

# ALBUQUERQUE BIRTH NETWORK

## “HAPPY BIRTHS, HEALTHY BABIES”



Summer Issue 2008

[WWW.ALBUQUERQUEBIRTHNETWORK.ORG](http://WWW.ALBUQUERQUEBIRTHNETWORK.ORG)

THE TRANSPARENCY PROJECT and  
THE BIRTH SURVEY: Coming to New Mexico this August!

Information from CIMS website: [www.thebirthsurvey.com](http://www.thebirthsurvey.com)

### OVERVIEW

The *Transparency in Maternity Care Project* was birthed in February of 2006 by the Grassroots Advocates Committee (GAC) of the Coalition for Improving Maternity Services (CIMS). We are a volunteer group dedicated to ensuring public access to quality of care information specifically related to maternity care providers and institutions. It is our intention to extend the current social trend toward transparency in health care into the virtually overlooked maternity care arena.

The *Birth Survey* is structured around the Coalition for Improving Maternity Services (CIMS) evidence-based 10 Steps to Mother-Friendly Care and other quality of care indicators. The creation of *The Birth Survey* has been inspired by Childbirth Connection's Listening to Mothers Survey (Harris Interactive, October 2002) and the A-CAHPS (Ambulatory Consumer Assessment of Healthcare Providers and Systems) program and surveys.

We believe that women of childbearing age must have access to information that will help them choose maternity care providers and institutions that are most compatible with their own philosophies and needs. We hope that the *Transparency in Maternity Care Project* will provide information that will help women make fully informed maternity care decisions.

We also believe that maternity care practitioners and institutions must have access to feedback from their patients. We hope that doctors, midwives, and hospital administrators will find the information generated through the *Transparency in Maternity Care Project* useful in quality improvement efforts.

Women need accurate, objective data in order to make fully informed choices about birth settings and providers. Practitioners and hospital administrators also need data to evaluate whether they are delivering quality care. We hope this project will fill a void by providing much needed information that benefits all parties engaged in maternity care.

### GOALS

Our goal is to give women a mechanism that can be used to share information about maternity care practices in their community while at the same time providing practitioners and institutions feedback for quality of care improvement efforts.

At the heart of the project is an on-going, online consumer survey, *The Birth Survey*, that asks women to provide feedback about their birth experience with a particular doctor or midwife and within a specific birth environment. Responses will be made available online to other women in their community who are deciding where and with whom to birth. Paired with this experiential data will be official statistics from state departments of health listing obstetrical intervention rates at the facility level.

Albuquerque  
Birth Network  
Open House

123 Wellesley SE

1st Saturday of  
each month  
from 1-3 pm

August 2  
September 6  
October 4  
November 1  
December 6

Meet practitioners  
and educators from  
the birth network  
who specialize in  
providing services  
for families from  
pre-conception  
through post-  
partum.

Find answers to  
your questions &  
resources for your  
family!



45HOTEL CIRCLE  
ALBUQUERQUE, NM  
Tel: (505)292-9909  
Mon-Sat 9:30AM-9:30PM  
Sun 11:00AM-7:00PM

**August 5, 7 pm at Babies'R'Us**  
**My Body, My Baby, My Birth**  
**with Barbara Steppe, BFW Doula and Educator**

Did you know that the hormones involved in normal labor produce a natural pain numbing effect? Did you also know that your uterus is so powerful it could push your baby out all by itself? Come by and learn more about the not so well known secrets and benefits of your body, your baby and your birth! presents some of the interesting and incredibly helpful aspects of what happens with your body in labor. Learn to speed things up, slow them down, make them less painful and how your body is already sending you messages about your birth.

**September 2, 7 pm at Babies'R'Us**  
**Position Your Baby for Birth**  
**With Kelly Camden, Certified Doula and Yoga Instructor**

Did you know that the position of your baby in the womb greatly affects how you will experience labor and birth? We will discuss the optimal position of the baby and what to look for in our bodies to understand what baby is doing. Join us in learning about preparing your baby and body for birth.

**October Class TBA**  
**Please check online calendar for details.**

**November 4, 7 pm at Babies'R'Us**  
**Comfort Measures for Pregnancy**  
**With Dr. Laura Shoemaker, DC**

"Dr. Shoemaker has over 7 years of experience in treating women for pregnancy related pain, discomfort and breech-presenting babies. Dr. Shoemaker will also discuss safe stretching, exercising and nutrition to help have a more comfortable pregnancy, labor and birth.

**December 2, 7 pm at Babies'R'Us**  
**Birthing in a Trance**  
**with Shelley Black, Clinical Hypnotherapist**

"You can birth your baby without drugs and without pain! Trance (self-hypnosis) is a natural state of mind that empowers you to control your body and its sensations in labor and birth. Studies have proven its effectiveness in reducing pain and speeding labor. Find out if it's right for you in this free informational seminar. See a video of a birth with hypnosis, participate in a group demonstration, and pick up a valuable coupon for the full training course."

**Additional Free Classes and Events**  
**\*Located at 123 Wellesley SE, on the corner of Silver & Wellesley**

**La Leche League Meetings, from 9:30-11:30am, 1st Monday each month**

Topics vary, please call: 463-7674 for details.

**Introduction to Hypnobirthing, from 7:00-9:00pm 2nd Thurs. each month**

Please call ahead to register: 892-1313

**HypnoBeginnings with Shelley Black, from 6:00-8:00pm September 29**

Please call ahead to register: 977-2007

**Albuquerque Birth Network-Our Mission**

- Promote the health and well-being of mothers and babies by offering 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 also support the model of evidence-based maternity care through the endorsement of the Mother-Friendly Childbirth Initiative. To read the Initiative, go to <http://www.motherfriendly.org/MFCI/>

## Information on Transparency in Maternity Care from the Coalition for Improving Maternity Services (continued)

### GOALS

Our goal is to give women a mechanism that can be used to share information about maternity care practices in their community while at the same time providing practitioners and institutions feedback for quality of care improvement efforts.

At the heart of the project is an on-going, online consumer survey, *The Birth Survey*, that asks women to provide feedback about their birth experience with a particular doctor or midwife and within a specific birth environment. Responses will be made available online to other women in their community who are deciding where and with whom to birth. Paired with this experiential data will be official statistics from state departments of health listing obstetrical intervention rates at the facility level.

### FOUR PRIMARY OBJECTIVES

#### Objective 1

Annually obtain maternity care intervention rates on an institutional level for all fifty states.

#### Objective 2

Collect feedback about women's birth experiences using an online, ongoing survey, *The Birth Survey*.

#### Objective 3

Present official hospital intervention rates, results of *The Birth Survey*, and information about the MFCI in an on-line format.

#### Objective 4

Increase public awareness of differences among maternity care providers and facilities and increase recognition of the MFCI as the gold standard for maternity care.

### VISION

We are dedicated to improving maternity care for all women. We will do this by 1) creating a higher level of transparency in maternity care so that women will be better able to make informed decisions about where and with whom to birth and 2) providing practitioners and hospitals with information that will aid in evaluating and improving quality of care.

### Participate in the Birth Survey!

Visit : [www.thebirthsurvey.com](http://www.thebirthsurvey.com)  
and click on "Take the Survey"

**Available in New Mexico  
after August 15th!**

### BRINGING TRANSPARENCY TO MATERNITY CARE

In the US, it is nearly impossible to access information about the quality of an individual health care provider or institution. The 2001 Institute of Medicine report, *Crossing the Quality Chasm*, underscores transparency as one of ten key steps necessary to overall health care system improvement. As national quality improvement initiatives continue to grow, maternity care must be included in this movement. The US spends more on maternity services than any other country in the world, yet we have the highest rates of infant death of all developed nations .<sup>1</sup> The US also has one of the lowest vaginal birth

rates in the world even though cesarean section carries greater risks to mother and baby. Despite emphasis on evidence-based medicine, cost-containment, and patient safety, the overuse of medical technology continues to rise without concomitant improvements in maternal or infant outcomes. Indeed, studies show that the inappropriate imposition of procedures, drugs, tests, and restrictions increase maternal and newborn morbidity and mortality. Although institutes, universities, and foundations are engaging in research or developing projects to increase health care transparency, currently, no significant consumer-led national effort is underway to share health care or maternity care information. A mechanism to share, systematically track, and retrieve up-to-date information about the quality of care received would equip consumers with the information necessary to make informed decisions and enable individuals to play a larger role in determining their care.

### MFCI is the MOTHER FRIENDLY

#### CHILDBIRTH INITIATIVE:

#### Cornerstones of the MFCI:

Normalcy of the Birth Process  
Empowerment  
Autonomy  
Do No Harm  
Responsibility

The complete document can be found at

[www.motherfriendly.org/downloads.php](http://www.motherfriendly.org/downloads.php)

## 2005 New Mexico Birth and Maternal Health Information

The New Mexico Health Department publishes the “New Mexico Selected Health Statistic Summary Report” containing information about natality, health and mortality of its residents. The information is broken down by county, age, ethnicity, education level and more. To view the complete report, visit:

<http://www.health.state.nm.us/pdf/2005Annual%20Report.pdf>

The following information was gathered from pages 43-114 of this annual report:

**In 2005, there were 28,822 babies born in New Mexico.**

- Half of all New Mexico births were to single mothers (50.8%)
- The percentage of infants with a low birthweight was 8.5%. Birthweight greatly impacts newborn health, and low birthweight is related to long-term health concerns. New Mexico tends to have a higher percentage of birth with low birthweight than the rest of the US.
- Rate of Preterm birth in 2005 in New Mexico: 11.4%
- 3 most frequently reported risk factors during pregnancy:
  - Anemia: 60.5 of 1,000 births
  - Diabetes (pre-existing or gestational): 45 of 1,000 births
  - Pregnancy-associated hypertension: 43.4 of 1,000 births
- Most frequently reported complications of Labor/Delivery:
  - Presence of moderate or heavy meconium: 79.7 of 1,000 births
  - Other excessive bleeding: 51.1 of 1,000 births
  - Dysfunctional labor: 36.6 of 1,000 births
  - Fetal Distress: 26.9 of 1,000 births
  - Breech/malpresentation: 32.5 of 1,000 births



## 2005 New Mexico Birth & Maternal Health Information

\*The following rates are per 1,000 births:

### Complications of Labor and Delivery:

Fetal Distress: 26.9

Breech/malpresentation: 32.5

Dysfunctional Labor: 36.6

Other excessive bleeding: 51.1

Meconium, moderate/heavy: 79.7

### Obstetric Procedures

Tocolysis: 13.8

Electronic Fetal Monitoring: 757

Stimulation of Labor: 32.9

Induction of Labor: 148

Stimulation of Labor: 32.9

Ultrasounds: 542.9

*Nationally, there were approximately 7,000*

*babies born to 10-14 year old mothers in 2005.*

*In that same year, 88 babies were born to 10-14 year old mothers in New Mexico.*

**Vaginal Births:**                   **21, 926 or 76.1%**

**Cesarean Section:**               **6,524 or 22.6%**

### Vaginal Birth After

**Previous Cesarean:**               **372 or 1.3%.**

**The rate of cesarean births in New Mexico “increased by 18.9% between 2001 and 2005.**

57.6% of mothers received adequate or intensive prenatal care

42.3% received intermediate or inadequate care

### Birth Place:

98.9% of births occurred in NM's 25 hospitals

90 babies were born in 8 birth centers around New Mexico.

206 babies were born at home.

5 babies were born enroute or born on arrival.

### Births by Attendant Type:

Doctors attended 69.2% of births

Certified nurse midwives attended 29% of births

Medical Doctor:	19, 955
Licensed Midwife	376
Certified Nurse Midwife	8,346
Registered Nurse	45
Unknown/Other	100

Teen mothers are the 15% least likely to have a cesarean birth.

15-17 year old mothers               15% cesarean rate

20-24 year old mothers               19% cesarean rate

35-39 year old mothers               33.3% cesarean rate

# Albuquerque Birth Network Directory of Services

## Acupuncture

Yvonne Corcoran Yvonne Corcoran, D.O.M [www.docyvonne.com](http://www.docyvonne.com) 888-9616

**Doula Services: Labor Support and Postpartum Doulas**

Linda Doering Traditional Transitions [tcmbirth@comcast.net](mailto:tcmbirth@comcast.net) 440-3482

Sara Bergert One Love Birthing Services [onelovebirthing@msn.com](mailto:onelovebirthing@msn.com) 286-1456

Jill Stape Natural Life Acupuncture & Kinesiology [bodhi@sysmatrix.net](mailto:bodhi@sysmatrix.net) 298-4325

Kelly Camden Kelly Camden, CD [kellycamden@gmail.com](mailto:kellycamden@gmail.com) 463-1694

Linda Doering Traditional Transitions [tcmbirth@comcast.net](mailto:tcmbirth@comcast.net) 440-3482

Kristin Gleason Sacred Window Ayurveda [www.firstbreathabq.com](http://www.firstbreathabq.com) 508-2625 508-4219

## Breastfeeding Support/Lactation Services

Linda Doering Traditional Transitions [tcmbirth@comcast.net](mailto:tcmbirth@comcast.net) 440-3482

Kristin Gleason First Breath [www.firstbreathabq.com](http://www.firstbreathabq.com) 508-2625

Heidi Roibal La Leche League [www.lalecheleague.org](http://www.lalecheleague.org) 797-2343

Barbara Steppe FreeSpirit Birth [www.freespiritbirth.com](http://www.freespiritbirth.com) 796-6656

## Bellydance Classes

Sonya Steinmetz Sonya Steinmetz, CYT [aradiaxichel@hotmail.com](mailto:aradiaxichel@hotmail.com) 228-6593

Barbara Steppe FreeSpirit Birth [www.freespiritbirth.com](http://www.freespiritbirth.com) 796-6656

## Childbirth Classes

Abbey Baca Hypnobabies [www.yourjoyfulbirthing.com](http://www.yourjoyfulbirthing.com) 205-8941

Sara Bergert One Love Birthing Services [onelovebirthing@msn.com](mailto:onelovebirthing@msn.com) 286-1456

Kelly Camden Homebirth Preparation [kellycamden@gmail.com](mailto:kellycamden@gmail.com) 463-1694

Shelley K. Black Perspectives Hypnotherapy [www.hypnotherapyNM.com](http://www.hypnotherapyNM.com) 977-2007

Kristin Gleason First Breath [www.firstbreathabq.com](http://www.firstbreathabq.com) 508-2625

Erika Harding Body, Mind and Spirit [www.bodymindandspiritabq.com](http://www.bodymindandspiritabq.com) 232-2772

Dusty Marie Hummingbird Midwifery [www.hummingbirdmidwifery.com](http://www.hummingbirdmidwifery.com) 262-1690

Barbara Steppe FreeSpirit Birth [www.freespiritbirth.com](http://www.freespiritbirth.com) 796-6656

Jean Stouffer Hypnobirthing [www.Hypnosis4u-NM.com](http://www.Hypnosis4u-NM.com) 269-8243

Joleen Streit Hypnobirthing [www.posihd.com](http://www.posihd.com) 892-1313

Debbie Wollam Hypnobirthing [demeterjewel@hotmail.com](mailto:demeterjewel@hotmail.com) 286-4893

## Chiropractic Care

Karen Genter High Desert Chiropractic & Wellnes [drjenter@comcast.net](mailto:drjenter@comcast.net) 292-2226

## Counseling Services

Stephanie Luna Wallin & Luna Counseling Assoc. [www.wallin-luna.com](http://www.wallin-luna.com) 821-5894

Kristen Wallen Wallin & Luna Counseling Assoc. [www.wallin-luna.com](http://www.wallin-luna.com) 821-5894

Bonnie Phelps Four Directions Therapeutics [lightchaser@ymail.com](mailto:lightchaser@ymail.com) 227-4875

## Directory of Services-Continued

### **Doula Services: Labor Support and Postpartum Doulas**

Sara Bergert	One Love Birthing Services	<a href="mailto:onelovebirthing@msn.com">onelovebirthing@msn.com</a>	286-1456
Kelly Camden	Kelly Camden, CD	<a href="mailto:kellycamden@gmail.com">kellycamden@gmail.com</a>	463-1694
Linda Doering	Traditional Transitions	<a href="mailto:tcmbirth@comcast.net">tcmbirth@comcast.net</a>	440-3482
Kristin Gleason	First Breath	<a href="http://www.firstbreathabq.com">www.firstbreathabq.com</a>	508-2625
Erika Harding	Body, Mind and Spirit	<a href="http://www.bodymindandspiritabq.com">www.bodymindandspiritabq.com</a>	232-2272
Amie Merhege	Amie Merhege	<a href="mailto:amieviolet@gmail.com">amieviolet@gmail.com</a>	615-2389
Ysha Oakes	Sacred Window Ayurveda	<a href="http://www.sacredwindow.com">www.sacredwindow.com</a>	508-4219
Erin Pehl	Erin Pehl	<a href="mailto:erinpehl@yahoo.com">erinpehl@yahoo.com</a>	307-5327
Barbara Steppe	FreeSpirit Birth	<a href="http://www.freespiritbirth.com">www.freespiritbirth.com</a>	796-6656
Joleen Streit	Hypnobirthing	<a href="http://www.posihd.com">www.posihd.com</a>	892-1313
Robin Younger	Mariposa Doula Services	<a href="mailto:rwyounger@aol.com">rwyounger@aol.com</a>	259-5415
Debbie Wollam	Hypnobirthing	<a href="mailto:demeterjewel@hotmail.com">demeterjewel@hotmail.com</a>	286-4893

### **Energetic Healing Therapies**

Kelly Camden	Kelly Camden	<a href="mailto:kellycamden@gmail.com">kellycamden@gmail.com</a>	463-1694
Bonnie Phelps	Four Directions Therapeutics	<a href="mailto:lightchaser@ymail.com">lightchaser@ymail.com</a>	227-4875
Tanya Thomas	Ten Nebula Healing Space	<a href="mailto:t10nebula@hotmail.com">t10nebula@hotmail.com</a>	

### **Family Practice**

Raul Griego, MD	New Mexico Center for Integrative Medicine		890-5020
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### **Fertility Support**

Yvonne Corcoran	Yvonne Corcoran, D.O.M	<a href="http://www.docyvonne.com">www.docyvonne.com</a>	888-9616
Linda Doering	Traditional Transitions	<a href="mailto:tcmbirth@comcast.net">tcmbirth@comcast.net</a>	440-3482
Stephanie Luna	Wallin & Luna Counseling Assoc.	<a href="http://www.wallin-luna.com">www.wallin-luna.com</a>	821-5894
Kristen Wallen	Wallin & Luna Counseling Assoc.	<a href="http://www.wallin-luna.com">www.wallin-luna.com</a>	821-5894

### **Herbalism**

Yvonne Corcoran	Yvonne Corcoran, D.O.M	<a href="http://www.docyvonne.com">www.docyvonne.com</a>	888-9616
Linda Doering	Traditional Transitions	<a href="mailto:tcmbirth@comcast.net">tcmbirth@comcast.net</a>	440-3482
Dusty Marie	Hummingbird Midwifery	<a href="http://www.hummingbirdmidwifery.com">www.hummingbirdmidwifery.com</a>	262-1690
Ysha Oakes	Sacred Window Ayurveda	<a href="http://www.sacredwindow.com">www.sacredwindow.com</a>	508-4219
Jennifer West	Albuquerque Homebirth	<a href="mailto:info@tubsntea.com">info@tubsntea.com</a>	294-4359
Shelley K Black	Perspectives Hypnotherapy	<a href="http://www.hypnotherapynm.com">www.hypnotherapynm.com</a>	977-2007

**Homeopathy**

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

**Hypnotherapy**

Shelley K Black      Perspectives Hypnotherapy      [www.hypnotherapyNM.com](http://www.hypnotherapyNM.com)      977-2007  
 Jean Stouffer      Hypnobirthing      [jstouffer@juno.com](mailto:jstouffer@juno.com)      269-8243  
 Joleen Streit      Hypnobirthing      [www.posihd.com](http://www.posihd.com)      892-1313  
 Debbie Wollam      Hypnobirthing      [demeterjewel@hotmail.com](mailto:demeterjewel@hotmail.com)      286-4893

**Infant Massage**

Sara Bergert      One Love Birthing Services      [onelovebirthing@msn.com](mailto:onelovebirthing@msn.com)      286-1456  
 Sarah Reynolds      Ocean Waves Natural Healing      [oceanwavesnh@netscape.com](mailto:oceanwavesnh@netscape.com)      362-3629  
 Jennifer West      Albuquerque Homebirth      [info@tubsntea.com](mailto:info@tubsntea.com)      294-4359

**Kinesiology**

Jill Stape      Natural Life Acupuncture & Kinesiology      [bodhi@sysmatrix.net](mailto:bodhi@sysmatrix.net)      298-4325  
 Jennifer West      Albuquerque Homebirth      [info@tubsntea.com](mailto:info@tubsntea.com)      294-4359

**Massage Therapy**

Linda Doering      Traditional Transitions      [tcmbirth@comcast.net](mailto:tcmbirth@comcast.net)      440-3482  
 Karla Linden      Masterpiece Massage      [manifestress@gmail.com](mailto:manifestress@gmail.com)      (678)886-8678  
 Dusty Marie      Hummingbird Midwifery      [www.hummingbirdmidwifery.com](http://www.hummingbirdmidwifery.com)      262-1690  
 Ysha Oakes      Sacred Window Ayurveda      [www.sacredwindow.com](http://www.sacredwindow.com)      508-4219  
 Sarah Reynolds      Ocean Waves Natural Healing      [oceanwavesnh@netscape.com](mailto:oceanwavesnh@netscape.com)      362-3629  
 Amy Zampella      Heartline Massage Therapy      [www.heartlinemassage.com](http://www.heartlinemassage.com)      255-2203

**Midwifery**

Tanja Bolle      New Growth Midwifery      [info@newgrowthmidwifery.com](mailto:info@newgrowthmidwifery.com)      992-7104  
 Abigail Eaves      \*Full Circle Midwifery      [www.fullcirclemidwifery.com](http://www.fullcirclemidwifery.com)      924-BABY  
 Alisa Henning      \*Full Circle Midwifery      [www.fullcirclemidwifery.com](http://www.fullcirclemidwifery.com)      924-BABY  
 Connie Koshewa      Natural Birth      [www.naturalbirthmidwifery.com](http://www.naturalbirthmidwifery.com)      266-5762  
 Dusty Marie      Hummingbird Midwifery      [www.hummingbirdmidwifery.com](http://www.hummingbirdmidwifery.com)      262-1690  
 Jennifer West      Albuquerque Homebirth      [info@tubsntea.com](mailto:info@tubsntea.com)      294-4359

*\*coming soon, see website for updates*

**Natural Products, Slings, Cloth Diapers, Clothing**

Stella Noyce      Baby Bear Store      [www.babybearstore.com](http://www.babybearstore.com)      265-2922

**Nutrition for Pregnancy**

Amie Merhege      Amie Merhege      [amieviolet@gmail.com](mailto:amieviolet@gmail.com)      615-2389

**Parenting Classes/Groups**

Sara Bergert      One Love Birthing Services      [onelovebirthing@msn.com](mailto:onelovebirthing@msn.com)      286-1456  
 Shelley K. Black      Perspectives Hypnotherapy      [www.hypnotherapyNM.com](http://www.hypnotherapyNM.com)      977-2007  
 Linda Doering      Traditional Transitions      [tmbirth@comcast.net](mailto:tmbirth@comcast.net)      440-3482  
 Kristin Gleason      First Breath      [www.firstbreathabq.com](http://www.firstbreathabq.com)      508-2625  
 Erika Harding      Body, Mind and Spirit      [www.bodymindandspiritabq.com](http://www.bodymindandspiritabq.com)      232-2772  
 Stephanie Luna      Wallin & Luna Counseling Assoc.      [www.wallin-luna.com](http://www.wallin-luna.com)      821-5894  
 Barbara Steppe      FreeSpirit Birth      [www.freespiritbirth.com](http://www.freespiritbirth.com)      404-1281

**Perinatal Doula Practitioner**

Linda Doering      Traditional Transitions      [tmbirth@comcast.net](mailto:tmbirth@comcast.net)      540-3482

**Prenatal and Postnatal Yoga, Women’s Yoga, Yoga Therapy**

Kelly Camden      Kelly Camden, CYT      [kellycamden@gmail.com](mailto:kellycamden@gmail.com)      463-1694  
 Heather Farrell      Heather Farrell Yoga      [www.heatherleefarrell.com](http://www.heatherleefarrell.com)      232-0432  
 Tania Goldfeder-Wolfe           [lotus@taniayoga.com](mailto:lotus@taniayoga.com)      266-1468  
 Sonya Steinmetz      Sonya Steinmetz, CYT      [aradiaxichel@hotmail.com](mailto:aradiaxichel@hotmail.com)      228-6593

**Pelvic Organ Prolapse, Urinary Incontinence**

Christine Kent      Whole Woman, Inc.      [www.wholewoman.com](http://www.wholewoman.com)      243-4010

**Resolution 205  
The AMA is taking action against homebirth.**

**In June, the American Medical Association voted to create legislation that would outlaw homebirth. This legislation would, in effect, violate the civil rights of all expectant mothers and their families.**

**To read more about the AMA’s plans and to support legislation that would increase Legalization and licensure of midwives throughout the country, Visit [www.thebigpushformidwives.com](http://www.thebigpushformidwives.com)**

**“The Big Push for Midwives is a nationally coordinated campaign To advocate for regulation and licensure of Certified Professional Midwives (CPMs) in all 50 States and the District of Columbia, and to push back against the attempts of the American Medical Assoc. Scope of Practice Partnership to deny American families access to Legal midwifery care.” -from the Big PUSH for Midwives Campaign**



**Did you know?**  
New Mexico is one of the few states with an uninterrupted history of homebirth.

Cesarean section is the now most common surgical procedure performed in the United States.

# ABN-Membership Application

The Albuquerque Birth Network offers classes, newsletters and referrals to mother-friendly services for preconception, pregnancy, birth and postpartum.

Benefits of Membership:

Advertise your business in our website's online provider 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

Read the

Mother-Friendly Childbirth Initiative to learn about the types of care that lead to the best outcomes for mothers and babies.

[www.motherfriendly.org](http://www.motherfriendly.org)

## Step 1: Give us your contact information.

Name/Credentials: \_\_\_\_\_

Business name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail : \_\_\_\_\_

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

## Step 2: Read the Mother-Friendly Childbirth Initiative. Sign here to state that you support Mother-Friendly Care.

Your signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Step 3: Choose your Membership Contribution

\_\_\_\_\_ \$50 plus volunteer for two hours (Volunteers may distribute newsletter, table or teach a class)

\_\_\_\_\_ \$75 or more

\*Membership donations are used for printing newsletters, cost of post office box and website fee.

## Step 4: Return Application

Albuquerque Birth Network

PO BOX 12401

Albuquerque, NM 87195

Checks can be made payable to Albuquerque Birth Network. Please call 463-1694 if you have questions.

We look forward to working with you!