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## Plum Bites



Plum baby Tarran gets into the holiday spirit.

Photo: [GoldSpun Photography](#)

***May your holiday season be merry & bright!***

## What's New at Plum?

### **GROUP PREGNANCY & POSTPARTUM CARE**

Plum is pleased to introduce and provide you with *Group Pregnancy and Post Partum Care* as an addition to your one-on-one care. We hope to start this new program early in the New Year.



### **A bit about the program....**

Your first initial appointments will be one-on-one with your midwife and will include the usual prenatal testing options and physical exam. At approximately 14-20 weeks of your pregnancy, we will invite you to join a Pregnancy group with other women and their partners who are expecting to have their baby in the same month as you. There will be 4-5 regular two hour group sessions throughout your pregnancy until the last month where you will receive one-on-one care again with your midwife. Approximately 2-4 wks after you have had your new baby, you will attend a Postpartum care group session.

Each group will be co-facilitated by one of the midwives and will

## Winter 2011

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### Best of the Web

*Every issue we bring you some of our favourite birthy news bites from around the web.*

### **Public Births Create Online Buzz**

October was full of buzz surrounding two highly publicized public births. The first was a live webcast of an Ottawa woman's 3rd home birth and the second occurred in an art gallery as a piece of performance art in front of a specially selected live audience. Whatever you think about either of these events, they definitely did drum up media attention for natural birth. Check out these articles for more info & commentary:

[Birth is not a crisis](#)

[Birth as Performance Art?](#)

### **More Business of Being Born**

If you enjoyed the movie *The Business of Being Born*, be sure to [check out the trailer](#) for Ricki Lake & Abby Epstein's new venture *More Business of Being Born* which premiered in LA in November.

### **Fetal Development**

This month we stumbled on two amazing videos that show fetal development from conception to birth. Both are definitely worth the time spent:

[TED talk - Conception to Birth, Visualized](#)

[You Tube - Did you know how you were born?](#)

include guest speakers who will be presenting various pregnancy, labour, birth and postpartum related topics. Along with the other members of your group, you will learn about important topics such as:

- nutrition and exercise during pregnancy,
- back care from a physiotherapist and or massage, relaxation and comfort measures for labour,
- the birthing process,
- what to expect in home and hospital,
- pain management options,
- breastfeeding and infant care,
- plus several DVDs on birth and babies.

**The group setting allows you more time to ask questions, discuss concerns and is also a great opportunity to meet other pregnant women, make friends and share ideas.**

At each group session you will have a few minutes with your midwife for your belly check. If there are concerns requiring a private visit, this will be arranged outside of the group session.

Group care is becoming more popular and feedback received from clients and care providers involved with this type of care has been very positive and encouraging. **Studies** have shown that women in group sessions were less likely to have suboptimal prenatal care, had significantly better prenatal knowledge, felt more ready for labor and delivery, had higher rates of breastfeeding initiation and had greater satisfaction with care.

We believe you will benefit greatly from this type of care. Although we encourage you to attend the Group sessions, should you choose to not attend, you will continue your care one-on-one throughout your pregnancy with the midwives.

## Natural Baby Wipes

While you are marveling at your newborn's beautifully soft wrinkly skin, you might find yourself wondering what is in your baby soap/shampoo, laundry detergent and baby wipes. One way to be sure of the safety and gentleness of the products\* you use is to make your own.

### Basic Baby Wipe Recipe

- 2 Tbsp Baby Wash (choose a natural wash)
- 2 Tbsp Olive Oil
- 2 cups water

There are unlimited recipes out there for natural baby wipes but they generally include variations of these basic ingredients:

- **Oil** to help the wipe glide across baby's skin, keep skin soft
- **Soap** to remove all traces of urine and feces

## Plum Babies



Visit our [website](#) for photos

### **September 2011**

Ella, 6 Lb 12 oz  
Edwin, 7 Lb 8 oz  
Dana & Tesla  
4 Lb 7.7 oz & 6 Lb 12 oz  
Daniel, 9 Lb 5 oz  
Norah, 7 Lb 6.5 oz

### **October 2011**

Harper, 7 Lb 4 oz  
Ollie, 7 Lb 11 oz  
Leonie, 7 Lb 0.6 oz  
Fern, 7 Lb 10 oz  
Kieran, 9 Lb 6 oz  
Felix, 6 Lb 15 oz  
Nolah, 7 Lb 4 oz  
Mia, 5 Lb 8 oz  
Ethan, 8 Lb 12 oz

### **November 2011**

Julien Nico, 8 Lb 6 oz  
Kayla, 7 Lb 2 oz  
Lucille, 8 Lb 10 oz  
Felicja, 7 Lb 4 oz  
Raiden, 8 Lb 12 oz  
Arlen, 8 Lb 8 oz  
Lily, 7 Lb 13 oz  
Arthur, 6 Lb 11.5 oz  
Cruz, 8 Lb 8 oz  
Fischer, 7 Lb 6 oz  
Olive, 8 Lb 8.8 oz

**We want to feature your beautiful babe!**

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

**"Like" Plum?**

We invite you to come on over and check out our Facebook page. You will find Plum news, interesting articles and news stories. **We would be thrilled**

- **Essential Oils** for antibacterial and/or aromatherapy purposes
- **Water** is the main ingredient in each recipe. It cleanses the diaper area and dilutes the other ingredients

Extra ingredients may include chamomile tea, tea tree oil, almond oil, aloe vera, honey, castille soap (Dr. Bronner's) and more.

It is easy to mix up wipe solution at home and there are varying ways to use, from storing with flannel cloths or extra thick paper towels in a wipe warmer or commercial plastic wipes container to storing the solution in a spray or pump bottle to apply directly to a cloth or paper towel at each diaper change. It is recommended that you make a fresh batch every week to avoid it getting musty or mildewy.

Have fun trying recipes with different scents and different soaps/oils. You can find [more recipes here](#) and **if you find one that you love, please share it with us on our [Facebook page](#).**

*\*Another way to check on the safety of your cosmetics, hygiene and baby products is to check their ratings on the [Environmental Working Group's SKIN DEEP cosmetics database](#).*

## Birth Stories - Edwin

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



I woke early in the morning of September 12th, my due date, to the familiar feeling of mild contractions that felt like cramps. I looked at the clock and it was about 4:30am. I laid there for a while concentrating on the feelings I was having as I wanted to make sure I really was feeling what I thought I was feeling! Once I was sure it was early labour I got excited as most expectant mothers do when you realize today's the day you've been waiting for!!

**if you would drop us a line, share your baby photos, post questions and help us make it a vibrant space for everyone who "likes" us.**

[Like us on Facebook](#) 



I got out of bed and started doing chores, believe it or not! I packed my 2 yr. old son, Levi's, overnight bag for his grandma, folded some laundry, did the dishes and got my house in order in anticipation for the labour marathon. I ate breakfast. Simon, my husband, woke up with a funny look on his face to see me running around cleaning at 7:00 in the morning.

When my midwife Cat arrived to check on me it was about 9:15am and I was having irregular contractions that didn't last very long and were not even noticeable to the people around me. We listened to the baby's heartbeat and Cat felt the baby's position. She checked my progress and said I was dilated about 2cm, but easily stretched to 4. She said for me to page when contractions were coming more regularly or if I felt a lot of pressure. She said if she didn't hear from me by 4 that afternoon she would call me to see how things were going.

My mom and my sister and her son came over around 10 am and we visited for a bit while the kids ran around the house. But I knew things were getting bad when I couldn't even drink the cup of coffee I had prepared for myself and I said to my mom, "I can't deal with these kids squealing anymore!". So my mom promptly left with both her grandchildren. Now with the contractions growing in intensity, I was closing my eyes and leaning over a shelf while rocking back and forth during each one. I was breathing the way I'd learned in prenatal classes the first time I was pregnant, and that was a focus that helped me get through each contraction.

By this time my sister had begun timing my contractions and they were coming very close together but not lasting for more than about 35-45 seconds. I felt restless. I tried lying down in my bed. Lying down didn't feel so good though so I stood up again and leaned over the side of my bed. Contractions were just coming one after another quite intensely when I almost started to rethink my plan of having another baby at home! I kept telling my husband how much it hurt. I think I even said "This hurts way more than it did with Levi!"

I said to my husband and sister "I think we should page the midwife". My sister responded, "You sure you don't want to time the contractions for another 10 minutes?" It was about 10 to 11. I screamed "Page her NOW!" I was feeling a lot of pressure and it scared me and I started to worry that I was going to have our baby before Cat got here! Then I remembered something I had learned during my first pregnancy, and that is that if you need to slow things down side lying is a good way to do it. So I decided to stop standing and pacing and lie down!

Cat arrived about 15 minutes later and I was sooo relieved! I even told her repeatedly, "I'm so glad you're here!" Now I was progressing very fast, the contractions were strong and long with only a few seconds of a break in between. Shortly after Emma arrived huffing and puffing from on her bicycle. It wasn't long before I started to push and my water broke. Then just a few more agonizing minutes of pushing and our sweet little Edwin was born, at 11:35am.



He came out with that newborn cry and was placed on my chest right away with the umbilical cord still attached. I was surprised by how warm and wet his little body was! I just held him to my chest for those first few moments and took it all in. We were all in awe by the miracle that had just taken place, and I was a little shocked by how fast everything had went. Our little baby was here, after months of waiting and anticipation, he was here and he was perfect and healthy and we couldn't have been happier!

*Chloe, Simon, Levi & Edwin*

## **Prenatal & Postpartum Fitness Round Up**

Are you looking for fitness classes that are tailored for pregnancy and postpartum?

Check out some of the classes that are offered around the Valley:

### **Prenatal Pilates**

**Island Pilates & Fitness** 250-703-2673

### **Prenatal Yoga**

**Courtenay Recreation** 250-338-5371

Akiko Shima

**Mondays 9:30 - 10:45 am**

January 16 - March 26

Lower Native Sons Hall

or

**Wednesdays 6:30 - 7:45 pm**

January 18 - March 10

Lewis Park Salish Building

### **Mom & Baby Yoga**

**Courtenay Recreation** 250-338-5371

Akiko Shima

**Wednesdays 9:30 - 10:30 am**

January 18 - March 28

Lewis Park Salish Building

**Comox Recreation**

250-339-2255

Birgit Nilson

**Wednesdays 9:00 -10:00am**

January 4 - March 7

**Baby Boot Camp****ELM Health**

250-338-8998

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

Sincerely,

Joanne, Emma, Katie &amp; Cat.

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