



Sending warm thoughts to all of our Plum sprouts!



A former Plum sprout all snug and warm.

What's New at Plum?

WELCOMING NEW CLIENTS

We are always welcoming and accepting new clients. If you are new to our clinic, are considering midwifery care (or know someone who is), please do drop in at one of our monthly open houses where you'll have the chance to meet the midwives and staff, check out our practice location, ask questions, and connect with other families. You can



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Best of the Web

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

The *Midwives Association of BC* have recently unveiled a new **VISION** for midwifery in BC. This includes an extensive media and public awareness campaign. You can check out videos, learn more about midwifery, link to research and write a letter to your MLA in support of midwifery at their [website](#).

learn more about our Open House events below.

If you are interested in receiving Plum midwifery care, you can book an appointment to meet a midwife at any time in your pregnancy by calling the office at 250.890.0832.

COMINGS AND GOINGS...

Cat will be away for the summer, returning in the Fall, and we will be welcoming registered midwife Annabelle Sproule to the Plum team from May to the end of September 2014. Please take a moment to check out her bio and photo below.

NEW ARRIVAL

Katie McNiven worked at Plum from 2011 until October 2013. On December 22, Katie greeted both the return of the light, and a beautiful, beloved baby boy at 3:12am, weighing 7lb 12oz. Baby Hazel arrived just as we were sending out the Winter newsletter and had to wait until now to make his big debut.



SUPPORT FOR COMOX VALLEY FAMILIES

If you are an Aboriginal family, a doula can be provided **free of charge** through the [Wachiay Friendship Centre](#). Please contact them for more details or to apply.

Comox Valley Mental Health holds a drop-in all day Monday, and holds educational meetings Tuesdays from 1:30 to 3:0pm at their office at:

941C England Avenue
Courtenay
250-338-9777

Healthy Families offer **free vitamins and carseats** to families in need. Please contact them at:

1507-C McPhee Ave.
250-871-7575

[Comox Valley Healthy Families Program](#)

This [article](#) is circulating among women on social media.

While the article talks about two recent studies regarding homebirth and the flaws in those articles, it also discusses alternate models of care which seems to present a compelling read for pregnant women in further comments.

Scientists argue, in this newly published [study](#), that infants that wake frequently at night to breastfeed are delaying the resumption of the mother's ovulation and therefore preventing the birth of a sibling with whom they would have to compete.

Plum Babies



Visit our [website](#) for photos

December 2013

Ossian, 6lb 10oz
Sage, 6lb 10oz
Everly, 5lb 11oz
Amelia, 6lb 9oz
Kolton, 7lb 7oz
Cooper, 8lb 10oz
Hazel, 7lb 12oz
Lincoln, 9lb 6oz
Beatrix, 9lb 7oz

January 2014

Mia Blue, 6lb 14oz
Winter, 8lb
Iver, 8lb 14oz
Fabian, 7lb 14oz

PLUM CLINIC PROGRAMS

Be sure to check out the Plum Schedule in the sidebar to check dates for Plum programs. Contact the office if you have questions or are interested in participating.

WAYWARD PLUM LIBRARY BOOKS

A reminder that if you still have books that you borrowed from the Plum library, please return them so that other clients have access to them! Thanks - we are so glad that you enjoy the resources we are able to offer you.

Annabelle Sproule - Registered Midwife

From May 1 to September 30, 2014, registered midwife

Annabelle Sproule will be joining Plum Midwifery Clinic.

I was born in Cumberland into the hands of midwives. I have been fortunate enough to be able to return to my home community and practice as a midwife since 2012 at Comox Valley Midwifery.

Prior to studying midwifery at Laurentian University I studied Marine Biology at the University of British Columbia. I also worked at St Paul's Hospital in downtown Vancouver assisting in clinical research related to kidney donation. During my midwifery degree I had the opportunity to do clinical placements in Toronto, Nelson, Vancouver, Victoria and the Comox Valley.

After all of that traveling and adventure coming back to Cumberland felt just like coming home. I am thrilled to be joining the team at Plum Midwives as they are lovely ladies that I have had the pleasure of knowing for a long time.



Annabelle

Plum Open House

For the past nine months, Plum has hosted a Postpartum Group, in part, with a grant from the Children's Health Foundation through Cumberland Community School Society. The end of the grant

Greyden, 9lb 6oz

Vukasin, 7lb 10oz

Brandon, 10lb 7oz

Hughie & Ever

5lb & 4lb 12oz

Hunter, 8lb 14oz

Violet , 6lb 8oz

February 2014

James, 9lb 6oz

Adrian, 7lb 2oz

Rayen, 8lb 12oz

Andrew, 7lb 9oz

Skyla Emma, 8lb

Anwyn, 7lb 11oz

March 2014

Delilah, 7lb

Maverick, 9lb 13oz

Westley, 8lb 13oz

Ella, 9lb 14oz

Emmon, 8lb 11oz

Ever Juliette, 8lb

Clara Jane, 6lb 13oz

Joshua, 6lb 1oz

Sasha, 8lb 4oz

Samuel, 9lb

Amadee, 7lb 4oz

Rian, 8lb 12 oz

Callum, 10lb

Odin, 7lb 6oz

**We want to
feature your little one!**

[Email us a photo.](#)

Plum Schedule

THURSDAYS

Prenatal Group Care

3:00 - 5:00 pm

funding allows us the opportunity to embark on new initiatives to support our clients and their families.

We are pleased to announce in place of our weekly postpartum group, Plum Midwifery will host a **monthly** Open House at our clinic where present, past, and interested clients are invited to meet for a social gathering. (We'll have a theme for each open house.)

Please join us the **last Wednesday of each month, 10:00am to 12:00pm**, to celebrate your pregnancy, show off your new baby, reconnect with mothers from group pregnancy, hug your midwife, and make connections with other new mothers or mothers-to-be. Partners and children welcome!

***Please join us in celebration of
International Day of the Midwife!***

Wednesday, April 30, 2014

10:00 am - 12:00 noon

760 Radford Road, Comox

*****For mothers looking to continue with a weekly mothering group, we encourage you to try Mamacentric.*****

Mamacentric - A Place to Gather

Mamacentric is a group for moms with new babies (birth to three years). It's a place you can come to chat, bring the siblings for play, have someone hold your baby while you rest, eat a snack and sip a tea, and be real in your experience as a new parent. We have an informal discussion on a topic that is important to participants each week and a guest speaker or demonstration on other weeks. The group is about you, mamas, and what you want and need. Really, it's a chance to get out of the house, and get a breath of fresh air by talking or listening to other moms in a similar phase of life. We hope you go home refreshed and supported each week in your journey as a new mama.

Facilitator Sophie Simard is a new mom herself! Her daughter is almost a year old now, and joins in at Mamacentric, and has done so since she was a newborn. Mama/facilitator Sophie has a degree in Women's Studies, experience guiding groups, and years of front line work experience with children with extra needs. Sophie is open-hearted, engaging, and a listening ear. She is there for you as participants and is truly excited to meet you and your babies!

Sept/Oct group starts May 15

Nov/Dec group starts July 17

Contact the office to register

LAST WEDNESDAY (MONTHLY)

Open House

10:00 am - 12:00 pm

Plum Midwifery Clinic

760 Radford Rd.

Comox, BC

April 30, 2014

May 28, 2014

June 25, 2014

"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 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 !\[\]\(a2bb1e57b467f1e41142026aa73db90f_img.jpg\)](#)



Join us!

Register or drop-in anytime. Mamacentric is free and runs **1:00-2:30pm on Tuesdays at Cumberland Elementary School** through the Cumberland Community Schools Society.

Email sophie.simard.work@gmail.com for more information or to register.

Seeking Doulas

Are you a new doula in the Comox Valley?

The Comox Valley Doulas would like to invite all new - and not so new - doulas to join the Comox Valley Doulas collective!

As the many benefits of doula care become more known, the demand for doula care for both home and hospital births is on the rise in the valley, so there is always room for more doulas!

As a Comox Valley Doulas member, your information, photo, web link, and unique offerings will be advertised through our website, as well as through brochures and events that feature the independent doulas within our collective. We get asked to attend health fairs, the Farmer's Market and other healthcare information nights held by community organizations. We also have a private and public Facebook page that you may wish to join. But mostly, as a supportive group of diverse women, we take care of each other as well as our clients - providing everything from "back up" to shared resources and helpful insights.

If doula care is new to you, we can help you find appropriate training and certification options that will meet your professional development needs. If you are interested in joining our group, or would like to learn more about doula work in general, please contact us through our "Contact" link at www.comoxvalleydoulas.com and we will invite you to our next meeting!

We hope you'll join us as we believe every woman deserves a doula!

Comox Valley Doulas

Amadee's Birth

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



I was 40 weeks on March 12th, but when I first got pregnant I decided that March 19th would be a better date to note. Finn was born 10 days "late" and that was frustrating at the time.

On that evening of the 19th I started having very regular, non painful contractions happening every 2-4 minutes and gaining in intensity. It was 930pm though and I'd had a long day with Finn (he refused a nap, which I needed, so we were both kind of grumpy) Because the contractions weren't painful we decided to get some rest. It took quite a bit of focus to be calm enough to sleep, but I fixed my attention on my sleeping little guy and fell asleep. I woke up a couple times with cramps and contractions, but Finn woke up with me each time and needed me more than he usually does in the night. Thursday was pretty uneventful. Besides being beautifully sunny and the first day of spring - and a robin began to tap and chirp and attack our window ALL DAY.

Friday was also an incredibly beautiful day. I had a midwife appointment at 245pm and that was something to look forward to. Joanne did a stretch and sweep for me, and very cheerily told me that my body was totally ready to have a baby. My cervix was almost completely thinned, I easily stretched to 3cm and the baby's head was right there with a nice bag of water. It was very encouraging. I hung out in the reception area with Courtney the receptionist and another Very pregnant Momma who I'd become friends with through the prenatal group visits. (group visits-BEST IDEA EVER) We talked for about half an hour and wished each other well for the coming week!

I got home at about 4pm where my Mom was hanging out with Finn. We talked about baking because I had taken my sourdough

starter out of the fridge to bake some bread and had too much already. As she left I told her I'd call her later for the recipe for sourdough muffins. Finn and I hung out on the deck in the sun outside. He was playing with his fishing rod and running around with no pants. We ate some ice cream together. I was having the usual non painful tightenings as I folded the laundry and set myself up to sew a patch on a pair of his pants. I was talking to my friend's mom on the phone about her teenage son (I remember being 17, it sucked) and somewhere in there I had to stop and wait for a painful bout of "indigestion." I figured it must have been the ice cream.

The indigestion happened again and again every 2-4 minutes and I couldn't really pay attention to what Lyanne was saying anymore. We said goodbye and after about 10 minutes of this I phoned the midwives. (5:05pm) Amy told me sometimes this happens after you do a stretch and sweep and then it'll just stop, so I should hop in the bath and call her if things don't settle down. Right. I then noticed that Finn was pooping on the lawn! He'd said he had to go pee- to which I said "yes yes go ahead!" in the midst of a contraction. GAH! I called my parents and my husband and said "I don't know if this is labour or not but I need backup!" I started the bath and then spent the next 10 minutes or so trying to clean the poop off my 2 year old and didn't get very far. My mom showed up and I got in the bath straight away. There was NO WAY things were slowing down, so I called the Amy again. Using the phone is really really hard! I called my husband again to find he was on his way. I tried calling my friend who was going to be labour support but didn't reach her. This was at 5:30pm

I tried singing a song that I like from old days at church when I was younger. "I've got a river of life flowing out of me, makes the lame to walk and the blind to see. Open Heaven's doors they let the captives free, I've got a river of life flowing out of me. Spring up oh well within my soul, spring up oh well and make me whole, spring up oh well and give to me that life abundantly." I managed to sing it 3 times over and it definitely kept my mind from pain but it didn't take away the intense shaking and cold sweat feeling. (The bath was NOT hot enough!) I said the Ave Maria in latin and then thought "I hope that helps!"

Tyler showed up at 5:40pm and my mom and Finn left (they were playing in the sunshine) He helped me out of the bath and my water broke (nice and clean!) I got down on my hands and knees on the bathroom floor and Tyler pushed down on my lower back during the rushes which helped ground me. After 3 really strong ones I felt nauseous and thought "what!? transition already!?" The next surges began as cervix stretching intense flashing pain and turned into super strong downward grip that made my belly shake and rumble and bear down. I was singing a three tone chant (high, middle, low-oh-oh) when the midwives (Cat, Amy and

Jade) came filing in at 5:50pm.

"I have the urge to push!" Cat jumped in behind me, saying "it's cool it's cool, everything is great, it's cool."

Cat guided me to stretch nice and slow. It actually felt AWESOME to push with the huge surge of energy, but the stretching was Not so comfortable. Her head came out and Cat unwrapped the cord from her neck- but Amadee shifted and pinched the cord so Cat had to try a different angle. It took a couple minutes to get her body out because of her new position and Cat had to hook her arm to get her unstuck. but then Yes! At 5:57pm she was born! She required some suction but was pink and crying in no time. Cat handed her to me and when I saw her sweet little upset face I almost said "Oh Finny it's okay!" She looked just like her older brother when he's REALLY upset.

Wow! What an amazing thing it is to see your new baby's face for the first time! She looks like her Daddy and his Italian Grandmother Violet, and she is definitely Finn's sister. Her name is Amadee Gilead Carriere and she weighed 7lbs 4oz and scores a 10/10 for a healthy baby. AND she nurse and sleeps like a champ! We are so So SO blessed!

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

Sincerely,

Joanne, Emma, Cat, Amy & Annabelle.

Plum Midwifery