



# south

quarterly newsletter of the south community birth program

## SCBP Welcomes Baby Sarah!

Kerry Telford, one of SCBP's family physicians, recently gave birth to her second child. Sarah Grace Morrissey arrived in the wee hours of the morning on May 28th.

"Despite being 10 days late Sarah was quick in her entry to the world," Kerry recounts. "We arrived at the hospital with less than 15 minutes to spare before her lovely arrival, with a 2 hour labour."

SCBP congratulates Kerry and her partner Patrick and welcomes Sarah! We look forward to having Kerry back in January 2010.



**Dr. Kerry Telford and her partner Patrick Morrissey with baby Sarah**

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### Special points of interest:

- Meet Jane, one of our fabulous doulas
- Book Review: a critical look at *What to Expect When You're Expecting*
- Recipe: Ginger-Lemon Drink
- Breastfeeding Tips from Lori
- Transcutaneous Electrical Nerve Stimulation (TENS)

## Featured Doula: Jane Ordinario



I am the second child of nine siblings. My mother and four siblings are here in Canada and the rest are living in the Philippines. I speak Tagalog, Illongo and Cebuano.

I came to Canada in 1990, due to economic and political crisis in the Philippines under the Foreign Domestic Movement Program. I worked as domestic worker for over three years.

Currently, I work as a full time support worker at the Emergency Shelter for women and volunteer with Migrante-BC, a

community based organization. I provide support, information and referrals to temporary workers, new immigrants and homeless women.

In 2005, a friend forwarded an e-mail about the free training for Doula at South Community Birth Program. I was curious and interested. I have been accompanying and supporting my friends and other women during their birth without formal training. So I decided to join the team.

Being a Doula is both challenging and rewarding. Challenging in the sense that I always have to be willing to drop everything when a mom on labour calls me. Got to answer that

phone and go. It is very rewarding to be able to help and be part of their memorable family experience. To learn other cultures and beliefs. It is enriching.

I have been a doula with South Community Birth Program since 2005. I have attended over 60 births. The words of wisdom I can offer to other women and families preparing for birth is that finding a Doula is the best choice you can make.

*A doula provides continuous physical and emotional support to the mother during labour and birth. SCBP provides a doula for every woman who wants one.*

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## At The Breast: The Let-Down Reflex



New parents often ask me what triggers breast milk to flow. The “let-down reflex” is an involuntary reflex that causes a mother’s milk to be released or “let down” so that the baby can remove it.

Milk is made and stored in tiny grape-like clusters of sacs called alveoli. The let-down reflex releases this milk into the ducts and sinuses, making it available to the baby.

The let-down reflex is initially triggered when a mother puts her baby to the breast. The baby’s suckling sends messages to the mother’s brain, which then releases the hormone oxytocin. Oxytocin causes the muscle cells around the alveoli to contract, pushing milk down through the ducts to the sinuses just behind the nipple.

### Recognizing Let-Down

In the first few days of breastfeeding, mothers may notice uterine cramping during let-down. Later on, mothers may experience let-down as a “pins-and-needles” feeling or a sense of release in the breast. Moms may also feel a sense of calm or relaxation due to the effects of oxytocin.

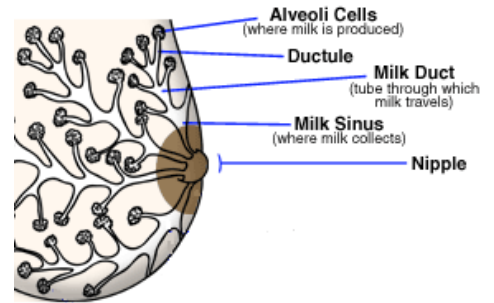
However, some mothers never feel let-

down, and some stop feeling the let-down sensation as time goes by. How do you know if let-down is occurring? The best sign of let-down is that baby changes his sucking pattern from short and choppy (like a pacifier suck) at the beginning of the feeding to more long, slow sucks with pauses for gulping. A baby who is sucking well will stimulate several let-downs during the feed, ensuring they get that nice fatty hindmilk.

### A Conditioned Reflex

During the early weeks of breastfeeding, it’s not unusual for the let-down to take a few minutes, but over time the let-down will occur more quickly and automatically. In fact, some mothers find that let-down may be triggered just by hearing their baby’s cry or by thinking about their baby!

This is because let-down is partially a *conditioned reflex*, or one acquired as a result of repeated “training.” The pioneer of research into conditioned reflexes was Ivan Pavlov. Pavlov’s classic experiment was as follows: On numerous occasions a bell is rung just before a dog is fed. The dog salivates as usual on receiving its food. Then the bell is rung without any food being presented. The dog salivates in response to the bell ringing.



By the same logic, you can try use a “let-down cue” just before you nurse (for example, deep breathing or drinking a cup of tea). Your milk then lets down in response to baby nursing. Once you have established a conditioned reflex, you will begin to let-down in response to the let-down cue, without baby needing to nurse (or nurse as long).

*Lori Wolfe is SCBP’s nurse and breastfeeding counselor. She will be contributing a regular column about breastfeeding in our newsletter.*

## Recipe: Vij's Ginger-Lemon Drink

*More than half of all pregnant women experience nausea and vomiting during pregnancy. This recipe, from Vij’s restaurant, includes ginger and lemon, both of which can help settle the stomach.*

- 1/4 lb fresh unpeeled ginger
- 1/2 cup plus 3 tablespoons fresh lemon juice
- 1/3 cup sugar
- 4 cups sparkling water (or plain water)

Finely grate the ginger. Using your hands, squeeze juice from the ginger into a small bowl. Make sure there is no ginger pulp in the juice. Combine 4 teaspoons of ginger juice with the lemon juice, sugar, and salt. Stir well and pour equal amounts into four glasses. Stir one cup of sparkling water into each glass.



## *What to Expect When You're Expecting: A Critical Look at the Popular Book*



**The original 1984 edition and the updated 2008 edition**

*What to Expect When You're Expecting*, now in its 4<sup>th</sup> edition, is probably the most popular pregnancy guide ever published. It has sold nearly 15 million copies and still regularly tops the New York Times Best Seller List in the Advice Category. It has generated a series of offshoots, including *What to Expect Before You're Expecting*, *Eating Well When You're Expecting*, a pregnancy journal and calendar, as well as a series of children's books and a Spanish edition.

But despite its enduring popularity, the so-called pregnancy bible has been criticized by physicians and parents alike. Critics say that the book is a worst-case-scenario handbook, focusing too much on what can go wrong in pregnancy and childbirth. Some critics have even nicknamed the book, "What to Freak Out About When You Are Expecting."

Dr. Alexander Anthopoulos, an obstetrician in Philadelphia, complains, "There are so many warnings and admonishments that patients become frightened of normal symptoms." For example, the book

*"There are so many warnings and admonishments that patients become frightened of normal symptoms."*

warned that frequent hiccups could mean the umbilical cord is knotted or tangled, a claim which is totally untrue.

Parents have also taken issue with the alarmist tone of the book. "It reinforces every negative, paranoid worry that everyone going through a pregnancy for the first time has," said Ron Sullivan, a new father, who warned in the reader reviews on Amazon.com that *What to Expect* "will make your life utterly miserable for the next nine months." Furthermore, he complains that "the diet your partner will be instructed to keep is impossible for any human being alive to follow."

*What to Expect* author, Heidi Murkoff, has since tried to address many of these complaints in the newest edition of the book. She admits that the diet section was "a little whole-wheatier-than-thou" and has tried to make it more flexible. Even the iconic pregnant woman on the cover has been updated. "She's finally off that rocking chair," quips Murkoff. "It was definitely time for a positive spin." She has also moved much of the more alarming information on complications to the back of the book, remarking that "the last thing I want to do is scare a pregnant woman."

Nonetheless, many readers still feel that the book focuses too much on complications. K. Weleck of Arizona, warned readers on Amazon.com that "a large part of the book is dedicated to showing you... every possible thing that can go wrong with your child before it's even born. To me (a worry wart), this was the LAST thing I needed to read when preparing to bring a child into this world." Another reviewer expecting her second baby remarked that she bought the updated book hoping to find a more positive version, but was disappointed. "It isn't much different than the old one and I still think... it makes pregnancy seem complicated."

*Amy Braunstein was a student midwife placed with SCBP in the fall of 2008.*

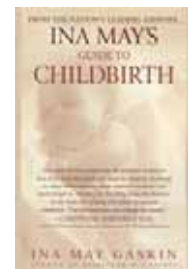
*"It reinforces every negative, paranoid worry that everyone going through a pregnancy for the first time has."*

Check out SCBP's library for alternatives to *What to Expect When You're Expecting*. Some of our favourites include:

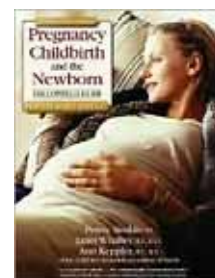
- *The Complete Book of Pregnancy and Childbirth*  
by Sheila Kitzinger



- *Ina May's Guide to Childbirth*  
by Ina May Gaskin



- *Pregnancy, Childbirth and the Newborn*  
by Penny Simkin, Janet Whalley, and Ann Keppler



## TENS: A New Addition to the SCBP Doula's Bag



**TENS is especially effective for relieving back pain in labour**

In May, the SCBP doulas were fortunate to have an exclusive workshop with Penny Simkin. Penny is a physical therapist and doula who specializes in childbirth education and was one of the founders of Doulas of North America. Penny spent the afternoon instructing the SCBP doulas in how to use TENS (Transcutaneous Electrical Nerve Stimulation) for pain-relief in labour. TENS is a handheld, battery operated device that transmits mild electrical impulses to the skin to stimulate nerve fibers. TENS is a great addition to the doula's bag as it is a safe, non-drug method of pain control that is especially effective for back labour while allowing the labouring woman freedom to move and walk.

TENS was developed as an application of the Gate Control Theory of Pain, formulated by Melzack and Wall. This theory states that the awareness of pain can be reduced by increasing pleasant or innocuous stimuli - such as the electrical impulses of the TENS device. Pleasant or innocuous stimuli travel to the brain faster than pain stimuli do, and therefore close the "gate" to the pain.

A study that investigated the use of TENS for back pain in labour found that "TENS has a specific beneficial effect on pain localized in the back." (Bundsen et al, 1981).

Thomas et al (1988) also found relief of back pain with TENS.

TENS is most effective when introduced in earlier labour so the labour woman can turn up the stimulation as contractions get stronger. The SCBP doulas have access to the TENS units and clients who may be interested in using one for labour can let their doula know at the prenatal visit. If you plan on using one of our TENS units in labour, you will also need to purchase a set of electrodes for \$10.00 from the clinic.

*Jalana Grant is SCBP's doula coordinator*



**SCBP doulas test out their new TENS machines**

## Upcoming Events

SCBP Nurse Lori Wolfe will be facilitating a **POSTPARTUM DROP-IN** every **Wednesday from 12 to 2pm**. A different theme will be discussed each week:

**July 22** - The Crying Baby (still crying)...

**July 29** - The Postpartum period-cultural perspectives and self-care

**Aug 5** - Infant Massage-and other fun ways to play with your developing baby

**Aug 12** - Breastfeeding Q&A, return to work, duration, introducing solids

**Aug 19** - Sibling rivalry-prevention, easing the transition, what's working? what's not?...Bring the kids!

**Aug 26** - Sex after Baby-when? how it's different, yummy mummy vs. exhausted mom, contraception

**MEET THE TEAM NIGHT** is your chance to meet the entire SCBP team, including all the family doctors and midwives who could care for you during labour. The next Meet the Team Night is **September 8th from 5:30-7pm**. You should attend if you are expecting your baby in September or October. Come prepared with questions for our team!



## Photo Gallery



This CP Group has been meeting regularly since their babies were born in the Spring of 2006. They are pictured here at their 3 year reunion, in May 2009



SCBP doulas with physiotherapist/doula Penny Simkin at a May workshop on using TENS in labour

*If a doula were a drug, it would be unethical not to use it.”*

John H. Kennell

**Share your stories or photos with the SCBP community!**

Submissions can be emailed to:  
**[south.newsletter@gmail.com](mailto:south.newsletter@gmail.com)**

## SCBP Birth Announcements

SCBP welcomes the babies who have arrived in the last few months:

LUKA - June 1<sup>st</sup>  
OCEAN - June 3<sup>rd</sup>  
ELLIANA - June 3<sup>rd</sup>  
WILLIAM - June 4<sup>th</sup>  
BABY GIRL - June 5<sup>th</sup>  
BABY GIRL - June 5<sup>th</sup>  
SHAAN - June 6<sup>th</sup>  
AVILA - June 7<sup>th</sup>

CARRIE - June 7<sup>th</sup>  
CYPRESS - June 8<sup>th</sup>  
TEGAN - June 9<sup>th</sup>  
RIYA - June 9<sup>th</sup>  
COLE - June 10<sup>th</sup>  
GABRIELLA - June 11<sup>th</sup>  
SOPHIA - June 12<sup>th</sup>  
BABY BOY - June 13<sup>th</sup>  
PARNIAN - June 13<sup>th</sup>  
MATTHEW - June 14<sup>th</sup>  
AWENA - June 15<sup>th</sup>  
RAYDEN - June 17<sup>th</sup>

MATTHEW - June 18<sup>th</sup>  
PEDRO - June 18<sup>th</sup>  
DANA - June 19<sup>th</sup>  
MIKEALA - June 19<sup>th</sup>  
BABY BOY - June 21<sup>st</sup>  
BABY BOY - June 22<sup>nd</sup>  
UEN - June 26<sup>th</sup>  
AIDEN - June 29<sup>th</sup>  
BABY GIRL - June 29<sup>th</sup>  
PERRIN - July 2<sup>nd</sup>  
HAYDEN - July 2<sup>nd</sup>  
STELLA - July 3<sup>rd</sup>

HUDSON - July 3<sup>rd</sup>  
AUDREY - July 3<sup>rd</sup>  
MARCUS - July 7<sup>th</sup>  
ISSIAH - July 8<sup>th</sup>  
J.M. - July 8<sup>th</sup>  
CEDAR and SALIX - July 10<sup>th</sup>  
AVA - July 11<sup>th</sup>  
RYZELL - July 12<sup>th</sup>  
ANNE - July 14<sup>th</sup>  
BABY GIRL - July 16<sup>th</sup>  
ALI - July 17<sup>th</sup>



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**Having a baby? Start with us!**

Visit us on the web:  
[www.scbp.ca](http://www.scbp.ca)

The South Community Birth Program provides complete care to women and families in Vancouver throughout pregnancy, labour, birth, and after baby arrives. The program is unique in a number of ways:

- **Team Approach:** Midwives and family doctors share the care of families, working as a seamless team along with doulas and nurses. .
- **Group Prenatal Care:** Women and their partners are invited to receive care in a group with other couples expecting their babies around the same time.
- **Doula Support:** Women are paired with a doula, who provides continuous emotional and physical support during labour and birth. SCBP's doulas are fluent in 15 different languages.

The program opened its doors in 2003, with support from Vancouver Coastal Health and BC Women's Hospital.



## SCBP On The Web: Join Our New Online Forum



At the South Community Birth Program, we hope to cultivate a sense of community among the families in our care.

Our group model of prenatal care aims to foster sharing of information and experiences between women and families. As an extension of this, we recently launched an online forum where families can ask questions and share ideas about pregnancy, birth, and parenting.

Topics include:

- **Birth announcements:** Announce the birth of your baby to the SCBP forum members.
- **Pregnancy:** The joys, the ups and downs, the food, the screening tests... All pregnancy related topics up for discussion here.
- **Giving birth:** Ask your questions about giving birth or post your own birth experience here for discussion.
- **Newborn baby and breastfeeding:** Ask your questions or share your tips on soothing a crying newborn baby, or tips on breastfeeding. This forum focuses on the first month after birth.
- **Parenting:** Life goes on after baby! The place to talk about your babies and toddlers.
- **Shopping tips:** Where are the best places in the lower mainland to buy maternity clothes, baby items, etc? Let everyone know or ask a question to find out.
- **Journal:** Create your own pregnancy journal thread and share it with the community.

We encourage you to contribute your questions, ideas, and experiences to the forum. You can check it out online at: <http://www.scbp.ca/forum>