



SEVEN BIRTHS IN A NUTSHELL

I've had totally amazing, varied and life changing experiences birthing my babies in different models of care: an OB in a Hospital, a Midwife in a Hospital, a Midwife in a Birthing Centre, a Midwife in Midwifery Group Practice with Doulas and at Home with Midwives & Doulas. Enduring some losses along the way and some difficulty in getting pregnant and some post natal depression, I cherish my journey of motherhood each and every day.

1983: *I experienced what I call the 'works' with my first-born, a daughter, Stephanie. As a young single mother facing all sorts of challenges, I was lucky to escape the 'cascade of intervention'. I almost died post birth due to retained products and experienced terrible side effects from unnecessary medical interventions and routine procedures, some side effects lasting years and some permanent issues I would later discover.*

1990: *I had a premature labour and the birth of my first son Zak on my 25th birthday. He taught me about natural birth arriving with 10 minutes notice, we were lucky to be at the hospital under observation; however nobody expected this amazing fast labour. I spent some emotional time in NICU and SCBU.*

1992 & 1998: *I knew what I did and did not want when my 3rd, another daughter Jacinta and my 4th another son, Julius, both came easily and quickly. Life sailed on by very busily and happily whilst juggling interstate and overseas jaunts, careers, setting up businesses and learning how to be in three or four different places at one time!*

2002: *My 5th child, a daughter, Zsabella who was in a breech position toward the end of my pregnancy and turning just before labour started keeping midwives guessing. A difficult yet manageable posterior birth, whom you can see at 30 seconds old larger than life at the Women's and Children's Hospital 1st floor lifts and on my web page and brochure. This was my fittest pregnancy and most joyous post natal period ever. I have this birth on DVD.*

2004: *Along came the beautiful and educational water birth of my 6th baby Stella (on DVD born a star!), another daughter, she was born with her hand fisted above her head (ouch!). We had a few feeding issues and lots of stress, even with 22 years of lactating and breastfeeding experience, it really shook me up, - we got through it all thankfully due to the support of my valuable network of Doulas and Midwives, my Naturopath, my Paediatrician, the Australian Breastfeeding Association and my GP. All trusted Professionals who never gave up on us; they were all committed to our breastfeeding success!*

2006: *My 7th child, a son, Zen, born at home in water in the house we built, really topped the lot, my biggest baby ever and such an easy 8 minute 2nd stage once he decided to arrive. You simply must see the DVD...!*

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