

Better Birth Basics

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SPECIAL POINTS OF INTEREST:

- Learn about local Hypno-Birthing classes!
- Read inspiring birth stories!
- Learn about holistic health in pregnancy!

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Peace on Earth begins with birth

Kim Wildner

For the fourth time in less than three months, a local news station has ran stories of babies arriving when and where they want. One on an airplane, two in cars, and one in a doorway near a crime scene.

Once again, I have to wonder at the wisdom of babies.

There are no accidents. After watching 'The Secret' (a movie about the Law of Attraction and how we use it to manifest our realities) many times, I've come to see these instances of 'accidental' births in a whole new light. Could it be that on some level

these babies (or their mothers) felt safer en route than they would have at their intended destination? After all, cesarean rates have hit an all time



high, with at least one third of our babies being removed surgically, with all the atten-

dant risk involved to both mother and baby.

Considering the optimal rate for optimal outcomes is no more than 15%, what is going on? The media suggests that the rise in cesareans is due to 'maternal request', but the 'Listening to Mothers' survey (www.childbirthconnection.org) debunks this theory.

What ever the reason, maybe babies have had enough. Maybe they don't want their birthday changed for the convenience of a golf game.

Maybe, just maybe, if enough babies literally fall out, women will start to realize that birth can be just that easy.

Prenatal options-Ultrasound

One pregnancy intervention that has become routine is the ultrasound.

The FDA cautions against using ultrasound technology without medical indication. (www.fda.gov/fdac/features/2004/104_images.html) True medical indications are fairly rare in pregnancy, but

when they arise, it is a useful tool. It is this discrepancy between actual use and recommended use that is a concern.

(www.midwiferytoday.com/articles/ultrasound.asp)

A new study out by the Yale University School of Medicine, neurology department, suggests that fetal brain de-

velopment may be negatively affected by ultrasound, increasing the odds of learning disorders like dyslexia or autism spectrum disorders. Now, more than ever, the risks/benefit ratio of unproven prenatal technology must be weighed to determine the usefulness in any given pregnancy.



Take time to relax during your pregnancy. Read your HypnoBirthing book out loud to your baby!

“I couldn’t figure out why women were rushing out to learn what to expect, instead of learning to expect better.”

Kim Wildner

Mother’s Intention



New Elective Cesarean Study

Surgical birth triples the death rate of neonates, a new study says (*Birth*, 2006; 33: 175)

It has been known for a long time that cesarean section has a 4 to 5 times higher death rate than vaginal birth, but that figure came from all cesareans. Some women who have cesareans (about half) need them for medical reasons, to save the life of mother or baby. The medical indication for which the surgery was performed contributes its own risk factors.

The new study isolates just the elective surgeries. Still, the death rate is much higher for cesareans.

When medically indicated, cesareans save lives, but the science shows used inappropriately, it introduces risks to both mother and baby. Some, like an increased mortality rate, are convincing enough, but there are others with long term ramifications rarely considered. Epidurals, a necessary part of surgery, cause difficulties with breastfeeding. The stress and sleep deprivation of a difficult start to breastfeeding can lead to baby blues, or exacerbation of true postpartum depression. Women may give up even trying to breastfeed, leading to increased illness in the baby and more sleepless nights, hours in waiting rooms to

see physicians, lost work and needless worry.

This is not isolated to cesarean by any means. *Impact of Birthing, Practices on Breastfeeding: Protecting the Mother and Baby Continuum* by Mary Kroeger details many interventions that, while absolutely essential in a high-risk situation, create difficulties where none need exist during a otherwise normal birth.

Knowing what is appropriate for your pregnancy, and being able to talk about your options, including refusal of non-medically indicated options, is the key to avoiding the ‘risk’ in the ‘risk/benefit’ equation.

Am I psychic?

Kim Wildner

In 2002 I wrote an article about premature birth that was published in *Midwifery Today*. (You can read it in its entirety on the Press Kit page of my website, www.kimwildner.com) In it, I identified magnesium sulfate, a common treatment for premature labor, as an intervention of questionable or no value that poses significant risks.

In October of 2006, the Washington Post ran an article about a commentary

in *Obstetrics and Gynecology*, a professional journal.

In the commentary, it was acknowledged that magnesium sulfate doesn’t work, that it has been known for a long time that it doesn’t work, and that it is still used, at great risk to mothers and babies, despite the knowledge that there is much risk and no benefit.

Am I psychic? Obviously not. I just know where to get information.

This information is available, for free, to the general

public. All you need is a computer (or access to a computer).

Childbirth Connection and the Cochrane Database, the largest collection of science when it comes to maternity care, have made a wealth of information available to everyone at www.childbirthconnection.org

Here you will find cutting edge evidence on every intervention from pregnancy through the postpartum period.

Presentations at FDL Center for Spirituality & Healing

Intro to HypnoBirthing®: The Mongan Method

What is HypnoBirthing? How does it work? What are the benefits for mother, baby, family, and even care providers? When should I take a class? What is hypnosis and how does it work? The topic of ‘birth’ often initiates horror stories. But what if birth was designed to be an ecstatic rite of passage...not the fearful, agonizing experience it’s become? What if women

could learn how to birth the way nature intended...the way other animals birth? What if in doing so, birth became safer? What if women could give birth with dignity and empowerment? What if babies could be born gently, with respect that they are whole and perfect from the very beginning? What if peace on earth begins with birth? When people first hear the term “HypnoBirthing”, which is happening more and more as HypnoBirthing parents from around the world share their stories of

blissful birthing, these are some questions that arise. Most people are intrigued by the idea of more comfortable, sometimes even painless, birth that is often far shorter than they might have thought possible...without the risks of drugs. On Monday, January 22, from 7-8:30 Kim Wildner will tell you everything you ever wanted to know about gentle birth through hypnosis and answer questions you might have. A great introduction for parents and providers alike, this presen-

A fascinating view of how your baby grows, *In the Womb* is available through National Geographic at <http://shop.nationalgeographic.com/shopping/product/detailmain.jsp?itemID=2692&itemType=PRODUCT&RS=I&keyword=in+the+womb>

Induction

It’s become more and more common for women to be advised to agree to induction the day after their ‘due date’. However there are many things to consider before declaring “I give my informed consent” or “I do not consent”.

First of all, a due date is a relative thing. Your ‘due date’ is

really sort of a ‘due month’. A normal, healthy pregnancy is anywhere from 37 to 42 weeks. 40 weeks and 1 day is not ‘overdue’. 42 weeks is.

Next, due dates these days are often calculated by ultrasound. In late pregnancy, ultrasound can be off by two weeks in either direction.

After hearing “They changed my due date *again*.” I finally asked “How often did your conception date change?” If your conception date didn’t change, your due date didn’t change.



FDL Center continued

tation includes PowerPoint visuals, demonstration of the mind/body interaction that governs the birth process, video of a gentle birth and opportunity for discussion. Fee: \$10

Intro to Auto-Biofeedback
In a sense, all biofeedback is auto-biofeedback. “Auto” means ‘self, and ‘biofeedback’

means literally ‘life feedback’. So ultimately, what biofeedback does is to help people learn how to recognize and utilize the body’s own communication methods in a conscious way. Some people are professionally trained with special machines to do this for medical purposes, such as pain relief, but what we are talking about with auto-

biofeedback is much a much simpler use of less complicated machinery (or none at all). When you sit in meditation and focus on the breath, it is in essence auto-biofeedback. You are listening to your own body. When your stomach rumbles and you feed it, you are utilizing the information provided to you by your body. Most of us use

Find more inspirational stories at:

www.journeyintomotherhood.com

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We hope you have enjoyed this premiere issue
of **Better Birth Basics!**

In upcoming issues:

- **More birth stories**
- **Tips for new moms**
- **Local practitioners spotlight**
- **Book reviews**

Realize your potential...think by design



FDL Center continued

auto-biofeedback dozens of times a day. In this presentation on Monday, February 12, from 7-8:30, we will explore the many ways the mind can affect the body, first with a non-technical experience, and then with the use of a simple device that involves finger sensors and a computer game. Essentially, this game allows people to see a visual representation of how their thoughts can affect their bodies. We will explore the many ways in which such self-knowledge might be applied in daily life to change habits, or bring peace to potentially stressful situations. Being able to 'tune in' to your own body, and learning to control many of your own body processes through this self-knowledge, is a powerful gift to the self.

Intro to Hypnosis
Prayer, meditation, the 'relaxation

response', creative imagery, hypnosis...how are they the same? How are they different? Physically, mentally and emotionally, all of these things have more in common than most people realize. Unfortunately, the last technique...hypnosis...has gotten a bad rap. Although hypnosis is a natural state of mind that we all experience several times a day, it is also a state of mind that can be induced intentionally. Early on, before the beneficial uses of such an ability were widely understood, a few people used it for entertainment purposes. This is the image that stuck...the negative, stereotypical use of a very valuable resource...your own subconscious mind. In this presentation, Kim Wildner will explain what hypnosis is... and is not. Through demonstration and discussion she will dispel the myths and misconceptions about

hypnosis. We will explore what is possible through hypnosis and what isn't. For instance, you won't quack like a duck under hypnosis...unless you'd be likely to quack like a duck after a few drinks, in which case, the issue is not with hypnosis.

We will talk about misconceptions about who can, and can't, be hypnotized, as well as how, and when, hypnosis works for dealing with habits and fears. We will briefly discuss the subconscious mind and how it impacts every single decision you make in your life.

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