

The Beautiful Birth Centre Newsletter



A natural choice for you and your baby



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Issue 4

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Greetings!

Here you will find NEWS and VIEWS;

- some of it will be facts and stats and references or links to research will be shown
- some of it will be opinion, based on anecdotes and life experience

The Beautiful Birth Centre exists to support Natural Birth in all it's glory, so to read more, to join the debate, and to get information, subscribe by adding your email address to the list.

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Birthing Pool Blessing

Nick Sayers and Tamsin Williams were inspired by an art installation they had seen in Iceland (click on the link to see the original; [Icelandic artist](#)) which consisted of bowls of varying sizes and materials floating in a pool. As the water moves, the bowls gently collide causing them to chime and clink in a Zen-like meditative music.

They recreated this peaceful movement of light and sound in their home when they filled their birthing pool in May, shortly before the birth of their daughter, Neve Wilsay.

See more of Tam's work on her websites

[Tamsin Williams](#)



Tips for breastfeeding start-up

Breastfeeding your baby, when done successfully, should be one of the most precious and fulfilling times of you and your baby's lives.

Providing there are no medical reasons why you shouldn't, the choice to breastfeed should be made entirely by you, the mother.

Research

You should give as much thought to how you are going to feed your baby as you would give to where and how you are going to deliver her.

If you aren't sure about breastfeeding, my advice is to research information on both artificial and breast feeding (please see the useful websites and telephone numbers at the end of this article).

Support

If you are planning to breastfeed, ask your midwife to put it into your notes so that it's down on paper. Talk to your partner about it as well. It is important to deal with any worries and/or apprehensions before the baby is born. You are going to need support in the first few weeks and making sure you've got your partner, fully behind your choice to breastfeed is a key factor in helping the experience go as smoothly as possible.

Birth Plan

Include the point that you want to breastfeed in your birth plan as well, whether you're having a home or hospital birth. State that, unless there is an urgent medical reason not to do so, you want to have skin to skin contact with your baby immediately after birth (weighing or cleaning baby can wait until later). Please read the article about Benefits of Skin to Skin Contact which will be posted in the next issue. It is also worth including that if, you can't feed baby at the breast that you want help expressing your milk.

Positioning and attachment

Make sure you ask for help. Most babies will instinctively know how to breastfeed but equally most new mothers won't have a clue what to expect. If you are in hospital make sure you ask a midwife to help you with positioning and latching on. This is crucial; successful positioning and attachment can mean the difference between a beautiful hassle free breastfeeding experience and an upsetting, painful and difficult one.

Rest

Once you're at home, make sure you get a lot of rest. If it is possible try and have a "baby moon". Like a honey moon when traditionally wife and husband start to get to know one another after all the razzamatazz of the wedding celebrations are over. It is best done in bed where you and baby can have plenty of skin to skin contact. Allow baby to feed when ever and for as long as she likes. Eat well and drink plenty of water. To ensure you have an adequate supply of milk allow baby to choose when she feeds and let her feed for as long as she wants to.



Act quickly

In the event of any problem however small, seek help. You may want to phone a breastfeeding counsellor (see useful numbers and websites below) or you could contact your health visitor. If it is dealt with quickly then you will be able to sort the

problem out and prevent it from becoming a bigger problem.

[Association of Breastfeeding Mothers](#)

08444 122 949

[La Leche League](#)

08451202918

[National Childbirth Trust](#)

08704448708

Kia Makepeace can give advice and support on breastfeeding problems, she is a Mother Support as recognised by the Association of Breastfeeding Mothers. Contact her at the Beautiful Birth Centre 01273 622001 or by email

kiamakepeace@hotmail.co.uk

Welcome New Babies

In this section we specially welcome your new arrivals;

Paul and Katie Reynolds and big sister Phoebe welcome little Imogen Beth, (see photo)

Hilary and Dave and big brother Louis welcome little baby Silverwood-Flindall (no name chosen yet)

Sarah and David Thomas and big sister Isobel welcome little baby Luca

Fiona and Ed Dixon welcome little baby Amelia

Mary and Ed Fish welcome little baby Kitty Beatrix

Nick Sayers and Tamsin Williams welcome baby Neve

Gareth Dunn and Jenny Lewis welcome baby Eli

Celine and David Mckeown-Webster welcome baby Xavier

Gemma, Alistair and big brother Sky welcome baby Padme Ward

Lara and Damien Holmes and big sister Ella welcome baby Verity Mae

For advice and support on booking a home birth email imogen@gentlewater.co.uk



Gentle Water Birthing Pools are available for hire from

The Beautiful Birth Centre
4 The Broadway
Whitehawk Road
Brighton,
BN2 5NF.

Tel: 44(0)1273 622001