

BIRTH WITHOUT FEAR

NATIONAL HOMEBIRTH CONFERENCE

9, 10 & 11 OCTOBER 2009



VISION

The Canterbury Homebirth Association welcomes you to the 2009 National Homebirth Conference, *Birth Without Fear*.

When a woman births she carries with her a bundle of expectations and fears. The fears—of pain, of complications, of harm to baby or mother—can lead us to limit our choices in childbirth and ignore our bodies' wisdom.

Homebirthers know that birth at its best is a joyous family time.

This conference is about sharing & strengthening that message so that we *can* birth without fear.



www.canterburyhomebirth.org.nz/conference

Venue

We have secured a wonderful venue at Wai-Ora Trust. Their conference facility Te Ahi Kaa is at 48 Watsons Road, Harewood in Christchurch.

Their website can be viewed at www.waioratrust.co.nz.

Wai-Ora Trust is close to the airport and a variety of accommodation options and is only a short drive or bus trip to the city centre. It also offers marae-style accommodation for a limited number of people (please see the accommodation section for more information).

Conference Costs

Conference registration includes:

- welcome address and reception (Fri)
- attendance at conference sessions (Sat & Sun)
- conference pack including conference programme & certificate of attendance
- morning and afternoon tea and lunch (Sat & Sun)
- conference dinner and movie (Sat)

Note: Midwives are entitled to 5 professional activity points for attendance and 10 professional activity points if presenting a paper.

Registration Categories

- Early Bird: applies to registrations received on or before 17th July 2009
- Standard: applies to registrations received on or before 18th September 2009
- Late: applies to registrations received after 18th September 2009

Rates	Early Bird	Standard	Late
Consumer	\$150	\$200	\$300
Professional	\$175	\$225	\$325

Cancellation Policy

Cancellations must be notified in writing to CHBA Conference Co-ordinator before 10th September 2009. Cancellations received before 10th September 2009 will receive a full refund less a \$50.00 administration charge. All refunds will be processed after the conference. Refunds will not be issued for cancellations received after 10th September 2009. Substitute delegates will be accepted free of charge. Please advise in writing to CHBA conference Co-ordinator.

Children at Conference

Children are able to attend the hui and conference with their parents. However, we anticipate having only very dependent children attending, as child-minding facilities will not be provided due to space and safety constraints at the venue. Parents will therefore be required to remain responsible for their children at all times. A small quiet area away from the main venue will be available for breastfeeding or for young children to blow off steam. Please bring quiet toys and activities as well as child-friendly snacks.

Hui

The Home Birth Aotearoa Hui will be held at the venue on Friday 9th of October from 8.30am to 4pm. Everyone is welcome to come to conference early and take part in the National Home Birth Association's business meeting. Hui is free to attend.

Accommodation

The location of all the accommodation options are marked on the map at the end of the booklet.

A Wai-Ora Trust

Our conference venue offers marae-style sleeping arrangements for up to 39 people at a price of \$25 per person per night. Each person is provided with a mattress, fitted sheet and pillow case. There are a small number of pillows on site but we recommend that you bring your own. There are two spaces available for sleeping, one of which has no curtains or blinds. There is a full commercial kitchen and bathroom facilities including two showers, one in the men's and the other in the women's toilets. Each person will need to provide their own sleeping bag and pillow. A basic breakfast will be provided but if you have any special requirements you are invited to bring supplies with you.

B Airport Lodge Motel

105 Roydvale Avenue, reservations 0800 246 353, www.airportlodge.co.nz

C Aarburg Airport Motel

94-98 Roydvale Avenue, reservations 0800 101 928, www.aarburgmotel.co.nz

D North South Holiday Park

Corner of Johns Road and Sawyers Arms Road, www.northsouth.co.nz

E Sudima Hotel, Christchurch Airport

On the corner of Memorial Ave and Orchard Road, moments from the airport, www.sudimachristchurch.co.nz

F Copthorne Hotel Commodore

449 Memorial Ave, Burnside, 3 minutes drive from the airport, www.commodore.net.nz

Travel & Car Parking

Please arrange your own transport to and from the conference venue. If there are several delegates staying at the same venue off-site a shuttle may be coordinated closer to the time. Christchurch runs a comprehensive public bus transport service. The number 10 bus runs every half hour from the airport to within a 5 minute walk from the venue, and then on into the city centre. An adult bus fare costs \$2.80, a child \$1.40 and under fives travel for free.

There is car parking onsite at Wai-Ora Trust.

Meals

Food for Saturday lunch and dinner and Sunday lunch will be prepared by the Lotus Heart vegetarian restaurant. They provide very tasty, wholesome food. An example of their menu can be viewed at www.thelotusheart.co.nz. Morning and afternoon teas will be a variety of baking and fruit. Cost of food at conference is included in the ticket price.

PROGRAMME

Subject to change without notice. Please be aware that while we will try our utmost to keep the programme as it is and to offer you your first choice of session this may not always be possible.

Friday 9th October

08:30–16:00	Home Birth Aotearoa National Hui
16:30	Registration Desk opens
17:30	Welcome Address Garry Moore, Former Mayor of Christchurch and Homebirth Dad
18:00	Nibbles and short film

Saturday 10th October

08:30	Registration Desk opens
09:30	Welcome and Notices
10:00	Keynote 1 Sara Wickham Birth, Risk and Fear: Exploring the Issues Modern society in general and modern maternity care in particular are characterised by an increasing emphasis on obstetrically-defined notions of safety and a focus on assessing, managing and reducing risk. This emphasis is leading to ever greater attempts to manage birth and control outcomes, yet the efficacy, appropriateness and ethics of such an approach have been questioned from a number of perspectives, not least in relation to the level of fear which this can generate amongst birthing women, their families and providers of maternity care. This session explores these issues and considers the impact that a focus of risk has on our experience of fear in relation to childbirth.
11:00	Morning Tea
11:30	Concurrent 1 Sara Wickham Making Decisions and Dealing with Risk Further explore the issues that the concept of risk raises in relation to women's decision-making and we will consider different ways of dealing with the concept of risk as it relates to childbirth, with a focus on ways in which it might be possible to reduce fear. Carol Bartle Breastfeeding Without Fear Taking a look at breastfeeding in the early weeks after birth. Discussing how we take to heart the "breast is best" message against a background of anti-breastfeeding cultural influences. Terri Woods Doula Stories From bamboo hut homes to simple birth centres to government hospitals... see pictures and hear a doula's stories of labour and birth in the resource-poor nation of the Philippines. Participate in a time of sharing about culturally-based fears of childbirth.
12:30	Lunch
13:30	Keynote 2 Nathan Mikaere Wallis Relationships, Learning and Fear: Brain Development for You and Baby A synopsis of the relevant brain development research that has emerged in recent times. This details the role 'fear' plays in our brains and how it inhibits learning for both our baby and us. Conditions required for optimum brain development are also explored.

SPEAKER INFORMATION

Sara Wickham RM PhD MA BA(Hons) has practised midwifery in a variety of settings in the UK and USA and has also held posts in midwifery research and education. Sara currently works as an independent midwifery lecturer and consultant; she is involved in midwifery and birth-related projects around the world and many of these relate to her interest in midwives' knowledge and ways of knowing and the means by which we can increase our ability to support women in decision-making. Sara is the author of over 100 birth-related articles and has written and edited a number of books, including *Anti-D in Midwifery: Panacea or Paradox?* and *Sacred Cycles: The spiral of women's well-being*. She is co-director of withwoman.co.uk

Carol Bartle has a nursing, midwifery and lactation consultant background and has worked in hospitals and the community for over thirty-six years. Carol is on the New Zealand National Breastfeeding Committee and the board of consultants for La Leche League New Zealand. She has a post graduate diploma in Child Advocacy and a Masters of Health Sciences from the University of Otago. Carol's thesis explores mothers' experiences of breastfeeding in a neonatal intensive care environment. Currently Carol is working as the coordinator of the Canterbury Breastfeeding Advocacy Service which is a Ministry of Health contract managed by Te Puawaitanga Ki Otautahi Trust. Te Puawaitanga is a Maori health community provider working with mothers, babies, children and whanau.

Terri Allen Woods, CD(DONA) Founder of Blessed ChildBirth and Doula Services, Terri is a birth and postpartum doula, and a childbirth educator in Paso Robles, California, USA. She recently spent almost a year volunteering at the Mercy In Action Birth Center in Puerto Galera, Oriental Mindoro, Philippines, which provides free pregnancy, birth, and postpartum services to poor women and families.

Nathan Mikaere Wallis's current role is lecturer at Canterbury University's College of Education, School of Human Development and Educational Studies. Nathan is a father with a background in teaching, child counselling, and educational management. Nathan is a Presenter for Brainwave and a trainer for Child Protection Studies. He also works within his own consultancy called 'X Factor Education' and is a current board member of The Champion Centre, NZ Nurture Network and Brainwave.

Deena Robinson has practiced as a self-employed rural homebirth midwife on the West Coast since Dec 2006 when she completed direct entry midwifery education. Deena's home is a hive of activity as, although her two eldest sons (Kaeli & Jayden) attend Canterbury University, the household is still bursting at the seams with partner (Luke), daughter (Kelsey), sons (Tyler, Brogan & Cody), a dog, three cats, two cockatiels, twenty-three chickens, four ducks, one frog, one weka and a continuous stream of visitors.

Sheryl Joy Christian lives on the West Coast, inland from Greymouth, at the Gloriavale Christian Community, Lake Haupiri. She has been working with Gloriavale women in childbearing and birth for 30 years, has four children of her own (homebirthed) and 8 grandchildren. She believes birth is a normal part of life and the family plays a big role in supporting the mother through pregnancy, childbirth and nurturing children.

Kate Henderson, a midwife, speaks of her experience during the birth of her daughter Maia Paige (2 years). Kate faced some of the common fears that many homebirthing women experience: a long, hard, and painful labour eventually resulting in transfer to the hospital. Despite these challenges, Maia's birth story is one of endurance, pride, and empowerment—all the components that homebirthing mothers will be able to relate to as well.

SPEAKER INFORMATION

Emily Innes is the mother of Mika (8), Tui (nearly 2), "Horace" (lost to miscarriage), and Maia, who was stillborn at home in July 2006. Maia died at term, four days before she was born, and Emily will speak of her experience of birthing Maia at home in Lower Hutt as planned, with the wonderful support of midwife Suzanne Miller (of Birthworks) and partner Brent. Welcoming and farewelling their baby in their own home, in the way they chose, was an empowering and beautiful experience, and has made Emily an even truer believer in the power and miracle of homebirth.

Nadia Kersel is a Samoan woman, mother, sister, and grand-daughter. Her husband is Pakeha, of Scottish and Danish descent and he hails from the Manawatu. They have one son, Axel Kahikatea Vaopunimatagi Kersel.

Nadia birthed their first child, a son Axel at home in 2007. This story involves premature rupture of waters, a power cut and a birth attendance team that included everyone from the butcher, the baker and the candlestick maker...Axel's birth story is one of faith and of learning one of life's most daunting, and fulfilling truths - that all fear can be overcome with faith.

Jacqui Anderson **RGON, RM, MMid** is a self-employed midwife and antenatal educator working with homebirthing women. She also works in midwifery education and is currently a midwifery lecturer and co-Head of School of Midwifery at Christchurch Polytechnic Institute of Technology, New Zealand. Jacqui is midwifery representative on the New Zealand Perinatal and Maternal Mortality Review Committee. In 2006 she completed research on the outcomes for women who planned to birth at home with her midwifery practice, some of the results of which will be presented at conference.

Juliet Thorpe has been working full time as a home birth midwife in Christchurch for 16 years. She completed her Masters Degree in 2005 which explored the midwifery collegial relationship in her home birth practice. She is passionate about supporting women to birth at home.

Amanda Viedma-Dodd **M.Ost B.AppSci** is a New Zealand trained osteopath who works in a clinic alongside two midwifery groups. Since graduating she has focused her interest on osteopathic care during pregnancy as it can provide gentle, safe and drug free pain relief and prepare the mother for her upcoming labour. Amanda was introduced to homebirth by her big sisters and has been fortunate to bear witness to the birth of two nephews. Amanda credits her homebirth midwife for empowering her to birth her daughter naturally. Amanda's personal experience of homebirth fuels her interest in osteopathic practice where women seek natural healthcare which promotes a natural, uncomplicated labour.

Julie Richards has been working as a homebirth midwife, in Christchurch, since 1990. She works in a practice with four supportive midwives and is also a midwifery lecturer at Christchurch Polytechnic. She and her partner live with their ten-year-old son on the Port Hills where they have established a small organic vineyard. Currently she is completing her Masters of Midwifery and have focused her research on midwives umbilical cord clamping practices.

Ngaere Dawson Project Facilitator, Trainer, Mother, Nana

[continued overleaf.../](#)

Saturday 10th October continued

14:30

Concurrent 2

Nathan Mikaere Wallis
Relationships, Learning and Fear Extensions

Explore the research in further detail and look at the specific interests of the participants. What can we do to support the development of our child/child's brain?

Deena Robinson and Sheryl Joy Christian
Faith and Fear

Deena and Sheryl Joy will discuss remote rural midwifery practice on the West Coast. They will explain how 'faith' enables them to face and conquer fear. Their discussion will include stories of birth and will also consider how life at Gloriavale Christian Community prepares women to embrace childbirth without fear.

Carol Bartle
Bed-Sharing Without Fear

Examining the risks and fears parents and society have about bed-sharing. We explore the differences between breastfed and formula-fed babies sharing a family bed.

15:30

Afternoon Tea

16:00

Keynote 3

Kate Henderson, Emily Innes and Nadia Kersel
Birth Stories

Women share their stories of homebirthing in difficult circumstances, including Emily's story of giving birth to her stillborn daughter at home and Kate's long posterior labour and transfer to hospital and Nadia's isolated rural birth. What is the relevance of homebirth when things don't go according to plan?

17:30

Dinner

19:00

Film

Sunday 11th October

09:00

Notices

09:30

Keynote 4

To be advised

10:30

Morning Tea

11:00

Concurrent 3

Amanda Viedma-Dodd
Osteopathy—Toward a Natural, Uncomplicated Pregnancy, Labour & Beyond
Discussion on the osteopathic philosophy with a specific focus on treatment for pregnancy, labour and the postpartum period. The normal physiological changes will be discussed with examples of problems which may arise and the corresponding treatment. Also, optimal foetal positioning will be discussed with regard to the osteopathic perspective.

Terri Woods
Overcoming Fear

Explore doula techniques to help reduce fear of labour, birth and babies, and how to determine and design an effective approach to mothers in the birth year, based on individual personality and need.

Lorna Davies
Facing & Embracing the Fear

By using art, music, drama and other creative media, it may be that we can more fully address and even begin to resolve some of the fears that exist around birth in the 21st century.

12:00

Lunch

Sunday 11th October continued

13:00 **Keynote 5** Jacqui Anderson and Juliet Thorpe
Promotion and Protection of Normal Birth
 Jacqui and Juliet will show during the presentation how the cohesive philosophical framework within their homebirth practice, maximizes the potential for physiologically normal birth. As well as describing the way in which they work, they will also explore the outcomes for the women's childbirth experiences and whether normal birth is a reality for them.

14:00 **Concurrent 4** Ngaere Dawson
Homebirth—Own Birth
 Social & Spontaneous? Confident & Controlled? Placid & Private? Deep & Detailed? A look at our unique birthing experiences with the support of personality theory.

Heather Muriwai
Traditional Maori Birthing Practices
 Explore how wahine maori can take back the power of birth using traditional practices. Heather will share with you the birthing story of her tipuna/ancestors—what it was, what it became, and now her journey in striving to recreate and resurrect those ways of knowing.

Julie Richards
Delayed Cord Clamping—Managing the Fear of Haemorrhage
 The process of labour and birth of the placenta and membranes is as individual and unique as that of the baby. It requires the same level of support and respect and if absent the consequences can challenge the well-being of both the mother and baby. Julie will present the findings of her research into the umbilical cord clamping practices of midwives in New Zealand and discuss the implications for birthing women.

15:00 **Afternoon Tea**

15:30 Third Year Midwifery Students
Fathers at Birth and *The Other Side of the Glass* film showing
 Third year midwifery students present viewer reaction to the film *The Other Side of the Glass* and we get to see the first part of the film.

16:30 **Closing Address**
 Karen Guilliland, CEO New Zealand College of Midwives

CONFERENCE MAP



SPEAKER INFORMATION

Heather Muriwai

Ko Aotea te waka
 Ko Taranaki te maunga
 Ko Waingongoro te awa
 Ko Tangahoe te iwi
 Ko Ngati Tanewai raua Ngati Tupaia nga hapu
 Ko Wharepuni te marae
 Ko Heather Kimirongo Rangī Muriwai toku ingoa
 Tena koutou, tena koutou, tena koutou katoa.

Heather is the wife of Tamati, Mama of Ben and Kimiana, and Nani of Te Aonui, Filisi, Tiaho mai rangi and Mikaera- her four beautiful mokopuna who are the lights of her life. She has been practising as a self-employed Homebirth Midwife since graduating in 1998, and has had the privilege of attending what is now almost 400 homebirths since then. Being part of every pregnancy, birthing, and mothering journey nourishes her, and leaves her with a sense of wonderment of how amazing women and their whanau can be.

Lorna Davies is a UK qualified midwife who has worked in midwifery education for the last fourteen years. Her particular interests lie in parent education, breastfeeding, sustainability midwifery and e-Learning. She has published numerous articles in midwifery journals and contributed chapters to several midwifery textbooks. She recently edited *The Art and Soul of Midwifery and Examination of the Newborn and Neonatal Health*. She is married with three children and is currently a Senior Lecturer in Midwifery at Christchurch Polytechnic Institute of Technology in Christchurch. She carries a small caseload as a self-employed midwife and is a childbirth educator. She is also co-director of withwoman.co.uk.

SPONSOR INFORMATION

The Canterbury Homebirth Association would like to thank our wonderful sponsors for their support. Birth Without Fear is proudly sponsored by:



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FOR MORE INFORMATION

Post: Homebirth Conference, CHBA,
 PO Box 2806, Christchurch 8140
 Email: conference09@canterburyhomebirth.org.nz
 Website: www.canterburyhomebirth.org.nz/conference
 Phone: 03 325 2233
 Conference Co-ordinator: Tui Wagstaff