

Better Birth Basics

VOLUME 1, ISSUE 1

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SPECIAL POINTS OF INTEREST:

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

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Welcome to the premier WI issue of BBB!

Please allow me to introduce myself...

My name is Kim Wildner. I am a Certified Childbirth Educator (CCE) through the Association of Labor Assistants and Childbirth Educators (ALACE) and a HypnoBirthing® practitioner (HBCE) certified through the HypnoBirthing Institute. I am also a researcher, freelance writer and author of *Mother's Intention: How Belief Shapes Birth*.

I have recently relocated to Fond du Lac, WI. I have begun scheduling childbirth classes and setting up a referral system to better serve my new community.

This newsletter is an extension of those connections I've been making. In each issue, my intent is to provide area women with

information and resources to maintain a healthy pregnancy, and to create their own best birth experience. To that end, I plan



Kim Wildner, CCE, HBCE

to feature area practitioners who offer holistic services of interest to pregnant mothers and new parents.

This might include yoga instruc-

tors, breath work facilitators, chiropractors, holistic physicians, midwives, doulas, childbirth educators, fitness instructors, spas, massage therapists, nutritionists, lactation consultants, baby stores, pregnancy boutiques, etc. If you have a service or product that you would like to see featured, please submit a 100 to 200 word essay on what you have to offer the mothers in our community.

I would also like to include parenting tips and empowering birth stories, so contributions from parents are welcome too!

The issues will be primarily electronic. Paper copies can be available upon request for events or for distribution to clients.

Enjoy!

HypnoBirthing® Event in SE WI

This issue will debut at a HypnoBirthing® presentation at Babies R Us® in Brookfield, WI. Denise Keenan, HypnoBirthing practitioner from the Milwaukee area, has organized this event and graciously invited me to help me get acquainted with the area.

It only makes sense that this issue, therefore, would focus on HypnoBirthing, as well as an introduction to the other services Denise and I have to offer.

In the pages that follow, you will learn a little bit about us, about HypnoBirthing, and about the

other services we offer. We hope that you will come away from the event, and from the pages of this newsletter, excited about the possibilities available to you for your pregnancy and birth!



Denise Keenan and husband Jerry 'River' Kaster

"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*

Kim Wildner with husband Dave and daughter Chelsea



Denise Keenan

Denise Keenan is a master body worker, master hypnotherapist, and certified science of the breath facilitator in the healing arts profession for 25 years. Her warm, dynamic presence will coax the best from you and she will teach you to recognize your own essential, excellent potential.

She has studied and worked with such luminaries as Stuart Wilde and Andy Caponigro, founder of the Pranic Energy Healing Institute.

Denise works with the thera-

peutic applications of the science of breath in calming and healing the body of the effects of stress, trauma, and repressed emotional tension. She has had training in a wide variety of therapies, including 5-Path™, and Transpersonal Hypnotherapy, yoga, Aikido, Alexander Technique, Transformational Breath, Cranial Sacral Therapy, Pranic Energy Healing, Feldenkrais Techniques and HypnoBirthing and other techniques. She has traveled, lectured and practiced nationwide.

Denise offers her rare combination of intuition, strength and gentleness to everyone she meets and her work is a reflection of her passion for life.

For more information please visit her website.

Keenan Healing Arts
Denise Keenan, LMT, CH

414-774-2168
dakeenan@aol.com
Anilith.com

HypnoBirthing®

HypnoBirthing is one of the fastest growing childbirth programs today. It has been featured on television, in the newspaper, and on popular cable programs.

Parents learn how to utilize the mind/body connection to minimize or avoid the effects of the fear/tension/pain cycle. As such, HypnoBirthing births tend to be shorter, averaging

about five hours, and more comfortable. Many HypnoBirthing mothers report completely painless birth with no drugs.

The classes usually run about two and a half hours, once a week, over the course of five weeks.

Bonding with your unborn baby is an integral part HypnoBirthing, so classes are meant

to be taken earlier in pregnancy than other birth preparation classes, though it's never too late! Clients who only learned about HypnoBirthing in their last weeks of pregnancy have gone on to have amazing births!

To learn more, and to read testimonials, please go to:
www.hypnobirthing.com

Kim Wildner

Besides being an author and childbirth educator, Kim Wildner is also the creator of Fearless Birthing™, a mentoring program to help parents achieve their own best birth.

Kim has a background in midwifery studies, but since the

release of her book, has focused on writing, teaching HypnoBirthing, and lecturing nationwide on the concepts of Fearless Birthing

She has over 15 years experience as a childbirth professional and brings a unique combination of expertise to her clients.

Wildner is also certified as a hypnotherapist, and specializes in pregnancy, birth, and postpartum applications for hypnosis.

Kim's press kit, resume' and much more can be found on her website at
www.kimwildner.com

My Quick Hospital Birth By Christine Henry

I was laying in bed on a Wednesday morning when I felt my first surge. I looked at the clock, and ten minutes later, there was another. Since it was a week before my due date, I assumed the surges were Braxton-Hicks contractions. I got up and walked the dog, but when I got home and went to the bathroom, I noticed some bloody discharge. I figured that my mucus plug had been released, but since I knew that could happen weeks before delivery, I still didn't understand that labor had begun. I wasn't feeling well, so for the rest of the morning and early afternoon I took

it easy, napping and watching TV.

I had a 3:00 p.m. massage appointment with Elien, who would be serving as my doula. I told her how I was doing that day, that I wasn't feeling the best and that my lower back was a little sore. So, during the massage, she concentrated on my lower back and hips, really relaxing and loosening me up. On the massage table I thought I felt some surges, but I only mentioned them to Elien after the massage; she told me to take it easy and to call her on her cell if things progressed.

I went home and around 5:30 p.m. and called my mom, our family childbirth expert and mother of seven. I asked if her water ever broke before she went into labor or got to the hospital; of her seven labor experiences, her water never broke before getting to the hospital. I then told her how I was feeling and she said that I was in labor; I was still skeptical.

(See Christine's story continued below)

As a childbirth educator, Sheri Menelli came face to face with the effects of childbirth "horror stories" on expectant women. ... but the tide is turning.

Journey Into Motherhood: Inspirational Stories of Natural Birth

Journey into Motherhood is filled with proven secrets and techniques for pregnant and birthing women, including:

- How you can experience painless labor

- Insights and advice from women who've been there

- Options for easing labor and deliv-

- ery-including yoga, doulas, hypnosis and water birth

A resource guide to childbirth classes, magazines, websites and audios/videos

Childbirth does not have to be painful and frightening. This heartwarming collection offers 48 true stories of natural birth, told in the mothers' own voices. As diverse as

the women who wrote them.

Journey into Motherhood will guide you to have the kind of birth that YOU want. No matter what kind of birth you choose, this book is for you.



Christine's Story continued

It was time to get ready to teach bible study at church with my husband, but I just wasn't up to it that night; I told my husband that I wasn't feeling well and sent him off alone. My husband confided in our friend Kim that I wasn't feeling well, so she came over to be with me around 6:45 p.m. She timed my surges at five minutes apart. I asked Kim to read me some Hypno-Birthing scripts, which helped me

to relax both during and between the surges. As I focused and relaxed, my surges came closer together, and when they were four minutes apart Kim told me it was time to call the doctor. The doctor told me to go to the hospital to see how far I was dilated, but we decided to wait for my husband to return home. We called Elien to tell her that we would be going to the hospital soon. My husband

returned home just as my surges were coming three minutes apart. It was 8:15 p.m. when we packed up the car and left for the hospital. I remember him saying, "Oh, this is all just a false alarm. I bet we'll be back home soon."

(See Christine's story continued on back)

Find more inspirational stories at:

www.journeyintomotherhood.com

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

Harbor & Hill Transformational Hypnosis

Kim Wildner
74 Halbach Ct.
Fond du Lac, WI 54937
Phone: 231-425-8844
E-mail: kim@kimwildner.com

In upcoming issues:

- More birth stories
- Tips for new moms
- Local practitioners spotlight
- Book reviews
- Announcement of the **Babies R Us** raffle winner

Realize your potential...think by design

www.kimwildner.com

Christine's Story *continued*

We got to the hospital by 8:30. We checked in and they put me into a temporary room, just to check and see how far I was dilated. I made sure that they had my birth plan and understood my intention to have a natural birth. My husband read some scripts to me to keep me relaxed and help me through the surges. A nurse confirmed that I was five centimeters dilated and we were moved into a birthing room. Elien showed up with her assistant, Julia, and before long I had progressed to seven centimeters. Elien helped me stay relaxed with breathing and other techniques. Around 9:30 p.m. or so, I headed to the bathroom and my water broke into the toilet. The surges continued, along with conscious breathing and self hypnosis. By 10 p.m., I was nine centimeters dilated.

Elien asked me to sit on the birthing ball and I placed my head in my hus-

band's lap. She then led me through a visualization of a rose opening to aid my body in fully dilating. Within half an hour, I was ready to push. I kept saying that I needed to pass a bowel movement - that's what it felt like to me. It took an hour of pushing before little Logan was born. He weighed in at seven pounds, eight ounces and 20.5 inches long.



Opening like a flower...an image for birthing.

Mother's Guidance: Be calm about the birth and remember that it is a natural process. Be in charge of your body and your birth - you can decide how it goes. Write a birth plan and make sure the doctor and nurses have it and understand what you want. I took a HypnoBirthing class. My favorite book was *Hypnobirthing: A Celebration of Life* by Marie Mongan.

Christine Henry is an engineer and her husband, Guy Glauser, is a portfolio manager. They live with their son Logan in San Diego, California, and had twins in April 2004.