

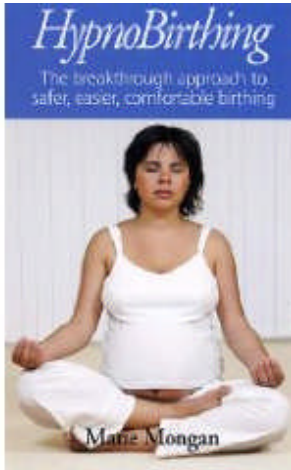


Goodwin

The Goodwin Volunteer Doula Project Monthly Bulletin June 2009



Regular Review: What have you been reading?



Hypnobirthing ®: The breakthrough approach to safer, easier, comfortable birthing, by Marie Mongan; 3rd Edition (2005), London, Souvenir Press.

Available to borrow from the Doula Project Library. Marie Mongan is an American who had experienced negative births in the very medical system in the 1950's and 60's. She knew birth was a natural, instinctive process and had read Grantley Dick-Read's 'Childbirth without Fear' but struggled through the American system to give birth naturally. Later in her life she became a hypnotherapist and when her daughter became pregnant, she supported her with hypnotherapy and devised an education programme called 'HypnoBirthing'. The book goes on to explain in a

very structured manner how the mind works and how fear has a huge impact on labour and pain.

The book is aimed at pregnant women, primarily in the American system, but has lots of clearly transferrable information. Mongan discusses the importance of selecting the correct birthing environment, and caregivers, and then details the various techniques to be used. These cover a range of techniques, including breathing, relaxation, and visualisation, and there is a great section directly aimed at the birth partner. Ultra-deepening techniques are also discussed, which may be used as labour progresses. There are further chapters which detail exactly what may happen in each phase and how HypnoBirthing can be used. I found this an excellent book: an easy and interesting read which really makes you reflect on how we can support women effectively throughout labour. An essential read for all volunteer doulas...Enjoy!

Reviewed by Heather Barnes

Learn more about... Breastfeeding

Book of the month:
Successful Breastfeeding (3rd edition), by the Royal College of Midwives

Websites to visit:
<http://www.breastfeedingmanifesto.org.uk>

Places to go:
Have you found your local baby friendly café? Does your library welcome breastfeeding mums? Why not find out and let us know how breastfeeding is supported in your local area.

A summary of news from May...

All good things come to an end... And sadly, Heather left Fenchurch Street in May. Don't worry, though, she's not leaving the Project! She's moved to the Hooper Building, in the centre of town, to take on an even more active role promoting the Doula Project across the UK. Janet has had her role enhanced to look after the day to day running of the project, and will continue to give you all the same excellent support as before, from the Fenchurch Street Centre. We are also getting two new members of staff.

At May's training session, we ... had a celebratory get-together for



volunteers old and new. We went out together for coffee and cakes at the Zoo Café on Newland Avenue, and had the chance to celebrate the achievements of all the doulas, from those just matched for the first time, to those approaching their tenth birth! We also enjoyed giving certificates to the newest intake of volunteers. It was a great way to spend a Thursday evening!

Coming up... Coming up... Coming up... Coming up...

June's training session will be delivered by Tish Lamb, from Cornerhouse. She will be following up from a previous training session, and looking in particular at the challenges facing mums with HIV. It will be at Fenchurch Street Children's Centre, from 6.30 – 8.30pm, on Thursday 11th June. See you there!