



ALBUQUERQUE BIRTH NETWORK

"HAPPY BIRTHS, HEALTHY BABIES"

Winter ISSUE 2008

WWW.ALBUQUERQUEBIRTHNETWORK.ORG

Help! I think that I'm Losing my Milk Supply!"

By Heidi Roibal, LLL

"Hi, Is this La Leche League? My baby is 3 months old and I think I've lost my milk supply!" As accredited LLL Leaders, we often counsel to mothers who are concerned that they are losing or have "lost" their milk supply. Some common false alarms are below:

- Baby nurses very often- some babies have a strong urge to suck and needs frequent contact with mom
- Baby seems hungry an hour or so after nursing: breastmilk is digested much more quickly than formula, so breastfed babies need frequent feedings.
- Baby increases frequency and/length of nursing's: babies experience growth spurts at around two weeks, six weeks and six months of age.
- Baby is fussy: many babies fuss and hunger is not always a factor.
- Mother's breasts seem "softer" or "less full:" many women adjust to the full feeling from the early days and engorgement has decreased.
- Baby will take a bottle after nursing: many babies will suck on a bottle even when they are full because they like to suck and because the milk drips from a bottle, they must suck or they may choke.
- Mother cannot express much milk: pumping or expressing is a learned skill that takes practice and also depends on the mother's ability "let down" her milk to the pump. Pump effectiveness can vary depending on the type of pump and some pumps are more effective than others. (continued on page 4)

"Fill your Belly, Feed your Baby:

The Importance of Nutrition in Pregnancy"

By Amie Merhege, Doula and Educator

What if there was a way to decrease complications of pregnancy and birth, like pre-eclampsia, anemia, and hemorrhage? If you could be free of common pregnancy ailments like morning sickness, heartburn, muscle cramps, even itchy skin and swollen ankles? What if you could feel full of vitality throughout your pregnancy and beyond, helping to assure an abundant supply of breastmilk for your baby during the exhausting post-partum newborn days? And that you could do all of these things with absolutely no risks or side effects for your baby, other than being born healthy and plump? If I told you that this solution was as big of a factor in determining a healthy pregnancy as your genetic disposition and that you can provide these healthy advantages and are in complete control of them, would you be interested? Eating well provides all of this and more for you and your baby throughout pregnancy and beyond. Yet the information that many care providers offer pregnant women about nutrition amounts to "Just eat a good diet and you'll be fine."

Do we know what a "good diet" is? In a culture of fad diets, quick fixes and fast food, where do we find the resources to help us reap the rewards of eating for two? In Western medicine, nutrition is often overlooked even though it is the most obvious solution to our health problems. We have dozens of pharmaceutical remedies for lowering cholesterol and preventing heart attacks, but how many people on these drugs could benefit just as much if not more by altering their diet and exercising? How many of us suffering from chronic pain rely on the constant use of analgesics instead of working to discover the source of our pain? In the midwifery model of care, nutrition is the foundation of a healthy pregnancy, used to *prevent* problems and complications of pregnancy and birth rather than attempting to treat them after they arise.

What we eat directly affects all of our body's systems. Quite literally, we are what we eat. Our body is constantly rebuilding and repairing itself, and it uses the nutrients from food to do this important work. Especially in early pregnancy, what you eat directly affects the life that your body is building and supporting. Growing a baby also means growing a placenta, an amniotic sac (which holds the baby) and drastically increasing your own blood supply. This is all powered by the food you eat. Because your baby needs the most iron, protein, and calcium in the last eight to twelve weeks of pregnancy, it is never too late to improve nutritional intake.



(nutrition continued on page 2)

Visit our Online Calendar for new events and registration information.

www.albuquerquebirthnetwork.org

Fill Your Belly, Feed Your Baby (continued)

Certain vitamins have been identified as playing huge roles in preventing problems for the baby, such as folic acid. When taken during preconception and in early pregnancy, folic acid can reduce the risk of devastating neural tube defects by as much as two thirds. Mothers who are at risk for developing hypertension benefit from calcium supplementation. These are just two examples of what scientific studies have proven to be true about nutritional remedies, and new compounds are constantly being discovered in food. A good diet could prove to have benefits we don't even know about yet.

We do know that the days of limiting weight gain and attempting to grow small babies in hopes of easier deliveries are gone. The vast majority of modern women are unaffected by rickets, a skeletal disease which led women to have difficulties in childbirth due to misshapen pelvises. Today, we understand that women rarely grow a baby that they cannot birth, and that the pelvis is much more flexible than we once imagined. Women often imagine that it is easier to deliver a smaller baby than a large one, but the largest part of the baby, the head, varies in size only slightly between a 5 pound baby and a 10 pound one. Babies lose weight during the first few days after birth while waiting for the mother's milk to come in, so it is imperative that they have some extra ounces to lose. Extra fat helps cushion the baby down the tight squeeze of the birth canal. Your baby is also building the store of iron she will draw upon for the first six months of life. Babies need their mothers to fill their bellies with yummy, nutritious food! Mothers also need to put on extra fat in preparation for breastfeeding. There is no need to worry about pounds gained from healthy food, as these will be pounds used in producing milk.

Every pregnant woman needs a treat sometimes. Eating should be fun and pleasurable, in addition to being healthy. The purpose of encouraging expectant mothers to eat well is not to create anxiety and ask her to analyze every bite of food that goes into her mouth, but rather to encourage conscious choices and including a variety of foods every day.

If you are interested in learning more about pregnancy nutrition, please join us at our monthly class!

healthy chocolate-avocado dream pie

Here's a sweet treat that is also abundantly good for you. Dark chocolate and raspberries are rich in essential antioxidants as well as being delicious!

ingredients

2 large soft avocados
2 cups dark chocolate or carob chips
1/8 cup milk, possibly more if needed
1 T vanilla extract
honey or maple syrup, add as much as you want depending on taste
pre-made pie crust
raspberries
1 T orange juice

preparation

Lay washed and dried raspberries along bottom of pie crust.

In a double boiler melt chocolate chips with milk and vanilla. Add sweetener to taste. Mix well, and take off of heat once fully melted.

Mash avocado, or pulse in a food processor. Add orange juice, and blend any lumps out.

Let chocolate cool, then mix with the mashed avocado. The mixture should be thick and creamy. Taste for sweetness and adjust as necessary.

Pour over raspberries and place in fridge to set.

Pregnancy Nutrition Class Information

Join us for a Pregnancy Nutrition class, the last Monday of every month from 6-8pm. We will talk in depth about specific nutrients pregnant women need, the Brewer diet, foods that can help with pregnancy discomforts, supplements, special considerations for moms with special diets/concerns, go over sample menus, talk about how to “sneak” more nutrition into your meals, how to make cravings healthier, and how to eat well when eating out. We'll also have yummy pregnancy recipes and snacks!

Located at 123 Wellesley SE, on the corner of Silver and Wellesley.

To register, call Amie, Doula and Educator, at 615-2389.

Cost of class is \$10/person or \$15 per couple.

Amie Merhege, Birth Doula

providing labor and birth support, prenatal education, pregnancy nutrition consultations and breastfeeding counseling in the greater Albuquerque area.

phone: 505.615.2389

email: amievilet@gmail.com



Pregnancy Power Food : Avocadoes

Avocadoes are high in mono-unsaturated (good) fats which are important for baby's brain development, as well as being high in potassium, vitamin C, folic acid and lutein.

Want to read about VBAC—Vaginal Birth After Cesarean?

Visit the International Cesarean Awareness Network's new site:

www.ican-online.org

Have you visited Mothering Magazine's website and online forum?

Go to www.mothering.com

What is Transparency in Maternity Care?

The Coalition for Improving Maternity Services is working with groups across the country, including the Albuquerque Birth Network, to create Transparency in Maternity Care. Transparency means that maternity care statistics for all birth facilities will become easily accessible to parents and health care providers. In addition to publishing statistics on the local level, the transparency project is creating a comprehensive birth survey which will be available later in 2008. The Birth Survey will give mothers the opportunity to provide feedback and share information about their healthcare experiences during pregnancy, labor, birth and postpartum. If you'd like to see the survey, visit www.birthsurvey.com and try the demo.

Happy Birthday to the Albuquerque Birth Network!

ABN has provided parents with mother-friendly childbirth information, resources and classes for 4 years!

A Special Thank You goes out to all of our members and volunteers who have shared their time and expertise to make this possible.

**If you are looking for more information for your pregnancy, birth or postpartum,
Call us at (505) 463-1694
or email: info@albuquerquebirthnetwork.org**

Help! I'm Losing my Milk Supply!" (continued from page1)

By Heidi S. Roibal, La Leche League Leader

Many babies can lose up to 10% of their birth weight, but of course, any weight loss in an infant can be alarming. Each mother-baby dyad is different and warrants an individual look at specific factors.

The amount of milk a mother produces depends of the frequency and effectiveness of her baby's sucking at the breast. Simply said, the more a mother nurses or pumps, the more milk she will produce. According to Breastfeeding and Human Lactation, 2nd Ed, "Frequent feeding in early lactation stimulates the development of receptors to Prolactin and is instrumental in producing breastmilk. Without prolactin, lactation does not occur." The more a baby nurses, the more Prolactin will be released in the mother's body and the more milk her breasts will produce. "Stressful events such as holidays, work schedules, visitors and even a woman's monthly cycle can affect milk supply. Add to this mix a new mother's fatigue, and not-always-ideal-nutrition and we can see the beginning of a diminished milk supply. True breast-milk insufficiency is rare and can be discerned within the first few weeks of breastfeeding.

For most babies, increased time and frequency at the breast will help the breasts "catch-up" to the babies increased need for breastmilk. I recommend that moms take a long weekend and stay in bed for 2 – 3 days, nursing, nursing, and nursing! It's handy to keep water and other fluids nearby, along with food, a telephone and your local LLL Leader's phone number! Mothers can also keep track of how often and how much her baby urinates. During a newborn's first two or three days a baby will wet only one or two diapers. Once a mother's milk supply is established a baby should have six to eight wet cloth diapers or five – six disposables per day. Keeping track of wet diapers can help parents see a pattern and identify when more breastfeeding is necessary.

Infant bowel movement patterns can also indicate whether or not a baby is getting enough breastmilk. During the first six weeks, an infant should have at least three to four bowel movements per day the size of a US quarter. Bowel movements usually become more frequent and substantial as a baby grows and gains weight, and some babies can have bowel movements each time they nurse, or only once a day. During a growth spurt, it's not uncommon for some babies to have a bowel movement only once or twice a week. This can be due to the amazing bio-availability of breastmilk—there's just not a lot of waste left over, especially in a baby who is experiencing a growth spurt.



Average weight gain for the first three or four months is five to six ounces (or more) per week and many mothers experience fluctuations in their milk supply. Many moms feel they have more breastmilk in the morning and feel less full in the evening. If you notice less frequent wet and dirty diapers, or are concerned about your baby's weight gain, here are some things you can do to increase your milk supply:

Increasing Your Milk Supply

- *Nurse frequently- every two to three hours*
- *Be sure baby is positioned correctly*
- *Offer both breasts at each feeding and nurse at least 10 minutes at each side*
- *All the baby's sucking should be at the breast-avoid pacifiers and other artificial nipples, if supplementation is necessary, contact your local LLL Leader to learn about alternative feeding methods*
- *Try to avoid using a nipple shield. If using a shield is necessary, make sure it's being used correctly*
- *Consider galactagogues (herbal medicinals): fenugreek (three capsules three times a day) has been used for generations to help increase milk supply as has blessed thistle (three capsules three times a day.) Some mothers find that herbal teas made specifically for breastfeeding mothers can help increase their milk supply.*
- *Take care of yourself: eat well, drink enough and get the rest that your body needs.*

Riordan, J. and Auerbach, K. Breastfeeding and Human Lactation, 2nd ed., Boston and London: Jones and Bartlett, 11999, p. 98-100.

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

February 26, 7 pm
Introduction to Pregnancy Nutrition
with Amie Merhege, Doula and Educator

Are you pregnant or thinking about having a baby and need to learn more about healthy nutrition? It's never too late - your babies brain grows more in the 3rd trimester than ever again in his/her life! Join us to discuss nutrition and get your questions answered.

March 4, 7 pm
Birth with a Doula and the Midwifery Model of Care
With Barbara Steppe, Doula and Educator

Did you know that mothers who use doulas report greater satisfaction with their birth experience? Do you know why midwifery care is popular in New Mexico? Learn about the benefits of doula-supported birth and the midwifery model of maternity care.

April 1, 7 pm
HypnoBirthing with Jean Stouffer, CHBE

Learn about the wonderful childbirth method known as HypnoBirthing. You will learn how HypnoBirthing differs from other natural birth classes and how the power of hypnosis can help you to prepare for a rewarding birthing experience. Studies have shown that women who dispel their birthing fears and learn visualization and relaxation techniques have fewer interventions and complications during birth, have shorter, easier labors and report more satisfying birth experiences.

May 6, 7 pm
Benefits of Prenatal Yoga with Kelly Camden, CD, CYT

If you are considering beginning a yoga practice and would like to know more about prenatal and postnatal yoga, join us for a discussion about the benefits of yoga for new and expectant mothers. Learn how yoga supports healthy pregnancy and why it helps mothers during labor. Parents will learn some beginning yoga exercises and we will discuss how to practice yoga safely during pregnancy.

June 1, 7 pm Topic to be Announced

July 15
HypnoBirthing with Joleen Streit, CD, CHBE

Learn about the wonderful childbirth method known as HypnoBirthing. You will learn how HypnoBirthing differs from other natural birth classes and how the power of hypnosis can help you to prepare for a rewarding birthing experience. Studies have shown that women who dispel their birthing fears and learn visualization and relaxation techniques have fewer interventions and complications during birth, have shorter, easier labors and report more satisfying birth experiences.

La Leche League of Albuquerque offers free monthly meetings and operates a breastfeeding "hotline," taking calls seven days a week. Please call 821-2511 to reach a Leader on-call. If you have an emergency, always contact your healthcare provider first.

Heidi S. Roibal has been an accredited LLL Leader for almost 15 years and served on the International Board of Lactation Consultant Examiners for six years. She nursed all three of her children and is currently the Health Education Coordinator for the St. Joseph Community Health Services.

Albuquerque Birth Network Directory of Services

Acupuncture

Yvonne Corcoran	Yvonne Corcoran, D.O.M	www.docyvonne.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	Kelly Camden, CD	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
Kristin Gleason	First Breath	first.breath.abq@gmail.com	508-2625
Erika Harding	Body, Mind and Spirit	www.bodymindandspiritabq.com	804-3726
Dusty Marie	Hummingbird Midwifery	www.hummingbirdmidwifery.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
Debbie Wollam	Active Transition	demeterjewel@hotmail.com	286-4893

Chiropractic Care

Laura Shoemaker	Family Chiropractic	lhshoemaker@comcast.net	271-8888
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Counseling Services

Stephanie Luna	Wallin & Luna Counseling Associates	www.wallin-luna.com	821-5894
Kristen Wallen	Wallin & Luna Counseling Associates	www.wallin-luna.com	821-5894

Doula Services: Labor Support and Postpartum Doulas

Sara Bergert	One Love Birthing Services	onelovebirthing@msn.com	286-1456
Kelly Camden	Kelly Camden, CD	kellycamden@gmail.com	463-1694
Linda Doering	Traditional Transitions	tcmbirth@comcast.net	440-3482
Kristin Gleason	First Breath	first.breath.abq@gmail.com	508-2625
Erika Harding	Body, Mind and Spirit	www.bodymindandspiritabq.com	804-3726
Amie Merhege	Amie Merhege	amieviolet@gmail.com	615-2389
Barbara Steppe	FreeSpirit Birth	www.freespiritbirth.com	404-1281J

Directory of Services-Continued

Doula Services (continued)

Joleen Streit	Hypnobirthing	www.posihd.com	892-1313
Robin Younger	Mariposa Doula Services	rwyounger@aol.com	259-5415
Debbie Wollam	Active Transition	demeterjewel@hotmail.com	286-4893

Homeopathy

Raul Griego, MD	New Mexico Center for Integrative Medicine	phone only	890-5020
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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
Jennifer West	Albuquerque Homebirth	info@tubs&tea.com	294-4359

Kinesiology

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

Linda Doering	Traditional Transitions	tcmbirth@comcast.net	440-3482
Dusty Marie	Hummingbird Midwifery	www.hummingbirdmidwifery.com	262-1690
Sarah Reynolds	Ocean Waves Natural Healing	oceanwavesnh@netscape.com	362-3629
Amy Zampella	Heartline Massage Therapy	www.heartlinemassage.com	255-2203

Midwifery

Tanja Bolle	New Growth Midwifery	info@newgrowthmidwifery.com	992-7104
Connie Koshewa	Natural Birth		266-5762
Ruth Kaufman	Luna y Sol		243-6116
Dusty Marie	Hummingbird Midwifery	www.hummingbirdmidwifery.com	262-1690
Terri Simmons	Luna y Sol		243-6116
Erin Sweeney	Mamacita Midwifery	mamacitamidwifery@gmail.com	266-5060
Jennifer West	Albuquerque Homebirth	info@tubs&tea.com	294-4359

Natural Products, Slings, Cloth Diapers

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

Amie Merhege	Amie Merhege	amieviolet@gmail.com	615-2389
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Parenting Classes/Groups

Sara Bergert	One Love Birthing Services	onelovebirthing@msn.com	286-1456
Linda Doering	Traditional Transitions	tcmbirth@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	tcmbirth@comcast.net	440-3482
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Prenatal and Postnatal Yoga

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

Pelvic Organ Prolapse, Urinary Incontinence

Christine Kent	Whole Woman, Inc.	www.wholewoman.com	243-4010
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Pelvic Organ Prolapse - The Silent Epidemic**By Christine Kent, author of Saving the Whole Woman**

Pelvic organ prolapse is the most prevalent women's health disorder in the developed world. It is a condition whereby the bladder, uterus, and/or rectum lose their normal positioning and bulge into the vaginal space. This can result in a number of symptoms including feelings of achiness and heaviness; inability to fully empty the bladder; difficulty emptying the bowels; and irritating bulges at the vaginal opening. The psychological and emotional aspects of prolapse are at least as difficult to cope with as the physical symptoms. There is no cure for prolapse but with focused care and lifestyle changes many women experience improvement over time. Surgical treatment for prolapse is wrought with failure and worsening of symptoms.

Although most cases of prolapse develop slowly over time, some women acquire the disorder as a result of vaginal childbirth. However, few women rise out of the birthing bed or pool with prolapse. Rather it is usually two to six weeks postpartum that symptoms develop.

This is because prolapse is largely a postural problem in women. The pelvic organs are suspended from the spine and pelvis and therefore it is the shape of this bony structure that ultimately determines their positioning. For decades practitioners have focused on the predominately passive pelvic floor, when in reality natural breathing and natural female posture are the forces responsible for pelvic organ support.

The latter stages of pregnancy as well as the birth process itself create a certain level of spinal instability. This instability is reinforced in the weeks postpartum by spending too much time in spinal flexion, or standing and sitting with a C-shaped spine. In other words, slouched in bed, chair, or couch with hunched shoulders and tucked tailbone under.

In addition to gentle birthing practices and quality nutrition, gently restoring the natural shape of the spine is the best prevention against postpartum prolapse. This simply means returning to natural breathing patterns and alternating rest with sitting and standing postures that reinforce the inherent shape of the female spine and pelvis.

For More Information visit: www.wholewoman.com or call the Whole Woman Center: 243-4010.

PRENATAL YOGA



Tuesdays

with Heather

6:00 - 7:30 pm

4600 Copper NE

Nob Hill



Saturdays

with Lex

11:15-12:45

1835 Candelaria

North Valley



One of the most effective ways to enjoy your pregnancy and prepare for birth.

www.HighDesertYoga.com

Why Look for Positive Birth Books?

In a recent survey, women were asked to rate their fear of birth before reading positive birth stories, and again three weeks after reading birth stories. Participants reported an average of 33% less fear after they read empowering birth stories.~ Sheri Menelli, from "Positive Birth Stories, Midwifery Today, #84

ALBUQUERQUE BIRTH NETWORK
"HAPPY BIRTHS, HEALTHY BABIES"

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



and

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.

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

Payment are also accepted online, through our Paypal "donate" button. Go to www.albuquerquebirthnetwork.org.

Call us at 463-1694 if you have any questions. Thank you for your participation and support!