

NEW FOR SPRING 2008!

Meet our New CNM'S!



Another soon to be part of our team is

Chris Perkowska, CNM

Chris is coming to us from New Mexico

New Mexico has been home for the past 18 years more or less; coming and going from this high desert home. I had a 2 year stint solo at a birth center in Portland, Maine which was a wonderful and very challenging time. I loved sea kayaking there, when I could get away to do it! Back to New Mexico to marry my guy, Rolf, after 11 years of on and off courtship, and to give birth (I can boast a vaginal breech birth!) to our sweet girl Emma 4 years ago. Emma has taken us on a unique journey, having been born with Trisomy 21. She is now 4 years old and quite a rascal.

Though I have continued to work in clinics with women and in primary care since Emma was born, it is now very much time for me to get back into midwifery again; to sit up at night with birthing women and help their babies out. I am a true and steady advocate of birth centers-I call them the "institution of the midwife", where birth can be kept simple and women can find themselves in that process easier, perhaps, than at a hospital. I am so excited to join this group of women and birth workers in northern California. As a family, we think the opportunities will be wonderful for all of us. Thanks for having

Newsletter Date

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The Women's Health and Birth Center proudly introduces our new Midwives:

Parie Lambert, CNM

Hello, my name is Parie Lambert, and I'm very happy to be join the midwifery staff at the Women's Health and Birth Center. I have been a Certified Nurse Midwife for over 22 years. I am currently part of a large midwifery service group at Sutter Hospital in Davis. I live in Napa with my husband, 15 year old daughter (she wants to be a midwife), and an extremely energetic Australian Shepard (dog) named Nutmeg. Our oldest daughter is a sophomore in college studying Biology and Spanish. I am looking forward to learning from all of you about what it is like to experience Birth Center Care. I will be in the office and taking call one day per week, and I look forward to meeting you soon.

Parie Lambert



We Need Your Breastmilk— How to Donate...

Our milk banks mission is to collect excess breast milk from qualified donors in the local community and make it available for very low birth weight NICU infants and other critically-ill babies.

You can find out if you qualify from the comfort of your own home by going to our website and following the link provided.

Once a donor is approved, we provide all of the necessary equipment free of charge including:

☆Blood testing

☆An electric breast pump with hard and soft funnels

☆Collection bottles and lids

☆Milk delivery container

After your milk has been received, it is delivered to Prolacta Bioscience for pasteurization and formulation. Your breast milk donation not only benefits

Doula Training

Have you ever considered becoming a professional doula? The Birth Center has an amazing entry level doula training program that is part of the certification process for becoming a doula through Doulas International. You can check out the certification requirements at DONA.org. The training starts with a fun two day workshop taught by Debbie Merritt Bruflat, doula for over 20 years, ICEA certified childbirth educator, and lactation specialist. After completing the workshop you can sign up at the birth center to get childbirth experience by volunteering to be on call for the clients there. This is also a great place to start for aspiring doulas, midwives, nurses, and health educators. Come learn how to care for birthing families through emotional and physical support. The next workshop is being held on

July 19 and 20, 2008

at the Women's Health and Birth Center, 583 Summerfield Road, Santa Rosa, Ca. Call the Birth Center at (707) 539-1544 to request a registration flyer or if you have any questions.

Peace on Earth begins with birth!

Be Part of the WHBC Website!

The WHBC has recently revamped the website.

Do you have baby pictures that you would like to post on the WHBC website? If you have had a baby with one of the Midwives from the Birth Center and have e-mail friendly pictures, please contact Christina at 538-6846. We would like to share pictures of your baby on our website for all to see!





Ten Reasons to use Intuitive Eating to get Your Pre-Pregnancy Body Back

(now that your baby is born)

By Lindsay Pasdera Marquez, MS RD

1. Intuitive Eating works! You'll lose those extra pregnancy pounds and achieve your healthy weight, while eating exactly what you crave, eating whenever you're hungry, and learning to stop as soon as you're satisfied.

2. Diets *don't* work! Diets make you work hard counting calories or resisting foods you enjoy, and then make you feel like a failure if you don't follow the "rules." Plus, the majority of people who diet gain back the weight they lose, and almost half of people gain back more weight than they lost through the diet.

3. Unlike many diets which ask you to eliminate categories of food or severely restrict calories, Intuitive Eating is safe in the postpartum period and during breastfeeding. Intuitive Eating is so safe and natural, you can start any time after your baby is born...no need to wait weeks or months after delivery.

4. Unlike other diets or weight loss programs, intuitive eating teaches us how to cope with emotions without using food. Whether you eat due to boredom, stress, anxiety, loneliness, or even excitement, I'll teach you ways to meet your needs without food. Being a new mother inherently brings up a myriad of new, intense emotions, which can be hard to cope with when we're completely exhausted (another symptom of motherhood!). You will greatly benefit from the tools you'll learn to nurture yourself throughout this period.

5. As you work on eating intuitively, we'll discuss simple things you can do during the day to take care of yourself, which is so important to keeping moms going strong, emotionally and physically.

6. Intuitive Eaters are healthier than other Americans. Research has found intuitive eating is "significantly correlated with lower body mass index [BMI], lower triglyceride levels, higher levels of high-density lipoproteins [HDL] and improved cardiovascular risk." So you can be around to love your little one for a long, long time.

7. As if the health and weight benefits weren't enough, that same research study found that intuitive eaters also report higher levels of enjoyment and pleasure in eating.

8. Intuitive Eating will change the way you think about exercise. Forget about pain, misery and embarrassment. You'll learn to find the joy of movement in your life, and how to include an activity you love most days of the week.

9. As a mother of a young toddler myself, I understand what you're going through! From diaper blow-outs to the amazing love and complete exhaustion you're experiencing... I get it! I found Intuitive Eating to be an amazing gift during this period, and I know you will, too!

10. As you work on becoming an intuitive eater, you'll learn the best way to feed your baby and child, and become a wonderful role model for your kids. Instead of growing up watching you go on diet after diet, you'll teach your children to listen to hunger and fullness, respect their body, and love a wide variety of foods.

To learn more about Intuitive Eating or Registered Dietitian Lindsay Pasdera Marquez visit her website at www.Wellness-RD.com.



The Birth Center is 15 years old!

Date: June 21, 2008

Time: 1:-4:00 P.M.

The Womens Health and Birth Center invites you to Barbeque and Open House! Bring a side dish to share and something to BBQ.

There will be a Piñata, Jump House, Punch and Cake!

SEE YOU THERE!

583 Summerfield Rd. Santa Rosa, CA. 95405

Tel: 707-539-1544



A Word From our Founding Mother (Now a Grandmother!)

For 15 years the Women's Health and Birth Center has been helping women and their families have the most beautiful birth possible. We have also helped women with their gynecological and birth control needs. A BIG "Thank You" to all of our nurse midwives, licensed midwives, nurses educators, nutritionist, marriage and family therapist, doulas, lactations specialists, receptionists, billers, managers, and volunteers who have made the birth centers journey so remarkable.

Then biggest "Thank You", of course goes to our families who choose to get their care here at our birth center..

We wish you continued health and vitality. Peace on Earth DOES begin with birth.

Rosanne

Welcome Better Beginnings:

A non-profit improving the care of mothers and babies.

Better Beginnings is a new non-profit dedicated to improving care for women and babies in pregnancy, birth and breastfeeding. Birth is a pivotal event for women and their families with long term effects. The empowered transformation of women and men into mothers and fathers is vital. We can promote social, medical and emotional well being by creating a culture supportive of these fundamental experiences.

This group will allow families to make donations to benefit the birth center and still ha a deduction on their taxes.

Save the last two weekends in September to see "Birth the Play". For more info go to www.betterbeginningsforbabies.org
info@betterbeginningsforbabies.org
707.931.4479

Successful VBAC Story

After going through a c-section with my 1st daughter and having to labor for 30 hours and pushing for 3hrs with a vacuum, I knew that with my next baby that I would want to try again for a normal natural birth. Not trying never crossed my mind. My daughter Lucy was born weighting lbs. 9oz's. She got "stuck" because she was too big and my "pelvis was too small".

I had a successful VBAC to another baby girl this past April. She weighed 8lbs! I only labored for 2 hours and gave two big pushes and she was out! I was so happy and now I feel very proud of what I have been able to accomplish.

Socorro Rojas

*WOMEN'S HEALTH &
BIRTH CENTER*

583 Summerfield Road
Santa Rosa, CA 95405
Phone: (707) 539-1544
E-mail: bcinfo@sonic.net
Web Site:
www.womenshealthandbirthcenter.com

Join Us!

New Moms Group, Free: On the **first and third Thursdays** of the month from **10am-noon** moms of infants and toddlers are invited to join this group that gets together to talk about "Mom Stuff" and let the kids play. Take a look at our on line group at **http://newparents.meetup.com/378/** for another chance to meet with some of our new parents!

Meet the Doula Night, Free: On **Thursday, July 10th and September 11th at 7PM.** You can come and meet the Doulas that are on-call for birth center clients and find out how you can hire a private Doula.

Infant Care Class: On **Thursday August 14th at 7pm**, you can come as a mommy or daddy to be and learn about newborn and infant care.

Breastfeeding Class: On **Thursday July 17th and August 21st at 7pm.** Pregnant couples and moms can come and learn about breastfeeding their soon to be born babies. It is a great opportunity to ask all the questions you have been wondering about and learn how mothers bodies are made to breastfeed.

Childbirth Ed Series: Tuesday evenings from 6:30-9PM

Please contact the office for a current class schedule and to sign up!

Annual Rummage Sale! July 26, 2008 from 9-3PM.

We are now taking donations for our rummage sale. This year the yard sale will be staffed by the girls from International Order of the Rainbow for Girls; a girls community service group ages 11-20. To learn more about the Rainbow Girls go to www.iorg.org. Please call the WHBC at 539-1544 for any questions regarding any donations!

