

Birth & Beyond
Parent Resource Centre

Confidence
through
Informed
Choice

the Cord

Newsletter
September 2017

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Cacioli, Dad snaffles low slips
catch, Rasa's birth, Nappies-
disposable or reusable, What's
been happening and more!



Meet the facilitator - Laurelle Cacioli



Midwife and Active Birth Educator

How long have you been a midwife, what made you decide to study midwifery and where have you worked?

I've been a midwife for 6 years and have always been interested in women's health. I was a nurse for 10 years prior to studying Midwifery and found the course fascinating- being present at my first birth confirmed my passion. I have worked as a midwife in Melbourne and Darwin and currently facilitate the Active Birth sessions at Birth and Beyond, as well as working casually at Alice Springs Hospital. I have a 2 year old and a one year old so am busy with them most of the time.

What is Active Birth and why is it so helpful for expecting parents preparing for labour?

Active birth is not just the act of being physically active and adopting upright positions in labour, but enables and encourages women to be active in their birth by making informed choices. Learning antenatally about options and strategies that can be utilised during

labour is so important. It means that when the time arises, women and their birth partners are already familiar with ways to lessen anxiety, decrease pain, and in some cases, lessen the length of labour.

What do you love about what you do?

I love being with women during birth and empowering them when they are at their most vulnerable because this is also when women show their innate strength. After being a midwife and seeing women in labour, I am truly convinced that all women are strong and powerful. Birth is a beautiful thing that transforms a woman into a mother. There is nothing more miraculous.

How long have you lived in Alice Springs and what do you love about living here?

I have been in Alice almost 2 years and have met so many beautiful people. As a mother, I have had a lot of support from like-minded parents and there are so many options during the week for places to go with little ones. I also love the weather, the beautiful surrounds, the starry night skies, the dirt, the swimming holes, hiking, no traffic (except when the dreaded Ghan strikes), the lack of crowds at the airport and the wildlife.

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

The first thing I would say is that you are not alone- so many of us are in the dark when it comes to giving birth.

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Dad snaffles low slips catch



Growing up, I'd never dreamed of becoming a father. I had fantasised about opening the batting for the Australian cricket team and jumping the "ditch" to play rugby for the All Blacks. But alas, skills, ambition and mental dedication are required to reach such sporting heights...I did not have them.

Arriving home from work on a particular Friday afternoon was exceptional for a couple of reasons. My partner, whom I admire in so many ways I cannot list, was quietly managing contractions that had begun hours earlier without her telling me. Our second child's birth was pending.

This time would be different from our daughter's arrival where some 72 hours later, with barely sleep, food or caffeine she had emerged, screaming with bubbles and a rush to my body I will never forget. Additional midwives arrived and I cursed myself for not understanding more. Was the mother or child in danger? No, "Can I help you?" said the steady midwife, whose arms I fell into trembling like a flower.

Our home was blessed with a studio of bountiful karma. Buddhist trinkets had been included as aggregate in

the building's slab and random people would ask if they could see that it was still in place, along with the long-leaved corkwood planted at the same time. The studio for this day included a rented birthing pool (the first one leaked so we got to christen this one), stereo for birthing tunes, candles and incense. I hurriedly filled the pool using the thermometer, aiming for 36 degrees Celsius- one item for this episode was now at least under control.

As my wife went about physically and mentally preparing for birth I took the opportunity to sit aside quietly- no rush for the midwives yet I thought, checking the cricket online Ball by Ball. There was a titanic battle underway on the other side of the planet: Australia Vs England in the opening game of the 2015 Cricket World Cup. Suddenly however, my wife called I would need to catch the babe!

Sure enough I could see a head protruding and quickly rang the midwife, phone tucked in shoulder to receive directions, fingers splayed and readied in the slips. I had made U12b wicket keeper and I recalled the motto of "soft gloves" that was shouted whenever a chance or dropped catch went by. I wrangled undies away- a babe was coming towards me!

With babe delivered, my partner was more stoic than ever. Meanwhile, the midwives raced to attend to us, announcing baby's arrival as they ran past Grammy, waiting inside with our eldest child.

Forget the green baggy or AB jersey- I have my own team now, and I love them to bits.

Rasa's birth story



Toward the end of 2016, Aaron and I decided that we would conceive a baby whose name would be Rasa. Three months later we were elated to learn that our little baby was on its way. Our friend and birth educator Jo Gordon was one of the first people to receive this exciting news.

I was confident and sure that I wanted to have our baby as naturally and undisturbed as possible. Straight away I registered for a home birth with the Midwifery Group Practice (MGP) and began Restorative Yoga with Jo from 8 weeks of pregnancy. I really enjoyed this nurturing practice which relieved my tiredness and nausea and from 14 weeks I could safely continue my regular yoga practice. I also began Pregnancy Yoga and continued weekly classes right up until my 'due date'. As my belly expanded the classes were greatly therapeutic, allowing me to work and

rest my changing body, guided by Jo's gentle voice.

Just after 25 weeks of pregnancy, Aaron and I attended the HypnoBirthing classes facilitated by Jo. We enjoyed the home practices and became familiar with the breathing and visualisation strategies I would find beneficial during birth. We appreciated the way the course allowed Aaron to be actively engaged in our journey, each class providing a space for us to stop and reflect together on this amazing time and what was to come. Listening to the affirmations and doing the relaxation practices on a daily basis assisted in developing a routine of self-care during pregnancy. They also proved to be incredibly helpful during the entire first stage of my labour.

Aaron and I were sure that Rasa would come before the 'due date'. However, that date came and went and we became increasingly keen for Rasa to announce himself. I knew walking was a tried and tested way to encourage labour, so I went for long walks and would feel some light tightening that soon subsided with rest. I knew we were close.

On the final morning, Aaron and I were busy- we went shopping, went for a drive out to Wriggley's Waterhole for lunch and went for a short walk. On the way back we dropped in to the Telegraph Station for coffee and then to the town pool where we did a few laps and lounged in the warm water.

When we finally got home in the late afternoon, I was having some tightenings that I didn't want to fade away with rest, so I went for a long walk

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and then at 8pm we went for another drive on a bumpy road. As I began to breathe deeply through periods of intensifying tightness, Aaron declared that I was definitely in labour and we went home to prepare for Rasa's birth.

When we got home my contractions were strong and regular and Aaron filled up the birth pool where I rested in labour for the next six hours. I enjoyed the water, it gave me space to claim as my own as the contractions became stronger and more frequent.

At 2am Aaron called Jo, our support person, and she arrived soon after with her partner Rick. Jo poured warm water on my back, which was relieving as I leant forward and rested on the edge of the birth pool. With the HypnoBirthing tracks playing in the background, I maintained a calm and restful atmosphere by using my breath and a deep verbal tone through contractions. I felt connected with the love and support around me.

The midwife soon arrived and checked Rasa's heartbeat, a reassuring calm thump reminding me of the prize for my efforts. At around 4 am I got out of the birth pool and whilst stretching my legs in the shower, I heard a 'pop' as my waters broke. I was immediately nauseous and vomited- which relieved the sickness. The second midwife arrived and I knew it was soon time for Rasa to emerge.

Aaron stayed close as I felt a profound shift in my attitude to the labour. I began asking for information about how it was progressing, when it would happen and how much longer? I was feeling tired and a little restless- wanting Rasa to be born sooner rather than later- the long

busy day was taking its toll.

From the shower I walked and then crawled up onto the bed to rest on one side. After some time, I realised that I needed to be more active and tried being on all fours with a lunge while resting my upper body on the birth ball- focusing on what I had learnt from Jo. The midwife's assessment at this stage showed that Rasa's head was close to crowning. I stopped to re-evaluate the situation and realised that what I needed to do was stand up and walk.

With Aaron by my side we walked around the house, inside and outside, stopping and bracing through the last hour of contractions. With Aaron as my legs I leant on him heavily during the contractions. With a supported standing squat Rasa soon emerged head first, then the rest quickly, the cord was unwrapped and he was placed in my awaiting arms. I nestled in close and there on the kitchen floor we finally lay back to take it all in.

Our beautiful son was a surprise as both Aaron and I were convinced Rasa was female. We embraced, enjoying the special moment together before moving to the bed to cut the cord and birth the placenta. It was magical as Rasa then bobbed his little head on my chest and snuggled in for his first feed.

Within a few hours everyone had left to continue their day and Aaron and I relaxed back and cuddled our little boy, with a cup of tea, watching movies in our own bed- our new life had begun.

Jasmine and Aaron, Feb 2017

Meet the facilitator - Laurelle Cacioli

Continued from page 2

Demystifying birth will help uncover the knowledge you need to have faith in your body and the birthing process. The more you know and understand, the less daunting it will be. No doubt, every woman feels anxious leading up to their labour.

The more tools and understanding you have however, the more equipped you will be. Alice Springs is a wonderful place to give birth as we have such amazing midwives, lactation consultants, support from Birth and Beyond and a tribe of women in the community. **You can and will do this!**

Chicken Soup with Dong Quai

This recipe combines chicken soup with the tradition of Chinese herbalism. Chicken broth is warming for the soul, according to Chinese medicine, and helps those with weak stomach and spleen qi. Dong quai is a Chinese herb that benefits the blood and reproductive system. This soup can help women rebuild their strength following childbirth or heavy menstrual bleeding. **Note:** Dong quai is inadvisable for women who are pregnant or menstruating. **Recipe from:** deliciousliving.com/food-and-beverage/chicken-soup-dong-quai

Prep Time: 15 minutes

Cooking Time: 1 hour, 35 minutes

1 kg organic chicken parts
3 litres water
1 medium onion, chopped
1 cup chopped carrot
1 cup chopped celery
2 tablespoons chopped, fresh dill
1 tablespoon salt
1 teaspoon pepper
1 bay leaf
1 cup sliced celery (including leaves)
1 1/2 cups sliced carrot
1 small root dong quai (available at Afghan Traders)

1. Rinse chicken and add to water in a heavy stockpot. Bring to boil. Add the onion, chopped carrot and chopped celery. Cover and reduce heat; simmer for 1 hour.
2. Remove chicken from broth and shred meat into small pieces. Strain broth through a strainer/sieve and pour into the stockpot. Add sliced carrot and celery, bay leaf, dill, salt and pepper. Bring to a boil, cover and reduce heat. Simmer for 25 minutes.
3. Add chicken and dong quai and cook for an additional 10 minutes. Remove bay leaf and root before serving.

Nappies- disposable or reusable



Coming face to face with waste is part of my role as Environment Officer with the Alice Springs Town Council. I regularly take school groups (and adults) on tours of the landfill where we show the students the large piles of recycling – metal, concrete, greenwaste and glass and we also show them the mountain of waste.

This mountain is a landform of its own, layers upon layers of refuse, rising and rising. If you go there on your garbage day you might even see your waste being emptied onto the tip face because this is the waste that each and every household and business in Alice Springs produces. Through our choices in consumption, our willingness to recycle and compost what we can, we directly impact on how much rubbish goes to landfill and how many years are left at the current site.

All this brings me to nappies! When we had a baby boy last year we were faced with the choice of disposable or reusable. Whichever way we look at it, nappies have a huge environmental footprint. But which is better for the

environment? In a water-constrained town, does the environmental impact of washing reusable nappies outweigh the benefits? While the amount of water used to clean reusable nappies is confronting, so too is burying disposable ones in landfill and leaving them there for future generations to deal with. Read on for some facts and figures!

Waste: Most babies go through 6,000 nappies by the time they are toilet trained. No-one really know how long it takes for nappies to degrade in landfill, but it is likely that each of these 6,000 nappies will still be in the landfill in 3017 (or later!). In Alice Springs alone, an estimated 350 tonnes of nappies go to landfill each year.

Greenhouse Gas Emissions: Nappies contain wood pulp which, (along with, um, solid waste) eventually decomposes in landfill, releasing harmful greenhouse gases at a rate of 1.8 tonnes greenhouse gas emissions per kilogram. In Alice Springs alone, 630 tonnes greenhouse gas emissions are released from nappies each year.

What about biodegradable nappies?

These nappies are unlikely to degrade in landfills; instead they may decompose anaerobically over time, contributing an even greater amount of emissions. A commercial composting or specific waste system would be required in order for these nappies to be biodegradable.

Disposable nappies: The environmental “cost” of disposable nappies comes from the land use taken to grow trees, the oils used to make plastic, the energy and water used in production and the

transport for all these materials to get to the factory, then to the shops, then to your home. *It takes twice the amount of water to produce one disposable nappy than is used to wash one modern cloth nappy for an entire year.*

Reusable: Reusable nappies also have an impact – but less so, if they are passed on to friends or family and used for many children. The large water use is of concern, particularly with our non-renewable water supply. Washing nappies every two days, in a washing machine that uses 150L/wash would use 27,375L per year! This is a significant amount of water, but it is actually only 5% of the average household water use in Alice Springs and would cost \$52/year. If you're concerned about the additional water use - water savings can be made elsewhere in the house through fixing leaks and replacing inefficient showerheads.

Our now 9-month old son has been in reusable nappies since he was several weeks old. I'm no expert – I probably couldn't tell you what a flat, a prefold, a PUL cover or a strip wash is. But I do have some advice – that is, to buy a good quality brand and stick to it. This way, all the inserts are the same and you won't have to fiddle around to match different inserts and covers up. A full set can then be passed on to friends or sold when you're done with them. We store them in a tub without soaking them (dry-paling), wash in cold water every two days and hang them in the full sun.

All things considered, reusable nappies do significantly reduce the footprint on the environment and they are much, much cheaper. **One less nappy in landfill is one less problem our kids will have to deal with!**

Hayley Michener

Types of cloth nappies explained

Flats

- Economical option
- Different folds for newborns, boys and girls
- A waterproof cover is needed
- Snappi's or pins are used to fasten
- They dry quickly
- Great option for newborns before OSFM nappies fit
- Can be used to stuff pocket nappies for older babies
- Can be used for burp cloths and spills

Prefolds

- Another economical option made from cotton
- A rectangle shape to be folded in

three OR folded and fastened with a Snappi

- A waterproof cover is needed
- Great option for newborns before OSFM nappies fit
- Can be used to stuff pocket nappies for older babies
- Fitted Nappies
- Fitted nappies are shaped like disposables and are snapped on
- The entire nappy is absorbent and they have superior breathability
- A waterproof cover is needed
- Available in bamboo or hemp
- Good for those who want only natural fibres against babies skin
- A great leak resistant option

Types of cloth nappies explained

Nappy Covers

- Nappy covers are the waterproof outer to be used with flats, fitted nappies and prefolds
- Available in PUL or Wool
- Covers can be reused if they aren't soiled
- Pocket Nappies
- Absorbent inserts are stuffed into waterproof nappy cover (or shell) with a pocket
- The lining keeps baby dry as moisture is wicked into the insert
- Absorbent inserts can be increased as needed for night times and as baby gets older
- Very simple and easy to use. Perfect for daycare/babysitters
- The entire nappy needs to be washed after each use

All-in-Ones (AIO)

- The most similar in design to disposable nappies
- The cover and absorbent material are attached so no snapping or stuffing or matching up after washing
- The whole nappy needs to be washed
- Can take longer to dry
- Very simple and easy to use. Perfect for daycare/babysitters

All-in-Twos (AI2)

- The absorbent layer snaps into a cover
- This means you can reuse covers
- Less washing
- Less bulk to carry around
- Night Nappies
- Specially designed for using overnight

- Usually sized and for older babies and heavy wetters
- Often needs a cover
- Bulkier and more absorbent than day nappies

Sized Nappies vs One Sized Fits Most (OSFM)

- Sized nappies come in 3 or 4 different sizes depending on the brand. Usually Newborn/Small, Medium, Large. You will need to buy 24 of each size to use cloth fulltime
- Sized nappies are a trimmer fit for all ages and specifically designed for that particular stage
- OSFM nappies will fit baby from 4-6 weeks through to toilet training so are the most cost effective way to go
- OSFM nappies are particularly bulky for the first 6 months and may not fit newborns.

Velcro vs Snaps

- Velcro allows you to get a tailored fit each time
- Velcro can make for a quick nappy change
- Velcro can be easier for toddlers to undo
- Velcro can wear poorly over time
- Velcro is easier to use and perfect for daycare/babysitters
- Snaps are very hard wearing
- Snaps are much harder for toddlers to undo
- Sometimes a baby is in-between snap sizes

www.nappylane.com.au/blog/2015/3/2/the-different-types-of-cloth-nappies-explained

Welcome to our newest members!

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

Leo Hanington

8th May 2017

3.82kgs

Anna and Kesh

Julian James Huddleston-Moss

6th June 2017

4.2kgs

Kristin Huddleston & Shannon Moss

Asher Vuia Campbell

21 June 2017

Emma Trenorden and Liam Campbell

Leonard Roy Webster Nicholson

22 June 2017

3.33kg

Grace Violet Rayment

13th July 2017

3.6kgs

Krista and Cail Rayment

Dustin Don Langford

5th August 2017

3.5 kgs

Beth Woodward and Lindsey Langford



Leonard Roy Webster Nicholson



Grace Violet Rayment



Leo Hannington



Asher Vuia Campbell



Julian James Huddleston-Moss



Dustin Don Langford

What's been happening at B&B

Thursday morning teas, nappy workshops at the Ecofair and an entertaining fundraiser at the Alice Springs Cinema. We also attended the Baby Expo and supported the Tangentyere Women's Family Safety group (TWFSG) and their Action March against Family and Domestic Violence. The Birth and Beyond Homebirth group also got together to share ideas and information about supporting expectant parents who seek a less-medicalised birth experience. If you are interested in getting involved with this group, it meets at 10am on the last Saturday of each month at Gosse St Park.



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Calendar of events

September

Parents Morning Tea

EVERY Thursday at 10:30am

Welcome Baby: Active Birth

Sunday 10th, 9:00am - 12:00pm

Lullaby Afternoon Tea- with songs from the Splinter Sisters

Saturday 16th, 3:00pm - 4:30pm

Welcome Baby: The first 6 weeks

Sunday 17th, 9:00am - 12:00pm

Introduction to Solids

Tuesday 25th, 11:00am to 12:00pm

Homebirth Group

Saturday 30th, 10:00am, Gosse St Park

October

Parents Morning Tea

EVERY Thursday at 10:30am

Angel Babies Support Group

Saturday 14th, 10:30am to 12:30pm

November

Parents Morning Tea

EVERY Thursday at 10:30am

Introduction to Solids

Tuesday 14th, 11:00am to 12:00pm

Welcome Baby: Active Birth

Saturday 18th, 9:00am - 12:00pm

Welcome baby: The first 6 weeks

Saturday 25th, 9:00am - 12:00pm

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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 sessions promote safe and positive birth experiences and supported, confident parenting.

The Welcome Baby sessions are small and interactive information sessions that give practical self-help strategies for managing an active labour and birth.

They include 'Active Birth' 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 'The first six weeks' which is full of tips about breastfeeding, baby cues, settling, bathing, nappies and looking after yourselves as new parents.

The Welcome Baby sessions encourage participation and promote informed choice and partner attendance, recognising that every pregnancy and birth is unique.





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Open Monday to Thursday
and Saturdays 10am – 1pm

2/58 Todd Street
(Reg Harris Lane)
PO Box 542
Alice Springs
NT 0871

Phone 08 8953 7928

