

Plum Bites



Welcome to our first edition of Plum Bites---Plum Midwifery's effort to give you a taste of what's available in the birthing community, and keep you up to date on the latest from our practice. We will be sending this out quarterly. We're open to feedback and suggestions for new "bites".

Choice Care in the Comox Valley

Our first featured care provider is Michelle Hughes who owns Comox Valley Acupuncture and Traditional Chinese Medicine.

A little about acupuncture...

Acupuncture could be for you. It has a variety of applications and is covered by most extended health plans.

Some uses in pregnancy include:

- morning sickness
- pelvic pain
- back pain
- induction of labour
- turning breech babies



A little bit about Michelle...

Michelle graduated in 2000 from the acclaimed International College of Traditional Chinese Medicine in Vancouver, B.C. as a Doctor of Traditional Chinese Medicine. She is a Fellow of the American Board of Reproductive Medicine and has trained with many of North America's foremost health experts on obstetrics, gynecology and reproductive medicine.

Michelle was raised in the Comox Valley and returned with her family in 2004 to open her clinic and enjoy the wonderful lifestyle that the Comox Valley has to offer.

Michelle believes in a complimentary approach to health care. Comox Valley Acupuncture and Traditional Chinese Medicine is an interdisciplinary clinic which also incorporates Mayan abdominal massage and mind body therapy for women in addition to her own practice.

For more information about acupuncture or to make an appointment visit her website at www.comovalleyacupuncture.com or click [here](#).

Magnificent Mamas!!

A spotlight on clients past and present as they reflect on what they do and how midwifery care affected them.



On her business.....

Karen McKinnon is the leading photographer in the Comox Valley and is known for her spirited photos and the fun she has with clients. She began her photographic path in Grade 5, when she took her first photography course, conveniently offered by her mother, a well known nature photographer. While in college to pursue being a dietitian, or calculus teacher, McKinnon had a self described cliché life changing event, that spurred her to leave college and follow her passion. Since then, she has worked in the commercial studios of some of Canada's top photographers. She graduated at the top of class at professional photography school, held staff positions at community newspapers, worked for daily's such as the Globe and Mail, Vancouver Sun and Province. Karen has also sat on the faculty of North Island College Pro-photography program, as well as her alma mater's faculty where she taught small business planning. The desire to settle in a smaller community brought her to Comox 10 years ago.

Here she has gained a reputation for being an active and generous member of the community, giving her time to a variety of organizations. Moved to do even more, she recently founded "A Fighting Spirit" www.afightingspirit.com, a network of BC photographers donating services to families with critically ill children.

She has received numerous awards for her photography, the Women's Business Network Woman of the year award and is the 2008

Birth Stories

Our clients share their journeys into the realm of parenthood. Where they find their expectations defied and lives forever changed.



"Does It Ever Go As Planned?"
The Beautiful Birth of Oriah Rose

Oriah's Father: With bright wide eyes and a look of sheer, eagerly anticipated, ecstasy, Julie burst into the room and joyfully told me that her water broke! All of the preparation of water birth ideas in the home, music plans, decorating the birth room, food preparation, walks, massage, waiting, waiting and more waiting and then it finally came to this. Hooray!! Unfortunately, from delight to dismay, we found meconium in her water. So, trying to hold on to the motto "except things as they are and not as you would like them to be," we willingly departed for a new adventure to the hospital. Emotions of fear and uncertainty were replaced with joy as test results showed that the baby was fine and we can resume with a natural birth. Witnessing the transformation from my wife to a birthing goddess is beyond the limitations of this mind. It was magic!! 5 beautiful hours later we were, once again, back to FEAR. Oriah aspirated the meconium upon entrance into this world and could barely breathe. Pediatrician enters: tubes, monitors, oxygen, more tubes, baby gasping, father crying, mother surprisingly calm and our Midwife was absolutely amazing throughout the whole ordeal. Oriah was also to receive a muscle relaxant, antibiotics and morphine. I was irate with what seemed unnecessary, but thankfully the nurses were quite compassionate and patiently explained the process. Then the Infant Paramedic team arrives; a group of amazing people who truly wanted her to heal. Oriah, who was swaddled in a package of tubes, was about to fly to Victoria with Julie when a teary medic approached me with absolute conviction stating, "I will take such good care of your family." He shakes my hand and I finally learn after all of this to surrender to the process. She was always in good hands and protected. It just took me much longer than my wife to understand this. Thank you Oriah!! Oriah bounced back surprisingly fast thanks to her good karma and the unbelievable nurses in Victoria. One of the nurses went well beyond her duties to take care of us as well. The same nurse discretely imprinted Oriah's hand in clay and then sent us

Comox Valley Chamber of Commerce Small business of the year recipient. She lives in Comox with her partner John, her daughter Selah and her four step-daughters.



www.mckinnonphotography.com
www.afightingspirit.com

The midwifery experience...

Joanne was the midwife for the delivery of my daughter Selah. Selah is now six years old, yet, Joanne is still as close to my heart as the day Selah was born. The reason being is that Joanne didn't just deliver my daughter she was key to my transition into motherhood. Yes, she helped me physically prepare and bolstered me and my partner with education on what to expect during birth. During the birth itself, having her there was an incredible gift. Her presence made me feel safe and confident and helped me and my partner be present in the moment. After the birth, Joanne's regular visits were something to look forward to. She was generous with her time, answered all our questions, and continued to teach about areas such as breastfeeding and checked in on both my and my daughters health. There are so many tangible reasons to have a midwife. However, the biggest gift was that it freed us up to enjoy, celebrate and emotionally prepare for the birth of our daughter and for that I am eternally grateful. I love to share my birth story with Selah now and she always loves to hear the part about the person who helped her come into this world.

Welcome To The World!!!

The latest Plum Babies...



Visit [our website](#) for more photos.

January 2009

Riley 6lbs 13oz
Seamus 9lbs
Zephyre 9lbs 4oz
Nathaniel 9lbs 5oz
Sabine 6lbs 15oz

February 2009

Salum'mia 6lbs 9.5oz
Zander 7lbs 9.5oz
Emma 6lbs 8oz

March 2009

Lyra 8lbs 8oz
Toa 7lbs 15oz
Lilja 8lbs 2oz

April 2009--What a month!!!!!!

4 home made "it's a girl cards" with Oriah's handprint on the front, 2 weeks later to our home in Powell River. What a great surprise. Despite the initial hardships, this was an unforgettable journey that not only gave us a beautiful child, but also exposed the compassionate and loving nature of our species!!

Oriah's Mother: Although Oriah's birth wasn't anything close to the birth I had envisioned, it was beautiful in its own way. The birth itself transformed and enriched my entire being by bringing forth my power and strength and exposing me to the miraculous beauty of the female body. Then when Oriah was taken from within me and confined to a small plastic bubble where I could barely touch her, I experienced waves of emotions stronger than any I've ever felt. I had so much love for this little tiny being that I was meeting for the first time. After months of anticipation my daughter was right there in front of me, but I was forced to resist the strong instinct to pick her up and hold her in my arms. Words can't explain how hard this was. In those days following her birth, I watched as new deep wells of love sprung up within me. Love for Oriah and love for the community that surrounded me. I'm often saddened by the lack of deep community in our society, saddened by the fact that we can pass someone everyday and never know their name and we can go a lifetime without sharing a tear with our neighbor; but what happened in that hospital, as we all worked to keep the newest member of our community alive, will always be a source of hope for me. Suddenly a nurse became my mother as she held me in a way only mothers know how. She just held me and held me and wasn't about to let me go until she could feel I was ready to go on. The pediatrician was putting so much of her heart into Oriah that tears fell from her eyes as I thanked her. Then there was the emergency transport team who worked like bees in a hive, so quick, and each seemed to know what the other was thinking without saying a word. As Oriah and I flew with them to Victoria they were so sensitive and caring and so committed to taking care of us that I will never forget their kindness.

I guess I can say I'm thankful for this experience, thankful that it revealed the space within us all that knows how to deeply love. It showed me that community surrounds us daily and that when it comes down to it, even strangers are right there ready, just waiting for the opportunity to show love.

BEAUTIFUL BIRTH
prenatal classes and doula care



For many women, preparing for childbirth is a process that begins from the moment they discover they are pregnant. For the next 8 months, we are bombarded with books, magazines, television shows and of course, the well meaning women in the grocery line who wish to share their stories of birth trauma.

Ava 5lbs 7oz
Archie 9lbs 2oz
Simon 8lbs 6oz
Elizabeth 8lbs 7.5oz
Drake 8lbs 2.5oz
Emily 6lbs 5.5oz
Ololiuqui 9lbs 5oz
Noah 7lbs

May 2009

Oriah 7lbs 12oz
Xavier 8lbs 8oz
Layla 8lbs 9oz

June 2009

Malaya 8lbs 5oz
Keiran 6lbs 2oz
Zoe 7lbs 12oz

July 2009---Another Busy One

Chloe 8lbs 9.8oz
Merritt 9lbs 9oz
Frida 8lbs 8.5 oz
Emma 7lbs 4.5oz
Cruze 9lbs
Sophie 7lbs 12.5oz
Isaac 7lbs 6oz
Orin 8lbs 1.6oz
Sacha 6lbs 4oz

August 2009

Kiera 7lbs 9oz
Rory 8lbs 7oz
Grace 8lbs 5oz
Taylen 7lbs 9oz
Laura 7lbs 5oz
Arielle 7lbs 9oz

We want to feature your beautiful babe!
Make sure to send us a photo of your little ones! Click [here](#) to email.

Women's Wisdom

Natural approaches to common pregnancy concerns

Note: Nothing stated in this article should replace a conversation with your midwife or other health care provider if you have concerns about your well being.



Ripe and Ready

When women are approaching 37 weeks one of the most common questions we get is: "what can I do to get ready?" One answer is to have faith in your body. As we know our bodies know how to do this. The other answer is to suggest some alternative remedies. Some women feel that these remedies, though a form of intervention on the body's natural process themselves, are a less invasive way to ready the body for labour.

Raspberry Leaf Tea---immerse a handful of the leaves in 1 L of water. Drink over the course of the day. This is a uterine tonic and may produce tightenings or even mild cramps.
Evening Primrose Oil- Start with 3/day and

Women are given the message from day one that childbirth is a scary, painful and impossible experience, one that we must be saved from. We are also given the message of what a "good" birth and a "bad" birth are and judge a woman's experience accordingly. The birth partner is often portrayed as someone who is useless and unresponsive. What is missing in this soup of advice is that women are strong, powerful and deeply intuitive beings that know exactly what it is they need to do to birth their babies and their partners are an integral, valuable part of the experience.

Birthing From Within prenatal classes celebrate women's intuitive wisdom as they prepare for labour, birth and as mothers. As we explore pain coping practices, birth fears, cesarean birth, the compassionate use of drugs and epidurals as well as stages of labour, we embrace releasing attachment to outcome while staying present in the moment. This is what Birthing in Awareness is all about. We honour the role of the birth partner and offer a special class led by an experienced father. This gives the birth companions a unique opportunity to share their own concerns and learn from one another as well as explore how they may best support their partners. The last day is spent on newborn care, breastfeeding, as well as postpartum planning and adjustment. This is a fun, informative and honest weekend, and an amazing way to prepare for the birth of your family.

Catherine Quaglia is a mother of two wonderful children, a Certified Birthing From Within Mentor, Certified Birth Doula (DONA) and a Breastfeeding Counsellor. She lives in the Cowichan Valley and is excited to be able to offer her classes at Plum Midwifery. You are welcome to visit her on her website: www.beautifulbirth.ca or check out her blog: <http://abeautifulbirth.blogspot.com>



can gradually take up to 6 per day (2 with each meal) and insert one vaginally at night. Evening primrose oil is a building block for prostaglandins which are responsible for ripening (effacing, softening etc) the cervix. **Cauliphylum, Arnica, Cimicifuga 200c** These are homeopathic remedies. In brief a homeopathic remedy uses the energy of a particular substance to balance the body's energies. *Arnica* is generally given to help heal and prevent bruises, tears, and inflammation. *Cauliphylum* is the homeopathic version of blue cohosh and is commonly used to help ripen the cervix. *Cimicifuga* is the homeopathic version of black cohosh and is used to help produce contractions. Take five capsules of one remedy alternating each type every day.

For more information talk to your midwife or other health care provider.

Plum Branches

Stay tuned for news of how our practice is growing.

Midwives!!

We're pleased to announce that Emma Gledhill will be joining us at Plum Midwifery. Amy Kelly will also be back from her maternity leave. Be sure to check out our website for bios and for news of other additions.



www.plummidwifery.com

New Space

The Plum Midwifery Clinic space will be expanding this fall. We will now have two clinic spaces and room for classes. The first class offered will be a prenatal class with Catherine Quaglia (see box on left).



Diaper Dilemma By Sherry Broback

Looking beyond disposable at options to consider and where to find them.

Reusable Choices

I'm a big advocate for choice. While my first daughter was using disposable diapers I knew a change was needed, but I felt confused. There was no local information on diapering alternatives and the internet was an abyss of information. So I dove in-like most of my child rearing choices I researched and tested. But my best resource came to be the voices of like-minded mothers.

My findings left me inspired to bring similar choices to the Valley. My Best Friend happened to share my dream and we have Podlings.

In our local shop we boast all the modern diapering systems. On our Diaper Wall lives our tested favorites, to name a few would include; Bum Genius, Fuzzi Bunz, Rumparooz and Applecheeks. We also are proud to offer prefolds with various options for covers, Snappi's and wet storage bags. When you visit our shop don't be surprised to see funky prints, eco-fabrics and friendly faces-excited about choice!

Visit us Podlings at #104-2270 Cliffe Ave in Courtenay and see why we are "Naturally Childish" or click below to check out our blog.



Thank you to our clients. You are why we love what we do--even at 3 in the morning.

Sincerely,

Joanne Daviau & Amy Kelly
Plum Midwifery

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