



ALBUQUERQUE BIRTH NETWORK

"HAPPY BIRTHS, HEALTHY BABIES"

FALL ISSUE 2007

WWW.ALBUQUERQUEBIRTHNETWORK.ORG



Recent Studies Show Homebirth is Safe, Episiotomy Harmful

The Coalition for Improving Maternity Services (CIMS) finds that two recent studies about homebirth and episiotomy give additional evidence supporting the Principles and the Ten Steps

of the Mother-Friendly Childbirth Initiative (MFCI). A study in the June 18th Issue of the British Medical Journal found that "planned home births for low risk women in the United States are associated with similar safety and less medical intervention as low risk hospital births." With prospective data from over 5000 births attended in 2000 by Certified Professional Midwives in the US, this is the largest study of its kind.

In addition to finding that planned homebirth is safe, the study illustrates that out-of-hospital birth leads to fewer of the medical and technological interventions common in hospitals. For example, the average cesarean rate was 3.7% compared to over 24% for the US as a whole in 2000 (and over 28% in 2003). Electronic fetal monitoring, induction of labor, and stimulation of labor were all under 10% in the home births, compared to 84%, 21%, and 18% for the US as a whole. All these interventions carry risks for mothers and babies, yet they are unnecessary for the vast majority of healthy women who are capable of having normal births.

The episiotomy rate for women in this study was 2.1% compared to over 30% of women having vaginal births in the US. A recent study in the Journal of the American Medical Association shows that routine episiotomy offers no benefit and causes harm to women. Episiotomy is a surgical cut in the perineum as the baby is born to increase the opening of the vagina. In addition to increasing the need for stitching, causing pain, and extending the healing period, episiotomy is also associated with increased bowel incontinence and pain during intercourse.

The Mother-Friendly Childbirth Initiative recognizes that "Birth is a normal, natural, and healthy process." And that "Birth can safely take place in hospitals, birth centers, and homes." The

sixth of the Initiative's Ten Steps recommends against the routine use of a number of procedures, including episiotomy, for which the recommended goal is 5%. Clearly, that 5% goal is supported by the home birth study in which midwives who are trained in measures to support the perineum and avoid unnecessary surgery kept the Episiotomy rate even lower.

Johnson, Kenneth C., Daviss, Betty-Anne "Outcomes of planned home births with certified professional midwives: large prospective study in North America" BMJ 2005;330:1416 (18 June), doi:10.1136/bmj.330.7505.1416,

Full text available at [http://bmj.bmjournals.com/cgi/content/full/330/7505/1416?](http://bmj.bmjournals.com/cgi/content/full/330/7505/1416) ehom

Hartmann K, Viswanathan M, Palmieri R, Gertlehner G, Thorp J, Lohr KN. Outcomes of routine episiotomy: a systematic review. JAMA 2005;293:2141-8. For more information, go to http://www.maternitywise.org/Jama_episiotomy_response.html.

The Coalition for Improving Maternity Services (CIMS), a United Nations recognized NGO, is a collaborative effort of numerous individuals, leading researchers, and more than 50 organizations representing over 90,000 members. Promoting a wellness model of maternity care that will improve birth outcomes and substantially reduce costs, CIMS developed Mother-Friendly Childbirth Initiative in 1996. A consensus document that has been recognized as an important model for improving the healthcare and well being of children beginning at birth, the Mother-Friendly Childbirth Initiative has been translated into over

Visit the
Coalition for
Improving Maternity
Services website at
www.motherfriendly.org

Breastfeeding Rights for Working Mothers

2007 Legislation : USE OF A BREAST PUMP IN THE WORKPLACE

A. *In order to foster the ability of a nursing mother who is an employee to use a breast pump*

in the workplace, an employer, including the state and its political subdivisions, shall provide:

- 1) *a space for using the breast pump that is:*
 - a) *clean and private;*
 - b) *near the employee's workspace; and*
 - c) *not a bathroom; and*
- 2) *flexible break times.*

B. *An employer shall not be liable for:*

- 1) *storage or refrigeration of breast milk;*
- 2) *payment for a nursing mother's break time in addition to established breaks*
- 3) *payment of overtime while a nursing mother is using a breast pump.*

NMSA 1978, Section 28-20-1 (1999) makes it legal for a mother to *"breastfeed her child in any location, public or private, where the mother is otherwise authorized to be present."*

Breastfeeding Information and Support::

La Leche League: [Www.lalecheleague.org](http://www.lalecheleague.org)

New Mexico Breastfeeding Task Force: [Www.breastfeedingnewmexico.org](http://www.breastfeedingnewmexico.org)

Lactation Activism: [Www.lactivitst.ocm](http://www.lactivitst.ocm)

Medela Breastpumps: www.medela.com

For lactation assistance, please visit the Albuquerque Birth Network Directory.



What is a Doula?

A birth doula is a trained labor support person who provides emotional and physical support to a laboring woman.

Did you know?

Women supported by a doula during labor have been shown to have:

- **50% reduction of cesarean rate**
- **25% shorter labor**
- **60% reduction in epidural requests**

Experience the Benefits of Yoga - During Pregnancy!

Prenatal yoga classes are designed so that women may practice yoga during any or all trimesters. Many women try yoga for the first time during pregnancy. Yoga provides many health benefits. For starters, it simply feels great! Prenatal Yoga Classes help mothers with:

- Improving digestion and circulation
- Relieving aches and pains
- Addressing the changes of pregnancy with modified yoga postures
- Practicing breathing and movement for labor

Meet Albuquerque Doulas

There are several local resources to help parents meet doulas in person and to learn more about the benefits of labor support.

Doulas of the Southwest is a group of doulas that work independently and are hired by parents on an individual basis.

www.doulasofthesouthwest.com

Presbyterian Hospital offers doula services through the Women's Resource Center.

Call the Presbyterian Women's Resource Center at 563-6363



Albuquerque Birth Network 's Mission:

- Promote the health and well-being of mothers and babies by offering free childbirth and parenting classes, publishing a quarterly newsletter and a circulating a comprehensive resource directory
- Offer referrals to a variety of Albuquerque professionals providing pregnancy and postpartum services, who support the model of evidence-based maternity care through the endorsement of the Mother-Friendly Childbirth Initiative

If you are interested in becoming a professional or parent member of the network, or would like to volunteer your time, please contact us for more information.

Prenatal Yoga

Thursdays

10:30-11:30am

Saturdays

12:45-2:15

Yoga for Baby & Me

Saturdays

2:30-3:30

At YogaNow

On Gold, btw 2nd and

3rd St

Call Kelly 463-1694 or

Sonya 228-6593

Drop ins welcome!

Want to read more about pregnancy, birth and motherhood?

Check out : www.birthactivist.com

for links to current issues and commentary from mothers and birth professionals.

You'll also enjoy Mothering Magazine's online community at:

www.mothering.com

Can pregnant women eat fish?

"The Seafood Watch® program researches the environmental impacts of fisheries and aquaculture operations so that consumers can make the best possible seafood choices that are good for the oceans and ocean wildlife. The human health effects of eating seafood are also an important consumer concern. This is why we've partnered with Environmental Defense. Now all species with a health advisory have a red asterisk next to the recommendation on the pocket guide and a health advisory mention on our website. For a more detailed list of the fish recommendations that have consumption advisories based on how much you should eat whether you are a man, woman or child, visit www.oceansalive.org.

Weighing the Risks and Benefits

There are many benefits to eating seafood as part of a balanced diet. As a source of lean protein low in saturated fat, seafood provides essential omega-3 fatty acids that are important for proper cell function. These fats are most concentrated in fatty fishes such as salmon, tuna, rainbow trout, sardines, mackerel, herring and anchovies. Omega-3 fatty acids are believed to help lower rates of heart disease, reduce hypertension, relieve some arthritis symptoms and prevent cancer.

The American Heart Association,

<http://www.americanheart.org>, recommends that consumers include seafood as part of a balanced diet and in general recommends eating two servings of fish per week to prevent coronary heart disease. To balance the benefits of eating seafood, there are also some risks. Some fish contain contaminants at levels deemed dangerous to humans. The **Federal Food and Drug Administration (FDA)** has primary authority for regulating commercial seafood in the marketplace. The FDA and Environmental Protection Agency have issued a joint seafood advisory. This advisory recommends that women of childbearing age who may become pregnant, as well as small children and mothers who are breastfeeding, avoid eating shark, swordfish, king mackerel and tilefish. They also recommend selecting a variety of other kinds of fish if you are pregnant or plan to become pregnant, and say you can safely eat up to 12 ounces per week of fish with a lower level of mercury. Fish with lower mercury levels include shrimp, canned light tuna, salmon, pollock and catfish. The advisory recommends that vulnerable populations limit their intake of albacore "white" tuna to 6 oz. per week. The FDA methylmercury advisory can be found online at <http://vm.cfsan.fda.gov/~dms/admehg.html>



Avoid Eating:

Chilean Seabass/Toothfish*
 Cod: Atlantic
 Corvina (Gulf of California)
 Crab: King (imported)
 Flounders, Soles (Atlantic)
 Groupers*
 Lobster: Spiny (Caribbean imported)
 Mahi mahi/Dolphinfish (imported)
 Monkfish
 Orange Roughy*
 Rockfish
 Salmon (farmed, including Atlantic)*
 Sea Turtles
 Scallops: Sea (Mid-Atlantic)
 Sharks*
 Shrimp (imported farmed or wild)
 Snapper: Red*
 Sturgeon*
 Caviar (imported wild)
 Swordfish (imported)*
 Totoaba (Gulf of California)
 Tuna: Albacore, Bigeye, Yellowfin
 Tuna: Bluefin*

Good Alternatives:

Clams (wild)
 Crab: Blue*, King (Alaska), Snow
 Crab: Imitation/Surimi
 Flounders, Soles (Pacific)
 Lobster: American/Maine
 Mahi mahi/Dolphinfish (US)
 Octopus (Gulf of California)
 Oysters (wild)*
 Scallops: Sea (Canada and Northeast)
 Shrimp (US farmed or wild)
 Squid: Jumbo (Gulf of California)
 Swordfish (US longline)*
 Tuna: Bigeye, Yellowfin (troll/pole)
 Tuna: canned light, canned white/Albacore*

BEST CHOICES

Barramundi (US farmed)
 Catfish (US farmed)
 Clams (farmed)
 Cod: Pacific (Alaska longline)*
 Crab: Dungeness, Stone
 Halibut: Pacific*
 Herring: Atlantic/Sardines
 Lobster: Spiny (Pacific Baja wild)*
 Mussels (farmed)
 Oysters (farmed)
 Pollock (Alaska wild)*
 Salmon (Alaska wild)*
 Scallops: Bay (farmed)
 Striped Bass (farmed)
 Sturgeon, Caviar (farmed)
 Tilapia (US farmed)
 Trout: Rainbow (US farmed)
 Tuna: Albacore (British Columbia, US troll/pole)
 Tuna: Skipjack (troll/pole)



Birth Pool in a BoxEco First FDA Approved Birth Pool!

- Internal depth of 26" - water depth of 23"
- Two sizes available: the Regular, which is big enough for two people, and the Mini
- Three independent wall chambers for increased safety & adjustable height
- Patented form-fitting disposable liners
- One of the only inflatable Pools made without phthalates, which have been linked to fertility problems. Better for the environment, better for you and your baby.
- New recycling program available - donate the pool to a midwife when you're done. We'll pick it up for free!

From Waterbirth International:

www.waterbirth.org

The following classes are free and everyone is welcome to attend. Please call Babies'R'Us to register.



45 HOTEL CIRCLE
ALBUQUERQUE, NM
Phone: (505)292-9909

October 30, 7pm

HypnoBirthing-with Jean Stouffer and Joleen Streit,, CHBE

This presentation will introduce you to a birth method known as HypnoBirthing. You will learn what makes HypnoBirthing different from other childbirth classes and how the power of hypnosis can help you to prepare

November 27, 7 pm

Natural Healing for the Family with Dusty Marie, RN, LM, CPM, LMT

How can I prevent colds and flu? What herbs are safe for children? Are there natural first aid remedies I can use? We will answer these questions and many more! Get an introduction to the basics of natural healing with local midwife, herbalist, and massage therapist Dusty Marie.

January 29, 7 pm

The Bradley Method with Lisa Stuckey, Certified Bradley Teacher

“The Bradley Method of childbirth was developed by Dr. Robert A. Bradley. This completely natural method is based on a calming pattern of relaxation, abdominal breathing, and loving teamwork between husband and wife. It allows expectant mothers to enjoy the total support of their partners, gives fathers a chance to fully participate in the birth of their children and provides babies with the best and healthiest of all possible starts. “

Watch our online calendar at www.albuquerquebirthnetwork.org/calendar

Coming in 2008!

We will be adding new childbirth education opportunities to our calendar:

“Conference Calls on Pregnancy and Birth”

These informative talks for expectant parents will cover pre-determined subjects and offer parents the chance to ask questions. This will be a great opportunity to learn from your home!

Conference call topics and calling information will be posted on our website, so check back with us in January to find out more.

Is there a topic that you'd like us to cover? Drop us an email: info@albuquerquebirthnetwork.org

Or call: 463-1694

Albuquerque Birth Network Directory of Services

Acupuncture

Yvonne Corcoran	Yvonne Corcoran, D.O.M	ycorcoran@juno.com	888-9616
Linda Doering	Traditional Transitions	tcmbirth@comcast.net	440-3482
Jill Stape	Natural Life Acupuncture & Kinesiologist	bodhi@sysmatrix.net	298-4325

Breastfeeding Support/Lactation Services

Kelly Camden		kellycamden@gmail.com	463-1694
Linda Doering	Traditional Transitions	tcmbirth@comcast.net	440-3482
Heidi Roibal	La Leche League	www.lalecheleague.org	797-2343
Barbara Steppe	FreeSpirit Birth	www.freespiritbirth.com	404-1281

Childbirth Classes

Sara Bergert	One Love Birthing Services	onelovebirthing@msn.com	286-1456
Shelley K. Black	Perspectives Hypnotherapy	www.hypnotherapyNM.com	977-2007
Janet Field	Hypnobabies NM	www.hypnobabies.com	797-5935
Erika Harding	Body, Mind and Spirit	www.bodymindandspiritabq.com	804-3726
Dusty Marie	Hummingbird Midwifery	dustydreams@hotmail.com	262-1690
Barbara Steppe	FreeSpirit Birth	www.freespiritbirth.com	404-1281
Jean Stouffer	Hypnobirthing	www.Hypnosis4u-NM.com	269-8243
Joleen Streit	Hypnobirthing	www.posihd.com	892-1313
Lisa Stucky	The Bradley Method	www.bradleybirth.com	(406) 471-9231
Hannah Zell	Sister Birthing Doula Services	hicuma70@yahoo.com	850-0045

Chiropractic Care

Laura Shoemaker	Family Chiropractic	lhshoemaker@comcast.net	271-8888
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Doula Services: Labor Support and Postpartum Doulas

Sara Bergert	One Love Birthing Services	onelovebirthing@msn.com	286-1456
Kim Burks		kiwiburks@comcast.net	480-3670
Kelly Camden		kellycamden@gmail.com	463-1694
Linda Doering	Traditional Transitions	tcmbirth@comcast.net	440-3482
Erika Harding	Body, Mind and Spirit	www.bodymindandspiritabq.com	804-3726
Barbara Steppe	FreeSpirit Birth	www.freespiritbirth.com	404-1281J
Joleen Streit	Hypnobirthing	www.posihd.com	892-1313
Hannah Zell	Sister Birthing Doula Services	hicuma70@yahoo.com	850-0045
Robin Younger		rwyounger1@aol.com	259-5415

Family Practice, Pediatric MD

Raul Griego, MD	New Mexico Center for Integrative Medicine	phone only	890-5020
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Directory of Services-Continued

Homeopathy

Raul Griego, MD New Mexico Center for Integrative Medicine phone only 890-5020

Hypnotherapy

Janet Field Hypnobabies NM www.hypnobabies.com 797-5935

Jean Stouffer Hypnobirthing jstouffer@juno.com 269-8243

Joleen Streit Hypnobirthing www.posihd.com 892-1313

Shelley K Black Perspectives Hypnotherapy www.hypnotherapynm.com 977-2007

Infant Massage

Sara Bergert One Love Birthing Services onelovebirthing@msn.com 286-1456

Sarah Reynolds Ocean Waves Natural Healing oceanwavesnh@netscape.com 362-3629

Lolita Roibal Lolita Roibal myspace.com/lolitabodywork 243-1256

Jennifer West Albuquerque Homebirth info@tubs&tea.com 294-4359

Kinesiology

Jill Stape Natural Life Acupuncture & Kinesiology bodhi@sysmatrix.net 298-4325

Massage Therapy

Linda Doering Traditional Transitions tcbirth@comcast.net 440-3482

Sarah Reynolds Ocean Waves Natural Healing oceanwavesnh@netscape.com 362-3629

Lolita Roibal Lolita Roibal myspace.com/lolitabodywork 243-1256

Amy Zampella Heartline Massage Therapy www..heartlinemassage.com 255-2203

Midwifery

Tanja Bolle New Growth Midwifery info@newgrowthmidwifery.com 992-7104

Connie Koshewa Gentle Birth 266-5762

Ruth Kaufman Luna y Sol 243-6116

Dusty Marie Hummingbird Midwifery dustydreams@hotmail.com 262-1690

Terri Simmons Luna y Sol 243-6116

Jennifer West Albuquerque Homebirth info@tubs&tea.com 294-4359

Natural Products, Slings, Cloth Diapers

Stella Noyce Baby Bear stella@babybearstore.com 265-2922

Prenatal and Postnatal Yoga

Kelly Camden kellycamden@gmail.com 463-1694

Heather Farrell www.heatherfarrellyoga.com 232-0432

Sonya Steinmetz aradiaxichel@hotmail.com 228-6593

Parenting Classes/Groups

Sara Bergert	One Love Birthing Services	onelovebirthing@msn.com	286-1456
Linda Doering	Traditional Transitions	tcbirth@comcast.net	440-3482
Janet Field	Hypnobabies NM	www.hypnobabies.com	797-5935
Erika Harding	Body, Mind and Spirit	www.bodymindandspiritabq.com	804-3726
Barbara Steppe	FreeSpirit Birth	www.freespiritbirth.com	404-1281

Perinatal Doula Practitioner

Linda Doering	Traditional Transitions	tcbirth@comcast.net	440-3482
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Prenatal and Postnatal Yoga

Kelly Camden		kellycamden@gmail.com	463-1694
Heather Farrell		www.heatherfarrellyoga.com	232-0432
Sonya Steinmetz		aradiaxichel@hotmail.com	228-6593

www.freespiritbirth.com



“FreeSpirit Birth is committed to journeying with women through their pregnancies, during labor and birth, into the postpartum and beyond. The story of your baby's birth is a story that you will remember forever. Treat yourself to the preparation and support you deserve during your childbearing years.”

Barbara L. Steppe, LPN, CD, LC
Certified Birthing From Within Mentor & Advisor

Phone: (505) 404-1281

What is folic acid?

Folic acid is a B vitamin. Our bodies use it to make new cells. Everyone needs folic acid. But for women who can get pregnant, it is really important! If a woman has enough folic acid in her body **before** she is pregnant, it can help prevent major birth defects of her baby's brain and spine. These birth defects are neural tube defects or NTDs. Women need to take folic acid every day, starting **before** they are pregnant to help prevent NTDs.

CDC and the U.S. Public Health Service urge every woman who could become pregnant to get 400 micrograms (400 mcg) of synthetic folic acid every day.

November 2005

From the National Center on Birth Defects and Developmental Disabilities, at

<http://www.cdc.gov/ncbddd/folicacid/overview.htm>

Ten Great Things to Know...

for During Pregnancy and Before Labor & Parenting

By Barbara L. Steppe, LPN, CD, LC
Certified Birthing From Within Mentor & Advisor

1. Neurons and synapses are developing in huge numbers in the brain during the third trimester -- forming connections in your baby's brain will give him the skills he needs to thrive as a newborn. Eat well and make the food that you consume really count!
2. Pregnant women should eat -- at least 300 additional good calories per day - 75 grams of protein are a must especially if you are prone to high blood pressure which can lead to pre-eclampsia and eclampsia in pregnancy. Studies have shown that a diet rich in protein helps to stave off these problems.
3. Of first time mothers who are induced -- in our country, 50% give birth by Cesarean. Learn ways to cope with Cesarean birth or spontaneously begin labor from your doula or childbirth educator/mentor.
4. Medication is not -- the only form of pain management! For some, medications become a compassionate way to cope with an unusual labor. For women with normally progressing labors, showers, massage, aromatherapy, position change, doula support and more are completely effective ways of coping through labor. Incidentally, there's no adverse effect to mother or baby with non-pharmacological pain relief, either!
5. Only 11-14% of mothers have -- their bag of waters break as the onset of their labor. For most of these women, contractions will begin within the hour.
6. Famous quote from internationally reknowned -- midwife, Ina Mae Gaskin, "What gets the baby in, gets the baby out." In labor consider: dimming the lights, seeking out a space that feels safe and you can let your inhibitions go, letting your breath be your guide and inviting only those with whom you are willing to share life's most intimate moment.
7. Having a doula present at your birth -- decreases chance of Cesarean by 50%, decreases the request for pain medication by 40%, and shortens labor by 25%!
8. Husbands, men and partners make excellent -- loving and gentle partners to a laboring mother. Their experience with birth is probably quite limited and as such, their ability to "coach" a woman or be her primary support is probably somewhat limited.
9. Childbirth is a profound rite of passage -- not a medical event (even when medical assistance becomes necessary.) (P. England)
10. To calm a fussy baby you might either try -- a very tight swaddle or quite the opposite, loose skin to skin contact.

ALBUQUERQUE BIRTH NETWORK
"HAPPY BIRTHS, HEALTHY BABIES"



The Albuquerque Birth Network offers free classes, newsletters and referrals to services for pregnancy, birth and postpartum.

Benefits of Membership:

Advertise your business in our website's online directory

List your business in every issue of our newsletter

Write an article for our newsletter and receive a free business card size ad

Network with other birth professionals

Meet parents at our classes & events

Make a difference in our community by promoting mother/infant health

Name/Credentials: _____

Business name: _____

Address: _____

Phone Number: _____

E-mail: _____

Categories in which you'd like to be listed: _____

* The information provided here will be published in our online and printed directories.

Member Contribution:

_____ \$50

_____ \$25 plus volunteer for two hours

**Volunteers may distribute newsletters, do tabling or contact the board to assist other tasks.

***The birth network is a volunteer organization. We keep costs to a minimum, in order to print as many newsletters as possible. Each \$50 that we receive allows us to print 165 newsletters with the directory.

Please Return Application to : ABN, PO BOX 12401, Albuquerque, NM 87195