

Having trouble viewing this email? [Click here](#)



Plum Bites

Happy Summer to all of our clients, past and present, and to friends of Plum.

Wishing you a healthy happy summer season with lots of sunny days for bellies and babies.



Past client Caprice enjoying the summer sun.
Photo by [Jenilee Brain](#).

What's New at Plum?

We are blooming with babies ...



Tallulah Bea

Congratulations to Amy Kelly, one of our midwives, who had baby girl Tallulah Bea in March and to Alison Wurts, co-office administrator, who had baby boy Silas Blaze in February.



Issue #5

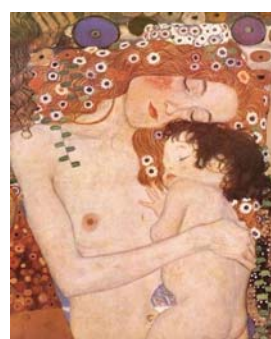
In This Issue

[Plum Clinic News](#)

[Welcome Katie](#)

[Birth Stories - Max's Story](#)

Plum Babies



Visit our [website](#) for photos

December 2010

Ellie, 6Lb 11 oz
Alena, 7Lb 7oz
Ocean, 7Lb 15oz
Cheyenne, 6Lb 7oz
Bella, 6Lb 5oz

January 2011

Dayton, 6Lb 15oz
Evan, 8Lb 5oz
Finn, 8Lb 4oz
Ari, 7Lb 12oz
Felix, 8Lb 8oz
Ava, 7Lb 5oz
Owen, 8Lb 3oz
Declan, 6Lb 8.5oz

February 2011

Max, 7Lb 5.4oz
Sacha, 6Lb 9oz
Laura, 7Lb 2oz
Kristie, 8Lb 12.4oz
Serena, 7Lb
Silas, 8Lb 5oz
Ira, 8Lb 3oz
Jayce, 9Lb 6oz

March 2011

Olivia, 8Lb 6oz
Xavier, 9Lb 6oz



Silas Blaze

Nursing Students at Plum

In May and June, Plum Midwifery paired with North Island College Nursing Program to provide mentorship to second year Bachelor of Science Nursing students.

The purpose of this mentorship was to provide a practical opportunity for students in their second year to build on their caring, relational practice skills, and expand their understanding of health and health promotion. As year two progresses, students gain experience with more complex and advanced health challenges and practical placements in the community provide students with the opportunity to focus on increasing their relational practice competence with individuals, families and groups.

Welcome Katie

Midwife Katie McNiven joined Plum in May. All of our clients will have a chance to meet her over the coming weeks. For our friends and past clients, read on to learn more about Katie.

My passion for supporting the health of mothers and babies developed through my previous work and volunteering experience in Canada and overseas. I completed my formal midwifery training through UBC's midwifery program. During my studies I developed a solid grounding in evidence-based practice, home birth, water birth, and birth in the hospital. For the past two years, I have enjoyed working in a busy practice in the lower mainland, serving families in Vancouver and in the Port Moody area.



Katie McNiven, RM.

In my work as a midwife, I feel deeply privileged to be witness to the amazing process of pregnancy, birth and the development of diverse families. I have a passion for promoting woman-centered, holistic care, while empowering women through informed decision-making. My special areas of interest have included supporting women who are striving to achieve a vaginal birth after caesarean, and improving access to midwifery care for a greater diversity of women and their families. In my life outside of work, I enjoy growing vegetables in my garden, hiking in the woods, playing the piano, and traveling.

I have long wanted to live and practice midwifery in a more rural area, and am excited for the opportunity to work with the midwives and families at Plum Midwifery.

Darwin, 8Lb 7oz
Slade, 8Lb 13oz
Tallulah, 8Lb 4oz
Oliver, 7Lb 4oz
McKenna, 7Lb 1oz
Londyn, 8Lb 9.5oz
Matthew, 7Lb 13oz

April 2010

Cadence, 8Lb 2oz
Georgia, 6Lb 4 oz
Owen, 9Lb 3oz
Clyde, 2Lb 13oz
Louis, 9Lb 2oz
David, 8Lb 11oz
Ursula, 9Lb 2oz
Richard, 7Lb 7oz
Jake, 7Lb 6oz

May 2011

Meirah, 7Lb 1oz
Zoe,
Brooke, 7Lb 9oz
Theodore, 8Lb
Emily, 8Lb 8oz
Huxley, 8Lb 2oz
Kaegan, 8Lb 1oz
Lucia, 7Lb 4oz
Avery, 7Lb 12.5oz
Akili, 8Lb 3oz
Peyton, 8Lb 9oz

We want to feature your beautiful babe!

Click [here](#) to email us a photo of your little one!

Prenatal Classes



We are proud to offer prenatal classes at Plum with Catherine Quaglia.

[Sign up](#) now for Birthing From Within fall classes:

**September 16, 17 & 18
Plum Midwifery Clinic
Comox, BC**



Birth Stories - Max's Story

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

After a few false alarms and much anticipation from his parents, Max started his journey into the world on a stormy Thursday evening while we were enjoying a quiet night on the couch. It was about 9:30 in the evening when I all of a sudden felt a pop in my stomach, which was then followed by a slight trickle. Almost in disbelief of what was happening I ran upstairs, grabbed one of my pregnancy books and sat myself on the toilet while flipping through for what must have been the hundredth time reading up on what to expect when your waters broke. Keith thought I was clearly crazy as it couldn't have been more obvious what was happening but I just felt I had to be sure I hadn't just pee'd myself before calling the girls at Plum on a Thursday evening. Perhaps for a guy, this seems silly but with the amount of pressure I'd had on my bladder the past few weeks, the latter was a very real possibility.

With a call into Jessie, she assured me that it was most likely my water but that it would be best to meet down at the hospital to be sure. As there were no sign of contractions at this point we were pretty casual about the whole thing. Grabbed a semi packed hospital bag I had packed following my first false alarm three weeks prior but sure we'd be home again in no time. We were met at the hospital by Jessie and Paula, who confirmed that YES, my water had broken. We discussed the possibilities of what could happen and made a plan to meet back at the hospital the following morning at 7:30 if labour had not started on its own to get in line for induction for which was already stacking up to a be very busy day at St. Joe's. Not loving the idea of being induced, I assured the girls this little guy was ready and we'd get it going on our own. Sure enough, the contractions started before we had even managed to navigate our way out of the hospital.

Arriving home again with hopes of catching a few hours of sleep before things got too intense was all but wishful thinking. Although the intensity was increasing steadily, they were not following a set pattern so I spent a few hours moving between the fetal position on the couch and doing laps around the kitchen island. Finally by around 2:30, I woke Keith up to come and time my contractions only to find that they still were not consistent but that they were now joined by bouts of vomiting. Sweet!

Jessie and Paula paid us a visit around 3:30am, happy that things had started on their own but still thinking we were a ways off we stuck with the plan to continue to labour at home and to meet back at the hospital at 7:30 Friday morning. From that point on, things were tough and we definitely questioned whether or not it was time to go to the hospital on several occasions but always decided I would be most comfortable to stay home as long as possible but must admit that 7:30 could not come fast enough.

Once arriving at the hospital things moved very quickly and are all a bit of a blur. It seemed like not long after we got there I hit the point where I was beginning to question my intent for a fully natural birth, thinking a little pain relief may not be such a bad idea after all. To my

surprise, we were far past that point and I instead was ready to push. With every push and every pain, all I could think of was that the only way to make it stop was to keep pushing and get that little guy out.



Max

At 9:27 that morning, the storm from the night before had finally settled and our little guy arrived to sunny skies. While labouring, I never would have believed it possible to forget what I was going through but the moment Max was placed on my chest; it seemed to all go away. He arrived a healthy 7 pounds 5 ounces, with a strong set of lungs, and what we consider to be pretty perfect little boy. A natural at breastfeeding, he has been our little milk monster from day one and continues to thrive and grow like mad.

We are constantly amazed that something so small can have such an incredible impact on one's life and no matter how much we thought we had planned for this day, could never have fully prepared ourselves for both the challenges and rewards of parenthood. He has truly shook our world upside down but we would not have it any other way.

Thank you to our clients. You are why we love what we do--even at 3:00 in the morning.

Sincerely,

Joanne, Emma, Jessie & Katie.

Plum Midwifery

[Forward email](#)



Try it FREE today.

This email was sent to office@plummidwifery.com by office@plummidwifery.com | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Plum Midwifery | 760 Radford Road | Comox | BC | V9M3V8 | Canada