

Birth & Beyond
Parent Resource Centre

Confidence
through
Informed
Choice

the Cord

Newsletter
March 2017

Meet the Midwife, Yoga Nidra, Using
Essential Oils in pregnancy, labour
and post-birth and My Placenta
Encapsulation.



HANNAH MILLERICK

Meet the Midwife - Diana Basely



Diana Basely is the Clinical Midwifery Manager at Alice Springs Hospital

How did you get into midwifery?

I trained to be a midwife after working in Paediatrics for a year. I decided it would be a nice change to looking after sick babies and shifting focus from illness and injury to a wellness model of care.

How long have you been a midwife?

About 25 years.

What do you love about your job?

I love all aspects of the midwifery role, but I particularly love to be at a birth and see the newborn for the first time with the parents. I love to watch their reactions to this new little addition to their family. I also love to work with such a great team of midwives and ancillary staff from both the Midwifery Group Practice and the Maternity Unit.

Is there anything you dislike about your job?

I can't honestly say that there are any bad aspects. You have good days and bad days like anyone else in any job, but overwhelmingly, the good days surpass any bad ones.

Where have you worked?

At the Mater Misericordiae Mothers Hospital in Brisbane and here at Alice Springs Hospital as a midwife. I have worked in many other hospitals as a nurse also.

Why is Alice Springs such a great place to have a baby?

MGP's are one of many services available to women in Central Australia- choices are not available to women everywhere, so we are lucky here in Alice Springs to have that ability.

What is it like to be a midwife in Alice Springs?

It's a great place to work as a midwife. The Obstetric medical team are a very supportive team to work with here and they willingly collaborate with the midwifery staff. Midwives have a great deal of autonomy and are able to work fully within their scope of practice, which again is not available to all midwives in Australia.

What would you say to someone very nervous about giving birth?

I would tell them to discuss any and all concerns with their midwife at their appointments and to come and look at the Maternity Unit when they attend antenatal classes – this can be arranged with the person running the classes and might take away some of the fear factor. I would also tell them to put their trust in their bodies and their midwife, who will be acting in their best interest at all times.

Continued on page 4.

Yoga Nidra - a great help to parents



When I began my Yoga studies in 2011, my darling daughters Charlotte and Eve were only four and six months old at the time. I was breastfeeding on demand, managing the family and household and was, needless to say, exhausted. I had had little experience of breathing practices or meditation and I struggled to sit still, steady my mind and focus. I disliked being inside my own head and was convinced that meditation was not for me-until I experienced my first Yoga Nidra class.

Yoga Nidra is the act of consciously relaxing the 'body mind' and bringing it to a state of complete rest, within which the conscious and sub-conscious minds meet. Stored memories, experiences and emotions are processed and filtered without effort. Different to other types of meditation, Yoga Nidra is practiced laying on the floor with eyes closed. Blankets and cushions are provided for comfort and participants are guided through a half hour meditation that incorporates the setting of a positive intention (sankalpa).

As part of my yoga studies I was required to practice Yoga Nidra daily.

A fair amount of that meditation time was actually spent sleeping, as I was so deeply tired! Nevertheless, it quickly became my favourite form of meditation and I always felt a sense of deep relaxation afterwards. Over time, I became more aware and awake during the meditation and I noticed improvements in my mental processing and the actualisation of my sankalpa. I began to feel more able to respond to daily stressors instead of reacting, the quality of my sleep improved and my moods became stable- I felt happier.

I am now a parent of three and I continue to practice Yoga Nidra every day. It has become my tool for dealing with life and a reminder to stay flexible. If my son Balian has a midday sleep, I practice. If I don't get time during the day, I practice when I go to bed at night and if I wake up in the morning feeling groggy and the kids are still asleep, I do my practice then. Whenever I feel I would benefit from being more rested- I practice!

The simplicity of the technique makes Yoga Nidra accessible to people without any meditation experience and the benefits are profound. Studies have shown that Yoga Nidra may help with PTSD, anxiety, insomnia, menstruation irregularities, chronic pain and addiction and is an effective tool to relieve stress and anxiety. Other benefits may include: improved memory and attention; greater self-care and nurturing; increase in awareness and mindful behavior; greater resolve and equanimity.

Continued on page 4.

Yoga Nidra - a great help to parents

From page 3..

Yoga Nidra has definitely transformed my understanding of meditation, rest and stress-relief. Over the years, I have been an attentive meditation student and a not so attentive meditation student but- no matter what the circumstance- Yoga Nidra is always my go to practice. It is hard to believe that lying down for half an hour could have so many positive benefits- Yoga Nidra can really be a great help for parents,

expecting mothers and even children.

Amy Baird is trained through Mangrove Yoga Academy and has completed 1440 HRS Diploma of Yoga Training. Amy teaches yoga asana, pranayama and meditation techniques at Bindu Yoga, Alice Springs.

If you are interested in Yoga Nidra classes at Birth and Beyond please let us know: 8953 7928



Meet the Midwife - Diana Basely

From page 2..

Which are your favourite kinds of births to attend?

I like those where both parents are present and excited about the birth. It is great to see them interact with each other and when everything is going according to their personal plan – be that for a natural birth or a Caesarean, I love to see their joy when their new baby is born.

What is your favourite thing to do in the Centre?

My favourite things to do now that my children are beyond the years where they want to camp is to go bushwalking and to catch up with friends regularly. The social life in Alice Springs is great and there is so much to do when you have the time. We are spoilt with some of the best scenery in Australia and bushwalking is one of the best ways to see it.

Essential Oils - pregnancy, labour and post-birth

Pregnant women frequently ask me if essential oils are safe to use during pregnancy and, if the oils are good quality (100% pure), the answer is yes.

Favourite essential oils for pregnancy

Bergamot: eases leg spasms and aches, supports emotional well-being; diffuse for uplifting aroma

Ginger: blocks nausea receptors, improves appetite and supports the immune system; helps reduce heartburn

Lavender: calms anxiousness and tension; induces sleep, soothes skin irritation and itching, breast tenderness and muscle aches, supports seasonal respiratory health.

Geranium: calms the uterus and helps with muscle spasms; great for bonding with the baby; skin support; helps to heal the broken heart after pregnancy loss

Citrus: helps to manage stress levels

AVOID: Arborvitae, Birch, Cassia, Cinnamon Bark, Fennel, Myrrh, Oregano, Wintergreen

Labor and Birth

Citrus Bliss: Uplifting, energising, invigorating and smells delicious; helps one to get through the more difficult times.

Balance: helps calm nerves and relax the mind; can be rubbed on mum's feet by birthing partner.

Lavender: Calming and soothing; assists with pain and mood management.

Basil & Black Pepper: great for labor pains, especially in the lower back, helps support circulation; increases awareness/ mood lifting as well as coping and when mum feels overwhelmed and fearful.

Clary Sage and Clary Calm: promotes contraction.

Helichrysum, Lavender and

Frankincense: helps regenerate and stop the bleeding.

Post-partum and Nursing

Elevation: can assist in relieving symptoms of post-partum depression such as grief and loss brought about by change.

Clary Calm: balances hormones.

Lavender & White Fir: helps to reduce after pain.

Lavender, Myrrh & Geranium: great for cracked nipples!

How to use

Deep inhale: add a drop of diluted oil to your palms. Rub hands together, then cup over nose. inhale deeply for several breaths.

Diffuse: add 3-5 drops of oil to your diffuser or in spray bottle with water.

On the skin: Apply diluted oils to bottoms of feet or the area of concern.

Bath: add a drop of oil to warm bathwater.

Massage: add a drop of oil to a carrier oil or lotion and have someone give you light massage.

***This is not intended as medical advice. Please consult your doctor or midwife before using essential oils.**

by Claudia Tanneberger

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**THE CORD IS KINDLY
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My Placenta Encapsulation

At the beginning of my third trimester I began thinking about what I was going to do with my placenta. I really liked the idea behind lotus birthing however the practicalities involved weren't for me. The option of burying the placenta under a plant was preferred over sending it off as medical waste. However I was reluctant to retire this amazing resource as mere compost. I considered what women would have done long ago and did a quick internet search of 'eating your placenta'. To be honest it was pretty gross, I was faced with images of cooked bits of placenta on pizza and in pie. People explained how it's difficult to bite into due to its vascular texture and I decided I was not keen on this meal.

Then I discovered placenta encapsulation. This process of encapsulation proved to be quite complicated involving bleeding, steaming, slicing, baking or dehydrating, grinding then capping. This sounded like a massive task to undertake the day after having my first baby. It wasn't until I saw Haley's card at Birth and Beyond that I realised there was such a service in Alice Springs. Little over 2 weeks before I had my baby I contacted Haley and she was so helpful sending me a bunch of info, as it turns out I had previously meet her through a local food swap arrangement. She said she was open to the idea of 'part cash part swap' for service, which was great.

Once Rasa was born we sent her a text and within a few hours she came to pick up the placenta which we placed in an old ice cream container in the fridge. Less than 24 hours later she

delivered the little jar of pills. The yield is somewhere between 120 to 200 capsules depending on placenta size, mine produced 160. So within a day of giving birth to my baby I was ingesting my placenta easily in these little capsules; 2 three times a day for the first week, than 1 three times a day after that.

Aside from the nutritional benefits there are many accounts of people ingesting their placenta to manage post natal depression. Depression is really common in my family; my mum, aunties and even grandma have all been on medication for post natal depression and I was determine to do everything I could to prevent this from happening to me. And I did! I think placenta encapsulation was an important aspect of my post natal recovery. Haley's service allowed me to enjoy these special first days, establishing breastfeeding and getting some well deserved rest, instead of trying to cook and encapsulate my placenta.

I highly recommend this option to anyone interested in making good use of this life supporting organ, allowing its nourishment to continue, seeing your baby through the first few months outside the womb.

Jasmine Sammut



Calendar of events

March

New Parents Morning Tea

EVERY Thursday at 10:30am

Introduction to Kangatraining

Thursday 16th, 10:30am - 11:15am

April

New Parents Morning Tea

EVERY Thursday at 10:30am

Welcome Baby: Active Birth Workshop

Saturday 8th, 9:00am – 12.30pm

Welcome Baby: Birth as Transformation

Sunday 9th, 2:00pm – 5:00pm

Easter Closure

Saturday 15th, Monday 17th

ANZAC Day Closure

Tuesday 25th

May

New Parents Morning Tea

EVERY Thursday at 10:30am

May Day Closure

Monday 1st

Reflections on Pregnancy through Art

Saturday 6th, 2:00pm - 5:00pm

Baby Led Weaning

Tuesday 9th, 11:00am - 12:00pm



Find us on Facebook

Birth and Beyond Alice Springs - 'Confidence Through Informed Choice'

Welcome to our newest members!

Birth and Beyond would love to welcome our newest little members and a big congratulations to Mum and Dad!

Daxton Dallas Beverley

Born: 27th December 2016

Weighing: 3.844kgs

Emma and Beaux Beverley

Harlow Rose-Marie Smith

Born: 9th August 2016

Weighing: 2.676kgs/5pound 9oz

Zoe and Benjamin Smith

Remi West Aldridge

Born: 20th November 2016

Weighing: 3.546kgs

Bethany and Clint Aldridge

Rumi Tessa Lawicki

Born: 7th January 2017

Weighing: 2.97kgs/6pound 9oz

Hannah Millerick and Jack Lawicki

Odette James Hopper

Born: 28th January 2017

Weighing: 4.022kgs

Estelle Roberts and Kim Hopper



What is Birth & Beyond

Birth and Beyond is a community based, not-for-profit organisation in Alice Springs dedicated to offering quality support, education and resources for pregnancy, birth and parenting.

Our program includes:

- Welcome Baby Antenatal Education
- Parenting support and information sessions
- Information about local services for families
- Well-being sessions
- Library
- Breast pump hire
- Birth Pool hire
- TENS machine hire
- Social networks
- Cord newsletter
- Membership discounts

Become a member for only \$50 for 2 years (\$30 concession)

For more information contact us!

Our Welcome Baby Workshops promote safe and positive birth experiences and supported, confident parenting.

The Welcome Baby workshops are small and interactive information sessions that give practical self-help strategies for managing an active labour and birth. They include an Active Birth session where you will practice different positions to reduce the discomfort during labour, receive tips for how your partner can best encourage and support you and get acquainted

with a hospital maternity suite. There is also a Breastfeeding Education class. The workshops encourage participation and promote informed choice and partner attendance, recognising that every pregnancy and birth is unique. Held in an informal and friendly setting, the Birth and Beyond midwives and childbirth educators facilitate a lively experience which helps bond couples and prepare them for their parenting journey ahead.



What's been happening at B&B





Confidence
through
Informed
Choice

Open Monday to Thursday
and Saturdays 10am – 1pm

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