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Plum Bites



Looks like cherries are in season!

The days are long, the sun is shining (sometimes) and we have lots of fresh fruit in season. For all the pregnant mamas, we can be a little relieved that the temperatures aren't soaring yet.

**Wishing a Sweet & Juicy Summer
to our Plum Families & Friends!**

What's New at Plum?

AND THEN THERE WERE FIVE...

At the beginning of June, we welcomed Paula Hartley, our past midwifery student, back to the clinic as a registered midwife. She joins Joanne, Emma, Cat & Katie as the 5th midwife practicing at Plum Midwifery. Please join us in congratulating her on her graduation from UBC Midwifery.



GROUP PREGNANCY & POSTPARTUM CARE

Our first session of Group Pregnancy & Postpartum care wrapped up this month and the Group babies have begun to arrive.

On June 1st, we held a blessingway for the Group care moms and the very next day, just as she had predicted, Temwa welcomed our first Group baby into her family on June 2nd. You can find the birth story of her daughter Lanaia further down in this issue of Plum

Summer 2012

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Best of the Web

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

Student Midwives in Uganda 2012

There is currently a team of UBC student midwives working in Uganda. Over the summer seven students will be traveling to Uganda to participate in 6-week midwifery placements. You can follow along on their journey, with the highs and the lows, on their [blog](#).

Midwifery is Trendy?

This month, the *New York Times* ran [The Midwife as Status Symbol](#) in their Fashion & Style section. It's nice to see a positive article dispelling myths about midwifery in the mainstream press, but we aren't sure how we feel about framing the choice to use midwifery care as a fashion trend rather than a rational, well-researched decision by women who care about maternal & infant health.

Support BC Midwives

May 5 was International Day of the Midwife and for the occasion, the Midwives Association of BC came up with [this list](#) of ways that you can support midwifery care in BC.

Plum Babies

Bites.

At the blessingway*, everyone exchanged special beads which were then strung into bracelets and worn in solidarity, a symbol during labour of the other women thinking of them who would soon be labouring too. After this, the women all walked under cedar boughs to symbolize the journey and transformation that they would soon be taking. Here are Michelle, one of our Group moms, and Rachel, the Group facilitator, holding up their bracelets.



And of course, we want you to check out the whole group of gorgeous June and July mamas who took part in our first session of Group Pregnancy and Postpartum Care:



Visit our [website](#) for photos

March 2012

Theo, 7Lb 4 oz - 3300g
 Lily May, 7 Lb 2 oz - 3230g
 Aiden, 8 Lb 2 oz - 3690g
 Archer, 8 Lb 11 oz - 3941g
 Harlynn, 9 Lb 2 oz - 4140g
 Lincoln, 9 Lb 2 oz - 4140g
 Linzi, 7 Lb 7 oz - 3370g
 Emiliana Rose, 8 Lb 8 oz - 3860g
 Taavi, 7 Lb 2.5 oz - 3250g

April 2012

Isabelle Rion, 10 Lb 10 oz - 4500g
 David & Jacob
 6 Lb 3 oz & 5 Lb 3 oz
 Archie, 8 Lb 15 oz - 4040g
 Ilan Lou, 8 Lb 3 oz - 3698g
 Jillian, 9 Lb 4 oz - 4200g
 Edie Bea, 9 Lb 11 oz - 4390g
 Espri, 8 Lb 4 oz - 3742g
 Karma Sequoia, 6 Lb 10 oz, 3010g
 Kiran Milan, 8 Lb 4 oz - 3742g
 Maya, 7 Lb 2 oz - 3230g
 Talia, 8 Lb 4oz, 3744g

May 2012

Lyla, 6 Lb 14 oz - 3126g
 Cohen, 7 Lb 12 oz - 3520g
 Odin, 7 Lb 10 oz - 3459g
 Sawyer, 8 Lb 12 oz - 3474g
 Nathaniel, 7 Lb 11 oz - 3490g
 Cora, 8 Lb 10 oz - 3991g
 Caprice Ruth, 8 Lb 4 oz - 3742g
 Erik, 6 Lb 12 oz - 3025g
 Hailey, 8 Lb 12 oz - 3970g
 Gavin, 8 Lb 8 oz - 3860g
 Avery, 8 Lb 8 oz - 3860g
 Sophia, 6 Lb 15 oz - 3150g

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**



Back L to R: Jaime S, Slade, Midwife Emma Gledhill, Temwa K., Alex K., Facilitator Rachel Goodliffe, Sophia M.
Front L to R: Gabe D., Michelle G, Colleen N., Michelle W., Amanda Y

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 



So far, six adorable Group babies are here and we can't wait for the reunion postpartum session after all the babies make their appearance.

We currently have two other sessions running and are in the process of planning future sessions. Please be sure to let us know if you are interested in taking part.

*To learn more about a Blessingway, check out:

[The Mother Blessing: A Baby Shower Alternative](#)
[Blessingways: A Guide To Mother-centered Baby Showers - Celebrating Pregnancy, Birth, And Motherhood](#)

Welcome (Back) Paula

Recently graduated midwife Paula Hartley re-joins Plum Midwifery this month. Paula spent the 2010-2011 school year with Plum as a student midwife and has returned as of June 1, 2012 as a registered midwife. 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 Paula.

I am one of those people who has had a life-long passion for pregnancy, birth and babies. When I gave birth to my own children I found myself drawn to the art and science of midwifery care, as a way to nurture my own beliefs about birth as a normal and transformative life experience.

I believe that women come from diverse backgrounds and that there is no blanket approach to caring for families. I support women's rights to



be the primary decision makers in all aspects of their care and I respect each woman's unique vision for her own birth experience. I believe that pregnancy, birth, and family-building holds tremendous potential for empowerment, and that the Midwifery Model of Care can positively impact this process.

Paula Hartley, RM.

After 10 years of actively pursuing my dream, I graduated with a Bachelor of Midwifery (BMw) from the Midwifery Education Program at UBC Faculty of Medicine, 2012. In 2002, I became a doula and childbirth educator. I worked and volunteered in the Comox Valley, Salt Spring Island, and Victoria in areas of reproductive health and mother support groups. My home was a birth house for a period of 5 years, to women from all over Vancouver Island, who live in under-served areas. I began attending university in 2005, majoring in women's studies, and began my formal midwifery education in 2008. I look forward to meeting all of you and joining you during this transformative time in your life.

Lanaia's Birth

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



I woke up at 1am on the 2nd with contractions, but I had been having contractions for days. It wasn't until I saw that I had the "show" that I woke up Mark with an excited smile and said today is going to be a birthday!

I tried to go back to sleep to get some rest but both Mark and I were too excited. So, we got up and Mark started to inflate the pool.

I called Joanne at 330am and informed her that I was in labor. She told me to call her when things started really progressing. It felt wonderful to get into the warm pool when my husband had finished filling it. My early labor was nice, a relaxing atmosphere, being that it was around 4/5am, dim and quiet. I breathed through the intensifying contractions with Mark applying pressure on my lower back, and swaying in the water.

Around 525am I told Mark it was time to call Joanne to come and check me. She arrived at 545am and said I was 4-5cm. By this time

all 3 of the boys were awake and playing happily in the next room. Mark had done a great job of preparing them for their roles during 'mommies labor'. There was only one issue when my youngest came around the corner after using the bathroom and saw mommy in the pool and proceeded to wine about getting in with me. Mark patiently told him that it was not a 'fun' pool :)



By 7am my contractions were very painful and frequent, but the water was an awesome soother. Around 815am Joanne checked me again and said I was 8cm and that now would be the most difficult but also the fastest part with contractions often right on top of each other. And they were. Wow! That was an intense time, but my husband really helped me focus and I loved how I just did exactly what my body wanted to do.

I started pushing automatically around 845am. It is amazing how your body just instinctively knows what to do. Joanne noticed the change and called Emma to come on over because I was pushing!

Pushing was painful but also relieving. Knowing I was about to see my beautiful little girl was so encouraging. I was startled when her head came through because my water hadn't broken and I was expecting that to happen first. But Lanaia was born in the 'caul' which means she had her water bag over her head like a helmet or a veil. It is very rare, about 1 in 80,000 births are in the 'caul'. It is supposed to mean she is blessed or gifted which I definitely know she is!



She was born at 910am after about 5 pushes! Joanne placed her on my belly right away and I enjoyed the beautiful first emotional moments of looking into my baby's eyes.

As soon as our sons heard their sister's first cry they all came bounding out of the other room where they were playing and asked "is she here, can we see her?" They got to see her mere seconds after she was born! And my eldest son Jaiden cut her cord! It was such an amazing experience and so special to have all my boys there with me!

I wouldn't change a thing about my birth experience, it was wonderful and I would definitely go the home water route again if I were to have another baby - which I am not. I have my perfect family now, I am so blessed and so happy! And so excited for all of you ladies! I hope this wasn't too long, I tried to shorten it up. I could talk about it forever it was so amazing.

Both Joanne and Emma were wonderful and my husband was so great! (And I did pretty good too. LOL.)

Temwa

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

Sincerely,

Joanne, Emma, Katie, Cat & Paula.
Plum Midwifery

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