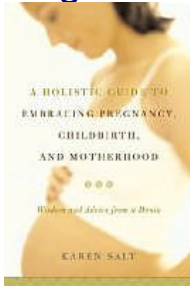


Goodwin

The Goodwin Volunteer Doula Project Monthly Bulletin November 2009



Regular Review: What have you been reading?



Title: A Holistic Guide to Embracing Pregnancy, Childbirth, and Motherhood: Wisdom and Advice from a Doula
Author: Karen N. Salt
Publisher: Perseus Publishing, 2003

“You are more than a pregnant person about to give birth. You are a friend, a lover, a daughter, and a woman. You are all of these things and more as you navigate pregnancy, experience birth, and travel through motherhood...”

This is one book you can judge by its cover; it really does give a holistic approach to pregnancy, birth, and motherhood, written by a doula, and addressing the mum-to-be. Filled with practical tips on relaxation, labour positions, pain relief, and lots more, this is a lovely way to help a mum to think about what's happening to her mind, her body, and her spirit as she goes through all the changes that lead to her becoming a mum. It also gives practical advice for how to involve dads in pregnancy, labour and parenthood, and offers help with how to help a couple adapt to becoming a family. It's a fairly easy read, though some sections – particularly the chapter looking at the different options for where a mum can give birth – are very focused on the American health system. Overall, I felt this was a lovely way to focus on the magic of motherhood and how to enjoy all the changes going on inside your body through pregnancy; and it's detailed enough to be a particularly good book for first time mums!

Reviewed by Eleanor Coss

Coming up...

November's training session, on 12th November, will be looking at the development of **communication skills**, starting with “talking to your bump” and going how best to communicate with baby, including sign language and other fun methods! It'll look particularly at how you can support a mum to develop and use these skills. It'll be a fun, relaxed evening, that will help both you and the mums you support; and we hope to see you there!

Training evening, 15 October 2009 - S A N D S (Stillbirth & neonatal death charity)

I attended this training evening to learn about what is available in our area for mums whose baby may be stillborn or die within hours or days of birth.

Maggie Simpkin, the speaker, spoke from her heart on this subject, which she has experienced herself. Maggie was very knowledgeable on what facilities were available and how to go about getting the support if ever it was needed. For example, there are supposed to be leaflets around the hospitals with the contact details for SANDS; unfortunately these are not always available. The midwives can also refer mums to the facility of SANDS, but sadly this does not always happen.

The trauma of having a stillbirth or a neonatal death isn't only a tragedy for the mother; it also affects the father, other siblings, grandparents and other close relatives. SANDS offer support to any one affected by the death of a baby. They work with other professionals to care for the bereaved families and they also promote and fund research that could reduce the loss of babies in their first hours of life.

In my capacity as a Doula I was glad I attended this training evening. Heaven forbid that I would ever need Maggie Simpkin and SANDS for one of my mums, but at least I know where to go if I ever did.

On a lighter note we also played a little game at the beginning of the session, an ice breaker that got everyone talking to each other. It was fun and I got to know some of the new intake of doulas. Why not come along next time; who knows what you might learn or who you might meet?

Reviewed by Marj Dennison