



# 2003 Spring/ Summer Newsletter

## 3rd Annual Doula Celebration! "Birth in the Bluegrass" - May 24, 2003

This year we have added something new! A morning of educational sessions preceeding an afternoon of good food and great fun! We are inviting all Kentucky and Indiana childbirth related professionals to share and learn about how we can make the childbearing years a positive experience for all women. It is our hope that this initial gathering will help to lay a foundation for future networking among us all.

### GENERAL SESSION DESCRIPTIONS

#### **GENERAL SESSION 1: 10:45 – 11:30**

"Coalition for the Improvement of Maternity Services (CIMS): Presenting the CIMS Initiative"

Is your business or local hospital truly Mother-Friendly? Learn how you can help to make this improvement! We will hear how this new initiative will help improve the care of mothers around the world as hospitals and care givers adopt this 10 point resolution.

#### **GENERAL SESSION II: 11:30-12:30**

"A Gathering of Like Minds" - roundtable discussion of the status of maternity care in our area. Leadership from support groups in Kentucky/ Indiana area will introduce their organization and its current standing and their future goals. Panelists include:

- La Leche League: Janice Minor, Chapter Leader for Fern Creek
- International Cesarean Awareness Network (ICAN): Julie Crum, President Lexington chapter
- Birth Care Network (BCN): Kathy Markham, General Coordinator
- Kentucky Lactation Improvement Coalition (KLIC): Jena Booker, President
- Doulas of North America (DONA): Jennifer Nunn (President of DONA)

*(Continued on page 2)*

### AGENDA

8:00 -8:45 AM Registration, Continental Breakfast, Exhibits, Silent Auction

8:45 AM Welcome - Kim Avera, CD(DONA)

SESSION 101 : 8:45 – 9:30 Main Hall  
"Hypnobirthing: A Gentle Way to Birth" by Kathy Markham, ICCE, CD(DONA), HBCE

SESSION 102: 8:45–9:30 Backstage Room  
"Postpartum Doulas: Another Mother for the Mother" by Angela Young, MA, PPD

9:30-9:45 ~Break~

SESSION 201 : 9:45–10:30 Main Hall  
"Birth Art: A Window into the Mind" by Angela R. Robinson MA, ATR

SESSION 202: 8:45–9:30 Backstage Room  
"Breastfeeding in Concert: Introducing the Symphony Pump" by Vicki Sanders, ICCE, CD(DONA), IBCLC

10:30-10:45 ~Break~

GENERAL SESSION I: 10:45 – 11:30  
Main Hall – "Presenting the CIMS Initiative" by Jennifer Nunn, CD(DONA), President of DONA

GENERAL SESSION II: 11:30-12:30  
Main Hall – "A Gathering of Like Minds" - Support Organizations

12:30 Closing Remarks - Kim Avera, CD(DONA), Silent Auction and exhibits close.

1:00- 5:00 PM Picnic Time! All participants, clients and families are invited!

## 2003 National Birth Conferences

**CAPPA Conference:** May 3-4 2003  
Denver, Colorado. [www.birthprofessional.com](http://www.birthprofessional.com)

**La Leche League Conference - Strength  
through Diversity: Creating One Breastfeeding  
World, July 3-6. Hilton San Francisco. [www.lalecheleague.org](http://www.lalecheleague.org)**

**DONA International Conference - July 24-27**  
The Westin San Francisco Airport, Millbrae,  
California. [www.dona.org](http://www.dona.org)

**Lamaze International Conference - October 2-  
5, Hyatt Regency Hotel Albuquerque, NM. [www.lamaze.org](http://www.lamaze.org)**

**ICEA International Convention - October 9-12**  
Hyatt Regency Hotel, Chicago, IL. [www.icea.org](http://www.icea.org)

**Hypnobirthing Educational Conclave - Septem-  
ber 19-21, The Bedford Wayfarer Inn, Bedford,  
NH. For more info: [www.hypnobirthing.com](http://www.hypnobirthing.com)**

## "Birth in the Bluegrass" (continued)

- LAMAZE: Robin Weiss, Parent Committee Member
- KY Midwives Association (KYMA): Juliet Dietsch, Secretary

Seminar Location: Harvey Browne Presbyterian Church at 311 Browns Lane - Eline Hall. For directions go to [www.harveybrowne.com](http://www.harveybrowne.com). No daycare provided, but quiet nursing children are welcome. Cost: \$25 or free with BCN Membership (\$50 annual dues).

### PICNIC INFORMATION

Our FREE picnic is from 1-5pm at Browns Park. BCN will supply the burgers/hotdogs & drinks! Bring a dish to share: Last names A-F: Salads or Burger/Hotdog Fixin's, Last names: F-M Side Dish, Last names: L-Z Desserts. You may also want to bring chairs, blanket and sunscreen! Rain location will be Harvey Browne Presbyterian Church.

### REGISTRATION

For more information and to register, please see [www.birthcarenetwork.com](http://www.birthcarenetwork.com) or call Kim Avera @ (502) 222-1557.

## Update on BCN's Hospital Relations

By Susanne Savell

As the BCN Hospital Relations Coordinator, I am striving to develop and maintain relationships with contacts in all of the hospitals in this area. These positive connections with our hospital birth environments are vital to BCN's mission. These relationships will provide a stream in which positive, constructive communication can flow. Many of the challenges faced by birthing couples and doulas in the hospital birthing environment are a result of ignorance and unfamiliarity. Dispelling myths, providing education with every opportunity and making a personal connection with key individuals in these hospital settings is critical. Birth doulas have an opportunity to assist in this effort each time they attend a hospital birth by being gracious, demonstrating respect and, of course, exuding the doula spirit.

I have found that most of the individuals in these key positions are very open to working with BCN and understanding our mission, more specifically the birth doula's role in hospital birth. You can help with this education and communication opportunity by completing the BCN "Hospital Birth Feedback" form and dropping it in the mail to me. These feedback forms provide information which allows BCN to offer praise and suggestions to our hospital contacts. I have encouraged our hospital contacts to communicate with us also as there is something we can learn from each experience. Of course, we don't mind a little praise now and then either. BCN birth doulas should not only submit the feedback forms but also show direct gratitude to a great nurse by sending a thank you note, sending a kind letter to the nurses' supervisor or dropping by the nurses' station with a treat.

I encourage you to actively participation in BCN's mission advancement by sending in your feedback forms. You can pick up a supply of these forms at any BCN meeting or call me at 502-245-5776. Please mail the forms to me at 815 Creek Valley Road, Louisville, KY 40243.

## BCN Elects New Officers; Pursues Non-Profit Status

For the past year, the BCN Coordinators have been considering applying for a non-profit status. Amy White, our Finance Coordinator, has done a tremendous amount of research to determine what the steps are to complete this process.

One of the first steps is to establish a slate of officers and form a Board of Directors. A nomination committee was formed and a few weeks ago, a letter was sent to all BCN members asking for nomination for the offices of President, Vice President, Secretary, Treasurer and three Director positions.

A total of 14 members submitted nominations. The nominating committee then contacted each of the nominees to determine their desire to hold office. The final result was that we had only 1 candidate running for each of the officer positions, so an election is not necessary. Below are the new slate of BCN Officers who take office at the April 17th meeting:

**President: Kim Avera**  
**Vice President: Lisa Bache**  
**Secretary: Angela Young**  
**Treasurer: Amy White**  
**Directors(3): Vicki Sanders, Robin Weiss, Ann Denner**

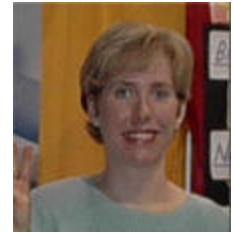
Initially, the Board of Directors will consist of 7 persons. This includes President, Vice President, Secretary, Treasurer and the three Director positions. The Board of Directors is a governing body for the purpose of establishing vision and direction for BCN.

In the future, the Board may decide to add additional Board members, including the present Coordinators (see below), and eventually leaders who are birth advocates and who are interested in helping to promote our organization. Congratulations to the new BCN Officers!



**Kim Avera,  
President**

**Lisa Bache,  
Vice President**



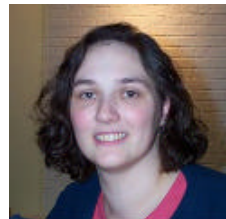
**Amy White,  
Treasurer**



**Angela Young,  
Secretary**



**Robin Weiss,  
Director**



**Vicki Sanders,  
Director**



**Ann Denner,  
Director**



## Two New Moms Support Groups - Something for Everyone!

Just a reminder, there are now TWO opportunities for new moms to find a group of women in similar situations to meet with regularly, to share challenges and solutions, and to learn about resources in the community that new parents might find helpful! Kim Avera is currently leading the new EVENING New Mom's Group! The new group is meeting on the 4th Thursday of the month from 6:30 - 8:30pm and Bon Air Library. Joan Dilger is currently leading the daytime group that meets the 4th Monday of every month from 1-3:00 at the Fern Creek Library. Check it out!

# Birth Care Network – Membership Form

Complete and return with check for dues to Amy White @ 2103 Ben Ali Road, Louisville, KY 40223

Member Since \_\_\_\_\_ (Today's Date)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home #: \_\_\_\_\_ Pager #: \_\_\_\_\_ Cell #: \_\_\_\_\_

Fax #: \_\_\_\_\_ Work #: \_\_\_\_\_

Email: \_\_\_\_\_ Personal Website: \_\_\_\_\_

The majority of BCN members communicate via the Birth Care online forum, which is the preferred means of communication. If you do not have access to the Internet or if there is an urgent matter that arises, your second choice of communication is: \_\_\_\_\_

## Your interest in Birth Care Network

What role(s) in Birth or Family Support Services do you play or desire to play? (Please indicate any certification/certifying body, length of service and any other details you wish to share.) Please use back of form if space provided is not adequate.

\_\_\_\_\_  
\_\_\_\_\_

## BCN and Membership

How did you learn about BCN? \_\_\_\_\_

**ACTIVE Membership Benefits:** Referral service, Library/Reference Access, Mentoring Program, Newsletter, Online forum membership, Free or discounted Training/Education opportunities, Advertising opportunities, Voting privileges. Dues are \$50 per year.

**SUPPORTING Membership Benefits:** Newsletter, Online forum membership, Free or discounted Training/Education opportunities, Networking. You do not get the Referral Service at Supporting Membership Level. Dues are \$25 per year.

I am applying for: Active Member Status \_\_\_\_\_ Supporting Member Status \_\_\_\_\_

For those applying for ACTIVE Membership status only:

I am interested in receiving referrals from BCN. \_\_\_\_\_ yes \_\_\_\_\_ no

and I would like the following information listed on the referral list (this is what is distributed to potential clients).

Home# \_\_\_\_\_ Work# \_\_\_\_\_ Cell# \_\_\_\_\_ Email \_\_\_\_\_ Personal Website \_\_\_\_\_

# What is the Doula Certification Process?

By Kim Avera

Certification through a national organization, such as Doulas of North America (DONA), provides a doula with evidence of experience and knowledge that potential clients and hospital personnel find reassuring. BCN's Doula Mentoring program offers help and guidance to get through the certification process.

Here are the steps (with estimated costs) that are required for DONA certification:

- Consider joining BCN – annual membership fee of \$50 more than pays for itself (see benefits below)
- Attend a Doula Training workshop – cost is \$175 for BCN-sponsored trainings. We host 1-2 trainings a year in Louisville. You will receive a training manual and certificate of attendance. (This constitutes completion of the first step in the training process. All work that you do is counted from the date of the workshop forward. You have 2 years unless you file for an extension.)
- Join DONA – BCN's Group Membership discount reduces this from \$40 to just \$25. (NOTE: You must be a member of DONA to certify with them.)
- Turn in application to BCN's Mentor program and be assigned an experienced BCN mentor – no cost to BCN members.
- Do required reading – no cost for BCN members who use the lending library.
- Attend Childbirth Ed series -no cost to BCN members Below are some helpful resources for our birth doulas who are pursuing certification:
  - List of BCN Childbirth Educators who are willing to have doulas sit in on their classes:  
<http://www.birthcarenetwork.com/referral.pdf>
  - Guidelines for attending classes.  
<http://www.birthcarenetwork.com/mentor/guidelinesforcbe.html>
  - The form that you will need to get signed by your instructor once you have completed the series.  
<http://www.dona.org/PDF/CCObservationForm.pdf>
- Request DONA Doula Certification packet – \$40 (NOTE: As of January 2003, you must purchase your certification package prior to attending any births you want to use as certifying births.)
- Attend 3 births as the primary doula and get evaluations from mothers and care providers.
- Write 3 birth accounts.
- Write 1 essay on the Purpose and Value of Labor Support.
- Turn in all paperwork to DONA with fee of \$60.
- Once approved, you will receive a nametag, certificate of completion and can use CD (DONA) after your name to signify certification.
- Send thank you note to mentor!
- Have a good time doing lots of births, and become a mentor yourself!

For more information on certification, check DONA's website at [www.dona.org](http://www.dona.org). Good luck!

## Tips to BCN Mentors

By Kathy Markham (\*\*\*) adapted from a leadership class at Northeast Christian Church

- Envision the person you are "mentoring" doing what you KNOW they will be able to do tomorrow, next week, next month, next year, in 5 years! Talk to them about it. People love to be "believed in" and lifted up with encouraging words of hope.
- Be available to the person you are leading. Always make room for them on your calendar. Be their coach, confidant and sounding board.
- Model the behavior and qualities you are teaching them. How can they believe you if your actions don't match your words?
- Love 'em. Just love 'em in everything they do. :-)

# 2003 BCN Meeting Schedule



Our March BCN Meeting was at Kentuckiana Children's Center; Pam Yenawine and Angela Ramsey-Robinson spoke to us about using Craniosacral Therapy and Art Therapy in preparing for childbirth.



## **Thursday, April 17, 6-9pm.**

Speaker: Lisa Vish, RN at Suburban Labor & Delivery

Topic: Electronic Fetal Monitoring Basics for Doula's & Positive Hospital Relationships!

## **Thursday, May 1, 7-9pm: Doula Night at Clark Memorial Hospital (Free Information Night)**

## **Saturday, May 10<sup>th</sup>, 10am-5pm: Oxmoor Mall Baby Fair**

## **Saturday, May 24<sup>th</sup>: 3<sup>rd</sup> Annual Doula Celebration – "Birth in the Bluegrass"**

**8:00-noon: Educational Seminars at Harvey Browne Presbyterian Church on Browns Lane**

**1pm – 5pm: FREE Picnic at Browns Park (behind Baptist East Hospital)**

**June 7-8: Birth Doula Training** – contact Robin Weiss at 502-426-8228 or robineweiss@hotmail.com

(\$175 for BCN Members, \$225 for non-BCN members – deadline for early registration is May 1, 2003)

## **Thursday, June 19, 6-9pm.**

Speaker: Jennifer Nunn, CD(DONA),

Topic: BCN's role with The Coalition for Improving Maternity Services (CIMS)

## **Thursday, July 1, 7-9pm: Doula Night at Clark Memorial Hospital (Free Information Night)**

## **Saturday, July 19, 2-5pm**

Speaker: Dr. Trent (to be confirmed)

## **Thursday, August 15, 6-9pm - August is Breastfeeding Awareness Month**

Speaker: KLIC representative

Topic: Breastfeeding Resources in Louisville

## **Saturday, September 20, 2-5pm.**

Speaker: ICAN Representative

Topic: Cesarean Prevention

**Sept 13-14: Postpartum Doula Training** – Wendy Middleton, Instructor. For more info contact Angela Young at ahyoungmed@aol.com or call 502-367-0408.

**Oct 11-12: Birth Doula Training** – contact Robin Weiss at 502-426-8228 or robineweiss@hotmail.com

(\$175 for BCN Members, \$225 for non-BCN members – deadline for early registration is September 1, 2003)

## **Thursday, October 16, 6-9pm.**

Speaker: Vicki Sanders and Kathy Markham

Topic: Hypnobirthing

## **Saturday, November 8 – Sunday, November 9, 2003 - Lamaze Teen Support Specialist Program**

Trainers: Teri Shilling and Mary Jo Pudgurski

## **Saturday, November 15, 2-5pm.**

Speaker: BCN Coordinators and Membership

Topic: Open Discussion about Birth Care Network's 2003 Accomplishments and Goals for 2004

## **Thursday, December 18, 6-9pm – Annual BCN Holiday Baby Shower**

## Congratulations to...

- ♥ Robin and Kevin Weiss on the birth of their twin girls at home on December 21, 2002 at 40 weeks and 2 days! Owen Laurel and Clara Elliott weighed in at 8lbs and 7lbs, 8oz, respectively! (see Robin's birth story in this newsletter)
- ♥ Denise and Dixon Romney on the birth of her baby boy, Parker Kincaid, on April 1 at 2:55am at Clark Memorial, assisted into the world by Beth Bary, CNM. Parker weighed in at 7lbs, 5oz was 21 inches long. Big brother Nathan is very proud!
- ♥ Angela Young for completing her Postpartum Doula Certification, Ann Denner for completing her Birth Doula Certification, Lisa Bache and Robin Weiss for completing Lamaze Educator Certification and Susanne Hoffman for passing her IBCLC exam!
- ♥ Kim Avera for "giving birth" to the new EVENING New Mom's Group! The new group is meeting on the 4th Thursday of the month from 6:30 - 8:30pm at Bon Air Library. Four moms attended first meeting!
- ♥ Joan Dilger for continuing to facilitate our daytime group that meets the 4th Monday of every month from 1-3:00 at the Fern Creek Branch of the Louisville FREE Public Library.
- ♥ Kim Avera, doula and Mentoring Program Coordinator, for a wonderful 2-page feature article in Today's Woman magazine. Kim's client, Elaine Jack, is a writer for the magazine and really gave a great testimonial regarding her positive experience with a doula! Also thanks to Cindy Lamb for coordinating the placement of BCN's ad in that issue of the magazine.
- ♥ Pam Yenawine for her craniosacral demonstration on Fox's Morning Show!
- ♥ Susanne Savell for being selected as the 2003 DONA Conference Registrar!

## Special thanks to...

- ♥ Susan Goellner, CNM, for speaking at our February meeting on "Midwifery Care at Clark Hospital."
- ♥ Clark Hospital for being the FIRST hospital in this area to sponsor "Doula Night," a regularly scheduled informational session for couples to learn about doulas! Go Clark!
- ♥ Lisa Bache for speaking on the WHAS Morning Show about Operation Doula Care. Also thanks to Cindy Lamb for being Lisa's "media doula"!
- ♥ Angela Young and Sarah Krauskopf for representing BCN and speaking about doulas to U of L class and to Angela, also, for hosting BCN's booth at Jefferson Community College's Women's History Month.
- ♥ Lamaze International for listing Birth Care Network on their website! See <http://216.119.92.84/expectant/birthnetwork.asp>
- ♥ Kim Avera and Cindy Lamb for coordinating our "Birth in the Bluegrass" Celebration! See you there!
- ♥ Pam Yenawine for presenting on Craniosacral Therapy at BCN's March meeting. Also thanks to Angela Ramsey-Robinson for presenting on Birth Art Therapy. And our sincere appreciation goes to the Kentuckiana Children's Center for hosting our meeting!
- ♥ Ann Denner who nominated BCN for the DONA's new Annie Kennedy award, which recognizes excellence in a doula group. The recipient group has shown the unwavering vision necessary for a group of doulas to become and remain successful, to grow, and to serve it's membership. This group develops collegial relationships and works as a team providing services within its community to benefit doulas and families. This group has established a model that can be recreated successfully by other groups.

## Special thoughts & prayers to...



- ♥ Sarah Krauskopf, who is currently undergoing a new chemotherapy treatment.
- ♥ Rachel Buzek's family on the loss of Rachel on April 10, 2003 after a 14-month illness. BCN will miss Rachel's contributions and dedication to positive birth experiences!
- ♥ Darla Lindenmeyer's 12 yr old son, Matthew, who has fanconi anemia.
- ♥ Amy Edwards, BCN Referral Coordinator, who wishes she'd never heard of kidney stones!

FREE REFERRAL LINE: 502-499-4418 or TOLL FREE 1-877-799-4418

## "Twice the Weiss" - Robin's Inspiring Twins Homebirth Story

The weeks immediately preceding the birth were filled with holiday happenings and wonder. We had spent so much time being told that twins were always early, that we began to believe it ourselves. Though we laughed and told people that meant I'd go to 40 weeks, at least. I was always late. At 38 weeks and 5 days, I started having contractions. They were painful and I had to work with them, but I knew it wasn't time to call everyone. The next day, no real progress and the contractions ceased. I was horribly disappointed. I had my last scheduled ultrasound that day. Our first miracle - Baby B had turned head down! Those contractions had been helping the baby turn! We were all on cloud nine. I just wondered if there would ever be an end. I was not as calm and peaceful about being over due as I had been with our last child, nor as calm as I desired to be. All was quiet, except my horrible cough, until my due date. Again, contractions started in the middle of the evening. Once again, morning light brought an end to the contractions. I couldn't even face work again. I stayed home. Though I did go to the office Christmas party that night. When we got home from the party it was another usual night - up and down to the bathroom. Left hip, right hip, laying on the pillows - just a few positions I'd try every night. It was while I was laying over my pillows that I awoke to the feeling of water pouring between my legs. Then I looked at the clock - 4:30 a.m. Deep down I knew it was my water breaking and I felt relieved. I laid there a minute and got up to go to the bathroom. Everything I did pointed to it being my waters. Finally I believed it was definitely not my bladder! The midwife listened to the babies and they sounded good. I had her confirm that they were both still head down. By now I was having a couple of contractions that hurt much like my last labor. I was fearful for a minute. Kevin had gotten up while we listened to the babies; he came over and calmed me down. He reassured me that I'd do a great job and that I shouldn't fear labor. He would be there to help me through it. I really went inside myself at this point. I was asked to make a couple of decisions, like should we awaken the kids. I was feeling a lot of pressure with the contractions and figured that once I really started pushing that it would be over soon. The midwife checked me and I was 9 centimeters dilated, 100% effaced, and Baby A was at -2 station. I figured it would be over within a few minutes. I had never really pushed for very long so when I was still pushing several minutes later I asked to be checked again. Sure enough I still had the lip. I wanted to know if we could be aggressive about the lip and move it. They said sure thing, whatever I wanted. I opted to push with someone else pushing on the lip. A few pushes later it was gone. I wound up choosing to be on the floor sitting on a small stool. Because of the slower pushing phase, I was actually able to really feel the progress of the baby. It was really neat. I felt when Baby A slipped right under the pubic bone and stayed. I was very aware of my body. Kevin and one of the midwives were sitting by my feet, awaiting the arrival of the first baby. After the head was under the pubic bone it was just a few more pushes and the baby was born very quickly, probably due to her small size in comparison to my other kids. Kevin handed the baby to me and I started crying right away. I sat there and cried and cried over my baby girl. Kevin cut the cord fairly quickly so that we didn't have to worry about Baby B not getting enough blood. It was the first cord he'd ever cut. And a cheer went up around the room, "It's a girl!" After a few minutes I felt like I needed to really focus on the next baby so I handed Baby A off to a midwife, who kept her nice and warm and introduced her to her siblings. The head midwife was now at my feet with Kevin, awaiting baby B. We'd been very glad this baby had turned to the head down position and now we intended to make it stay that way. The baby spent a few minutes on my pubic bone. Another midwife was listening for heart tones. I lifted my now semi-deflated belly up so she could find a good spot. When I did that the baby started to move off my pubic bone. So I kept doing it. The baby sounded great and there wasn't any real hurry. I realized I was beginning to obsess, so I asked to hold Baby A again. She was passed to me and I gazed into her eyes and cried some more. She was so calm and had this amazing effect on me. I'd never really felt as attached to a new baby as I felt with her. The other times I'd been so relieved labor was over, or so in shock. This felt good. Finally I could feel Baby B moving down more and once again I passed Baby A off to focus on the next birth. My water broke with a huge explosion! Finally I felt the baby move to my pubic bone and past. I really wanted it over with to hold Baby B. I began pushing with all my might, while belly lifting with one hand and doing fundal pressure with the other. There was no ring of fire with the second baby, and the baby went from being partially visible to born in about 20 seconds. Kevin was also able to help catch this baby. It was finally over! Both of my babies were born and doing well! I'm not sure who said she was a girl, but at first all I could see were feet. Then she was handed to me and I started crying all over again. Another beautiful daughter! I got in bed and held a baby, each one at a time. I tried to nurse and each baby took a turn at nibbling, but no one was really interested. We had the babies weighed so we could make phone calls: Baby A weighed in at 8 lbs even and Baby B weighed 7 lbs., 8 ozs. There were 23 minutes between them and only about three hours had passed since my water had broken. It was such an awesome and amazing experience to share with my family. The family is still a bit dazed and amazed. Life with two is definitely different. —by Robin E. Weiss

