



Birthing in Awareness

A newsletter for empowered pregnancy, birthing and parenting. NL 01/09

Thank you...

To all of you who have been patiently requesting a newsletter that reflects all the values and principles that are near and dear to us.

I would like to extend an invitation to all of you who would like to continue receiving a monthly newsletter to subscribe at the end of this newsletter. Also feel free to forward this copy to friends and family that may be interested.

Enjoy and keep me posted about topics that would interest you.

Love and abundance

Lia



Be expanded

in your mind and pelvis as Gloria Lemay shares her amazing pelvic perspective



“What if there were no pelvis? What if it were as insignificant to how a child is born as how big the nose is on the mother's face? After twenty years of watching birth, this is what I have come to. Pelvises open at three stretch points—the symphysis pubis and the two sacroiliac joints. These points are full of relaxin hormones—the pelvis literally begins falling apart at about thirty-four weeks of pregnancy. In addition to this mobile, loose, stretchy pelvis, nature has given human beings the added bonus of having a moldable, pliable, shrinkable baby head. Like a steamer tray for a cooking pot has folding plates that adjust it to any size pot, so do these four overlapping plates that form the infant's skull adjust to fit the mother's body.”

Continue reading "[Pelvises I have known and loved](#)"



Be activated

by giving support to women who are hoping for a VBAC (vaginal birth after caesarean)



Mary Cronk MBE, has been a midwife since the early 60s and been practicing independently since 1990. She has extensive experience of caring for VBAC and HBAC women. She discusses ways she feels she can enhance the safety of such women.

“I have had quite a few women with CS scars on my caseload and while the risk of scar problems is low 1% or less in a spontaneous labour it does exist. This woman's uterus has been compromised. I do a few things in addition to standard care for VBAC women.”

Find out [more](#).



Why is a baby like a mobile phone?

Because both can vibrate before they ring! This makes it smart to wear your baby; you can pick up the unsettled vibrations and your baby (like your mobile) doesn't have to make a loud noise to get your attention).

Be informed

about Plugged Ducts, Mastitis & Low Breastmilk Production



Effective Natural Remedies for these Issues and More

By Pam Caldwell-Herbalist, Pregnancy/Lactation Specialist

"Many women can breastfeed easily and problem-free. This is the vision and expectation that all new mothers have. We assume that breastfeeding will come easily and naturally and be a beautiful experience, and for some, it is. For others, however, breastfeeding can be difficult, painful and emotionally devastating. We feel inadequate, frustrated, and more than anything, scared that we're starving our babies. We never imagined how difficult, painful or hard it could be. But there is help available. There are many safe and extremely effective remedies available to solve many of the most common breastfeeding problems".

Read more [here](#).

Be trusting

of our womanly bodies



From a South African based website about menstruation.

"Unfortunately in our modern, western society our periods have become something that we despise and do not look forward to or embrace. We dread having to tell our children anything about them, and moan and groan about tampons, bad moods, cramps etc. When I first started reading up about celebrating our 'red flower, first moon' I got quite excited. Having two daughters myself, I prepared ahead for a celebration of one of the beautiful gifts – new life. Here are some helpful tips and interesting [articles](#) "

Be inspired

by conscious birth affirmations



Co-create a healthy pregnancy, a gentle birth, and a blissful baby through conscious birthing and positive affirmations.

Use the law of attraction for manifesting the birth of your dreams and the future of our planet. Access a [youtube.com](#) presentation

Be amazed

By Dr Michel Odent's explanation on gentle birth and birth hormones



Dr Odent speaks about the needs of the woman in labour and how those in support can best help. He illustrates how the intricate cocktail of labour hormones can be subtly disturbed and cause possible complications. This is a three part interview.

View [Part 1](#), [Part 2](#), [Part 3](#)

Be a part of

the change that is happening in SA regarding empowered birthing.

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