my marriage, my job, or my relationships with my other children?
- Is my baby happy, healthy, and seemingly well rested?
- Am I happy, healthy, and well rested?
- What is a reasonable expectation for my baby at his/her age?
- What naptime and bedtime situation would I consider "acceptable"?
- What naptime and bedtime situation would I consider "pure bliss"?
- Why do I want to change my baby's sleep patterns? Is it truly what's best for me and my baby, or am I doing this to meet someone else's expectations?
- Am I willing to be patient and make a gradual, gentle change for my baby if that means no crying?

Once you answer these questions, you will have a better understanding of not only what is happening with regard to your baby's sleep, but what approach you will feel most comfortable using to help your baby sleep better.

In addition to my two-year-old son Coleton, I have three older children, and they have afforded me the perspective I lacked the first time around. My children have taught me how very quickly babyhood passes. I struggle now to remember the difficulties of those first couple years, so fleeting are they. And I am proud that I didn't cave in to the pressures of others around us to do what *they* felt was right; instead I followed my heart as I gently nurtured all of my babies. That time is long gone for us, but those memories remain. And now, all four of them sleep through the night. And so do I. ☺

Elizabeth Pantley

Excerpted with permission by McGraw-Hill / Contemporary Publishing from *The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night* by Elizabeth Pantley, (C) 2002 Website: www.pantley.com/elizabeth

Book Review:

by Jan Nusche

The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Baby Sleep Longer

Author: Harvey Karp, M.D.

Price: \$32.95

"The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Baby Sleep Longer." What new parent could resist that title? As a doula, breastfeeding counsellor and

childbirth educator, I am ever vigilant for 'Breastfeeding-Friendly' and 'Baby-Friendly' books. I searched the internet for more information. Dr Karp's website, happiestbaby.com, provides a thorough synopsis of his book, with complete chapter outlines and some chapter excerpts. Dr Karp seems to have the right credentials. He has 25 years experience as a paediatrician and child development specialist and is an assistant professor of pediatrics at UCLA School of Medicine.

His online bio states "He is a nationally renowned expert on children's health and the environment, and an authority on breastfeeding." I was intrigued enough to part with my \$32.95 plus tax and purchased a copy of *The Happiest Baby on the Block* from Chapters.

Dr Karp explains that his interest in infant colic and crying began in his residency at Children's Hospital of Los Angeles. Although he was a

fully trained paediatrician, he felt his medical training provided nothing to offer to parents to calm their crying infants. Later, as a member of the UCLA Child Abuse Team he saw the aftermath of abuse committed by parents driven to the unthinkable when unable to stop their babies' persistent colicky crying.

After receiving an Erhmann Fellowship to study crying and colic, Dr Karp noted, that colic did not afflict babies of several cultures around the world. About the same time, he read the work of Dr Parmelee Jr that describes the enormous developmental changes that occur in brains of babies in the first three months of life. These two observations form that basis of his theory. He proposes human babies are born three months too soon, an evolutionary result of being a 'big-brained' species. If humans gestated offspring until the brain had matured more, the foetuses would be unable to fit through their mothers' pelvises. Therefore, he reasons, a newborn is developmentally unprepared for life outside the womb. The first three months of a baby's life should be treated as the Fourth Trimester, a time when creating 'womb-like' experiences will calm your baby. Those calming techniques are what he terms the 'Five S's', namely swaddling, side-/stomach-lying, shushing, swinging, and sucking.

While reading the book, I thought these are not new methods. These are time-honoured techniques for calming babies. What is perhaps unique, however, is the specific way and order that Dr Karp recommends the application of the five S's and the detailed instructions for each. I

wondered if Dr Karp had discovered a need for this information in the 30-something, up-wardly mobile, professional crowd, a generation who have perhaps spent much of their lives pursuing education and career and are lacking in their exposure to parenting. Alternatively, maybe ways of calming babies come instinctively and naturally to some people and not to others, and Dr Karp's detailed descriptions and explanations of why the methods work are insightful to those parents who are confounded by their newborn's behaviour.

I confess that I liked much of Dr Karp's approach. It is an attachment-parenting style. He provides a good counterpoint to other parenting books that propose babies are manipulative and willful. He clearly explains how developmentally immature and incapable of complex thought newborns are. He asks the reader to examine life from the newborn's perspective.

When you hear your two-week-old scream, you're not getting a communication from him; rather you are accidentally eavesdropping on his conversation . . . with himself. His cries are like agitated complaints he's muttering to himself, "Gosh I'm hungry," or "Boy, I'm cold." (p 19)

From your baby's point of view, being in your arms for twelve hours a day is a disappointment, if not a rip-off. If he could talk, your infant would probably state with a pouty disdain, "Hey, what's the big deal? You used to hold me twenty-four hours a day and feed me every single second!" (p 68)

As a breastfeeding counsellor though, I was concerned with some of Dr Karp's suggestions. There were a number of points with which I took issue, but I three in particular that I'll address.

First, he recommends that after two weeks of age that parents try to offer to their breastfeeding baby "a bottle every day..." of "...breast milk, water, glucose water or non-caffeinated peppermint or chamomile tea." (p 178). He cautions that if parents wait longer, they risk their baby refusing to take a bottle at all. I object to the presumption that all babies need to take a bottle, as if that's the norm, and to the recommendation to feed anything but breast milk to a breastfed baby less than

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six months of age. His advice is contra-dictory to the World Health Organization infant feeding recommendations for exclusive breastfeeding for the first 6 months.

Second, Dr Karp strongly recommends the use of a pacifier, for "sucking" is one of his five S's. He states parents have two choices to satisfy their baby's need to suck:

1. You as a pacifier
2. Use a pacifier

He continues: "For thousands of years, mothers have offered their breasts to their babies as pacifiers. That arrangement may be fine for some moms, but it's a burden for others" (p. 174). He provides tips on how to get a baby to use a pacifier, but he neglects to mention the baby's need to suck as an integral component of establishing the mother's milk supply. His comments could lead some to limit the time the baby is at the breast, which could lead to a diminished milk supply, poor weight gain, supplementing, and eventually, early weaning.

Third, Dr Karp addresses scheduling. He warns parents that how well a baby adapts to a schedule depends on his/her ability to delay his/her need for food or sleep. He does tell parents that if their baby cries before the next scheduled feed and is inconsolable, they should feed their baby. He mentions that the next step is to "train" the baby to fall asleep without a nipple in his mouth. This advice seems in conflict with the doctor's own observations about the developmental stages of the newborn. It would appear that he meant this advice to be applicable to older children when he writes on the topic of scheduling:

Toddlers and young children love routines. They feel secure and safe when they know what's going to happen. In another year or two, you'll probably have a bedtime ritual: "blankie, warm milk, and Goodnight Moon to guide your sweet child into peaceful sleep - every night." (p 219)

Although he mentions briefly that many babies are too immature for a

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schedule, he provides instructions for putting babies on schedules, not differentiating between newborn, toddler or young child. However, the focus of this book is on colicky crying, which is defined as usually starting at two weeks, peaking at six weeks and ending by three to four months of age. When the first half of the book describes the infant's poor state control and selfcalming ability as an understandable effect of being born with a relatively immature brain, how then can an infant be developmentally capable of "delaying self-gratification" as he suggests? The whole concept of

having a baby on a schedule appears completely contradictory to Dr Karp's premise of the "Fourth Trimester".

The Happiest Baby on the Block offers some great suggestions for dealing with and insights into the causes of colic. However, it is not a book that I would recommend routinely to new parents because of some of the advice on breastfeeding. In individual cases, where I felt parents were struggling with their colicky baby, I would recommend it with the caveat that I didn't feel the breastfeeding advice was the best. Doulas and childbirth educators would find it an interesting read, and could incorporate the

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lessons on crying and colic into their work, if the hefty price is not a factor. At the end, I consider where Dr Karp's interest started, and that was to assist those parents with persistently colicky babies, before they became distraught and tragedy ensued. He has a noble cause and provides some good tools to that end.

✎?

Jan Nusche

A version of this book review was originally published in Ovarian Connection, vol 1, no 2, Nov 2002.

My Birthing Story

Simone Damaris Chnarakis was born by vaginal delivery on Sept 1st, 2003, nine days before her expected due date and after nearly 12 hours of labour.

Eight months earlier, only three months after turning 20, I had found out I was pregnant. This was not planned but Dino and I decided that we would do the best job we could in the situation that we were in. My eight-year-old brother however was most elated that he was going to become an uncle. Because I already had two younger brothers and my mother also raised us as a single parent, I already had a lot of experience with babies. Regardless, I took all the classes and went to all my Doctor appointments and enjoyed my pregnancy to the fullest. Surprisingly, my friends enjoyed my pregnancy the most; throwing showers, coming to my appointments and prenatal classes. I thought it was really cool and comforting to know that they wanted to be so involved.

I started experiencing contractions at around 6:30pm on August 31. At that time I had no idea that these pains were contractions. The pain was unbearable. Dino called my mother to find out what these pains might be and she recommended that he take me to BC Women's Hospital, where I had been registered. We got to the hospital at 8:45pm and were sent home at 9:00pm. I was apparently only 1½ centimetres dilated. Basically the nurse laughed it up and sent me home and said "you're not having a baby

tonight!" She thought it would be a day or two and said to just go home and relax.

We arrived home at 9:30pm, but on our way home made a short detour to the video store. By the time I got home I knew I was in definite labour. I felt the pain in my legs, back, stomach, everywhere and then I began to vomit. Through my whole pregnancy I dealt with severe vomiting, to the point that my physician nearly requested I be on bed rest hooked up to an IV because I could not eat, so we were used to the puking. Dino called my mom once again and told her we were on the way to the hospital and we picked her up on the way.

When I had finally arrived at BC Women's Hospital, I had nearly vomited a trail from the car to the front door and boy did that get me in a room pretty fast. I had done all the paperwork already and was now in room where the first thing the nurse offered and I took of course was the laughing gas...it did not make me laugh: a little nauseous and delusional, but not very funny. The nurse then took that short chance to finally burst my water. After my waters were broken the real pain began. My grandmother who is a retired nurse of 30+ years finally arrived at my bedside with a relaxation oil and massage. That really relieved a lot of the tension that I was having in my back. I remember sort of coming to and dozing off again but the pain overall would not let me rest. Overwhelmed with pain, I requested the nurse get me an epidural.

by Jackie Pierre

Now that I think back, that's not really what I wanted. Dino and I had discussed this before and we decided that I would try very hard not to get an epidural.

By the time the anaesthesiologist arrived, I was ready to push. Regardless, he had already inserted the IV and I was just waiting for the dosage. Before he had a chance to do that, I rolled over and told Dino to get the Doctor, the baby was coming. The nurses could not believe how fast my labour had progressed. The on-call doctor at the time ran in and literally sat in between my legs and the baby flew out with two deep breaths. Simone entered the world at 8:38am, September 1, 2003. I had a 2nd degree tear, but I felt better than ever.

I never did get a chance to



Jackie and newborn Simone

experience the epidural. When the nurse gave me Simone and I put her on my chest, all I could do was stare at this little person who I had loved for so long and my whole world at that time stopped. The feeling is unexplainable. Just another one of the great moments we get to experience as a mother. When I got to my room, I felt great; I was walking around and even managed to take a shower. The nurse that was assigned to me happened to have worked with my Grandma before, so she was such an excellent help. It was like having my granny there at the hospital to guide me along. She gave me a lot of useful tricks to help me with breastfeeding. After a one-night stay, I felt like I was ready to go home and start motherhood at home with my

new baby. During the ride home, I began to cry when the Backstreet Boys came on. I didn't realize post-partum started so fast.

Long story short, Simone is now a very happy, healthy, active 1 year old. She amazes me more and more everyday. She was crawling at six months, walking at 8½ months and sings and dances to anything with a beat. She is already walking around the house with my purses on her tiny shoulder and not just that, she has a very expensive "diva" like taste for shoes and bags...(the apple doesn't fall far from the tree!), but she's my little diva and I love her more than anything ☺ *Jackie Pierre*

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Soma Studio Pregnancy Massage	213 / 303, 1529 W 6 th Ave, Vancouver	604-738-1502
Yoga West of Vancouver	2662 W 4 th Ave, Vancouver	604-732-9642

Community Resources

<u>Information and Counselling</u>		
B.C. Women's Breastfeeding Clinic	604-875-2424	
B.C. Women's Lactation Consultants	604-875-2282	
Breast Milk Bank	604-875-2345 Ext 7607	
Dial-a-Dietician	604-732-9191	
Family Place (Westside)	604-738-2819	
Family Place (Eastside)	604-872-6757	
Family Services of Vancouver		
1616 West 7 th Ave	604-731-4951	
202-1193 Kingsway	604-874-2938	
Infant and Child Seat Information		
BCAA Consumer Service	604-298-2122	
	604-298-2755	
Safe Start Program , BC Women's	604-875-3458	
La Leche League	604-736-3244	
Newborn Hotline	604-737-3737	
Pacific Postpartum Support Society	604-255-7999	
Parents in Crisis Line	604-669-1616	
Post Caesarean Birth Support	604-433-5827	
Support for Grieving Parents		
Rob & Jill Mullen	604-986-5012	
BC Children's Social Work	604-875-2345 Ext 7358	
BC Women's Social Work	604-875-2424 Ext 6161	

Twins and Triplets Club	604-261-1875
Vancouver Breastfeeding Centre	604-875-4678
Volunteer Grandparents Association	604-736-8271
Westcoast Family Resource	604-255-9568
<u>Prenatal Classes</u>	
Lower Mainland Childbearing	604-878-1031
<u>Doula Referrals</u>	
Doula Services Association	604-515-5588
Lower Mainland Childbearing	604-878-1031
<u>Vancouver Health Department</u>	
Vancouver Health Department	604-875-6381
Burrard Health Unit	604-736-9844
East Health Unit	604-872-2511
Mid-Main Health Unit	604-261-6366
RavenSong Health Unit	604-709-6400
North Health Unit	604-253-3575
South Health Unit	604-321-6151
West Health Unit (Pacific Spirit)	604-261-6366
Note: Your Community Health Nurse has further information on local resources	

Parent-to-Parent

SKIPPERS (Skip the Diapers) Support Group

For anyone interested in practicing infant potty training as promoted by Laurie Bouke and others, we invite you to join us in forming a support group to share information, successes, and challenges. We'll bring in speakers who have successfully used this system, a traditional practice used by most non-Western mothers in the world today. Sign up to the email bulletin board at www.vcn.bc.ca/skippers.

YOUNG MOTHERS' SUPPORT GROUP For mothers under the age of 25. Call Jackie at 604-874-4485.



Our **Parent-to-Parent** notices are posted free of charge. If you have a notice, need, request or gripe please send it to: registrar@childbearing.org or **8540 Elsmore Road Richmond BC V7C 2A1**. We reserve the right to limit the number of notices printed, and to edit for space and clarity.

Prenatal Class Schedule (updated September 2004)

Weekly Series

Content: Normal labour & birth; relaxation, positions & coping skills for labour; medical pain relief, interventions & procedures; postpartum; breastfeeding; early parenthood; newborn care. Includes handbook and audiocassette .

10 sessions:

- 7 Evening classes (2hrs ea)
- 2 Healthy Pregnancy sessions
- 1 Postpartum Reunion

Cost: \$175
Time: 7:00pm – 9:00pm

Locations:

- ¹ Bayview 2251 Collingwood
- ² Maternal Instinct 3673 W 4th Ave
- ³ Mount Pleasant Neighbourhood House 800 East Broadway

Autumn ³	W	15 Sep – 27 Oct
Mid Autumn ²	T	28 Sep – 9 Nov
Late Autumn ¹	Th	4 Nov – 16 Dec
Winter ¹	W	19 Jan – 2 Mar

Healthy Pregnancy Class

Content: Mums only class. Covers nutrition, exercise, and lifestyle choices for pregnancy; screening & diagnostic tests; foetal development; pregnancy discomforts & remedies.

2 sessions

Cost: \$50*

*Included free of charge with weekly series or weekend workshops.

Time: 7:00pm-9:00pm

Locations:

- ¹ Bayview 2251 Collingwood
- ² Maternal Instinct 3673 W 4th Ave
- ³ Mount Pleasant Neighbourhood House 800 East Broadway

Sep ³	Th	16 & 23 Sep
Oct ²	Th	21 & 28 Oct
Nov ¹	W	24 Nov & 1 Dec

Weekend Workshops

Content: Same as for weekly series; slightly condensed format: breastfeeding not covered, but cost includes Friday night breastfeeding class. Handbook & audiocassette included.

6 sessions:

- 2 Weekend days (5hrs ea)
- 1 Breastfeeding Night
- 2 Healthy Pregnancy sessions
- 1 Postpartum Reunion

Cost: \$175
Time: 9:00am - 2:00pm
 OR 3:00pm – 8:00pm
Location: 3285 Victoria (at 16th)

Oct	23 & 24 Oct
Nov	20 & 21 Nov
Dec	18 & 19 Dec
Jan	22 & 23 Jan

Breastfeeding Nights

Content: Mums only class. Partners welcome if space permits. Covers breastfeeding basics; troubleshooting; breastpumps & returning to work; special needs; colic & sleep issues.

1 session: Friday Night

Cost: \$25*

*Included free of charge with weekend workshop

Time: 7:00-9:00pm
Location: 3285 Victoria (at 16th)

Oct	22 Oct
Nov	19 Nov
Dec	17 Dec
Jan	21 Jan

Postpartum Classes

Coming February 2005!
 Phone 604 878 1031 or email registrar@childbearing.org for details

Private Classes

Cost: \$15 + \$30/hour
 Minimum 2 ½ hours.

Does not include materials (optional: \$20 extra)

Low income rates available.

Doula Services

We will provide you with several doulas whom you can interview and select between. Service includes:

- 2 prenatal home visits
- continuous** labour support
- immediate** postpartum support
- 2 postpartum visits
- \$25 discount if taking LMCS prenatal classes.

Cost: prices are set by individual doulas but vary from \$250 to \$650.

To register, or for more information, call
(604) 878-1031
 or visit our website:
www.childbearing.org

Our Instructors, all health professionals and parents, add their extensive training and reading on subjects related to pregnancy, birth and parenting to their personal experience. All instructors hold Childbirth Education Certificates from VCC / Douglas College, and are members of ICEA, the International Childbirth Education Association. All have a love and passion for the childbearing year.