

# childbearing

The newsletter of the Lower Mainland Childbearing Society

### *In This Issue:*

- ☞ **Childbearing News**
- ☞ **Focus on: Labour Support**
- ☞ **Doula Profile:**  
~ Sandy Lopez
- ☞ **Letters**
- ☞ **Birth Stories**
- ☞ **Directory**
- ☞ **Parent-to-Parent**
- ☞ **Course Calendar**

### *Next Issue:*

- ☞ **Focus on Baby Talk**

**Win a free series of prenatal classes!**  
Entry form inside

## *Focus on* **Labour Support**



### **“Support” is such a fulsome term.**

Simple word association can lead to all sorts of pairings: “structural support”, “user support”, “support stockings”; the list could go on. But to those of us at **childbearing** it brings to mind the help we try to give families on their journeys through pregnancy, birth and new parenthood. (OK, granted, it sometimes pairs itself with the word “perineal” but that’s only when we’re teaching classes two and three).

The question is, to anyone who wants to help another: “what kind of support is most needed, most helpful, most wanted?” We provide many layers of support through our organization: education, empowerment, doula care, networking, postpartum visits, and sympathetic ears. This issue of the newsletter is centred on one of the core concepts of our classes: how to help a labouring woman. We’ve included a checklist of comfort measures, a look at reasons to hire a doula, and drawings of many of the positions and techniques we teach in class.

However, the most important aspect of labour support is a caring presence. All the tricks and techniques in the world cannot help a birthing woman as much as the attentive trust of someone who responds to her cues and who believes wholeheartedly in her ability to birth her baby.

The famous French doctor, Michel Odent, once wrote an article entitled “Why Labouring Women Don’t Need Support.” This somewhat shocking title was not a call to abandon women during birth, but to remind us that each woman has within her the knowledge and power to give birth. We do not need to coach, to cheerlead, or to rescue her from the normal processes of birth. Attending a birth is not an act of doing, but an act of being.

With this in mind, delve into the information in this issue. Use the checklist, practise the positions, and find a doula you trust and like. But when labour comes, remember above all to trust and follow the instinct of the birthing woman. ✎ Jennifer Landels, Editor

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

# childbearing news

It has been a busy winter and spring here at childbearing. Our **postpartum classes** are now up and running and getting great reviews from the participants. Thanks to Alli and Stephanie who worked hard to launch these classes. The **website**, [www.childbearing.org](http://www.childbearing.org), has undergone a facelift and is now easier to use, thanks to Chris Richardson; look for more changes and features in upcoming months! Our **AGM** was held in February, where we presented our 2004 Statistics. We hope to have these available on the website soon, and to publish them here next issue.

## Congratulations!

We're delighted to announce that doula **Cheryl Perry** gave birth at home to her third child, **Asa Daniel Perry** on February 18th, 2005 at 2:36am. He weighed in at 8lbs 10 oz and 19 1/2 inches long. We hope to be able to publish the full birth story in a future issue. Way to go, Cheryl!



Asa, 3 days old

As we go to press we're eagerly awaiting the birth of **Stephanie Ondrack's** second baby, due any day now. In the meantime we've been exploiting her gravid state: thanks to her, John, and Aleksandra for posing for the many drawings you see in this issue!

## Free draw!

**Maternal Instinct** is very generously sponsoring a **free draw** for a full series of prenatal classes. This comprehensive package includes either a series of seven weekly evening classes or a weekend workshop; as well as the two-evening Healthy Pregnancy Course and a postpartum reunion class. To enter simply bring the form to:

**Maternal Instinct**,  
3673 West 4<sup>th</sup> Ave,  
Vancouver, BC

Additional forms are available in the store, and in many midwives' and doctors' offices. If your caregivers do not have draw forms in their offices, they can request them by calling Maternal Instinct at 604 738 3800.

## Conference News

Several of our members attended the exciting CMNH (**Collaboration for Maternal and Newborn Health**) conference in early February. We wish we could reproduce for you the content of all the fabulous presentations. However we can do the next best thing: point you to the website [www.cmnh.ca](http://www.cmnh.ca). Follow the links to conferences, and you will be able to access many of the power point presentations that were given that day. Of particular interest to our readers, we would like to point out Seduced by Nonsense: Why Ritual Labour Induction at 41 Weeks Amenorrhea is Inappropriate by Dr Phil Hall; The Tyranny of Meta-analysis: Do Epidurals Really Not Increase the Caesarean Section Rate, by Dr Michael Klein; Recovering Vaginal Breech Delivery: The Term Breech Trial – Too Good (or Bad) to be True, by Dr Andrew Kotaska. These three presentations all questioned current medical practices as based on faulty trials or faulty analysis of trials. These practices – induction at 41 weeks, high use of epidurals, and automatic caesareans for breech babies – all have the potential to affect your births and the information in these presentations would be a valuable element to add to your decision-making process. Unfortunately the three stellar talks given by Dr Murray Enkin are not posted to the website, but we can leave you with a pithy quote from his many inspiring words, which ties in nicely with our labour support theme: "**The important thing about maternity care is the Woman and the Baby, in that order**".

The wonderful **Dr Jack Newman** came to Douglas College for the annual Breastfeeding Day in March. He shared with us much of his vast experience in supporting breastfeeding, and we are eager to pass on his tips and techniques to you

Enter to win a free series of prenatal classes, valued at \$175, with

the lower mainland **childbearing** society

Bring this form to Maternal Instinct to enter:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_

Due Date \_\_\_\_\_

Midwife / Doctor's Name \_\_\_\_\_

604-738-8300  
[www.maternal-instinct.com](http://www.maternal-instinct.com)

Courtesy of:  
**MATERNAL INSTINCT**  
*Urban Maternity Wear*

3673 West 4<sup>th</sup> Ave  
Vancouver, BC

during the breastfeeding sections of our classes. However, the part of his presentation that relates best to our theme was the discussion on how labour support affects breastfeeding, and I quote: "Studies show very clearly that if mothers get support during labour, labour will be shorter, the mother will need less or no pain medication, she is less likely to have an episiotomy or caesarean section, and breastfeeding will more likely succeed." One of the tables produced showed feeding troubles to be four times as likely after a woman was unsupported during labour, and that four times as many of the supported women found mothering easy. These are significant data, indicating that labour support has importance far beyond the actual event of birth itself.

**Upcoming Conferences:** French Birth Centre Pioneer **Michel Odent** will be appearing in at the Vogue Theatre on April 26<sup>th</sup> for the **Birthing Humanity** evening Gala and in New Westminster from April 27<sup>th</sup> – 29<sup>th</sup> ([www.crescentwomb.com](http://www.crescentwomb.com) for details); Douglas College's

**MATERNAL INSTINCT**  
*Urban Maternity Wear*  
 Active Wear • Yoga  
 Casual & Dressy Fashions  
 Corporate Apparel  
 Mothers-To-Be • Post-Natal • Nursing

3673 West 4<sup>th</sup> Avenue  
 Vancouver, BC  
 Tel: 604-738-8300  
[www.maternal-instinct.com](http://www.maternal-instinct.com)

Doula Education Day on May 14<sup>th</sup> will feature the Mother of all Doulas, **Penny Simkin** herself, and **Michael Klein** will reprise his talk on epidurals; the 2005 Breech Birth Conference will feature **Mary Cronk** from Australia, as well as **Phil Hall** and **Andrew Kotaska**. We hope to have representatives at all these conferences and to bring the wisdom and information we gather back to you. OR JL

## Focus on:

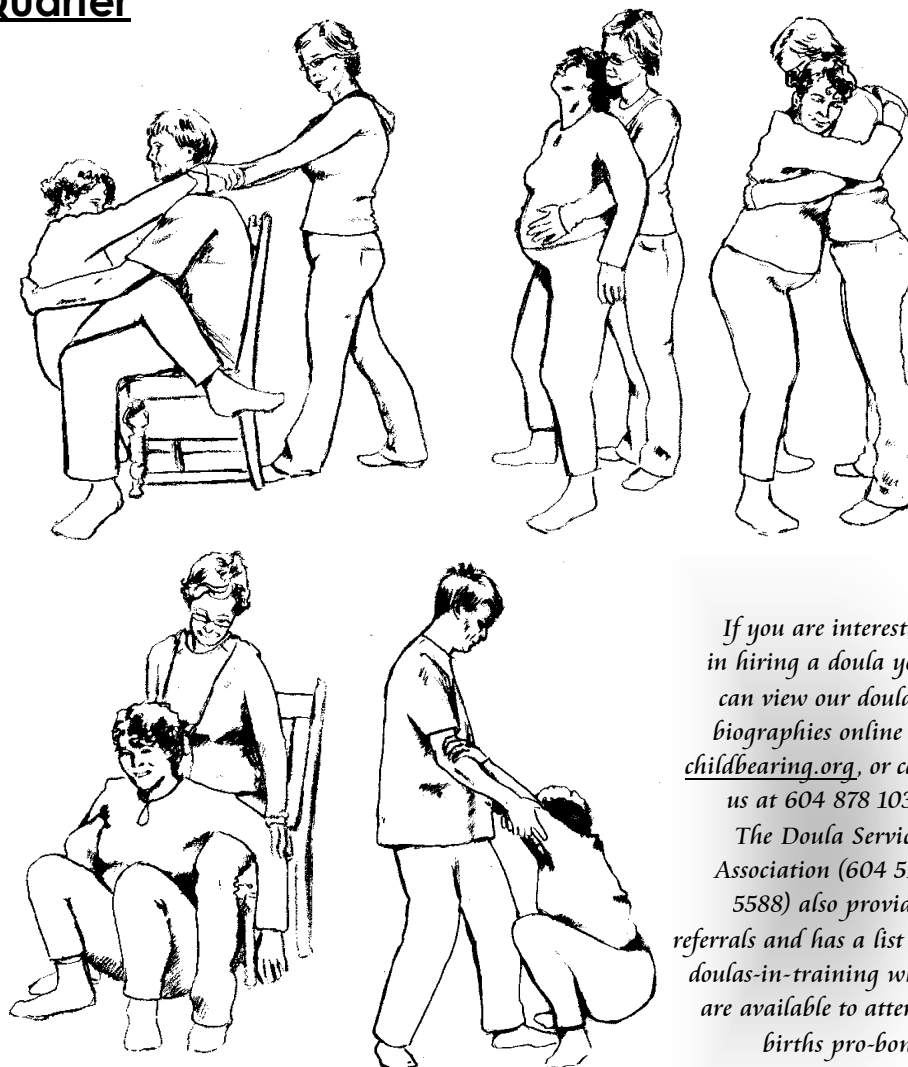
## Labour Support

### Question of the Quarter

**Q: I have a midwife and a very supportive partner. Do I still need to hire a doula?**

**A:** Doulas, midwives and partners provide distinct yet overlapping types of care for the labouring mother. While midwives, labour nurses and doctors all provide varying degrees of caring support, their primary concern during the birth is, and must be, the medical well being of you and your baby. A doula takes on no medical role whatsoever, but is there solely for the physical and emotional support of both you and your partner. This lets her to devote all her attention and skills to maintaining your comfort and relaxation. Some partners worry that a doula will usurp their place in the birthing room; however, almost all report after the birth that the presence of a skilled doula allowed them to relax and enjoy the births of their babies.

Do you NEED a doula? Not necessarily, not absolutely. In fact, it is 70% likely



*If you are interested in hiring a doula you can view our doulas' biographies online at [childbearing.org](http://childbearing.org), or call us at 604 878 1031.*

*The Doula Services Association (604 515 5588) also provides referrals and has a list of doulas-in-training who are available to attend births pro-bono.*

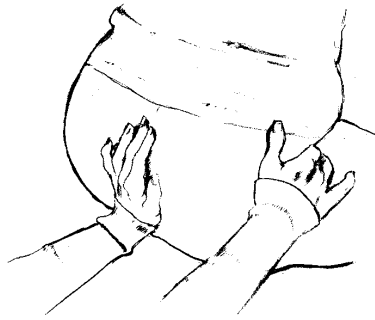
you could give birth successfully on your own on a desert island if need be. The presence of medical personnel and supportive others is for the other 30% of the time: the what-ifs, and the just-in-cases.

### How can you help a labouring woman?

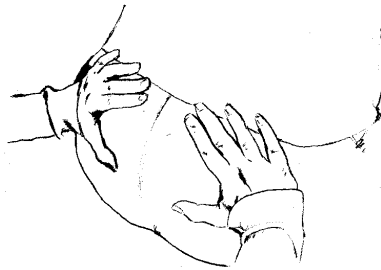
- Provide positive reinforcement
- Help with positions
- Hot towel, hot water bottle, hot rice-sock on lower back or under belly
- Cold cloth or beverage can on forehead or lower back
- Massage
- Double hip squeeze
- Counter pressure
- Effleurage
- Guided or Touch Relaxation
- Kissing
- Verbal encouragement
- Guided imagery
- Help her laugh
- Hold her hands
- Stay with her
- Eye contact
- Help her with all the things she can do for herself (see below)

### How can a labouring woman help herself?

- Hydrotherapy: bath, shower
  - Breathing
  - Relaxation
  - Vocalizing or toning
  - Empty bladder frequently
  - Frequent sips of water, juice or labour aid
  - Listen to music
  - Change positions frequently
  - Move rhythmically: sway, hula
  - Focal point
  - Eating snacks
  - Visualization of body opening, baby descending
  - Surrender to the process
- ☞ Stephanie Ondrack



Massage techniques such as counterpressure (above) and the double hip squeeze (below) are taught in our classes.



So what difference does a doula make, statistically speaking? Studies by Marshall Klaus and others indicate that having a doula results in:

- 50% decrease in caesarean births
- 25% decrease in length of labour
- 30% decrease in use of forceps
- 40% decrease in use of oxytocin
- 60% decrease in use of epidurals
- 30% decrease in use of pain medications

It has been noted more than once that if doulas were drugs, it would be unethical not to make them universally available to labouring women.

If you are considering hiring a doula, I'd advise you to interview a minimum of three candidates before making your choice. Be sure to compare experience, training, credentials, and services offered. The most important criterion, however, is how well

### doula profile:

*Sandy Lopez*



Sandy has been a practising Doula since 2001. After the difficult birth of her third child she felt inspired to become a Doula and is passionate about supporting women during the miracle of birth.

She has attended numerous births and believes birthing is a normal, natural experience. She feels privileged to serve women at such a sacred yet vulnerable time. Sandy believes educating women and their partners about pregnancy, birthing and the newborn is a vital part of helping women make informed choices.

Through gentle encouragement and hands-on support she aims to put mother and partner at ease during the labour, delivery and handling of their baby. Sandy is a compassionate advocate in any setting and has had excellent evaluations from obstetric professionals.

#### Qualifications:

- ☞ Mother of three
- ☞ Douglas College Doula Training
- ☞ 18 hour breastfeeding course
- ☞ Breastfeeding - Fine Tuning the Latch
- ☞ Therapeutic Touch I

you work together, so don't stop looking until you find someone you "click" with. ☞ JL

If you have a question for us, send it to [registrar@childbearing.org](mailto:registrar@childbearing.org)

☞ Your Letters ☜

We love to hear from you! Keep sending your comments on our newsletter, our classes, our doulas, your birth and parenting experiences, and anything else related to the childbearing year that you'd like to get off your chest to: registrar@childbearing.org, or 8540 Elsmore Road, Richmond BC, V7C 2A1

Hello,  
We just wanted to say how much we enjoyed our prenatal classes two weekends ago! We both feel very positive and informed as a result! Thanks to all three instructors!

Paige and Pete Lachance

**Three Birth Stories**

This issue, instead of printing one long birth story, we decided to print three short and sweet ones that came to us as letters. All three of these families took the Autumn 2004 series with Stephanie.

☞ **Jasmine** ☜

Hi all,

Just a short announcement, Jasmine Snow Bai, our little baby girl, arrived this planet on Nov 28th 2004 (Exactly the due day Doctor told us !! ). Early in the morning at 3:21am, she came out of mum's body with Annie's final push, and cried out loudly few minutes later. ☺

The whole process was not long. Annie found her waters had broken around 8:30pm on Nov 27, but no serious contractions had happened yet. We only dealt with this by ourselves, so we did not know whether it was time to go to the hospital. In case something might follow unexpectedly, we headed for the hospital still after hesitating for a while. When we reached BC Women's at 9:30pm, after checking and observation, our doctor told us nothing had really happened yet, the dilatation was just 1 cm. So we were told to get back home around 10:35pm. But on the way home, Annie started experiencing serious pain as frequently as every 2 minutes apart. When we got home, she almost could not hold on anymore. We started again immediately and got to the hospital for the second time at 11:55pm. The nurse told us Annie had reached 5 cm dilatation already -- this was so encouraging for her.

Afterwards, all the things went on pretty smoothly and naturally. Annie tried her best to hold on, only used the gas (found out that it was actually no use, except for concentrating on breath). I tried all the methods we learned from the class; they were really helpful (we did not have

anyone else with us, I myself acted as doula and a supportive husband at that time :P). Then our little cute angel was out. Annie suffered some tearing; Asian kids do have big heads...

We stayed at BC Women's for 2 days. Now we are enjoying our busy but extremely happy hours with Jasmine. She's really a sweet little thing; we experienced no trouble with breastfeeding. Annie's doing good, just needs some time to recover from the tearing.

Now we are experiencing every taste of a life with only the three of us on our own, and have confidence that we will be enjoying this happiness as long as we want.

All the best!

Tony, Annie & Jasmine, Dec 1st 2004



**Jasmine at 16 weeks**

☞ **Erin** ☜

**Short Version:**

Erin Lorraine Hardy arrived Monday, November 15th (11 days early!) She came into our lives at 9:55pm weighing in at a pudgy 7lbs 10 oz.

**Long Version:**

Kevin and I signed up for a couple's yoga/massage for labour support class last Sunday afternoon. I kept telling my belly that he/she could come anytime after Sunday. So Monday morning at 1AM I woke up with what felt like menstrual cramps. They were coming pretty regularly but I could get a little sleep through them. By 2:30AM my tossing and turning woke Kevin. We stayed in bed and tried to get as much sleep as possible but no position seemed comfortable. Finally at around 8:30AM (with little to no sleep) Kevin called our midwife to give her a heads up (contractions were now coming every 2-3 min but were really short ~ 20 - 30 sec). She recommended a long soak in the tub and would

*Caroline Abrams DO DPO (UK)*

**Family Osteopath**

*Specializing in the treatment of mothers, babies and children.*

*Call me to discuss your concerns:*

**(604) 730 5950**

**carolineabramsosteopathy.com**

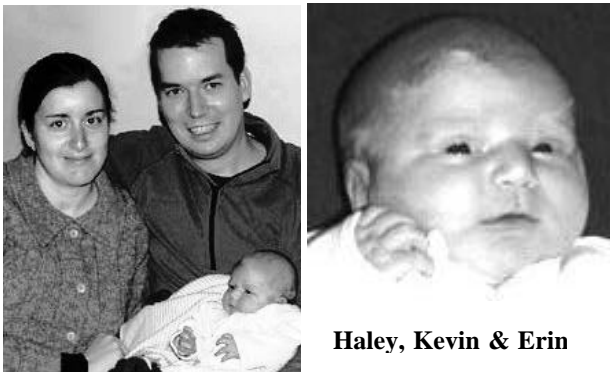


- Maternity Wear • Breast Pumps •
- Nursing Bras & Clothing • Jewellery & Gifts •
- Books & Videos •

**604.255.0508**

1409 Commercial Drive,  
Vancouver, BC

## childbearing



**Haley, Kevin & Erin**

come by our place at 1PM that afternoon. We also called my mom, who was to be at the birth, but as of that morning, was in Kamloops and not expected back until late Monday night.

I took the midwife's advice and spent much of the morning in the tub. Food was not an option ... nothing seemed appealing even though Kevin tried to get me to eat just about everything in the house! I managed to drink some fluids and had some applesauce but that was about it. We were not sure if this was real or false labour as the contractions seemed too close together.

My mom and the midwife arrived about 10 minutes apart at around 1PM (apparently my mom had to put her car in cruise control as she was averaging 130 km/hr!). I was checked and already dilated to 4cm, so this was definitely the real thing!

Unfortunately I tested positive for group B strep, so I required 2 doses of antibiotics before delivery. She suggested we take our time and make our way into the hospital.

We arrived at Lions Gate Hospital at around 3pm; I was hooked up to an IV for the antibiotic and given intravenous liquids since I was dehydrated and unable to keep any food down. Not a big deal...I had to drag the IV around but was still able to move around freely and spent the next while in the tub. I spent the next few hours between the tub and sitting on a birth ball at the end of the bed with Kevin placing a hot water bottle on my lower back. At around 5ish (times start getting fuzzy now) our midwife broke my water, making the contractions much more intense. I alternated between the tub, birth ball and standing supported by Kevin during contractions.

Once the urge to push came I started pushing at my own pace on the birth ball. I eventually moved to the bed

and pushed her out at 9:55pm lying on my left side with Kevin supporting my leg.

A completely amazing experience...

Haley, Kevin & Erin Hardy

PS: Also amazing was our midwife, Irene Callendar!

### ☞ Christina ☞

Hello,

Just letting you know that John and I had our beautiful baby girl, Christina Lia Sofikitis, on Saturday November the 6th at 12:12 am! She arrived 2.5 weeks early and weighed 7lbs 7oz. We are absolutely delighted and are enjoying every minute with her. We often just can't stop gazing at her!



**Christina at 4 months**

Labour happened very quickly. I had my routine weekly check-up with my doctor on Friday morning. She told me that I was strep B positive so as soon as my water broke I had to start antibiotics. I then informed her that I had been leaking fluid for the day prior and she confirmed my membranes had ruptured (a small hind leak) and that I had to go to hospital from her office to be induced. I was induced by 5pm and started very strong contractions by 6pm at which time my front membranes fully ruptured. The hospital sent us home for a couple of hours and by 8:30pm, we were back at hospital and I was 5cm. An hour later, I was 7cm with barely a minute in between contractions. By 10:00pm, I was 9cm and shortly thereafter began pushing. Christina made her entrance an hour later shortly after midnight. I did not have any drugs, and felt the whole process at a great intensity from the induction onward, but it was very fast...thank God! No tearing and healing has been very fast. She is a good strong sucker so feeding has been good so far.

To the rest of you still waiting...best wishes. The pain REALLY does melt away once you meet your little one...a truly amazing experience!!!

Patti (& John) Sofikitis

P.S. I really enjoyed my prenatal class with you guys, Stephanie did a great job. I recommend your course to people all the time.



**The Graduating Class of 2004**

**Business Directory**

<b>Baby Sign Language</b>		
Naomi Moore, ASL Baby Sign Classes	ngmoore@shaw.ca .	604-728-9477
<b>Health Care</b>		
Caroline Abrams, DO, DPO, Family Osteopath	info@carolineabramsosteopathy.com	604-730-5950
<b>Maternity Wear</b>		
Maternal Instinct Urban Maternity Wear	3673 West 4 <sup>th</sup> Ave, Vancouver	604-738-8300
Room For Two Maternity Apparel	1409 Commercial Drive, Vancouver	604-255-0508
<b>Massage</b>		
Soma Studio Pregnancy Massage	213 / 303, 1529 W 6 <sup>th</sup> Ave, Vancouver	604-738-1502
<b>Yoga</b>		
Lyne Lantaigne Yoga	ekayoga@creativite.com	604-767-6242
Urban Yoga, Janice Clarfield	urbanyoga@uniserive.com	604-739-6664
Yoga West of Vancouver	2662 W 4 <sup>th</sup> Ave, Vancouver	604-732-9642

**Community Resources**

<b>Information and Counselling</b>	
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
Dia-a-Dietician	604-732-9191
Family Place (Westside)	604-738-2819
Family Place (Eastside)	604-872-6757
Family Services of Vancouver	
1616 West 7 <sup>th</sup> 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 Programme, 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
<b>Prenatal Classes</b>	
Lower Mainland Childbearing	604-878-1031
<b>Doula Referrals</b>	
Doula Services Association	604-515-5588
Lower Mainland Childbearing	604-878-1031
<b>Vancouver Health Department</b>	
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**

Our **Parent-to-Parent** notices are posted free of charge. If you have a notice, need or request please send it to: [registrar@childbearing.org](mailto:registrar@childbearing.org). We reserve the right to limit the number of notices printed, and to edit for space and clarity.

**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](http://www.vcn.bc.ca/skippers).

**Coming events**

**BIRTHING HUMANITY** Evening Gala with **Michel Odent**, Thurs 26<sup>th</sup> April, 7:30pm, Vogue Theatre. Info & tix: [event@crescentwomb.com](mailto:event@crescentwomb.com) / 1-888-853-5481.

**SWAP MEET!:** Vancouver Twins and More Club and Richmond/Delta Twins & Triplets Club are having a swap meet, **Saturday April 30th** 10am-1pm at Steveston Community Centre, 4111 Moncton Rd. Richmond.

**Prenatal Class Schedule** (updated January 2005)

<p><b>Healthy Pregnancy Class</b>  <b>Content:</b> <i>Mums only class.</i>                  Covers nutrition, exercise, and lifestyle choices for pregnancy; screening &amp; diagnostic tests; foetal development; pregnancy discomforts &amp; remedies</p>	<p><b>2 sessions</b>                  2 hours each</p>	<p><b>Locations:</b>  <sup>1</sup> Bayview 2251 Collingwood  <sup>2</sup> Maternal Instinct 3673 W 4<sup>th</sup> Ave  <sup>3</sup> Mount Pleasant Neighbourhood House 800 East Broadway</p>
	<p><b>Cost:</b> \$50*                  *Included free of charge with weekly series or weekend workshops.</p>	
		<p><b>May</b><sup>3</sup> Th <b>5 &amp; 12 May</b>  <b>July</b><sup>2</sup> Th <b>7 &amp; 14 July</b>  <b>Aug</b><sup>2</sup> T <b>16 &amp; 23 Aug</b></p>

<p><b>Weekly Series</b>  <b>Content:</b> Normal labour &amp; birth; relaxation, positions &amp; coping skills for labour; medical pain relief, interventions &amp; procedures; postpartum; breastfeeding; early parenthood; newborn care. Includes handbook and CD .</p>	<p><b>10 sessions:</b>                  7 Evening classes (2hrs ea)                  2 Healthy Pregnancy sessions                  1 Postpartum Reunion</p> <p><b>Cost:</b> \$175  <b>Time:</b> 7:00pm – 9:00pm</p>	<p><b>Locations:</b>  <sup>1</sup> Bayview 2251 Collingwood  <sup>2</sup> Maternal Instinct 3673 W 4<sup>th</sup> Ave  <sup>3</sup> Mount Pleasant Neighbourhood House 800 East Broadway</p> <p><b>Late Spring</b><sup>2</sup> T 3 May – 14 Jun  <b>Pre-Summer</b><sup>2</sup> Th 19 May – 30 Jun  <b>Early Summer</b><sup>3</sup> M 13 Jun – 25 Jul  <b>Mid-Summer</b><sup>2</sup> T 12 Jul – 23 Aug  <b>Late Summer</b><sup>2</sup> Th 28 Jul – 8 Sep</p>
<p><b>Weekend Workshops</b>  <b>Content:</b> Same as for weekly series; slightly condensed format: breastfeeding not covered, but cost includes Friday night breastfeeding class. Handbook &amp; CD included.</p>	<p><b>6 sessions:</b>                  2 Weekend days (5hrs ea)                  1 Breastfeeding Night                  2 Healthy Pregnancy sessions                  1 Postpartum Reunion</p> <p><b>Cost:</b> \$175  <b>Time:</b> 9:00am - 2:00pm                  OR 3:00pm – 8:00pm</p>	<p><b>Location:</b> 3285 Victoria (at 16<sup>th</sup>)</p> <p><b>Apr</b> 16 &amp; 17 Apr  <b>June</b> 4 &amp; 5 Jun  <b>July</b> 16 &amp; 17 July  <b>August</b> 20 &amp; 21 Aug  <b>September</b> 24 &amp; 25 Sep</p>
<p><b>Breastfeeding Nights</b>  <b>Content:</b> <i>Mums only class.</i> Partners welcome if space permits. Covers breastfeeding basics; troubleshooting; breastpumps &amp; returning to work; special needs; colic &amp; sleep issues.</p>	<p><b>1 session:</b> Friday Night                  2 hours</p> <p><b>Cost:</b> \$25*  <i>*Included free of charge with weekend workshop</i></p> <p><b>Time:</b> 7:00-9:00pm</p>	<p><b>Location:</b> 3285 Victoria (at 16<sup>th</sup>)</p> <p><b>Apr</b> 15 Apr  <b>June</b> 3 Jun  <b>July</b> 15 Jul  <b>August</b> 19 Aug  <b>September</b> 23 Sep</p>
<p><b>Refresher Classes</b>  <b>Content:</b> <i>For parents who have already had a baby.</i> Selected portions of evening or weekend courses, as needed.</p>		<p><b>Cost:</b> \$25 per class or \$100 per full series</p>
<p><b>Postpartum Classes</b>  <b>Content:</b> <i>For parents with babies who are not yet walking.</i> Covers infant feeding, sleep, safety, colic &amp; crying, attachment, and infant development, and many other topics.</p>	<p><b>4 sessions:</b>                  2 hours each</p> <p><b>Cost:</b> \$40*  <i>*Free for parents of babies under 1 month.</i></p> <p><b>Time:</b> 10:30am – 12:30 pm</p>	<p><b>Location:</b> Mount Pleasant Neighbourhood House 800 East Broadway</p> <p><b>Ongoing classes, first four Mondays of every month, except stat holidays.</b></p>
<p><b>Doula Services</b>                  We will provide you with several doulas whom you can interview.                  Service includes:</p> <ul style="list-style-type: none"> <li>• 2 prenatal home visits</li> <li>• <b>continuous</b> labour support</li> <li>• <b>immediate</b> postpartum support</li> <li>• 2 postpartum visits</li> </ul> <p><b>Cost:</b> prices are set by individual doulas</p>	<p><b>Private Classes</b>  <b>Cost:</b> \$15 + \$30/hour                  Minimum 2 ½ hours. Does not include materials (optional: \$25)</p> <p>To register, or for more information:  <b>(604) 878-1031</b>  <b><a href="http://www.childbearing.org">www.childbearing.org</a></b></p> <p>Low income rates available.</p>	<p><b>Our Instructors,</b> 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.</p>