



bringing information and resources to houston

Resource Guide

2017-2018



B.I.R.T.H. is a non-profit organization comprised of parents, midwives, physicians, childbirth educators, doulas, professional labor assistants and others who are dedicated to preserving the integrity of birth.

16th ANNUAL

BIRTH

bringing information and resources to houston

FAIR

FEATURING:

OVER SIXTY
LOCAL VENDORS

CHILDREN'S ACTIVITIES

RAFFLE PRIZES

Saturday, October 7, 2017

Save the
Date for
next year!
Oct 6, 2018

50 Wau... on, TX
10:30

**FREE
ADMISSION**

SPEAKERS:

*please visit our website for a complete
list of seminar speakers*

Rebecca Rex - 11am

**Vaccination: Making an educated
decision for your child**

Dr. Christina Davidson, MD

Camellia May, CPM - 1 pm

Evidence Based Care

Marta Buist - 2pm

**Elimination Communication:
A Diaper Free Life?**

Maria Sotolongo, Producer, Director - 3pm

Breathe: A Homebirth Documentary

...AND MANY MORE!

FOR MORE INFORMATION:

www.houbirth.org

832-552-2069

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GENEROUS SPONSORS:**



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BIRTH Resource Guide is published by B.I.R.T.H., Bringing Information and Resources to Houston. For comments or suggestions, please email info@houbirth.org

Thank You!

Alisa Bessire-Wooten and Carol Money in the creation of this year's Resource Guide.

B.I.R.T.H. would like to dedicate this 16th annual event to the people who are working to reduce the rate of **unnecessary** cesarean sections and support women in having V.B.A.C. (Vaginal Birth After Cesarean) and also to all the workers who are raising our consciousness to peaceful birthing and living.



Unfortunately, we continue to see a cesarean section rate of over 31% in the USA, far above the World Health Organization target of 10-15% that could be considered “medically necessary”. Good news, we are seeing an increase in out of hospital birthing from 0.87% to 1.36% of all births.

The past 30 years have seen major changes in the way we birth our children and the way babies are treated in their first moments. Women and men are respected and valued in the birthing process more than any time in the history of birthing in hospitals. We now have a little more respect for the way the baby is welcomed and treated from the very first breath and before.

All babies are born good. We are all born with the same needs - love, connection, touch, caring, trust. I have never seen a baby born with hate, jealousy, shame.

Birth is a **sacred** event. It is our responsibility when we bring life into the world to know the risks and benefits of every choice we make. It is our responsibility to inform and educate ourselves. It is our responsibility to be sure that every child, every baby, is respected and valued as a human being with a right to a good life. We have resources from earth based wisdom and modern technology to create the best possible outcomes.

It is important that women and men stand up to make a difference in the **lives** we are creating. We must raise our consciousness toward loving our unborn and our born children and understand the differences we can make by consciously sending love and respect, especially during the prenatal and perinatal period. It is my belief that we learn about life and make decisions about life from the very first moment we are born or the first moment we exist. If that is true, then the first moments, first hours first days, first weeks are important to tell our babies that their needs will be met, it is safe, and they are cared for. If we want to live in a peaceful world, don't we need to begin life in a peaceful world? If we want to teach our children peace - love - harmony - respect - don't we need to **follow** that **example**?

It is now more important that ever for us to allow parents the moments of attachment with which they are initiated into the sacred role of parenting. Connection to another human being, particularly with those we love, is at the heart of our spiritual lives, and the baby's first impression of the world is created in the moments, hours, **and** days immediately following being born.

We can make a difference, we do make a difference, and we should make a difference . . .

Remember the words of Margaret Mead who said “Never doubt that a small group of thoughtful, committed citizens can change the world, indeed it's the only thing that ever does . . .” We are a small group of citizens **committed** to changing the world.

With love,
Pat Jones, CNM
President & Founder of BIRTH

Professional Directory

Acupuncture

The Axelrad Clinic 713-527-9555
19 Briar Hollow Lane, Suite 240, Houston 77027
4840 W. Panther Creek, Suite 208
The Woodlands, TX 77381
frontdesk@axelradclinic.com
www.axelradclinic.com

Dr. Stephen Clouthier..... 281-419-9104
2829 Technology Forest Blvd Suite # 250
The Woodlands, Texas 77381
ahcmailbox@gmail.com
www.steveclouthier.com

Eastern Harmony..... 713-529-1610
4611 Montrose Blvd., St A201 and
Memorial Herman Medical Tower at I10 and
Gessner, Suite 2300. Appts. for both locations
can be made by calling 713-529-1610
www.easternharmonyclinic.com

Roman Footnick 713-449-4409
footnickinc@gmail.com

Eric Gross, L.Ac..... 713-660-6620
The Center for Health & Healing
230 Westcott, # 208, Houston, TX 77007
www.tchh.net

HealthPro Chiropractic & Acupuncture.....
..... 281-809-0100
4101 Greenbriar Drive, Suite 135
Houston, TX 77098..... 281-506-0105
9720 Cypresswood Drive, Suite 130
Houston, TX 77070..... 281-809-0100
info@healthprochiro.com
www.healthprochiro.com

Sweet Pea Wellness 713-771-1583
Chiropractic, Nutrition, Acupuncture
9225 Katy Freeway, Ste. 420, Houston 77024
ffanitrans@gmail.com

West U Wellness..... 713-490-2225
5180 Buffalo Speedway, Houston, TX 77005
info@westuwellness.com
www.westuwellness.com

West Houston Spinal CARE 281-809-6144
14780 Memorial Dr., Suite 113, Houston, 77079
support@spinalcarehouston.com
www.spinalcarehouston.com
Dr. Jennifer Nguyen provides prenatal
chiropractic care and acupuncture for moms
from preconception to postpartum.

Art

MINDFUL ART.....713-303-4381
Provides custom pregnancy tree art renditions
and other Birth related Art.
Eugenia Algaze Garcia -- Owner/Artist
Fulshear, TX 77441
info@mindful-art.com, www.mindful-art.com,
www.facebook.com/Mindful.Art.Eugenia.
Algaze.Garcia

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318 Main Street Ste. C, Spring, TX 77373
barerootcollective@gmail.com

www.barerootcollective.com
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info@bassettbabyplanning.com
www.bassettbabyplanning.com

Keen & Kiddo..... 713-320-7917
Birthworks Provisionally Certified Doula 7/2012.
Providing services to assist parents from birth
to college. Sliding scale fees
Kim Lopez, DrPH, CC
2525 Robinhood, Suite 1100, Houston 77005
kimklopez@hotmail.com
www.keenandkiddo.org

Birth Centers

Bay Area Birth Center 713-472-5525
3210 Strawberry Rd., Pasadena, 77504
Jackie Griggs, CNM, IBCLC
Stephanie Palacio, CNM, Camellia May, CPM,
Diana Nash, CPM
www.bayareabirthcenter.com

The Birthing Place..... 713-MIDWIFE
2218 Barbee St., Houston TX 77004
ahassan@thebirthingplace.com
www.thebirthingplace.com

Birth Centers (cont.)

Galveston Birth Center 409-768-0005
712 10th St, Galveston, TX 77550
GalvestonMidwives@gmail.com
www.GalvestonBirthCenter.com

Jubilee Birth Center 979-703-4074
502 S Coulter, Bryan, Texas 77803
toni@jubileebirthcenter.com
www.jubileebirthcenter.com

Cy-Fair Birth Center 281-469-0093
12850 Jones Road, Suite 105
Houston, TX 77070
questions@magnoliabirthcenter.com
www.magnoliabirthcenter.com

Katy Birth Center 832-437-5876
Cathy Rude, CPM, LM
Natalie Wommack, CPM, LM
Connie Blokkum, CNM, ICBLC
Lynneece Rooney, MSN, CNM, RNC-OB
Chelsea Campbell, LMT, LM, CPM
1002 Ave. A, Katy, 77493
katybirthcenter@gmail.com
www.katybirthcenter.com

Nativiti Family Birth Center 281-296-2333
Jami Hain, CNM, RN, MSN
Jaelin Stickels, MSN, CNM, WHNP-BC
26614 Oak Ridge Dr.
The Woodlands, TX 77380
birthinfo@nativiti.com, www.nativiti.com

North Houston Birth Center 713-699-4211
Kathy Vande Giessen, CNM
7007 North Frwy., Ste. 435, Houston, 77076
kathyvg@northhoustonbirthcenter.com
www.nhbirth.com

Rite of Passage 281-400-7777
Rite of Passage Women's Health & Birth Center
Bernadette Olivier, RNC, CNM, FNP-C, MSN
300 E. Edgewood, #300, Friendswood 77546
askriteofpassage@gmail.com
www.birth-center.com

Wellspring Birth Center 832-777-0291
Ashley Musil, LM, CPM
794A Russell Palmer Rd, Kingwood, TX 77339
admin@wellspringbirthcenter.com
www.wellspringbirthcenter.com

West Houston Birth Center 281-670-5108
Holly Shearman, LM, CPM
11321 Richmond Avenue, Suite M101
Houston, TX 77082
info@westhoustonbirthcenter.com
www.westhoustonbirthcenter.com

**The Women's Specialists of Houston -
Nurse Midwives** 713-797-1144
Texas Children's Pavilion for Women
6651 Main Street, 15th floor, Houston 77030
www.WomenSpecialists.com

Breastfeeding Support / Supplies

Baby Bistro at Texas Children's Hospital
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Outpatient Lactation Clinic (by appt. only)
6651 Main St., 3rd floor, Houston TX 77030.
Phone support (7 days per week), all visits by
Registered Nurses who are IBCLC certified.
breastfeeding@texaschildrens.org
<http://women.texaschildrens.org/breastfeeding>

Bassett Baby Planning 855-455-BABY
We offer lactation consulting in your home, at
our office, and over the phone.
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info@bassettbabyplanning.com
www.bassettbabyplanning.com

**Bella Luna Boutique at Texas Children's
Hospital Pavilion for Women** 832-826-8000
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www.women.texaschildrens.org/bellaluna

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Motherhood Center** 713-963-8880
Pump and Rental
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Houston TX 77027
info@motherhoodcenter.com
www.motherhoodcenter.com

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www.bayareabreastfeeding.net

Dana Gillman, CD (DONA), Childbirth Educator ICEA....713-962-2447
Bundles and Blessings, Spring, 77379
Birth, Maternity and Newborn Photographer
Breastfeeding Educator and Lactation Consultant
doulamom@comcast.net, www.doula.org
www.facebook.com/bundlesandblessings.com
www.whatamiracle.photoshelter.com

Catrice Harris, CD(DONA), Childbirth Educator, ICEA.....(primary) 281-438-1230
.....(cell) 619-721-6762
Baby's Best Start
Lactation Specialist, Birth and Postpartum
Doula Care, Childbirth Education
catrice.harris@gmail.com
babysbeststart.org

Patti Heimlich, LMT, CD(DONA), HCHI, HHD, ICCE 713-661-8796
Houston Pregnancy Massage & Doula Care
patti@hpregnancy.com
www.hpregnancy.com

Marley & Moo Maternity 281-749-1766
info@marleymoomaternity.com
www.marleymoomaternity.com
Our lactation specialist offers customized in-home education and breastfeeding support

Memorial Hermann The Woodlands Hospital The Lactation Center..... 713-897-5832
Monday – Saturday 9a-5p
9250 Pinecroft, 1st Floor, The Woodlands 77380
www.memorialhermann.org
Outpatient Lactation Consults M-F (appt. only.)
Phone support-7 days/week.

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support@nurturedfamily.com

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info@themotherbabybond.com
www.themotherbabybond.com
We support breastfeeding by offering prenatal classes, lactation consultations, and breastfeeding products in our boutique.



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713-699-4211
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Kathleen Vande Giessen CNM, MSN, MBA



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315 Main Street, Spring, TX 77373

education@rebelbirth.com

www.rebelbirth.com

Feed Yo Baby Support Group

Tuesdays 9:30AM-11:30AM. Everyone is welcome!

Texas Lactation Consultants....713-884-6204

2401 Yale, Houston, 77008

www.texaslactationconsultants.com

Kimberley Traylor, MA..... 281-733-5680

Lactation Consultant, Doula, Childbirth

Educator, CEIM [Infant Massage Instructor]

F: facebook.com/tbrthevillage

T: @TheirBirthRight

info@tbrthevillage.org and

theirbirthright@gmail.com

www.tbrthevillage.org

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Patti Heimlich, LMT, CD(DONA),

HCHI, HHD, ICCE 713-661-8796

Houston Pregnancy Massage & Doula Care

patti@hpregnancy.com

www.hpregnancy.com

Megan Rasmussen 713-408-7667

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crazycarseatlady@gmail.com

http://facebook.com/crazycarseatlady

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Stephi Anderson 832-498-2418

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www.littleoakdoula.com

Birth doula and placenta services for Katy, West Houston, Cypress, Sugarland, and Sealy.

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Cheryl Amelang, BBCI, CLE 979-203-6363

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cheryl@darlingbirth.com

www.darlingbirth.com

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318 Main Street Ste. C, Spring, TX 77373

Enhancing the physical, emotional, spiritual health and beauty of mothers, babies and families.

barerootcollective@gmail.com

www.barerootcollective.com

Bassett Baby Planning..... 855-455-BABY

We provide prepared childbirth classes at our office as well as private classes.

5757 Woodway Dr., Ste. 225, Houston 77057

info@bassettbabyplanning.com

www.bassettbabyplanning.com

Bella Nova Birth..... 512-749-9545

Ashley Howard

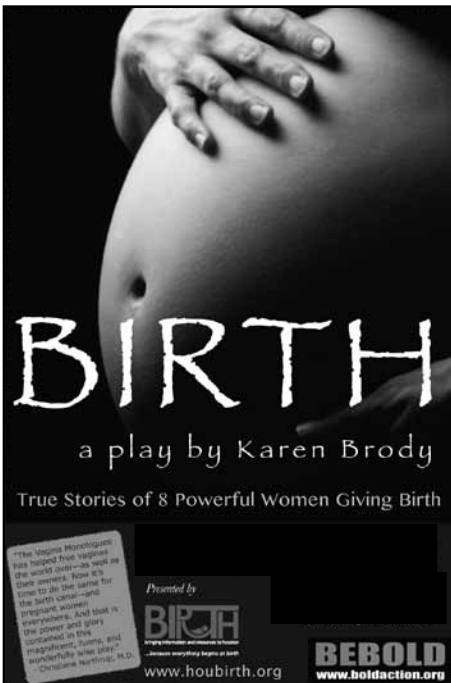
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Denise Bernard..... **832-277-1966**
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birthservant@hotmail.com
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superfran1130@yahoo.com

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Bradleywithbri@outlook.com
Bradleywithbri.wix.com/blissful-birth-doula

**Dana Gillman, CD (DONA), Childbirth
Educator ICEA...** **713-962-2447**
Bundles and Blessings, Spring, 77379
Birth, Maternity and Newborn Photographer
Breastfeeding Educator and Lactation
Consultant
doulamom@comcast.net, www.doula.org
www.facebook.com/bundlesandblessings.com
www.whatamiracle.photoshelter.com

Jessica Gonzales..... **713-253-5959**
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Clíodhna Griffin, HBCE, APPAC
..... **281-217-9294**
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www.bornfreebirthing.com

**Catrice Harris, CD(DONA), Childbirth
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..... (cell) **619-721-6762**
Baby's Best Start
Lactation Specialist, Birth and Postpartum
Doula Care, Childbirth Education
catrice.harris@gmail.com
babysbeststart.org

Kimberley Traylor, MA..... **281-733-5680**
Lactation Consultant, Doula, Childbirth
Educator, CEIM [Infant Massage Instructor]
F: facebook.com/tbrthevillage
T: @TheirBirthRight
info@tbrthevillage.org and
theirbirthright@gmail.com
www.tbrthevillage.org

Keen Doula Care..... (225) **229-4130**
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keendoula.blogspot.com

Toni Kimpel, CPM, LM..... **979-739-1030 (Cell)**
..... **979-251-7377(Home)**
Jubilee Birth Center **979-703-4074**
Brenham, 77833
www.jubileebirthcenter.com
toni@jubileebirthcenter.com
toni@traditionalmidwifery.com
www.traditionalmidwifery.com

Top 10 Labor Positions

1. **Standing** allows you to sway and move, alleviating pain.



2. **Walking** - activity helps the baby to descend



3. **Sitting** - allows gravity to assist in bringing the baby down



4. **Sitting on Toilet** - helps you to relax the pelvic floor muscles which are crucial in allowing baby to descend down through the birth canal.

5. **Semi-sitting** - Sitting while reclining



6. **Side-lying** - can easily rest in between contractions.

7. **Leaning forward** - on a wall, on to a partner etc. helps relieve back pressure.



8. **Kneeling** (leaning forward with support) - helps alleviate back pressure, allows your hips to be unrestricted and able to move and sway with contractions.

9. **Squatting** - assists the pelvis in opening by as much as 30%



10. **Hands and Knees** - great position when having back labor, also to help a posterior baby to rotate to the correct position.

Childbirth Educators (cont.)

Greater Houston Birth Boot Camp

Kristen Powers, CBD; BBCL..... 413-992-7329

<http://www.houstonbbci.com>

info@HoustonBBCL.com

We are Educators and Doulas offering birth services in the greater Houston area.

Beautifulmomma.webs.com

birthpowers@gmail.com

Patti Heimlich, LMT, CD(DONA),

HCHI, HHD, ICCE 713-661-8796

Houston Pregnancy Massage & Doula Care

patti@hpregnancy.com

www.hpregnancy.com

Debbie Hull, BS, CCE, CLD, CAPP Labor

Doula Faculty 281-599-1381

www.debbiehulldoula.com

debbiehull.doula@gmail.com

Serving families and community since 1999.

Doula services and training, Private/group/

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Dorin Jordan 281-638-2188

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Educator and Doula

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Houston, TX 77008

dorin1117@yahoo.com

www.ninemonthsandcounting.com

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info@marleymoomaternity.com

www.marleymoomaternity.com

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grandparent classes to prepare you and your

family.

James Matson, ACSW, LMSW-ACP

..... 713-779-6300

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jim@jamesmatson.com

www.jamesmatson.com

Memorial Hermann Hospitals

(select your location)

Register at www.memorialhermann.org or

..... 713-222-CARE

Amanda Moore..... 713-705-7257

Holistic Expectations

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Relationship Educator, Breastfeeding Educator

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Births and Healthy Families

amoore@holisticexpectations.com

www.holisticexpectations.com

Motherhood Center 713-963-8880

3701 West Alabama St, Suite 230

Houston TX 77027

info@motherhoodcenter.com

www.motherhoodcenter.com

Marisa Pena-Alfaro, LCCE, CD,

CPR Instructor 713-823-5033

Childbirth Educator. Se habla Español.

Vas a tener un bebe? Clases de preparacion

para el Parto en Español. Houston

marisapenalfarog@hotmail.com

www.hispanopolis.com/dandoaluz

Rebel Birth Childbirth Education.....

..... 832-663-5203

Rebel Leaders: Kathleen Wilson and

Joli Ammons

315 Main Street, Spring, TX 77373

education@rebelbirth.com

www.rebelbirth.com

Don't lay down to have your baby! Own your

birth! Make informed decisions!

Bobbielynn B. Sommers RN, LCCE, FACCE..

936- 520-1548

Lamaze Certified Childbirth Educator

orpheus01@comcast.net

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832-82LEARN (53276)

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Offering Weekend series, 5-week series, one-

day "Labor Lab", online class, and natural

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6651 Main Street, Houston, TX 77030

www.women.texaschildrens.org/The-Pavilion

Lourdes Resendez..... 713-446-4239

Birth Doula, Childbirth Educator

lourdes.resendez@gmail.com

LourdesResendez.com

Sharon Tilotta Aaron 713-502-7028

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Dr. Tedra Erickson 832-520-8520
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Reasons to Breastfeed

1. Breast milk is the most complete nutrition for a human infant.
2. Breastfeeding promotes bonding and healthy brain develop, more so than any other form of feeding.
3. Research has shown that breastfeeding for at least 2 years reduces your risk for breast cancer by up to 50%.
4. Breastfeeding reduces chances of infections and colds by passing the mother's antibodies and immunities to the baby
5. Breast milk is always available and at the perfect temperature
6. Average cost to formula feed for the 1st year of life = \$1,260
Average cost to breast feed for the 1st year of life = FREE
7. Breastfeeding increases the mother's metabolism, allowing you to lose baby weight quicker
8. Breastfeeding helps your uterus to shrink back down to size quicker as well as shorten postpartum bleeding time
9. Breastfeeding helps raise the baby's IQ
10. Research has shown that breastfeeding significantly reduces the risks of childhood obesity.

Reasons to Hire a Doula

1. Birth Doulas empower women to make educated and informed choices
2. Birth Doulas decrease your chance of the use unnecessary of forceps by 41% and cesarean birth by 28%
3. Birth and Postpartum doulas help increase your chances of reaching your breastfeeding goals.
4. Birth Doulas decrease the incidence of postpartum depression and increase birth experience satisfaction by 33%
5. Birth Doulas provide an objective 3rd party at the birth
6. Birth Doulas allow partners to be as involved as they wish
7. Birth & Postpartum Doulas help support breastfeeding and mother/baby bonding while increasing confidence levels of mother
8. Postpartum Doulas help the new mother find her own parenting style while promoting a healthy family dynamic
9. Postpartum Doulas help the household to smoothly make the transition integrating the new family member
10. Postpartum Doulas help provide a buffer to extended family's expectations

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providing evidence-based education about
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National Organization of Circumcision Information..... www.nocirc.org

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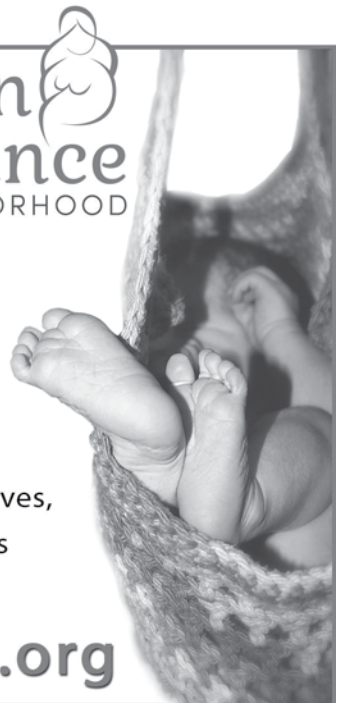
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10 WAYS TO AVOID A CESAREAN SECTION

1 Educate yourself at an independent childbirth class, that is, at a class outside the hospital. Learn ALL our options, not only how-we-do-birth-at-this-hospital. Obtain information on homebirth and water birth. Find out about the benefits and risks of both routine interventions and not routine interventions. Get informed about what the medical literature has to say about the safety of natural, normal, intervention-free birth and about the importance of mother and baby having uninterrupted contact. Remember that YOU and your family must live with the consequences of any decisions you make.

2 Eat healthy, nutritious foods. Your body knows how to grow your baby and it knows how to birth your baby. It is YOUR responsibility to provide your body with only the most nutritious foods. Avoid excessive amounts of sugar and other harmful, nutritionally poor foods. The size of your baby and the health of your body and organs and tissues are all dependent on the diet you provide. Remember, you are in training for a healthy delivery.

3 Exercise. Walk, swim, or do yoga. Stretch. Do your Kegels. Birth is a marathon and you are in training. Prepare!

4 Select a supportive caregiver. Find out how the caregiver does birth. Make sure the caregiver is selling what you want to buy. Define natural birth. Many people define a natural birth as one in which a baby emerged from a vagina, even if there were several interventions. What do YOU mean by natural birth. Know statistics: the cesarean section rate at your hospital, the episiotomy rate of your caregiver, the VBAC rate of your caregiver, the percentage of your caregiver's clients who have unmedicated deliveries. Ask for references. Talk to women who have had their baby with a particular attendant and find out if they got what they expected. Statistically, women get the doctor they hire only 20% of the time. Is your caregiver on call for you? Who is their backup?

5 Choose a midwife. Midwives have consistently better outcomes than obstetricians and provide more holistic, woman-centered, family-friendly care. The United States ranks 27th among industrialized countries in infant mortality (indicating the health of babies born here). The countries that consistently rank among the best in terms of infant mortality are those countries that rely on midwifery care for all healthy, normal pregnancies.

6 Hire a doula. Having a doula at your birth cuts your risk of cesarean by 50%. A doula provides continuous emotional support for a laboring woman and her partner, regardless of the length her labor. In hospitals, doulas provide respite for partners during long labors (even during short ones) ensuring that the laboring woman

will not be left alone even when partners have meals, take a break and rest. At home, doulas are like an insurance policy if labor proves to be long. Remember, labor for a first-time mother can be 24 to 30 hours. Doulas provide labor support so midwives can be well-rested and sharp at delivery when their skills are most critical.

7 Choose your birthplace carefully. The World Health Organization says that home is safer than a free-standing birth center which is safer than a hospital. Women birth best where they feel safest. Where is safest for you?

8 Surround yourself with supportive people. Seek out positive, powerful birth stories. Watch POSITIVE birth films and movies. Avoid high-drama television birth stories. Choose your birth team carefully. Be sure that everyone at your birth wants what you want at your birth. Prepare your team and be sure they believe in your goals and in your ability to achieve your goals.

9 Examine your beliefs about birth and about yourself. Are these beliefs accurate? Do they reflect the truth. Do they reflect who you are? Adopt beliefs that are conducive to the kind of birth you want.

10 Trust. Surrender. Let go.

Physicians and Community Friends

Each year B.I.R.T.H. is proud to recognize and award physicians who seek to practice medicine in a way that treats their patients with respect and compassion and who honor the natural processes of the body, both before and after birth. B.I.R.T.H. would also like to recognize community friends who go the extra mile to care for the health care needs of their clients. Recipients of Physician And Community Friends Award from B.I.R.T.H. include:

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Reasons to Cloth Diaper

1. Babies who wear cloth diapers have fewer issues with irritated bums and rashes
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3. Average cost to use disposable diapers over 30 months= \$1,551. Average cost to cloth diaper using a premium diapering system over 30 months= \$610
4. Cotton diapers are gel and chemical free
5. Less chance of your baby developing a chemical intolerance/ allergy
6. These are not your Grandma's cloth diapers! Cloth diapers come in an unlimited number of colors and styles to match your lifestyle
7. Cotton diapers are breathable, while plastic disposable diapers are not, which means more comfort for your baby
8. Less chance of product contamination and recalls
9. Convenience of always having diapers available and never running out
10. Cloth diapered babies are, on average, quicker and easier to potty train

Natural Pain Management Techniques

1. Counter Pressure - in the area of the back / sacrum where discomfort is most intense.
2. Ambiance – low lighting, comfortable room temperature, soft blankets and pillows, and music can all help to promote physical relaxation through relaxing the senses.
3. Breathing Techniques – deep abdominal breaths help to keep you calm, relaxed and focused, which helps to alleviate pain
4. Water - Immersing in warm water has shown to be a natural pain reliever.
5. Birthing Aids - such as birthing balls, hot rice sock, ribozos, and aromatherapy.
6. Vocalization - in low tones gives mother the ability to respond to the pain while still staying relaxed.
7. Visualization - allows you to fill your mind with positive images that allow you to relax.
8. Self- Hypnosis – removes tension and fear, which allows for complete emotional, mental, and physical relaxation.
9. Position Changes – changing position helps to allow your body remain relaxed and open, minimizing discomfort.
10. Emotional Support of a trusted partner, friend or family member.

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WHO'S WHO ON YOUR BIRTH TEAM

Remember: Your birth belongs to YOU! Make decisions that fit for you and yours. Birthing women birth best where they feel safest. Choose a team you trust to make you feel safe and to protect your birthing space. Make sure you are buying what members of your team are selling. Does she/he "do" birth the way you want your birth done?

Childbirth Educator

- Independent childbirth educators provide information that is not permitted in classes provided in hospitals
- Provides information to aid you in making decisions as you prepare for your birth
- Serves as a resource as you assemble your birth team
- Presents a wide range of options and possibilities so that you can make informed choices
- Helps you know where to start: what questions to ask, what qualifications to look for
- Provides personalized guidance in a forum designed to empower you with information

Doula (AKA: Professional Labor Support, Birth Doula)

- Provides physical and emotional support during pregnancy and labor
- Provides guidance as you prepare for your birth
- Serves as a sounding board to help you determine what options are in your best interest, during both pregnancy and labor
- Attends both a woman and her partner during labor, providing physical, psychological and emotional support
- Serves as an advocate to help a couple get the birth they want
- Offers alternatives to cookie-cutter birth scenarios, helping couples make choices that are right for them
- Accepts responsibility for logistical duties during labor (monitoring positioning, hydration, elimination, fetching, and maintenance of birth space) so that partners are free to simply be present and attentive

Midwife

- Attends births at home, birth centers and in hospitals
- Expert in normal birth
- Recognizes wide range of normalcy
- Sees birth as a healthy function of a healthy woman
- Catches babies, mothers deliver their own babies
- Provides personalized care, longer visits, and emphasis on a woman's total well-being, including emotional and psychological aspects of pregnancy and labor
- Expects women to share responsibility and accountability for their own care
- William (M.D.) and Martha (R.N.) Sears say that midwives trust nature (your body's ability to birth) and want to use intervention judiciously only if it becomes necessary

Obstetrician

- Attends births only in hospitals
- Expert in the pathology of birth (in things that can go wrong)
- Sees birth as a medical event requiring medical services
- Delivers babies
- Visits primarily emphasize objective measures of well-being; Psychological issues are often not acknowledged or addressed
- Sometimes expects women to relinquish responsibility, accountability and power over their own care
- William and Martha Sears say that obstetricians trust technology and are wary of nature

Postpartum Doula

- Provide support and encouragement to mothers and fathers as the family adjust to its newest member
- Performs light housekeeping tasks and meal preparation
- Helps parents become familiar and comfortable with care of their newborn
- Some postpartum doulas are prepared to help with breastfeeding and breastfeeding issues

Doulas, Postpartum (cont.)

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Sense your own Strength!

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Childbirth Classes: history, options, and local resources

Throughout the history of mankind, women have passed on wisdom and experience from generation to generation... the older and/or more experienced women teaching the younger and/or less experienced through story, words of encouragement, apprenticeship, and being present at birth or inviting the younger generation to view birth as it unfolds.

We have lost that woman-to-woman wisdom and candid form of education in our modern day, busy, non-communal, nucleic lives; thus, the advent of childbirth classes. That's right, childbirth classes are a new invention, but the wisdom that independent childbirth classes transfer and convey is not.



(c) www.houstondouglas.org

I am often asked about the differences between the different childbirth education methods. There are 7 major methods of childbirth education, although there are many more available. I will take you through each one, the history of the method and what to expect.

Birth Boot Camp is: a method created by Donna Ryan, a prior Bradley instructor and Texan. BBC's intent is to train couples in natural birth and breastfeeding. It is a newer course and includes updated materials. They offer both in-person and online courses that last 10 weeks. Their classes include video, hands-on exercises, and workbook work. They cover pregnancy nutrition, exercise needs, relaxation techniques, common tests and procedures in pregnancy, options in labor and birth, how to write a birth plan, and breastfeeding. (check out their website www.birthbootcamp.com)

Birthing From Within is: more of a creative method – focusing on the emotions of pregnancy and labor. They teach mainly through dialogues and exercises, not as much 'formal education'. Lots of hands on and working through fear/tension cycle. Acceptance and embracing of birth process is a central focus. Lots of creative (drawing, painting, writing) exercises designed to help you through this. They teach breath awareness, mindfulness, self-hypnosis, and visualizations while also being open to the use of interventions, medications, and epidurals. They teach active birthing (moving, noise, accepting pain, etc...) and good nutrition. BFW teaches from the point of view that the only thing a woman needs to be able to achieve the birth she wants is dedication and trust... not an actual 'relaxation method'. They also focus on healing birth trauma and working with variations from the birth plan so that changes can be met in confidence and joy. Founded by Pam England. (check out their website <http://birthingfromwithin.com/>)

Bradley Method is: A method started by Dr. Robert Bradley. He created the method with the understanding that, to stay healthy and low risk, diet and exercise was necessary. Through a 12 week course, the method teaches diet, exercise, anatomy and physiology of pregnancy, labor and birth, the signposts of labor mapping, and relaxation

techniques. Relaxation techniques are intended to alleviate unnecessary pain, although proponents of Bradley don't have a goal of a painless birth, only a comfortable one by getting rid of 'unnecessary pain'. The focus of the method is breaking the pain/tension cycle by negating fear through education/understanding, teaching partners how to help a laboring woman, and positive consumerism... as well as lots of postpartum and breastfeeding education. Dr. Bradley modeled his method through watching animals give birth. He came away with the knowledge that women need privacy, movement, rest, and alleviating fear/worry to birth comfortably. (check out their website www.bradleybirth.com)



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HypnoBIRTHING is: Self-hypnosis and guided imagery. by 'distraction' (focusing away) for, what many women hope is, a pain-free birth. It is an educational process that includes special breathing, relaxation, visualization, meditative practice, attention to nutrition and positive body toning. This is completed in 5, 2 ½ hour classes. They teach anatomy and physiology of labor and birth, trusting the process, and how to use hypnobirthing

hypnosis in the postpartum period as well. Hypnobirthing works with affirmations. Some find the birth affirmations as very helpful and relaxing, giving them the ability to achieve a deep state of relaxation during labor and birth. Their course encourages hypnosis to dispel fear and pain. Includes audio tracks. Started by Marie Mongan, a professional hypnotherapist. (check out their website www.hypnobirthing.com)

HypnoBABIES is: Again, using self-hypnosis techniques for, what many women hope is, a pain-free birth. Hypnobabies is broken down into 6, 3 hour classes that can be taken in-person or through a home self-study course. This method teaches physiology of pregnancy, labor, and birth, breathing, relaxation, communication skills, optimal fetal positioning, visualization, active hypnosis (ability to use it while moving around) through repetition, and nutrition. It is a complete and comprehensive childbirth class that balances intuition, discipline, and mother-centeredness very well and provides an overview of options, medications, and interventions commonly used during pregnancy and birth. Includes audio tracks. Their course encourages hypnosis to dispel fear and pain, and also believe, when done correctly, can provide numbing to any part of the body the mother chooses. Created based on master hypnotist Gerald Klein's teachings for introverted self-hypnosis. Started by Kerry Tuschoff, a previous Bradley student/teacher, and is considered medical-grade hypnoanesthesia. (check out their website www.hypnobabies.com)

Lamaze is: Different from its inception. Dr. Ferdinand Lamaze's original design was incorporating nutrition, exercise, and psychoprophylaxis to counteract acute pain in labor and birth. Current Lamaze teachings focus less on the altered breathing patterns of the original Lamaze, and instead focus on healthy birth practices. Lamaze classes are often the 'mainstream' childbirth class taught in many hospital settings (which oftentimes narrow their focus to hospital policy and procedures), although it often does not reflect the education that you would find if you were to take an independent (non-hospital affiliated) Lamaze class. Current independent classes teach anatomy, exercises, positions for birth, and a wide range of relaxation techniques. (check out their website <http://www.lamaze.org/>)

Having a Baby?

Ten Questions to Ask Have you decided how to have your baby? The choice is yours!

First, you should learn as much as you can about all your choices. There are many different ways of caring for a mother and her baby during labor and birth. Birthing care that is better and healthier for mothers and babies is called “mother-friendly.” Some birth places or settings are more mother-friendly than others.

A group of experts in birthing care came up with this list of 10 things to look for and ask about. Medical research supports all of these things. These are also the best ways to be mother-friendly.

When you are deciding where to have your baby, you'll probably be choosing from different places such as birth center, hospital, or home birth service.

Here's what you should expect, and ask for, in your birth experience. Be sure to find out how the people you talk with handle these ten issues about caring for you and your baby. You may want to ask the questions below to help you learn more.

1. Ask, “Who can be with me during labor and birth?”

Mother-friendly birth centers, hospitals, and home birth services will let a birthing mother decide whom she wants to have with her during the birth. This includes fathers, partners, children, other family members, or friends.

They will also let a birthing mother have with her a person who has special training in helping women cope with labor and birth. This person is called a doula or labor support person. She never leaves the birthing mother alone. She encourages her, comforts her, and helps her understand what's happening to her.

They will have midwives as part of their staff so that a birthing mother can have a midwife with her if she wants to.

2. Ask, “What happens during a normal labor and birth in your setting?”

If they give mother-friendly care, they will tell you how they handle every part of the birthing process. For example, how often do they give the mother a drug to speed up the birth? Or do they let labor and birth usually happen on its own timing?

They will also tell you how often they do certain procedures. For example, they will have a record of the percentage of C-sections (Cesarean births) they do every year. If the number is too high, you'll want to consider having your baby in another place or with another doctor or midwife.

Here are some numbers we recommend you ask about.

- They should *not* try to start labor for more than 1 in 10 women (10%).
- They should not do an episiotomy (ee-pee-zee-AH-tummy) on more than 1 in 5 women (20%). They should be trying to bring that number down. (An episiotomy is a cut in the opening to the vagina to make it larger for birth. It is not necessary most of the time.)
- They should not do C-sections on more than 1 in 10 women (10%) if it's a community hospital. The rate should be 15% or less in hospitals which care for many high-risk mothers and babies.

A C-section is a major operation in which a doctor cuts through the mother's stomach into her womb and removes the baby through the opening. Mothers who have had a C-section can often have future babies normally. Look for a birth place in which 6 out of 10 women (60%) or more of the mothers who have had C-sections go on to have their other babies through the birth canal.

3. Ask, “How do you allow for differences in culture and beliefs?”

Mother-friendly birth centers, hospitals, and home birth services are sensitive to the mother’s culture. They know that mothers and families have differing beliefs, values, and customs.

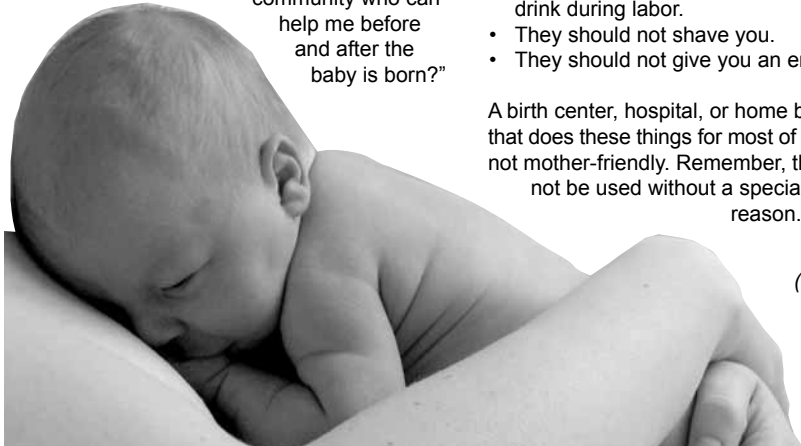
For example, you may have a custom that only women may be with you during labor and birth. Or perhaps your beliefs include a religious ritual to be done after birth. There are many other examples that may be very important to you. If the place and the people are mother-friendly, they will support you in doing what you want to do. Before labor starts tell your doctor or midwife special things you want.

4. Ask, “Can I walk and move around during labor? What position do you suggest for birth?”

In mother-friendly settings, you can walk around and move about as you choose during labor. You can choose the positions that are most comfortable and work best for you during labor and birth. (There may be a medical reason for you to be in a certain position.) Mother-friendly settings almost never put a woman flat on her back with her legs up in stirrups for the birth.

5. Ask, “How do you make sure everything goes smoothly when my nurse, doctor, midwife, or agency need to work with each other?”

Ask, “Can my doctor or midwife come with me if I have to be moved to another place during labor? Can you help me find people or agencies in my community who can help me before and after the baby is born?”



Mother-friendly places and people will have a specific plan for keeping in touch with the other people who are caring for you. They will talk to others who give you birth care. They will help you find people or agencies in your community to help you. For example, they may put you in touch with someone who can help you with breastfeeding.

6. Ask, “What things do you normally do to a woman in labor?”

Experts say some methods of care during labor and birth are better and healthier for mothers and babies. Medical research shows us which methods of care are better and healthier. Mother-friendly settings only use methods that have been proven to be best by scientific evidence.

Sometimes birth centers, hospitals, and home birth services use methods that are not proven to be best for the mother or the baby. For example, research has shown it’s usually not helpful to break the bag of waters.

Here is a list of things we recommend you ask about. They do not help and may hurt healthy mothers and babies. They are not proven to be best for the mother or baby and are not mother-friendly.

- They should not keep track of the baby’s heart rate all the time with a machine (called an electronic fetal monitor). Instead it is best to have your nurse or midwife listen to the baby’s heart from time to time.
- They should not break your bag of waters early in labor.
- They should not use an IV (a needle put into your vein to give you fluids).
- They should not tell you that you can’t eat or drink during labor.
- They should not shave you.
- They should not give you an enema.

A birth center, hospital, or home birth service that does these things for most of the mothers is not mother-friendly. Remember, these should not be used without a special medical reason.

(continued on next page)

Photo:
Marta Waldo

7. Ask, “How do you help mothers stay as comfortable as they can be? Besides drugs, how do you help mothers relieve the pain of labor?”

The people who care for you should know how to help you cope with labor. They should know about ways of dealing with your pain that don't use drugs. They should suggest such things as changing your position, relaxing in a warm bath, having a massage, and using music. These are called comfort measures.

Comfort measures help you handle your labor more easily and help you feel more in control. The people who care for you will not try to persuade you to use a drug for pain unless you need it to take care of a special medical problem. All drugs affect the baby.

8. Ask, “What if my baby is born early or has special problems?”

Mother-friendly places and people will encourage mothers and families to touch, hold, breastfeed, and care for their babies as much as they can. They will encourage this even if your baby is born early or has a medical problem at birth. (However, there may be a special medical reason you shouldn't hold and care for your baby.)

9. Ask, “Do you circumcise baby boys?”

Medical research does not show a need to circumcise baby boys. It is painful and risky. Mother-friendly birth places discourage circumcision unless it is for religious reasons.

10. Ask, “How do you help mothers who want to breastfeed?”

The World Health Organization made this list of ways birth services support breastfeeding.

- They tell all pregnant mothers why and how to breastfeed.
- They help you start breastfeeding within 1 hour after your baby is born.
- They show you how to breastfeed. And they show you how to keep your milk coming in even if you have to be away from your baby for work or other reasons.
- Newborns should have only breast milk. (However, there may be a medical reason they cannot have it right away.)
- They encourage you and the baby to stay together all day and all night. This is called “rooming-in.”

- They encourage you to feed your baby whenever he or she wants to nurse, rather than at certain times.
- They should not give pacifiers (“dummies” or “soothers”) to breastfed babies.
- They encourage you to join a group of mothers who breastfeed. They tell you how to contact a group near you.
- They have a written policy on breastfeeding. All the employees know about and use the ideas in the policy.
- They teach employees the skills they need to carry out these steps.

Would you like to give this information (and more) to your doctor, midwife, or nurse?

This information is a part of the Mother-Friendly Childbirth Initiative written for health care providers. You can get a copy of the Initiative for your doctor, midwife, or nurse by mail, e-mail, or at www.motherfriendly.org, www.motherfriendly.org/MFCI

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labor-induction, avoiding c-sections, birth trauma,
difficulty breast-feeding, torticollis, plagiocephaly

Reading Recommendations

Many of these books are available at the BIRTHstore Library!

Pregnancy and Birth

A Good Birth, A Safe Birth, *Diana Korte and Roberta Scaer*

A Modern Woman's Guide to A Natural Empowering Birth, *Katrina Zaslavsky*

Active Birth: The New Approach to Giving Birth Naturally, *Janet Balaskas*

The Birth Book: Everything You Need to Know to Have a Safe and Satisfying Birth, *Martha Sears, William Sears*

Birth Matters, a Midwife's Manifesta, *Ina May Gaskin*

Birth Reborn, *Michel Odent*

Birth From Within: An Extra-Ordinary Guide to Childbirth Preparation,
Pam England, Rob Horowitz

Born in the USA, *Marsden Wagner, MD, MS*

The Complete Book of Pregnancy and Childbirth (Revised), *Sheila Kitzinger*

Creating Your Birth Plan: The Definitive Guide to a Safe and Empowering Birth,
Marsden Wagner with Stephanie Gunning

The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth, *Marshall H., Klaus, et al*

Ended Beginnings: Healing Childbearing Losses *Claudia Panuthos and Catherine Romeo*

Gentle Birth Choices, *Barbara Harper, Suzanne Arms*

Giving Birth, Challenges & Choices, *Suzanne Arms*

Gentle Birth, Gentle Mothering, *Sarah J Buckley*

Handbook for Fathers To Be, *Patrick Houser*

Having a Baby, Naturally: The Mothering Magazine Guide to Pregnancy and Childbirth, *Peggy O'Mara*

Healthy Mother, Healthy Child, *Elizabeth Irvine*

Hey Who's Having this Baby, *Breck Hawk*

Hold on to Your Kids, *Gabor Mate, MD*

How Big is a Placenta Bowl?, *Renee Moilanen*

Immaculate Deception II – A Fresh Look at Childbirth, *Suzanne Arms*

Ina May's Guide to Childbirth, *Ina May Gaskin*

Journey Into Motherhood: Inspirational Stories of Natural Birth, *Sheri L. Menelli*

The Motherhood Manifesto, *Blades & Rowe-Finkbeiner*

Obstetric Myths Versus Research Realities, *Henci Goer*

The Official Lamaze Guide: Giving Birth with Confidence
by Judith Lothian & Charlotte DeVries

The Pregnancy Book: Month-by-Month, Everything You Need to Know From America's Baby Experts, *William Sears and Martha Sears*

Rebounding From Childbirth: Toward Emotional Recovery *by Lynn Madsen*

Rediscovering Birth, *Sheila Kitzinger*

Sit Up and Take Notice! Positioning Yourself for a Better Birth, *Pauline Scott*

Special Delivery: The Complete Guide to Informed Birth, *Rahima Baldwin*

The Thinking Woman's Guide to a Better Birth, *Henci Goer*

What Babies Want, *DVD/video, Takikawa*

Women's Bodies, Women's Wisdom, *Christiane Northrup*

Cesarean Prevention and Vaginal Birth after Cesarean

Birth normally; after a cesarean or two, *Helene Vadeboncoeur*

Silent Knife: Cesarean Prevention and Vaginal Birth after Cesarean (VBAC),

Nancy Wainer Cohen, Lois J. Estner

The VBAC Companion: The Expectant Mother's Guide to Vaginal Birth After Cesarean, Diana Korte

The VBAC Experience: Very Beautiful and Courageous, Lynn Baptisti Richards

What Every Pregnant Woman Needs to Know About Cesarean Section, MCA

Breastfeeding

Black Womans Guide to Breastfeeding, Katherine Barber

The Breastfeeding Book: Everything You Need to Know About Nursing Your Child From Birth Through Weaning, William Sears, Martha Sears

The Womanly Art of Breastfeeding, 7th Revised Edition, La Leche League Int'l

Parenting

The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two, William and Martha Sears

CALMS; A Guide to Soothing Your baby, Debbie Takikawa, DC, Carrie Contey, PhD

Natural Family Living: The Mothering Magazine Guide to Parenting, Peggy O'Mara

Sleeping with Your Baby; A Parent's Guide to Cosleeping, James J. McKenna, PhD

What Your Pediatrician Doesn't Know Can Hurt Your Child, Susan Markel, MD

Why Dads Leave, Meryn G. Callander



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Top 10

Questions to Ask Your OB

1. What is your surgical birth rate?
2. Do you support VBACs and how?
3. If you cannot attend my birth, who will, and can I meet them?
4. What percentage of your patients are induced? How long do you let your patients go before you recommend induction and how long do you let a mom labor before you suggest interventions?
5. What is your policy on ruptured membranes?
6. What do you think of doulas?
7. How open are you to alternative birthing positions, including squatting, standing, and all-fours?
8. What are your policies on episiotomies and do you require continuous monitoring?
9. Do you encourage your patients to labor at home before coming to the hospital?
10. How open are you to delaying cord clamping and cutting?

Topics to Discuss with your Pediatrician

1. Antibiotics/use of medications for common ailments
2. Alternative or holistic health options
3. Breastfeeding/extended breastfeeding and weaning
4. Circumcision
5. Co-sleeping
6. Routine testing and well-child visits
7. Getting baby to sleep
8. Nutrition/introduction of food
9. Vaccinations
10. Routine procedures to baby immediate after birth such as eye ointment, Hepatitis B and vitamin K

Professional Organizations

AABA - African American Breastfeeding Alliance, Southwest Region, www.AABA-sw.org

AAHCC - American Association of Husband Coached Childbirth, www.bradleybirth.com

ACNM - American College of Nurse-Midwives, www.midwife.org or acnm.org

ALACE - Association of Labor Assistants and Childbirth Educators, www.alace.org

Association of Texas Midwives - www.texasmidwives.com

Birth Works Int'l - www.birthworks.org

CAPPA - Childbirth and Postpartum Professional Association, www.cappa.net

DONA - Doulas of North America, www.dona.org

ICEA - International Childbirth Education Association, www.icea.org

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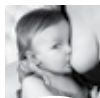
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..... **713-861-6777**
Heights of Health, 540 Fraser, 77007
www.heightsofhealth.com
info@heightsofhealth.com

Natural Products for Pregnancy

Blossoming Mama..... 832-559-3064

122 Vintage Park Blvd, Suite i
Houston, TX 77070

Contact@blossomingmama.com

www.blossomingmama.com

Blossoming Mama is a natural parenting store with goods, classes, and consultations.

MacRae Naturals

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MacRae Naturals offer genuine Raw Baltic Amber, Hazelwood, and crystal healing jewelry for all ages.

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Marian Bell Healthy Lifestyle.... 713-723-1288

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Baby food cooking, nutrition classes, and private baby food chef services.

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ffanitrn@gmail.com

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b.tapia@wellnessabroso.com

I'm Brenda Tapia and I'm a health coach from IIN (Institute of Integrative Nutrition).

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info@bassettbabyplanning.com
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www.motherhoodcenter.com

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Division800-252-8014 or 713-787-7147

6161 Savoy Dr., Ste. 420, Houston, TX 77036

www.texasattorneygeneral.gov

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iyengaryogacenterhouston@gmail.com
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loveandlightdoula.com

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www.motherhoodcenter.com

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..... **832-663-5203**
Rebel Leaders: Kathleen Wilson and
Joli Ammons
315 Main Street, Spring, TX 77373
education@rebelbirth.com
www.rebelbirth.com

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Schools/Education

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bayouvillageschool.org
Waldorf inspired education for early childhood
(ages 4 months - 6 years), elementary,
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Top 10

Reasons to Wear your Baby

1. Free your arms and hands and relieve your hardworking back, shoulders, neck, and wrists.
2. Keep little hands away from delicate displays or public restroom walls, and give little feet a rest or keep them from taking your child in undesirable or unsafe directions.
3. Easily share jokes with an older child or keep tabs on an infant, naturally including children in your interactions from a comforting place—heart-to-heart with you.
4. Maintain an open airway for baby with proper positioning, unlike in a carseat, swing, stroller, or bouncer can restrict the flow of oxygen to the brain.
5. Savor eau de tiny-sweaty-baby-head, fuzzy-head kiss-therapy, and chubby-cheek-noms at your convenience.
6. Navigate unpaved, crowded, or places deftly, with no bulky equipment to tote if your child decides not to ride.
7. Slings can be double as changing pads, pillows, picnic blankets, teethers, and magical hammocks, costumes, roads, rivers, and more. And they wash up easily.
8. Allow a much-needed nap to happen anytime, anywhere.
9. Connect with local and international families who enjoy it and become a part of the pan-cultural tradition of babywearing.
10. It doesn't matter if you carry kiddos on your front, back, or hip; a few minutes every now and then, or every day for a few hours — once you've done it, you understand how satisfying it can be to connect with your children by giving them a ride.

Happy babywearing!

Schools/Education (cont.)

St. Catherine's Montessori 713-665-2195
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Offering a nurturing and authentic Montessori community to children from 14 months through 10th Grade.
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info@cpfh.org, www.cpfh.org
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ican-online.org/houston-galveston
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PJ Barnett
Providing mother to mother support for cesarean recovery and promoting Vaginal Birth After Cesarean (VBAC).
northhouston.tx@ican-online.org
ican-online.org

ICAN of North Houston
Providing mother to mother support for cesarean recovery and promoting Vaginal Birth After Cesarean (VBAC).
westhouston.tx@ican-online.org
ican-online.org

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3701 West Alabama St, Suite 230
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www.motherhoodcenter.com

Website Recommendations

Acupuncture

www.acupuncturehouston.net Houston Acupuncture and Herb Clinic
www.houstonacupunctureherb.com Houston Acupuncture and Herb, LLC
www.orientalartofhealing.com Oriental Art of Healing Acupuncture Clinics

Birthing

www.BirthWithLove.com Birth with Love Midwifery Supplies
www.ChildbirthConnection.org Childbirth Connection
www.cfmidwifery.org Citizens for Midwifery
www.houbirth.org BIRTH, Bringing Information & Resources to Houston
www.ican-online.org International Cesarean Awareness Network
www.motherfriendly.org Coalition for Improving Maternity Services
www.waterbirth.org Maternal/Child Health Assoc. and Waterbirth Int'l

Breastfeeding

www.LLLusa.org La Leche League International

Parenting

www.attachmentparenting.org Attachment Parenting International
www.childrenatrisk.org Children at Risk
www.handinhandparenting.org Hand in Hand Parenting
www.MomsRising.org MomsRising Organization
www.mothing.com Online Mothering Magazine
www.parentawarenesscenter.com Tips on easy ways to go green

General Health

www.centralcityco-op.org Houston's only organic co-op
www.healthedadlit.com Health Education, Advocacy, and Literacy (H.E.A.L.)
www.homeopathyyes.com Homeopathy questions answered, Local
www.LuciasGarden.com Lucia's Garden
www.nocirc.org National Organization of Circumcision Information
www.vaccineinfo.net PROVE,
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CD	Certified Doula	IBCLC	Int'l Board Certified Lactation Consultant
CHt	Certified Hypnotherapist	LCCE	Lamaze Certified Childbirth Educator
CLD	Certified Labor Doula	LM	Licensed Midwife
CLE	Certified Lactation Educator	MH	Master Herbalist
CNC	Certified Nutritional Consultant	ND	Naturopathic Doctor
CNHP	Certified Natural Health Professional	RMT	Registered Massage Therapist
CNM	Certified Nurse-Midwife	RN	Registered Nurse
CPM	Certified Professional Midwife		
DONA	Doulas of North America		

Support Groups (cont.)

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Plaza Building, Suite 110, Houston, TX 77015

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B.I.R.T.H Mission and Vision

B.I.R.T.H. is Bringing Information and Resources to Houston. We are pleased to provide you with this Resource Guide to aid you in your journey toward a healthy and gentle birth for your family.

Birth is our opportunity for closeness, for meaning, for love. These are basic human needs which all occur in the birthing process for everyone involved. Anyone who is present and aware during the birth of a new human being is touched in some deep way by the experience. It is a peak experience of life - it is the underpinnings of life itself.

For these reasons, we encourage your birthing decisions to be contemplated and based on sound education. It is important that the unique opportunity for growth of a woman's instinct be valued and cultivated. A family is born with a mother's wisdom, strength, and courage.

If you have experienced a traumatic birth, recognize that education is the first step in recovery. If you are preparing for your first birth we encourage you to listen. Listen to your care provider, listen to other women's birth stories (especially those women who have felt empowered by their birthing); above all, listen to yourself . . . for as you grow your baby, you are growing your mothering instinct. Happy Birth Day!

Pat Jones, Founder and President of BIRTH

Sarah Green, Vice-President of BIRTH

Childbirth Classes: history, options, and local resources

(continued from page 26)

Sacred Pregnancy is: an 8 week women's course developed by Anni Daulter. There is also an option for a 4 week couple's course. Both focus on nourishing the body through food, ritual, creative work, exercises, relationships and sexuality. The method primarily works on the emotional and sensual aspects of preparation for birth, birth itself, and healing postpartum. Sacred Pregnancy does not focus on medications and interventions, provides a short overview of labor stages, and breastfeeding and baby care is a separate course. (check out their website here: <http://www.sacred-pregnancy.com/>)

Most of these courses are considered complete and comprehensive - meaning that they cover pregnancy, labor, birth, postpartum, and baby care. All can be found as independent childbirth classes (meaning that they are not affiliated with a hospital) in the Houston area.

Beyond these childbirth methods, there are many many independent childbirth classes that are not taught as a 'method'. This means that the information within the class will be greatly influenced by the individual teaching it. These include:



- Doula-formulated childbirth classes - these will vary greatly by doula, philosophy, scope of practice their certifying organization allows, their experience, and their 'specialty' (any type of birthing situation or circumstance that they specialize in or have a great amount of experience in). These are great because of the amount of experience doulas have attending birth, unlike the average childbirth educator 'only'.
- ICEA - provides educators with the education and tools necessary to design their own class. Usually covers diet, exercise, A&P, relaxation techniques, positions for labor and birth, medications, interventions, breastfeeding, and postpartum options.
- CBI - The same as ICEA, but, additionally, they train their educators in dynamic teaching skills.
- CAPP - much of the same as ICEA and CBI, with an additional focus on supporting young families through their HUG Your Baby program.
- Birthworks - from their website "each woman finds her own way through birth and labors in her own unique way. Our childbirth classes and doula services honor each woman's wholeness and individuality and encourage integration of the mind, body, and spirit through the human values of truth, right action, peace, love, and nonviolence. " Again, similar in conception to ICEA.
- And many more...

There are a great number of local independent childbirth education classes in the Houston area. Two examples of these courses include:

Debbie Hull's BirthWorks is: an experiential, interactive course emphasizing every woman's innate knowledge of how to give birth and the importance of mental

and emotional aspects of birthing. The course includes how to understand and communicate with care providers, options in labor and birth, and stages of labor. Class include practical experience with what to expect of being in labor and at labor; coping techniques, comfort measures and labor support, how to be a good consumer, the benefits/risks of, and alternatives to, obstetrical procedures along with techniques for navigating hospital politics and policies, an essential skill for those birthing in hospital or at home/birth center. This class was designed from over 19 years of experience in the birthing field by Debbie Hull, local doula and childbirth educator. Group class consists of five three-hour sessions while private classes consist of two four-and-a-half to five-and-a-half hour sessions. (check out her website www.debbiehulldoula.com)

Rebel Birth is: a course developed by Kathleen Wilson and Joli Ammons, birth doulas in the Spring area. Their class is taught in a 6 week series of 2 hour classes. They offer Saturday one-day classes as well. The focus of their program is autonomy, advocacy, and helping women to become aware of/gain confidence in their ability to make solid and confident choices in their own healthcare. The course encourages women to understand that positive birth experiences vary from woman to woman and that all women and choices should be honored and respected. “The goal is to learn how to have the most empowering and positive version of your personal birth story.” Includes information on: nutrition, exercise, hormones, gestation, visualization, meditation, journaling, team building, comfort techniques, labor overview, optimal fetal positioning, variations, interventions, communication, subversion techniques, breastfeeding, newborn care, recovery, and traumatic birth recovery. (check out their website www.rebelbirth.com)

Benefits to an independent childbirth course:

- you will not be limited in your education to what the hospital wants you to adhere to (i.e. policy and procedure)
- you will learn a variety of coping techniques that have a focus on natural, active, and autonomous
- you will learn about nutrition and exercise, staying healthy and low-risk for your pregnancy. Something that hospitals rarely do.
- you will learn about parenting options and how to do them (i.e. baby wearing, cloth diapering, alternative vaccination schedules, intact penis care for the newborn male, breastfeeding, and more)
- you have the possibility/opportunity of having your course tailored for you, individually, and your needs

A limitation of independent childbirth classes is that you need to be sure that you agree with the educator’s philosophies and ideals, as it often colors the course/classes. Interviewing a childbirth educator is very important when you choose to take an independent childbirth course.

Congratulations on your upcoming birth and remember that pregnancy is 9 months preparation for one amazing moment.

About the Author:

Cole Deelah is a birth doula and childbirth educator in the Houston and has been in practice for over 15 years. She’s written a number of articles for magazines, including International Doula, Midwifery Today, Sacred Pregnancy, Pathways to Family Wellness, and more. She is also the owner and author of the blog, Bellies and Babies. Visit her online at www.houstondoulas.org or www.facebook.com/SageBeginnings

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- African Americans are almost four times as likely to die as infants due to complications related to low birth weight as compared to Caucasian infants.
- African Americans had twice the sudden infant death syndrome mortality rate as Caucasians, in 2009.
- African American mothers were 2.3 times more likely than Caucasian mothers to begin prenatal care in the 3rd trimester, or not receive prenatal care at all.
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