

ALBUQUERQUE BIRTH NETWORK

www.abqbirthnet.org

Winter Issue 2004-2005

ABN Sponsor



45 HOTEL CIRCLE
ALBUQUERQUE, NM
Tel: (505)292-9909
Mon-Sat 9:30AM-9:30PM
Sun 11:00AM-7:00PM

Free ABN Events

See pages 4-5 for details

- Jan 25—Natural Birth
- Feb 12—Birth Talk
- Feb 22—AfterBirth
- Mar 19—Birth Talk
- Mar 29—Hypnobirthing
- Apr 16—Birth Talk
- Apr 26—Homeopathy
- May 21—Birth Talk
- May 31—Yoga
- June 28—Labor
- Jul 26—Siblings
- Aug 30—Kids at Birth
- Sep 27—Massage
- Nov 29—Party!

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Labor Induction—Is it a healthy option?

By Kelly Camden, BA, CD(DONA)

Waiting for a baby to come can be challenging; swelling feet, heavy belly, aching back, mind wondering, "When will labor start?" In moments like these, inducing labor may sound like a wonderful idea. During a prenatal visit, Pitocin Induction may be presented as something that only mildly changes a mother's experience of birth. She may not be aware of the risks involved, or understand the benefits of waiting for her body to begin labor on its own.

While a mother is expecting her care provider to practice medicine based on studies and statistics, it would be difficult for her to imagine that care provider recommending an induction of labor without having a sound medical reason for doing so. However, across the country, this has become increasingly common. In some practices, the induction is scheduled simply because a woman is still pregnant at her "due date." The myth about inductions is that a mother and baby can be kept healthy by trying to control labor. In most instances, the risks involved with the use of Pitocin outweigh the potential benefits. When the subject of induction arises, it's time to consider all of the facts.

—continued on page 3



ABN Celebrates Its First Birthday

By Kelly Camden, BA, CD(DONA) and Radha Denmark, CD(DONA), LCCE

The Albuquerque Birth Network was first presented to the community on Valentine's Day 2004, when it sponsored a Cesarean Awareness Rally and March. We're proud of what we accomplished in 2004 and would like to do a little boasting!



Free Monthly Presentations. ABN offered eleven classes to our community in 2004. We currently offer these presentations on the last Tuesday of every month at Babies-R-Us from 7:00-8:00pm. Attendance averaged 5-10 couples.

Class topics included:

- Pain-coping for Labor
- Choosing a Care Provider
- Chiropractic Care for Pregnancy
- Early Pregnancy

—continued on page 2

ABN Board of Directors

President—Kelly Camden
Education—Sarah Reynolds
Marketing—Dusty Marie
Admin—Radha Denmark

**CDC Releases
 Birth Data for 2003**

**Total
 Cesarean Rate:**
27.6%
(up 6% from 2002)

**Primary Cesarean
 Rate: 19.1%**
(up 6% from 2002)

**Vaginal Birth After
 Cesarean Rate:**
10.6%
(down 16% from 02)

For more info visit:
**International
 Cesarean
 Awareness Network**
www.ican-online.org/

**Mothers and Others
 for Midwifery**

www.momnm.org

A newly-formed NM citizen's group, M.O.M.'s mission is to promote and support midwifery as a safe and viable birth choice for all mothers. Their goals are to educate women on their birth choices and to reinstate Medicaid reimbursement for home births.

ABN Birthday (continued)

- Wat-Su Demonstration: Water Shiatsu
- Spinal Health for Infants
- HypnoBirthing®
- Water Mamas, Water Babies
- Pregnancy Massage
- Hypnosis for a Comfortable Birth
- Postpartum Transitions

Newsletter—We published two newsletters last year. All articles were written by ABN members. We distributed 300 copies of the newsletter in 2004. If you missed either of them, they are available online at www.abqbirthnet.org.

Birth Talk—We hosted five book club meetings last year with low attendance. Rather than continue pursuing this avenue, we are evolving the book club into a community gathering for women to come to share and

hear birth stories firsthand. See the calendar for more details and please let your friends and clients (all mothers and mothers-to-be) know about this great opportunity to gather with community and support one another.

Goals for 2005.

1. Make "Birth Talk" a great success.
2. Obtain Sponsorship from businesses
3. Increase ABN membership dramatically
4. Expand our online Resource Directory
5. Provide more educational classes
6. Increase public awareness of ABN



For your support!

Invitation to Join the Birth Network

The Albuquerque Birth Network has set a new goal for 2005 – to expand our membership of birth professionals and non-professional citizens to the point where we can create a comprehensive and valuable Resource Directory for expectant and new families in the Albuquerque area. We accomplished a lot of great things in our first year. Please visit our website and read the annual report for details of what we've accomplished and what's to come.

There are two types of membership: Citizen and Professional. Both are FREE.

What are members expected to contribute to the network? The amount of time and energy that you contribute as a member is up to you. There are no requirements for volunteer work or meetings. We do ask for volunteers for special projects from time to time. While supporting mother-friendly healthcare options, members gain the opportunity to promote their own business to parents and to network with other professionals. Opportunities to Participate in ABN activities include: teaching a free class, writing for the

newsletter, volunteering time at an information table, hosting a Birth Talk, attending the monthly meeting at Babies R Us.

CITIZEN MEMBERSHIP. You simply need to complete the application (see page 6), read and endorse the Mother Friendly Childbirth Initiative found at www.motherfriendly.org, and mail the application in to us. We'll list you on the website as a citizen member of the network, send you e-mails about upcoming events, volunteer opportunities, etc. We really appreciate community support in building our network. You are heroes!

PROFESSIONAL MEMBERSHIP benefits in the Albuquerque Birth Network include:

- Advertising for your business
- Monthly meetings
- Quarterly newsletter
- Networking and leadership opportunities
- A chance to make a difference

Induction (continued)

Intravenously receiving Pitocin, a synthetic hormone, is one way to induce labor. Oxytocin is the hormone that is produced by the body during labor. When a woman receives the synthetic hormone through an IV, the dosage is much higher than that which would be produced by her body. The dosage is usually increased every half hour.

No longer able to eat, drink, go for a walk, use a bath or shower for pain relief, or freely assume any labor position.

Different labor pattern: The higher levels of Pitocin in the bloodstream often cause contractions to be longer and stronger than during a spontaneous labor.

Use an Informed Decision Making Process! Parents need to gather information and weigh the pros and cons of induction before they can decide if it is right for them.

Continuous monitoring is required while using Pitocin, therefore labor positions are restricted to those that allow baby to be monitored easily. Normally, intermittent monitoring is sufficient, however, the intense contractions of induced labor may decrease the "flow of oxygen-rich blood through the placenta to the fetus" (Gaskin, 210), therefore, the baby is "watched" closely.

Tendency for fetal distress and hyperstimulation of the uterus increase, as does the use of the vaccum, forceps and cesarean birth.

Indications for induction: "cancer, hypertension, diabetes, kidney disease, small for dates baby, decrease in amniotic fluid, or intrauterine death followed by a long wait for labor to begin" (Gaskin, 207).

Other methods of encouraging labor include: nipple stimulation, acupuncture treatments, herbs, castor oil, sex and sweeping the membranes. It may be useful to research these options online, then take that information to a prenatal visit for discussion with your care provider.

National Statistics: The "U.S. Induction rate doubled between 1989 and 1998 (from 9 percent to 19.8 percent) and is apparently still rising"(Gaskin, 207). However, during the last 15 years, medical indications for induction, true health issues for mother and baby, have not risen to create a need for doubling the number of inductions.

Potential questions about induction:

How does inducing labor benefit me and my baby?

What potential risks are involved in this procedure?

What other methods can I try first?

How long can I wait for labor to begin on its own?

If we induce labor, what other procedures may administered?

What position is my baby in now? How low is the baby?

Is my cervix beginning to change on its own?

Where can I find more information about induction?

Can I have some time to think this through?

It may be important to consider the position of the baby and any changes that are happening in the cervix. Inductions begin before the baby or the mother's body is ready for labor. When the baby is not aligned properly, therefore not putting pressure on the cervix, or when the mother's cervix is closed and long, induction can be slow and sometimes unsuccessful. Some mothers spend several days in the hospital before their labor becomes active and their baby is born.

Approximately half of mothers in America are being induced, one third for non-medical reasons (Maternity Wise). The World Health Organization is calling for a decrease in the number of inductions. For optimal outcomes, the induction rate should not be greater than 10% in any region.

More information on inducing labor:

www.lamaze.org—Lamaze Institute for Normal Birth

www.maternitywise.org—Listening to Mother's Survey

[Ina May's Guide to Childbirth](#) by Ina May Gaskin

[Obstetric Myths Versus Research Realities](#) by Henci Goer

Kelly is the mother of two boys born at home. She has been supporting women during hospital and home births since 1999.

Please Visit Our Online Resource Directory

www.abqbirthnet.org

This list is always growing and includes professionals offering services to expectant and new families. Listed members have endorsed the Mother-Friendly Childbirth Initiative.

Breastfeeding Support
Childbirth & Parenting Classes
Chiropractic Care
Doulas
Family Practice MD's
Homeopathic Medicine
Infant & Pregnancy Massage
Midwives
Prenatal & Postpartum Counseling
Yoga & More!

Calendar of Events 2005

Subject to change. Please visit our website at www.abqbirthnet.org for most current calendar.

Ongoing—Erika Harding, BodyMind and Spirit, offers Pregnancy, Birth and Postpartum Classes

At The Birth Center, 123 Wellesley SE www.bodymindandspiritabq.com / Cost: Varies per class.

Offering many different classes for expectant and new families. Please check website for class descriptions & times.

January 25, 2005—**FREE Albuquerque Birth Network Event!**

NATURAL CHILDBIRTH—What Is It and Why Would I Want One? With midwife Dusty Marie, LM, Hummingbird Midwifery

At Babies R Us from 7:00-8:00pm

February 12, 2005 (Saturday)—FREE Albuquerque Birth Network Event!

INTRODUCING Birth Talk from 10:00am—12:00pm

Contact Sarah for sign up & directions 362-3629 oceanwavesnh@netscape.net

This FREE monthly community gathering is for new and expectant parents who want to watch, tell and hear birth stories and benefit from the wisdom of others' personal experiences of giving birth. It is an opportunity to integrate your childbirth experience personally, and to share what you learned with others who might benefit from hearing your story.

We'll begin "Birth Talk" each month with a viewing of a Birth Video, and then we'll share our birth stories, discuss fears, concerns and unanswered questions.

Our first Birth Talk gathering will be followed by the ABN's Birthday Party & Potluck.

February 22, 2005—**FREE Albuquerque Birth Network Event!**

AfterBirth Transitions with Radha Denmark, CD(DONA), LCCE, Confident Childbirth

At Babies R Us from 7:00-8:00pm

Have you given much thought to what life will be like after your baby has been born? Identify the most common needs of postpartum parents and learn strategies for coping with sleep-loss, fussy babies, breastfeeding challenges, healing after birth, making time for your relationship and more.

March 19, 2005 (Saturday) —**FREE Albuquerque Birth Network Event!**

Birth Talk from 10:00am—12:00pm (Contact Sarah for sign up & directions 362-3629 oceanwavesnh@netscape.net)

See February 12th Listing for Details.

March 29, 2005—**FREE Albuquerque Birth Network Event!**

HypnoBirthing® with Joleen Streit

At Babies R Us from 7:00-8:00pm

Are you looking for a way to have a calm, serene and comfortable birthing? Do you want to birth in the way that Nature intended, free of resistance and fear? Join Jean Stouffer, C.Ht., CHBE and Joleen Streit, C.Ht., CHBE, CD(DONA) for an introduction to HypnoBirthing®, a program that teaches you to access your own natural birthing instincts to create a gentle and comfortable birth for both you and your baby.

April 16, 2005 (Saturday)—**FREE Albuquerque Birth Network Event!**

BIRTH TALK from 10:00am—12:00pm (Contact Sarah for sign up & directions 362-3629 oceanwavesnh@netscape.net)

See February 12th Listing for Details.

April 22-24, 2005

DONA-approved Doula Training with Radha Denmark, CD(DONA), LCCE, Confident Childbirth

505-453-8513 / dakinidevi@comcast.net / www.confidentchildbirth.com / Cost: \$300.00

Learn the value of labor support, comfort measures for childbirth, and how to build your own doula practice. First step toward doula certification.

April 26, 2005—**FREE Albuquerque Birth Network Event!**

Homeopathy for Pregnancy, Birth and Postpartum with Raul Griego, MD

At Babies R Us from 7:00-8:00pm

Dr. Raul Griego will present information on homeopathic remedies for pregnancy, childbirth, and the postpartum period. Homeopathy is a 200 year old system of medicine based on the principle of The Law of Similars, or like cures like.

May 21, 2005 (Saturday)—**FREE Albuquerque Birth Network Event!**

Birth Talk from 10:00am—12:00pm (Contact Sarah for sign up & directions 362-3629 oceanwavesnh@netscape.net)

See February 12th Listing for Details.

Calendar of Events (continued)

May 31, 2005—FREE Albuquerque Birth Network Event!

Yoga for Pregnancy with Rasamayi

At Babies R Us from 7:00-8:00pm

Rasamayi from The School of Complete Yoga will give a brief introduction to the benefits of prenatal yoga, especially designed for expectant mothers. Experience gentle breathing, relaxing and stretching, and connect with the precious life within. Great for Dads too!



June 28, 2005—FREE Albuquerque Birth Network Event!

Listening to Your Laboring Body with Kelly Camden, BA, CD(DONA)

At Babies R Us from 7:00-8:00pm

Learn how working with your body's cues can facilitate the birth process, along with strategies for creating a comfortable early and active labor. With Kelly Camden, DONA-certified doula.

July 26, 2005—FREE Albuquerque Birth Network Event!

Preparing Siblings for the New Baby with Suzanne Dorsett, social worker

At Babies R Us from 7:00-8:00pm

Are you interested in preparing your child for a new baby brother or sister? Fearful of jealousies and all sorts of problems you have heard about? Join us for a video and discussion on how to prepare your child for a new baby!

August 30, 2005

Including Older Siblings in Birth with Donna Ryan, Bradley Instructor

At Babies R Us from 7:00-8:00pm

Why would you want older children to attend the birth of your new baby? Donna will address this question, and discuss caring for your baby, older children and yourself at the birth, as well as ways to integrate your family during hospital or home birth. Videos will be shown.

September 27, 2005

Pregnancy Massage with Amy Zampella and Sarah Reynolds

At Babies R Us from 7:00-8:00pm

Everyone knows massage feels good - especially during pregnancy. But what are the real physiological benefits? Amy Zampella and Sarah Reynolds, Certified Pregnancy Massage Therapists, will talk about and demonstrate the benefits of manual therapy and bodywork techniques for supporting a healthy pregnancy, initiating and easing the labor process, and providing post partum relief.



October 25, 2005—FREE Albuquerque Birth Network Event!

Topic To-Be-Announced

At Babies R Us from 7:00-8:00pm

November 29, 2005

End of Year Meeting & Party— Location To-Be-Announced

December 2005—No Presentations or Meetings

Monthly ABN Membership Meeting

Prior to every FREE presentation at Babies-R-Us, we hold a membership meeting from 6:00-6:45pm. This is a great opportunity to network with others and share your ideas and visions for the future of Albuquerque Birth Network. Please come!

Offer a Presentation

If you are a member of the Albuquerque Birth Network and would like to offer a presentation, please contact Sarah Reynolds 362-3629 occearwavesnh@netscape.net for more information.

Membership in the Birth Network is Free—Join Today!

Albuquerque Birth Network reserves the right to deny membership to any applicant and further reserves the right to remove any member who misrepresents their support of Albuquerque Birth Network and/or the Mother Friendly Childbirth Initiative, or whose services are incompatible with the intent of the organization as deemed by the Board of Directors of the Albuquerque Birth Network.

Application Checklist

- 1. Read the [Mother-Friendly Childbirth Initiative](http://www.motherfriendly.org/Downloads/MFCI.pdf) (<http://www.motherfriendly.org/Downloads/MFCI.pdf>)**
- 2. Fill out this Application**
- 3. Optional: include a donation of any size to support the network**
- 4. Mail to: Albuquerque Birth Network, PO Box 12984, Albuquerque NM 87195**

___ **I wish to be listed as a Citizen Member** of the Albuquerque Birth Network. I understand that my name will be added to the website as a person in support of the network, but that no other contact information about me will be included. I understand that I will be maintained as a member of the network until I instruct otherwise . There is no need to renew annually.

___ **I wish to be listed as a Professional Member** of the Albuquerque Birth Network. I understand that my business information will be included on the online resource directory for Albuquerque families. I provide pregnancy, birth or postpartum related services and support the midwifery model of care as outlined in the CIMS Document. I understand that I will be maintained as a member of the network until I instruct otherwise . There is no need to renew annually.

Name & Credentials _____

Business Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

E-mail _____ Website _____

I have read and consider myself a supporter of the Mother-Friendly Childbirth Initiative created by the Coalition for Improving Maternity Services (CIMS) in July 1996.

Signature

Date

Referral Categories (you may choose more than one):

- | | | |
|--|--|--|
| <input type="checkbox"/> Breastfeeding Support | <input type="checkbox"/> Childbirth Educator | <input type="checkbox"/> Birth Doula |
| <input type="checkbox"/> Postpartum Doula | <input type="checkbox"/> Infant Care | <input type="checkbox"/> Family Practice |
| <input type="checkbox"/> Midwife | <input type="checkbox"/> Obstetrician | <input type="checkbox"/> Chiropractor |
| <input type="checkbox"/> Counselor/Therapist | <input type="checkbox"/> Massage Therapist | <input type="checkbox"/> Nutritionist |
| <input type="checkbox"/> Pediatrician | <input type="checkbox"/> Yoga | <input type="checkbox"/> _____ |

Short Description of Services (please print clearly):

What's In a Birth Story? Why telling yours is important.

By Radha Denmark, CD(DONA), LCCE

In my birthing classes, I ask parents to share birth stories they've heard from co-workers, family and friends. More often than not, the stories they have to share aren't positive ones, but ones of surprise and fear.

There are many different ways to prepare for and experience birth. Some of us take hospital birthing classes, others Bradley, Birthing From Within or Hypno-birthing. Some of us give births with obstetricians, and others with midwives. Some of us choose to give birth at home, rather than the hospital. The choices are bound-

less, but often we're not aware of them until after our babies are born and we start evaluating what did and didn't like about the amazing process of bringing our child into the world.

ABN would like to get women talking to one another about their birth experiences, positive and negative. The more we realize how diverse the process of birth can be, the more empowered we will be to make the choices that are right for us and our babies.

Love birth stories? Visit www.birthstories.com!

The Birth of Ryan Jeffery Denmark—April 30, 1976

By Bette Denmark, BA

1:50 AM: I woke up from a deep sleep. I realized I was sitting up in bed and my back really hurt. I laid back down and went back to sleep and 15 minutes later I woke up again. This time I didn't go back to sleep, I knew I was in labor. Ten minutes later another contraction. At this point I woke up Bill. He took Suzanne next door and we went to the clinic at 2:30 A.M.

Now the fun begins: Bill was supposed to ride in the ambulance with me, but the medics said they didn't know anything about that. The medic that was in the back with me was scared. She had never seen a birth and was frightened to be alone with me in the back of the ambulance. She kept saying, "I don't know what to do." That was reassuring! I was strapped down on my back and having contractions every 3-5 minutes. As soon as we cross the New Mexico/Texas border, they pulled over in the parking lot of a bar and asked me if I wanted them to examine me there and possibly deliver the baby! These people were crazy!! I told them no! We went on to the hospital in El Paso, Texas.

When we arrived they rushed me upstairs to the prep room. The drivers were in a hurry to leave. When I asked them to wait until a contraction was over, they said, "We gotta get going." They proceeded to start moving me. The nurse told them to leave me alone until the

contraction was over. Meanwhile, the full force of the transition contraction hit, I said, "NO!" and threw out an arm and one of the medics flew into a metal cabinet! The nurse just laughed and told them she hoped they learned a les-

son. Women in labor are incredibly strong and if they say wait, you wait! As soon as I was on the table the nurse examined me and told the orderlies to get me into delivery immediately! Bill was running down the hall and she tossed hospital greens to him and told him to hurry.

Our obstetrician was in charge of the delivery room. Ryan was born at 0451 April 30, 1976. As with Suzanne's birth we used the Lamaze method. The hospital was so crowded that Ryan and I didn't have a room until later that morning, after some one went home. We began

breast feeding at 11 A.M. April 30th but they had just given him glucose water, before they brought him to me! He wouldn't nurse in the hospital because they continued to do this! Ryan weighed 7 lbs. 8 oz. and was 19 ¼ inches long. We had him circumcised and they had to take him back in again because he was bleeding too much, 2 hours later.

We went home May 3, 1976 at 9 A.M. After we went home, it took almost 24 hours before Ryan would nurse. I guessed that he was waiting for a bottle of glucose wa-



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www.abqbirthnet.org

Visit us online:

www.abqbirthnet.org

"Happy Births, Healthy Babies"

Moms & Dads!

Share your experiences—

Please submit your birth stories to Nara at:

Fullflowerbirthdoula@yahoo.com

We may include your story in our next newsletter, or on our website at www.abqbirthnet.org.

Keep in mind the need for confidentiality regarding the names of caregivers and institutions.

Remember to come to Birth Talk to share your story and hear the stories of others!

Birth Story (continued)

ter. For the first 2 weeks he wasn't too interested in nursing. The pediatrician told me to bottle feed him. I told him that Ryan would eat when he was ready. Suzanne had started out that way too. He compared Suzanne's chart to Ryan's and said she gained more weight than he had. I pointed out that she was bottle fed, therefore more calories. He wasn't listening. He told me that if he didn't gain more the following week that he would force me to bottle feed! That week Ryan finally decided he was ready to start eating more. He began to nurse both sides every 2 hours for 3 days! He gained a pound that week! The doctor actually said to me, "See you didn't need to worry about him, some babies aren't as interested in food at the beginning." Doctors simply amaze me at times!

Our baby was beautiful! Ryan's hair was dark brown, almost black. He looked at me as if to say, "Mom, I'm sure glad that's over with." He loved to be held and snuggled. We had three days in the hospital together. They called it "rooming in" when the baby stayed in the room with mom. This was new at the time Ryan was born. Bill insisted I stay for the full three days, because I didn't rest after Suzanne's birth. So, Ry and I just hung out. We talked about all the important issues of the day: nursing, diaper changing, Daddy, sister Suzanne. It was incredible to have three days where all I had to do was take care of this wonderful little guy!

Bette, a former Lamaze educator, is the mother of two children, grandmother of four, a retired elementary school teacher, and a talented beading artist. She is currently a stay-at-home Nana to her youngest grandson, Jona. She has been married to her high school sweetheart, Bill, for almost 40 years.