

Birth Network

Providing information, education and resources for healthy pregnancy, birth and postpartum.

“Happy Births, Healthy Babies”

Free! Classes for Parents at ABN

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ManyMothers

Albuquerque

Would you like to have help at home when your baby arrives?

Many Mothers Albuquerque is a new program offering free practical and emotional support to families with newborns.

Volunteers from the community are matched with families in need. Mothers may receive help with caring for their new baby or an older child, doing basic household



tasks, or finding time to rest and care for oneself. To learn more about how we can help your family, or to make a donation, please visit the website:

www.manymothersABQ.org

If you have questions about the program, or would like to sign

up for assistance, contact

Many Mothers Albuquerque at

505-514-1170 or by email:

mmabq@yahoo.com

MMABQ Circle

Many Mothers Circles are held on the Third Thursday of every month from 12-2pm

A gathering for moms and their babies, expectant moms, wannabe moms, grandparents, caregivers, and dads too! To connect with one another for peer support and learn about good parenting techniques and other related topics. See calendar for details.

Located at:

123 Wellesley SE, on the corner of Silver and Wellesley in Nob Hill

Free Classes for Parents!

Located at:

123 Wellesley SE, on the corner of Silver and Wellesley



HypnoBirthing® of New Mexico
The Mongan Method

The Gold Standard for birth

HypnoBirthing can help you have the childbirth experience that most women dream about!

Join Joleen Streit, Jean Stouffer and Debbie Wollam for a FREE discussion on how you can use your natural birthing instincts to have a safer, easier, and more comfortable birth.

Find out why so many women who have experienced HypnoBirthing are recommending this knowledgeable and rewarding class to their pregnant friends.

Second Thursday of every month, 7:00 pm
No need to register!
Drop-ins Welcome

Join us at the Albuquerque Birth Network
123 Wellesley SE (Silver and Wellesley)

For more info call 908-5784, 269-8423, or 286-4893

December Classes

La Leche League

Breastfeeding Education and Support

Monday Dec. 7th 9:30-11:30 am

Introduction to HypnoBirthing

Use hypnosis for comfortable birthing

Thursday Dec. 10th, 7-8 pm.

Many Mothers Circle

Emotions and Postpartum Health

with Wallin-Luna Counseling

Thursday Dec 17th, 12-2 pm.

January Classes

La Leche League

Breastfeeding Education and Support

Tuesday Jan 12th 9:30-11:30 am

Introduction to HypnoBirthing

Use hypnosis for comfortable birthing

Thursday Jan. 14th, 7-8 pm.

Many Mothers Circle

Hypnosis for Responsible Parenting

with Shelley Black and Laura Wood

Thursday Jan 21st, 12-2 pm.

Doulas of the Southwest


Invites you to a free monthly tea

Where: Rio Grande Midwifery
4916 4th St. NW
(2 blocks north of Griegos, across from Garcia's)

When: The second Saturday of every month.
10-11am

No need to RSVP. Just enjoy a relaxing hour of conversation and answers to your questions about Doulas and birth options. This is an opportunity to meet local Doulas, and to learn how Doulas can help a mother and family through labor, birth and postpartum.

For more information and a schedule of additional Doulas of the Southwest events go to www.Doulasofthesouthwest.com



Volunteer to Help Care for New Moms and their Babies!

Younger, older, working, retired, a mom or not...You are needed to support moms and babies!

A MMABQ Volunteer helps mothers with newborns by providing practical and emotional support in the form of an unconditional friendship. Specifically, Volunteers spend time each week caring for the newborn while mom takes a rest or a bath, may help with running errands, light housework, playing with an older child or cooking. These are just a few examples of how you can help. Volunteers are there to give mom time to nurture herself, so that she can nurture her new baby, thus forming a positive relationship between mother and child right from the start.

What is a volunteer's commitment?

3 months for a family with a newborn, 6 months for a family with twins. During the first month, the volunteer visits the home twice a week for 1 to 2 hours at a time. In the second and third months, visits take place once a week.

Volunteers attend quarterly appreciation meetings and complete a volunteer application with a background check.

To learn more about how you can help,
please call Many Mothers at 505-514-1170 or email: mmabq@yahoo.com

Times Are Changing

By Shelley Black, CHT

The year was 1936, and then-famous obstetrician Joseph DeLee was speaking about hypnosis at a meeting of the American Medical Association (AMA) in Kansas City:

"It is not illogical to assume that the conditions of the mind affect the muscles active in childbirth. The best and safest aid to mothers will come when the obstetrician learns how to use suggestion. On occasion I have given a woman small doses of an innocuous substance, assuring her in doing so that the substance would put her to sleep. In such instances the woman actually did go to sleep, pure suggestion taking the place of drugs."

The physicians in the room didn't disagree, but they didn't embrace DeLee's ideas about suggestions either.

A well-respected leader in obstetrics, Dr. DeLee's ideas about various medical interventions changed the face of obstetrical practice, and his ban on midwives in his hospital, sadly, helped defame an ancient art. Many of his worst ideas persist today, but the use of suggestion apparently didn't have that staying power. Why?

Partly because a wide variety of pain-relief drugs were coming to the forefront, including chloroform, twilight sleep

(morphine and scopolamine), and ether. Partly because most women were still giving birth at home with their family physician in the 1930s, and so the field of obstetrics, and all its comfort measures, was not in high demand. For those physicians who could attend AMA meetings, the drugs appeared to be the silver bullet to end women's suffering. And according to the dominant belief system at the time, to alleviate a woman's suffering in childbirth was contrary to God's decree to Eve in the Garden of Eden that she should suffer in childbearing.

Hypnosis and suggestion dwelt under the shadow of all this. Dr. DeLee was immensely buggy that hypnosis, "the only anesthetic without danger," was ignored. He later said to a gathering of physicians, "I am irked when I see my colleagues neglect to avail themselves of this harmless and potent remedy."

Since then, obstetric procedures have improved, monitoring devices have been installed, drugs are safer, doctors specialize and sub-specialize, midwives are back and better than ever, and hypnosis is openly endorsed by the AMA and many other professional organizations ... but hypnosis seems to remain in the shadows.

That is, until now! More women than ever before are turning to this 'harmless and potent

remedy.' Studies show that its use rises year over year as more women hear from friends and relatives how well it works. In fact, this appears to be the dawn of a new era in both hypnosis and obstetric medicine. Within a few years, some predict hypnosis will become a key player in safe, natural, empowered birthing.

So will you be among those who say, "Darn, I wish I had done that when I was having my babies..." Or will you join those of us who can say, "I was there when it happened! I did it!"

*Shelley Black is a clinical hypnotherapist who teaches **Practical Hypnosis for Birth** classes to Albuquerque parents-to-be: www.PHBirth.com*

Did you know?

- 4.3 million American women give birth each year.
- 23% of all hospital discharges are related to childbearing.
- Cesarean section is the most common operating room procedure in the U.S.
- Charges associated with pregnancy, delivery and newborn care are the most costly hospital condition for both Medicaid and private insurers.

Albuquerque Birth Network Provider Directory

Acupuncture

| | | | |
|-----------------|------------------------|--|----------|
| Yvonne Corcoran | Yvonne Corcoran, D.O.M | www.docyvonne.com | 888-9616 |
|-----------------|------------------------|--|----------|

Bellycasting

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|----------------|------------------------|--|----------|
| Jules Johnstun | Tree of Life Midwifery | midwifejules.com | 796-6890 |
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|-----------------|-----------------|--|----------|
| Jessie Buchanon | Full Moon Doula | fullmoondoulaabq.blogspot.com | 243-2142 |
|-----------------|-----------------|--|----------|

Birth Art

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|-----------------|-----------------|--|----------|
| Jessie Buchanon | Full Moon Doula | fullmoondoulaabq.blogspot.com | 243-2142 |
|-----------------|-----------------|--|----------|

Breastfeeding Support/Lactation Services

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|-------------------|-------------------|--|----------|
| ABQ Health Pantry | ABQ Health Pantry | ABQHealthPantry@hotmail.com | 243-0370 |
|-------------------|-------------------|--|----------|

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|--------------|------------------|--|----------|
| Kelly Camden | Kelly Camden, CD | kellycamden@gmail.com | 463-1694 |
|--------------|------------------|--|----------|

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|--------------|-----------------|--|----------|
| Heidi Roibal | La Leche League | lalecheleague.org | 797-2343 |
|--------------|-----------------|--|----------|

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|---------------|-------------------------|--|----------|
| Robin Younger | Mariposa Doula Services | rwyounger@aol.com | 259-5415 |
|---------------|-------------------------|--|----------|

Childbirth Classes

| | | | |
|-----------------|------------------------------|--|----------|
| Shelley K Black | Practical Hypnosis for Birth | www.phBirth.com | 977-2007 |
|-----------------|------------------------------|--|----------|

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|--------------|--------------|--|----------|
| Kelly Camden | Kelly Camden | kellycamden@gmail.com | 463-1694 |
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|-------------|-----------------------|--|----------|
| Dusty Marie | Hummingbird Midwifery | hummingbirdmidwifery.com | 262-1690 |
|-------------|-----------------------|--|----------|

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|---------------|---------------|--|----------|
| Jean Stouffer | HypnoBirthing | Hypnosis4u-NM.com | 269-8423 |
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|---------------|---------------|--|----------|
| Joleen Streit | HypnoBirthing | posihd.com | 892-1313 |
|---------------|---------------|--|----------|

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|--------------|-----------------------------|--|----------|
| Amylee Udell | Inspired Birth and Families | inspiredabq.com | 232-2772 |
|--------------|-----------------------------|--|----------|

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|--------------|-------------------|--|----------|
| Jessica Weed | New Mexico Doulas | nmdoulas.com | 275-BABY |
|--------------|-------------------|--|----------|

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|---------------|---------------|--|----------|
| Debbie Wollam | HypnoBirthing | demeterjewel@hotmail.com | 286-4893 |
|---------------|---------------|--|----------|

Chiropractic Care

| | | | |
|--------------|-------------------------------------|--|----------|
| Karen Genter | High Desert Chiropractic & Wellness | drgenter@comcast.net | 292-2226 |
|--------------|-------------------------------------|--|----------|

| | | | |
|-----------------|--------------------------------|--|----------|
| Laura Shoemaker | Family Chiropractic & Wellness | frontdesk505@comcast.net | 271-8888 |
|-----------------|--------------------------------|--|----------|

Counseling Services

| | | | |
|---------------|---------------------------------|--|----------|
| Stefanie Luna | Wallin & Luna Counseling Assoc. | wallin-luna.com | 821-5894 |
|---------------|---------------------------------|--|----------|

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|----------------|---------------------------------|--|----------|
| Kristin Wallin | Wallin & Luna Counseling Assoc. | wallin-luna.com | 821-5894 |
|----------------|---------------------------------|--|----------|

CranioSacral Treatments

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|---------------|-----------------------|--|----------|
| Jennifer West | Albuquerque Homebirth | albuquerquehomebirth.com | 294-4359 |
|---------------|-----------------------|--|----------|

Albuquerque Birth Network Provider Directory

Doula Services: Labor Support and Postpartum Doulas

| | | | |
|-----------------|-----------------------------|--|--------------|
| Christina Baca | Every Woman's Doula | christinabaca7@gmail.com | 530-575-7330 |
| Jessie Buchanon | Full Moon Doula | fullmoondoulaabq.blogspot.com | 243-2142 |
| Kelly Camden | Kelly Camden, CD | kellycamden@gmail.com | 463-1694 |
| Erin Pehl | Erin Pehl | erinpehl@yahoo.com | 307-5327 |
| Joleen Streit | Hypnobirthing | posihd.com | 892-1313 |
| Amylee Udell | Inspired Birth and Families | inspiredabq.com | 232-2772 |
| Noriko Utsuzawa | Noriko Utsuzawa | nyutsuzawa@yahoo.co.jp | 400-5316 |
| Jessica Weed | New Mexico Doulas | nmdoulas.com | 275-BABY |
| Debbie Wollam | Hypnobirthing | demeterjewel@hotmail.com | 286-4893 |
| Robin Younger | Mariposa Doula Services | rwyounger1@aol.com | 259-5415 |

Family Practice and Pediatric Care

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|--------------|-------------------------------------|--|----------|
| Karen Genter | High Desert Chiropractic & Wellness | drgenter@comcast.net | 292-2226 |
|--------------|-------------------------------------|--|----------|

Fertility Support

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|-------------------|---------------------------------|--|----------|
| ABQ Health Pantry | ABQ Health Pantry | ABQHealthPantry@hotmail.com | 243-0370 |
| Yvonne Corcoran | Yvonne Corcoran, D.O.M | docyvonne.com | 888-9616 |
| Stefanie Luna | Wallin & Luna Counseling Assoc. | wallin-luna.com | 821-5894 |
| Kristin Wallen | Wallin & Luna Counseling Assoc. | wallin-luna.com | 821-5894 |

Herbalism

| | | | |
|-------------------|------------------------|--|----------|
| ABQ Health Pantry | ABQ Health Pantry | ABQHealthPantry@hotmail.com | 243-0370 |
| Yvonne Corcoran | Yvonne Corcoran, D.O.M | docyvonne.com | 888-9616 |
| Dusty Marie | Hummingbird Midwifery | hummingbirdmidwifery.com | 262-1690 |
| Jennifer West | Albuquerque Homebirth | info@tubsntea.com | 294-4359 |

Homeopathy

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|-------------------|-------------------|--|----------|
| ABQ Health Pantry | ABQ Health Pantry | ABQHealthPantry@hotmail.com | 243-0370 |
|-------------------|-------------------|--|----------|

Hypnotherapy

| | | | |
|-----------------|------------------------------|--|----------|
| Shelley K Black | Practical Hypnosis for Birth | www.phBirth.com | 977-2007 |
| Jean Stouffer | HypnoBirthing | Hypnosis4u-NM.com | 269-8423 |
| Joleen Streit | HypnoBirthing | posihd.com | 892-1313 |
| Debbie Wollam | HypnoBirthing | demeterjewel@hotmail.com | 286-4893 |

Infant Massage

| | | | |
|---------------|---------------------------|--|----------|
| Jennifer West | Albuquerque Homebirth | info@tubsntea.com | 294-4359 |
| Amy Zampella | Heartline Massage Therapy | heartlinemassage.com | 255-2203 |

Albuquerque Birth Network Provider Directory

Massage Therapy

| | | | |
|-----------------|---------------------------|--|----------|
| Karla Linden | Masterpiece Massage | masterpiecemassage.com | 340-9454 |
| Dusty Marie | Hummingbird Midwifery | hummingbirdmidwifery.com | 262-1690 |
| Noriko Utsuzawa | Noriko Utsuzawa | nyutsuzawa@yahoo.co.jp | 400-5316 |
| Amy Zampella | Heartline Massage Therapy | heartlinemassage.com | 255-2203 |

Midwifery

| | | | |
|----------------|------------------------|--|----------|
| Jules Johnstun | Tree of Life Midwifery | midwifejules.com | 796-6890 |
| Connie Koshewa | Natural Birth | naturalbirthmidwifery.com | 266-5762 |
| Dusty Marie | Hummingbird Midwifery | hummingbirdmidwifery.com | 262-1690 |
| Jennifer West | Albuquerque Homebirth | albuquerquehomebirth.com | 294-4359 |

Natural Products, Slings, Cloth Diapers, Clothing

| | | | |
|--------------|-----------------|--|----------|
| Stella Noyce | Baby Bear Store | babybearstore.com | 265-2922 |
|--------------|-----------------|--|----------|

Parenting Classes/Groups

| | | | |
|-----------------|---------------------------------|--|----------|
| Shelley K Black | Practical Hypnosis for Birth | www.phBirth.com | 977-2007 |
| Many Mothers | Many Mothers ABQ | mmabq.com | 514-1170 |
| Stefanie Luna | Wallin & Luna Counseling Assoc. | wallin-luna.com | 821-5894 |
| Amylee Udell | Inspired Birth and Families | inspiredabq.com | 232-2772 |

Placenta Encapsulation

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|----------------|------------------------|--|----------|
| Jules Johnstun | Tree of Life Midwifery | midwifejules.com | 796-6890 |
|----------------|------------------------|--|----------|

Postpartum Depression Support

| | | | |
|-------------------|---------------------------------|--|----------|
| ABQ Health Pantry | ABQ Health Pantry | ABQHealthPantry@hotmail.com | 243-0370 |
| Jules Johnstun | Tree of Life Midwifery | midwifejules.com | 796-6890 |
| Stefanie Luna | Wallin & Luna Counseling Assoc. | wallin-luna.com | 821-5894 |
| Kristin Wallin | Wallin & Luna Counseling Assoc. | wallin-luna.com | 821-5894 |

Total Body Modification

| | | | |
|---------------|-----------------------|--|----------|
| Jennifer West | Albuquerque Homebirth | albuquerquehomebirth.com | 294-4359 |
|---------------|-----------------------|--|----------|

Toddler Classes/Playgroups

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|--------------|-----------------------------|--|----------|
| Amylee Udell | Inspired Birth and Families | inspiredabq.com | 232-2772 |
|--------------|-----------------------------|--|----------|

Yoga Classes: Prenatal, Postnatal, Mom & Baby, Women's Yoga and Yoga Therapy

| | | | |
|-----------------|-------------------|--|----------|
| Kelly Camden | Kelly Camden, CYT | kellycamden@gmail.com | 463-1694 |
| Heather Farrell | High Desert Yoga | heatherleefarrell.com | 232-0432 |

Inspired Student Doula Program

By Amity Johnson, Doula, Childbirth Educator, and Co-Owner Inspired Birth & Families

What do Doulas do?

Doulas attend and support women in labor and birth. They are women who are very comfortable with this process and are trained to provide strength (physical, emotional, sometimes spiritual) from which women draw during this sometimes difficult, yet powerful experience. We support the entire family, helping fathers more confidently participate in the birth of their child and showing all family members present how they can help the birthing mother. Expectant parents whose financial restraints may otherwise keep them from hiring a doula now have a low-cost option in the student program.

Numerous clinical studies have found that a doula's presence at birth:

- * Tends to result in shorter labors with fewer complications
- * Reduces negative feelings about one's childbirth experience
- * Reduces the need for pitocin (a labor-inducing drug), forceps or vacuum extraction and cesareans
- * Reduces the mother's request for pain medication and/or epidurals

Research shows parents who receive support can:

- * Feel more secure and cared for
- * Are more successful in adapting to new family dynamics
- * Have greater success with breastfeeding
- * Have greater self-confidence
- * Have less postpartum depression
- * Have lower incidence of abuse

(From Dona.org)

Doula Training at Inspired Birth & Families

The Inspired Student Doula Program is a new program at Inspired Birth & Families. The idea for this program was born out of seeing the need for more doulas; specifically, more student doulas in our community. While we do have fabulous experienced doulas in Albuquerque, there is always room for a larger, stronger doula community. Our desire and purpose is threefold; to give the community access to student doulas, to give student doulas access to education and support, and to keep the birth community in Albuquerque strong overall.

The program gives student doulas access to a lending library, birth series, invitations to shadow at births, mentorship from experienced doulas, continuing education classes, online forum for peer support, and help finding clients.

To learn more about training to become a doula, hiring a student doula, or mentoring please contact Amity Johnson at 463-1213 or visit our website at www.Inspiredabq.com



Art for Pregnancy, Birth, Postpartum and Beyond

By Jessie Buchanon, Doula and Artist

Since prehistoric times, humans have been utilizing art as a means of self-expression. In more recent times, art therapy has sought to harness the power of art in order to aid emotional healing. We have begun to realize that art not only enables us to depict a scene, but also helps us understand the feelings and thoughts behind it. Art during pregnancy, birth and after can be especially healing and transformative. It gives a healthy way to externalize the difficult emotions that can come with this new time in our lives. Art can also be used very successfully as a means of relaxation and refocusing our thoughts and energy. Something as simple as scribbling freely in a notebook can release tension in both body and mind. There is no need for any training or acquired level of skill in order to reap the benefits of using art in your daily life. Very little is needed to start, but so much can be gained in the end.

For more information and classes on Birth Art or Healing Art contact: Jessie Buchanon

Full Moon Doula and Birth Art Services

jean15@gmail.com or visit
fullmoondoulaabq.blogspot.com