

childbearing

The newsletter of the Lower Mainland Childbearing Society

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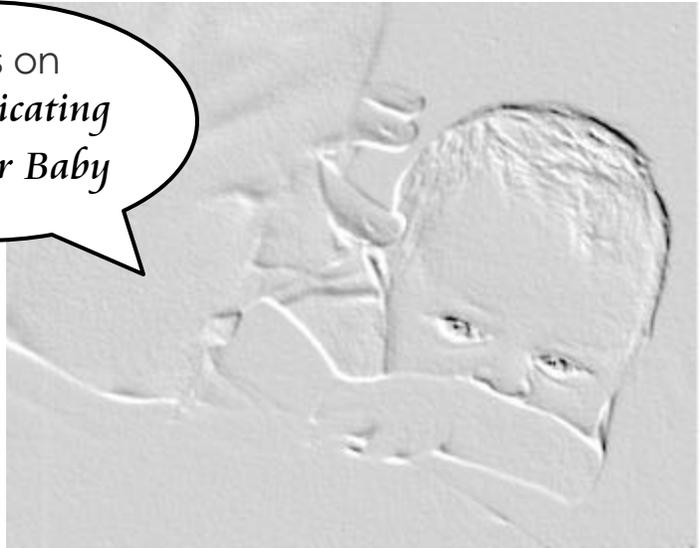
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Focus on
*Communicating
with your Baby*



You and your baby communicate with each other in so many ways. Before she's born she listens to your heartbeat and your voice, and learns about feelings of joy, fear, anger, excitement and love from the hormones circulating in your bloodstream. She pokes and kicks back when you tap your belly, and she sends her own hormonal signals to you, conveying her needs, which in turn sends you to the fridge for pickles and ice cream. This chemical communication peaks in the hormones she releases to say it is time to be born, followed by the massive doses of oxytocin (the hormone of love) and the pain-killing endorphins you share with her during birth.

Immediately after the birth she drinks in your face, and begins learning its expressions and meanings, just as you are studying hers. You both learn much from each other as the weeks go by, and can communicate for long stretches just with smiles, coos, frowns and gazes. Crying is her signal for distress, but by paying close attention, you soon learn the difference between cries of hunger, pain, boredom and fatigue. If you watch closely, you may even know when she's about to wet her nappie (see our

article by DJ MacKinnon on skipping diapers).

Long before she can talk, your baby can understand you, and this is where frustration can set in. She knows what she wants, but can't tell you. Sign language can help here (see Naomi Moore's piece on page 4), as babies can often gesture before they can master speech. Even a coded set of signals you invent yourself, such as patting the diaper to indicate changing, or the mouth to indicate food can ease the transition to speech.

As baby ages to toddlerhood, discipline enters the picture, and one of the most difficult aspects of communication can be dealing with undesirable behaviour. This is why we've included Elizabeth Pantley's insight into toddler biting, as well as the experience of a local mum and how she dealt with her toddler being bitten.

Whichever aspect of communication you're currently experiencing there is a rule of thumb which improves dialogue between you and your child: approach each situation with empathy and understanding. A child that feels loved and accepted will always be easier to communicate with, whether she's a babe in arms, a toddler, or a teen.

☞ 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

Congratulations!

On April 14th at 3:30 am, teacher and doula **Stephanie Ondrack** gave birth at home to her second daughter **Choral**, who weighed in at exactly eight pounds. Congratulations to Stephanie, John, and big sister Reve!



Farewell and Thanks

It is with sadness we mark the closing of **Maternal Instinct**. We'd like to thank Lyle and Kelly for providing space for our classes over the past year and a half, and wish them luck in their future enterprises. Our classes will continue at our other three locations.

New Distributor

We're please to announce that **Children's Education Funds Inc** has kindly taken over the printing and distribution chores for our newsletter. Look for monthly **free draws for doula services** in upcoming mailouts.

ICAN Vancouver

Good news! There is now a chapter of the **International Caesarean Awareness Network (ICAN)** here in Vancouver. Their first meeting was held on June 7th. Among the plans discussed were: setting up a Yahoo email list for the group (possibly to be linked with the other ICAN chapters in BC); compiling a list of VBAC-friendly care providers; collecting local statistics, research, and stories; researching the First Births project that was conducted at BC Women's Hospital several years ago; compiling a resource list of people who can help in the recovery from a caesarean; and of course celebrating births. Ideas for future meeting topics include breastfeeding after a caesarean, obtaining and understanding your medical records, and issues around informed consent and informed refusal.

The next meeting will be held on Tuesday, July 5th, at 7 PM. It will be at the Firehall Library, 1455 West 10th Avenue. For more info contact Kirsten Crooks: 604-734-ICAN, or icanvancouver@shaw.ca.

2004 Statistics

Our 2004 Statistics will be posted online any day now. You can download the PDF from our website: www.childbearing.org.

Conference News

Two of our members attended the **Birthing Humanity** conference featuring Dr Michel Odent. He spoke passionately and intelligently about his long experience in the birthing room, and provided many useful insights into the physiology of labour. His many books, of which the most recent are **The Caesarean**, **The Farmer and the Obstetrician**, and **The Scientification of Love**, are fascinating, well written, and deserve a look by anyone interested in birth.

The "Grandmother" of doulas, **Penny Simkin** appeared for Doula Education Day at Douglas College, sharing with us a fascinating history of childbirth seen within the context of the background events of the 20th century. She also provided a helpful discussion on how to support a woman with an epidural. **Dr Michael Klein** reprised his talk "Do Epidurals Really not Increase the Caesarean Section Rate?" We hope to be able to print a summary of that presentation in a future issue.

Upcoming Conferences: Children's & Women's Hospital will host the **Centering Pregnancy** workshops in September. The 2005 Breech Birth Conference in October will feature **Mary Cronk** from Australia, as well as **Phil Hall** and **Andrew Kotaska**. ☞ JL

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

☞ 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

Hi there,

I was just wondering if anybody could recommend a good Mommy/Toddler Group. Our daughter Emmaleen is a graduate of Spring 2003. She is now 21 months and

loves to be around other kids but we have no friends or family close to us that have children her age. We currently live just off Kits Point. I know you specialize in the birthing but I also know you're all Mommies so you might be able to give me some ideas.

Thanks for any help,

Sara and Emmaleen Whalen

For an answer we turned to Mary Coll, a graduate of our Winter 2003 class, who is currently working on her Childbirth Educators Certificate:

continued next page

The Family Place is a really good resource for both toddlers and parents. There are four of them in Vancouver: we go to the Mount Pleasant and East Side ones, friends of mine rave about the West Side Family Place (www.telus.net/wsfp/contact_us) at 2918 W 11th. By all accounts it's a good place for the kids to play and for the caregivers to chit chat and meet each other. There is unstructured play time with loads of toys, some educationally oriented, others not; sandboxes, playdoh tables, painting easels, play kitchens, dress up etc. And then at the end of every session there is circle time, storytime, songs and a group snack. Most of the centres also run topical workshops on occasion for the parents, while the kids play supervised in the play areas. I've been to some great workshops!

One thing we've really come to love is the crazy drop-in Playgym at Mount Pleasant Community Centre at 16th and Ontario, Monday Wednesday Fridays 10:30-12:30, Saturdays 11:15-12:45. It's one big, wide open, packed and full-on free-for-all play time for the kids, with lots of mats, push-cars, toy strollers, slides, ladders, and good opportunities to meet and hang out with other mums,



dads, grandparents and nannies. I've watched Chloe develop and master skills over the time we've been going, and have met some great people and made some good friends. Kits Community Centre and Douglas Park have a drop-in gyms as well. Also check out the Mommy Map at www.mommymap.com.

Good luck!

Mary Coll

Focus on:

Communicating with your Baby

Skip the Diapers

**Infant Potty Training (IPT) ...
Elimination Communication ...
Diaperlessness ... Natural
Infant Hygiene...**

Whatever you call it, in most of the world today and throughout time parents have communicated with their infants about elimination, training them long before the usual age in North America. Other cultures believe that infants know when they need to eliminate and communicate it to their caregivers at an early age – even from birth.

This system shows respect for the infant, acknowledging their self-awareness and rejecting the idea that they should be programmed to use their pants as toilets. One of the keys to this method is for the parents to maintain a relaxed, non-judgemental attitude toward it. Expecting setbacks and accidents is part of the process. But having others to talk to about this is what will make it truly a success.

That's why there is a local support group for those wanting to practice infant potty training - a combination of observing, routine pottyng, and sound / signal

associations – in order to skip diapering, and the anxiety-producing toilet training two years down the road.

When you think of the amount of time and money spent on keeping an infant in diapers and later weaning them off them, not to mention the cost to the earth of decomposing hundreds of thousands of disposable diapers (each taking 100 years or more), this method really doesn't take as much time, effort, or expense as it first looks. What it does give you is more quality time with your baby in its first year and later when you would ordinarily have been spending time toilet-training her.

This article is reprinted with permission from the SKIPPERS site: www.vcn.bc.ca/skippers. You can contact DJ at skipdiapers@yahoo.ca.

Skipper Calum's Story

This issue, instead of a birth story, we'd like to present you with an infant potty training story: that of DJ's own son, Calum.

For all of you wondering if you've missed the boat, the first thing to know is that it's really never too late to start Infant Potty Training

by DJ MacKinnon

aka Elimination Communication but the earlier you do, the easier it is and the quicker baby learns to signal and use the toilet.

In the first weeks of life, potty-training should take a back seat to the family's rest and recovery from the birth and until a feeding routine is established and running smoothly.

Fortunately for our family these were accomplished relatively easily. My husband and I were committed to both breast feeding and potty-training so I as the mother was not alone in fine-tuning these activities. I can't emphasize how important this was for me because if I'd been left mostly alone to figure both of them out, I probably would have put off the pottyng. As it was, we were able to begin in Calum's second week of life and it has been an



Calum & DJ

continued next page



Calum taking aim with the help of his dad, Richard

exciting and gratifying journey for all of us!

At first we held the lad over a basin about 10 minutes after his feedings (as many as we could manage) until we started to discern a pattern of his eliminations. Unfortunately, the patterns seemed to change frequently and after we'd thought we had a bit of a routine

figured out it would change! After a few weeks of this we decided to cut out the basin and hold him directly over the toilet which has meant a lot less work and running back and forth to the bathroom. We also change him in the bathroom now and have a set-up there that is both safe and comfortable for him.

We use a combination of timing, intuition, and some observations and 'catch' 90% of his bowel movements. We take him whenever he wakes up from a nap and first thing in the morning, and then every 2-3 hours above and beyond that. At these times, we hold him over the toilet and he gets a chance to urinate as well. We figure that he is learning that he gets a chance to void every few hours and eventually as he gains more muscular control, this will help him get past the diaper phase of his life entirely.

Incidentally, we use cloth diapers although at the very beginning we used disposables until we felt a bit more under control with our lives. With cloth diapers, the child is

aware that he/she is wet, unlike the disposables which mask the sensation and probably delay the diaper-free stage.

Another thing we started doing about a month ago was to use sign language to signal "toilet" just before we pick him up to hold him over the toilet. He's now 8 months old and hasn't started signing this back to us but we hope he will sometime in the next little while so we can get some direct communication happening.

Speaking of communication – this is a critical feature of IPT today. Although in the past, some IPT had been practiced in North America and England, it was apparently fraught with guilt, criticism, and anxiety. The key to the current practice is to make it a stress-free opportunity to communicate about this vital bodily function, to spend more quality time with your infant while doing so, and to accept the "misses" with humour

✍ DJ MacKinnon.

Creating Early Communicators

by Naomi Moore

Many parents have looked into their children's eyes and wondered if their little ones have something to tell them. Many parents have also dealt with the frustration of a two year old's tantrums because she is unable to verbalize her needs. Communicating with your baby before she is able to speak is truly an art, but there is an easier way to help both you and your child in this art of communication.

The latest craze is the use of Sign Language with the pre-verbal child. But is it a craze or is it a truly applicable and relevant means of communication with very young children?

In 1986 Joseph Garcia became fascinated with the ability of children with deaf parents to communicate. These children had expanded vocabularies from an early age and also learned to talk sooner than children of hearing parents. This launched his graduate thesis on the topic of understanding why this

could be. It was soon discovered that the communication was taking place via the use of gestures or American Sign Language (ASL), rather than by verbal communication. Children as young as eight months of age were signalling basic needs, such as "eat" and "more".¹ By using ASL these children were able to communicate before their vocal cords were physiologically ready.

Many studies have been conducted and the benefit of using of ASL for babies and toddlers is astounding. As soon as a baby has the manual dexterity to gesture, which usually occurs between six to nine months of age, parents using ASL with their children will begin to see communication take place.

The benefits of using ASL with your baby include:

- Decreased frustration with communication for both you and baby.

STORK COMMUNICATIONS

Happy Signing Babies

presents

SIGN WITH YOUR BABY!

Classes include:

- ◆ History of Baby Signing
- ◆ Benefits of Signing with your baby
- ◆ Practical everyday ways to introduce Sign to your baby
- ◆ Social time to connect with other moms

PARTNERS AND NON-CRAWLERS WELCOME

For registration contact:

Naomi Moore, CD(DONA), BFC
778-233-9477 ngmoore@shaw.ca

- Expanded vocabulary at an early age.
- Greater interest in books.

continued next page

doula profile:
Naomi Moore



Naomi Moore has been a birth and postpartum doula and breastfeeding counsellor for three years. Since the birth of her son Noah in October 2004, she has turned her attention toward the use of Sign Language as a valuable means of communicating with her pre-verbal son. Naomi has been using American Sign Language (ASL) since 1990 and has had experience working with deaf adults and children. Naomi now runs signing classes for parents and their babies out of her home in Vancouver, BC.

For class dates and pricing information please contact Naomi at 604-728-9477 or ngmoore@shaw.ca.

Qualifications:

- ⊗ Certified Birth Doula (DONA) since 2002
- ⊗ Postpartum Doula Certificate (Douglas College)
- ⊗ Breastfeeding Counsellor Certificate (Douglas College)

- Strong reinforcement of verbal language².

Now that I have a small child of my own I am seeing the benefits of this beautiful language first hand. At seven months of age my son began showing me the sign for “eat” when he was hungry and we are presently continuing to grow in

our communication together.

✉ Naomi Moore

If you are interested in giving the gift of American Sign Language to your child, you can reach Naomi at 778-233-9477.

¹ www.sign2me.com/joseph.php

² www.sign2me.com/benefits.php

Question of the Quarter

Q: “My daughter has been bitten four times in the last month at daycare! I am so upset by this and want to do as much investigation as I can i.e., is biting considered 'normal' within a certain frequency? What can daycares do to prevent the incident from happening? What are some tactics? I'm going to start with the health authority since they are the ones that license daycares. Then I was going to phone other daycares and find out how often it happens at their daycare, and what their policies are. I feel as if our daycare is taking too much of a lenient approach, and is understaffed.”

A: Sorry to hear your daughter has been bitten so many times. It is a pretty common occurrence at large daycares, but four is a bit much! I would definitely question whether the adult to child ratio is adequate (just because it's legal, doesn't make it adequate, since children are all so different and some may need more supervision than others). A toddler simply shouldn't be unsupervised enough to be bitten that often.

I think you're doing the right thing going to the health authority, but you also might want to drop in unannounced at your daycare just to get an idea of what it's like midway through the day. As parents we usually only see the beginning and end of the day for our kids, and don't really know what goes on in between. Trust your instinct on this one, and if you feel the supervision is insufficient, you could start looking for somewhere else.

✉

And here's how this particular mum resolved her problem:

“I wrote a few letters, met with the daycare director and supervisor, called local health authority, and discussed with them plans of actions for the whole biting thing. I'm pleased to say they have listened and are taking the issue seriously. There has not been a biting incident for almost 2 weeks (that I know of) so hopefully the issue has been addressed. Thanks for your note on that.”

If anyone would like generic copies of the letters this mum sent out, please email me at registrar@childbearing.org. ✉JL

When Toddlers Bite Other Children

by Elizabeth Pantley

A worried mother asks, “Today at our play group my son BIT my friend’s daughter! My friend acted like it was a normal childhood problem, and told me not to worry about it, but I’m horrified! Why did my son do this? How can I prevent it from happening again?”

Learn about it

Your friend has obviously had some experience with toddlers, and she knows that biting a playmate is common in this age group (perhaps her daughter has already been on the other side of the action). Toddlers don’t have the

words to describe their emotions, they don’t quite know how to control their feelings, and they don’t have any concept of hurting another person. When a toddler bites a friend, it most likely isn’t an act of aggression: It is simply an immature way of trying to get a point across, experimentation with cause and effect, or playfulness gone awry.

What not to do about biting

Many parents respond emotionally when their toddler uses his teeth on another human being; their immediate

response is anger, followed by punishment. This is because we view the act from an adult perspective. However, if we can understand that a toddler bite is most likely a responsive reflex, we can avoid responding in the following typical, yet unnecessary and ineffective ways:

- *Don't* bite your child back to "show him how it feels." He isn't purposefully hurting his playmate. He doesn't understand that what he did is wrong, so by responding with the same action you may actually be reinforcing that this is an acceptable behavior, or confusing him entirely.
- *Don't* assume that your child is willfully misbehaving. The ways that you'll treat these behaviors in an older child, who understands that biting is wrong, will be different than how you will approach this with a toddler.
- *Don't* yell at your toddler. This will do nothing more than scare her; it won't teach her anything about what she's just done.

What to do about biting

When you understand that your child's actions are normal, and that they aren't intentional misbehavior, you will be able to take the right steps to teach her how to communicate her anger and frustration. This takes time, and she'll need more than one lesson. Here's how to teach your child not to bite:

- **Watch and intercept.** As you become familiar with your toddler's actions, you may be able to stop a bite even before it even occurs. If you see that your child is getting frustrated or angry – perhaps in the middle of a tussle over a toy – step in and redirect her attention to something else.
- **Teach.** Immediately after your toddler bites another child, look her in the eye and tell her in one or two short sentences what you want her to know, such as, "Biting hurts. We don't bite. Give Emmy a hug now. That will make her feel better." Then, give your child a few hints on how she should handle her frustration next time; "If you want a toy, you can ask for it or come to Mommy for help."
- **Avoid playful biting.** Nibbling your little one's toes or playfully nipping his fingers sends a mixed message to your child. A little one won't understand when biting another person is okay and when it's not, nor is she able to judge the pressure she's putting into the bite. As she gets a little older, she will start to understand that some things can be done carefully and gently in play, but not in anger. This takes a little more maturity to understand — more than you can expect your toddler to have at her young age.
- **Give more attention to the injured child.** Typically, we put all our energy into correcting the biter's actions and we don't give the child who was bitten any consolation. Soothing the child who was bitten can show your child that his actions caused another child fear or pain. You can even encourage your child to help sooth his friend.

The repeat offender

- If you've gone through the above steps, and then your child bites again, you can respond with a little more intensity. If you catch him in the act, immediately go to him. Take him by the shoulders, look him in the eye, and firmly announce, "No biting: time-out." Direct him to a chair and have him sit for a minute or two. It doesn't take very long for your message to sink in. (And, with a toddler, a longer time-out can dilute the message as he may actually forget why he's sitting there!)*
- If you miss the action, but are told about it later, you can have a talk with your child about what happened. Limit yourself to a few brief, specific comments, as a lengthy lecture is almost never effective. A child who bites a playmate more than once may need more guidance on how to handle frustration and anger. Reading toddler books on the topic, role-playing, and demonstration of appropriate actions can all help your child learn how to respond to his own emotions in socially appropriate ways.

First aid

Although the risk of injury from a toddler's bite is small, it's good to know what to do in case of a bite that breaks through the skin:

- Calm and reassure the child who was bitten.
- Wash your hands with soap and water.
- Wash the wound with mild soap and water.
- Cover the injury with a bandage.
- If the bite is actively bleeding, control the bleeding by applying direct pressure with a clean, dry cloth.
- Call your paediatrician for advice.

✎ Elizabeth Pantley

This article is a copyrighted excerpt from *Gentle Toddler Care* by Elizabeth Pantley, (McGraw-Hill, 2006). Reprinted with permission of the author.

Elizabeth Pantley is also the author of *Gentle Baby Care* and *The No-Cry Sleep Solution*.

**Editor's Note: In my own experience time-outs should be used with care, if at all, as they can lead to separation anxiety and defensiveness. For further insight into frustration and attachment see Gordon Neufeld's Hold on to your Kids: Why Parents Need to Matter More Than Peers (Random House, 2004).*

✎



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•Nursing Bras & Clothing • Jewellery & Gifts •
•Books & Videos •
604.255.0508
1409 Commercial Drive,
Vancouver, BC

Business Directory

Baby Sign Language		
Naomi Moore, ASL Baby Sign Classes	ngmoore@shaw.ca .	604-728-9477
Health Care		
Caroline Abrams, DO, DPO, Family Osteopath	info@carolineabramsosteopathy.com	604-730-5950
Maternity Wear		
Room For Two Maternity Apparel	1409 Commercial Drive, Vancouver	604-255-0508
Massage		
Soma Studio Pregnancy Massage	213 / 303, 1529 W 6 th Ave, Vancouver	604-738-1502
RESPs		
Children's Education Funds Inc, RESP specialist	lylemckenzie@hotmail.com	604-893-8400
Yoga		
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 th Ave, Vancouver	604-732-9642

Community Resources

Information and Counselling		
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 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 Programme, BC Women's	604-875-3458	
ICAN Vancouver (Caesarean Awareness)	604-734-4226	
Post Caesarean Birth Support	604-433-5827	
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	
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 More Club	www.vancouvertwins.com	
Vancouver Breastfeeding Centre		604-875-4678
Volunteer Grandparents Association		604-736-8271
Westcoast Family Resource		604-255-9568
Prenatal Classes		
Lower Mainland Childbearing		604-878-1031
Doula Referrals		
Doula Services Association		604-515-5588
Lower Mainland Childbearing		604-878-1031
Vancouver Coastal Health		
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
<i>Note: Your Community Health Nurse has further information on local resources</i>		

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. 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.

Coming events

VANCOUVER TWINS & MORE CLUB will be holding their **Annual Summer Picnic** Sunday, July 17th 10:30am-1pm at Maple Grove Park in Kerrisdale (Yew St. & SW Marine Drive). All are welcome (as is food!). For more info check out www.vancouvertwins.com or email mira@vancouvertwins.com.

ICAN (International Caesarean Awareness Network) of Vancouver will be holding its 2nd meeting on Tuesday July 5th, 7pm at the Firehall Library, 1455 W 10th Ave, Van. For information on future monthly meetings, or for phone or email support contact 604-734-ICAN or icanvancouver@shaw.ca.

Prenatal Class Schedule (updated June 2005)

<p>Healthy Pregnancy Class Content: <i>Mums only class.</i> Covers nutrition, exercise, and lifestyle choices for pregnancy; screening & diagnostic tests; foetal development; pregnancy discomforts & remedies</p>	<p>2 sessions 2 hours each</p>	<p>Locations: ¹<i>Bayview</i> 2251 Collingwood ²<i>Mount Pleasant Neighbourhood House</i> 800 East Broadway</p>
	<p>Cost: \$50* *Included free of charge with weekly series or weekend workshops.</p>	
	<p>Time: 7:00pm – 9:00pm</p>	<p>July² M 11 & 18 July Aug² W 17 & 24 Aug Oct¹ W 19 & 26 Oct Dec¹ Th 1 & 8 Dec</p>

<p>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 CD .</p>	<p>14 sessions: 7 Evening classes (2hrs ea) 2 Healthy Pregnancy sessions 1 Postpartum Reunion 4 Postpartum Classes <i>(option: 8 additional postpartum classes for \$50 more)</i> Cost: \$200 (\$250 includes full PP series)</p>	<p>Time: 7:00pm – 9:00pm Locations: ¹ Bayview 2251 Collingwood ²Mount Pleasant Neighbourhood House 800 East Broadway Midsummer² T 12 Jul – 23 Aug Summer² Th 28 Jul – 8 Sep Late Summer² T 30 Aug – 11 Oct Autumn¹ Th 29 Sep – 10 Nov Late Autumn² T 1 Nov – 13 Dec</p>
<p>Weekend Workshops Content: Same as for weekly series; slightly condensed format: breastfeeding not covered, but cost includes Friday night breastfeeding class. Handbook & CD included.</p>	<p>6 sessions: 2 Weekend days (5hrs ea) 1 Breastfeeding Night 2 Healthy Pregnancy sessions 1 Postpartum Reunion 4 Postpartum Classes <i>(option: 8 additional postpartum classes for \$50 more)</i> Cost: \$200 (\$250 includes full PP series)</p>	<p>Time: 9:00am - 2:00pm OR 3:00pm – 8:00pm Location: 3285 Victoria (at 16th) July 16 & 17 July August 20 & 21 Aug September 24 & 25 Sep October 22 & 23 Oct November 19 & 20 Nov December 17 & 18 Dec</p>
<p>Breastfeeding Nights Content: <i>Mums only class.</i> Partners welcome if space permits. Covers breastfeeding basics; troubleshooting; breastpumps & returning to work; special needs; colic & sleep issues.</p>	<p>1 session: Friday Night 2 hours Cost: \$25* <i>*Included free of charge with weekend workshop</i> Time: 7:00-9:00pm</p>	<p>Location: 3285 Victoria (at 16th) July 15 Jul August 19 Aug September 23 Sep October 21 Oct November 18 Nov December 16 Dec</p>
<p>Refresher Classes Content: <i>For parents who have already had a baby.</i> Selected portions of evening or weekend courses, as needed.</p>		<p>Cost: \$25 per class or \$100 per full series</p>
<p>Postpartum Classes Content: <i>For parents with babies who are not yet walking.</i> Covers infant feeding, sleep, safety, colic & crying, attachment, and infant development, and many other topics.</p>	<p>12 sessions: 2 hours each Cost: \$120* <i>*Free for expectant parents; 4 sessions included free with prenatal class series.</i> Time: 10:30am – 12:30 pm</p>	<p>Location: Mount Pleasant Neighbourhood House 800 East Broadway Ongoing classes, first four Mondays of every month, except stat holidays. NOTE: no classes during summer. Schedule resumes in September</p>
<p>Doula Services We will provide you with several doulas whom you can interview. Service includes:</p> <ul style="list-style-type: none"> • 2 prenatal home visits • continuous labour support • immediate postpartum support • 2 postpartum visits <p>Cost: prices are set by individual doulas</p>	<p>Private Classes Cost: \$20 + \$40/hour Minimum 2 hours. Does not include materials (optional: \$25)</p> <p>To register, or for more information: (604) 878-1031 www.childbearing.org Low income rates available.</p> <p>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.</p>	