

# Taunton Birth Forum



## Newsletter

October 2011

Welcome to this first Taunton Birth Forum Newsletter, the aim of this is to spread the ideas of the monthly meeting further afield and for it to be an added resource to those with an interest in pregnancy, birth and parenting. Don't forget you can come and meet us at the Birth Forum every month and read our blog at [www.Tauntonbirthforum.wordpress.com](http://www.Tauntonbirthforum.wordpress.com). This is a collaboration so do keep giving us suggestions about your ideas and who you would like to meet and hear speak.

Elly and Simon.

Telephone 01823-350945 or email at [eleanor@relaxedparenting.co.uk](mailto:eleanor@relaxedparenting.co.uk)

### Quote of the month...

*"We need four hugs a day for survival,  
8 for maintenance and 12 hugs for growth" ~ Virginia Satir.*

### **NEXT FORUM DATES.....**



**NOVEMBER 10<sup>TH</sup> ... VIV GROSKOP, FREELANCE JOURNALIST**  
Viv will discuss her writing about birth from a feminist perspective.

**DECEMBER 8<sup>TH</sup> ... KAREN ATKINSON AND DR. MAYA SPENCER**  
They will discuss how Mindfulness techniques can help parenting a newborn.

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

### **MEN'S EYE VIEW...**

Sometimes it is difficult for men to engage in the pregnancy process...whilst our partners body and mind is undergoing changes, ours can remain the same. How can we feel more part of the whole process so that we are there to support our partners? Here are some ideas..

1. Make time to talk together about what is happening for each of you.  
This is especially important before attending scans and other pre-birth checks.
2. Make brief and frequent eye contact with each other.
3. Maintain physical contact, see Virginia Satir's hug quote above.



**Olde Wyves Tale.....** Does heart rate point to gender? This old wives' tale claims that the fetal heart rate of a girl will exceed 140, while that of a boy will be slower. In reality, the fetal heart rate fluctuates with growth and movement. Just as your heart rate increases when you exercise, your unborn child's heart rate speeds up when doing gymnastics in the womb. It is a scientific fact, however, that a girl's heart rate increases more than a boy's during labour.



**Simon Copp** Craniosacral Therapist specialising in pregnancy and birth.  
Babies clinic on Saturday mornings. Adults on Mondays, in Taunton.  
07977441883 or email [liquidlight62@yahoo.co.uk](mailto:liquidlight62@yahoo.co.uk).

## A problem solved...

I recently had a call from a Mum who was having some difficulties with her 8 week old child. She had a normal birth and had fed and slept well up until now. Mum phoned me because baby's sleeping and feeding had become irregular and she had also become prone to outbursts of crying and screaming which were out of character for her. This had been going on for 2weeks so I asked Mum if anything unusual had happened in this period? Mum reflected before replying that her older sister had recently had a stay in hospital with the inevitable disruption , both physical and emotional that such an event brings with it.

My suggestion was that the impact of the trauma would have resonated to the baby, possibly making her anxious. She probably also felt that Mum's attention had changed to give her other child more support. I suggested that Mum should talk to the baby about what had happened, to reassure her of her support, provide extra cuddles and to just be aware of how her baby may be feeling a bit left out. If she was still unsettled after a week then I suggested cranial work would help, but to let me know how she got on either way. A week later Mum phoned to say that with some added support her baby had responded really well and was back to her settled self.

Simon.



Monthly Empowered birth workshops with midwife and hypnotherapist Eleanor Copp.

A day to understand and learn all the elements needed to have a good birth. One to one sessions, VBAC support specialist.

Email [eleanor@relaxedparenting.co.uk](mailto:eleanor@relaxedparenting.co.uk) or ring 07929857608



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