

Please Take One



Taunton Birth Forum

Newsletter



November 2011

Welcome to our newsletter for November. The forum is held at the Friends Meeting House, Bath Place, Taunton TA1 4EP on the second Thursday of the month. We welcome anyone with an interest in pregnancy birth and parenting and look forward to hearing your feedback. We look forward to meeting you there.

Eleanor and Simon Copp

Telephone 01823-350945 or email at eleanor@relaxedparenting.co.uk
www.relaxedparenting.co.uk

NEXT FORUM DATES.....



December 8th: Karen Atkinson and Dr Maya Spencer will be talking about mindfulness and Parenting a new baby .

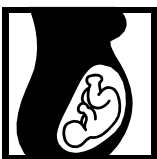
January 12th 2012: Dr Louise Newberry Paediatric Consultant will be talking about her role in child protection .

Meetings are held at Friends Meeting House, Bath Place, Taunton. Refreshments are included, £8 on the door. No booking required.

Quote of the month...

In the middle of difficulty lies opportunity.

Albert Einstein



Olde Wvbes Tales that are true.....

HEARTBURN IN PREGNANCY MEANS A HAIRY BABY It may sound unlikely, but researchers at Johns Hopkins University found some truth in this. They examined 64 pregnant women, ranked the severity of any heartburn, and compared it with newborn hair coverage using photographs of the infant's head taken shortly after birth. Most (23 out of 28) women who reported moderate or severe heartburn gave birth to babies with average or above average amounts of hair, while most (10 out of 12) women reporting no heartburn had babies with less than average or no hair.

Mens eye view: From Patrick Houser founder fathers to be
Research shows: Men who respond to impending fatherhood by reflecting on the way they were parented produce happier children. Fathers Make a World of Difference!



Simon Copp Craniosacral Therapist specialising in pregnancy and birth.
Babies clinic on Saturday mornings. Adults on Mondays, in Taunton.
07977 441883 or email liquidlight62@yahoo.co.uk.

A problem solved...

A lady came to see me for a session and instantly reported her concern about her baby's position. She was 37 weeks and worried the baby was lying on her right not her left side, she was considering having a 4d scan to see exactly where the baby was lying. We talked about the benefits of having the scan done, and then we looked at what disadvantages could arise such as the scan would tell her the baby's position for that particular moment only. On balance she realised that this was more about being in control and her sense of anxiety was growing which stemmed from not knowing exactly where the baby was lying day to day, she realised she cannot control her babies position but she can do things to help the baby adopt an optimum position . She left the session reassured .

Eleanor



Empowered birth workshop with Eleanor Copp,
midwife and Hypnotherapist.
November 30th or December 11th.

A day to understand and learn all the elements needed to have a good birth.
Email eleanor@relaxedparenting.co.uk or ring 07929 857608



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BABY MASSAGE CLASS

AT STAPLEGROVE VILLAGE HALL
STAPLEGROVE ROAD
TAUNTON
SOMERSET
TA2 6AL

WITH INSTRUCTOR IAN JONES (TIMI) CONTACT : **07833 367201**

(TRAINING INFANT MESSAGE INSTRUCTOR)