



CHILDBIRTH
AND
PARENTING
ASSOCIATION
OF COLORADO

www.lamaze-denver.com



Making the decision to have a child is momentous. It is to decide forever to have your heart go walking around outside your body. ~Elizabeth Stone

Letter from the President

Hello and Happy Spring! Although, as I look out my window at the gray sky and driving rain it still feels a bit like winter! But I love this season the most because every year, nature is given a new start. My daffodils and tulips are blooming and the cherry trees are blazing white and pink across the city. New life is evident everywhere you look. Of course, in our field of work, we love new life, don't we?

I feel spring allows me to renew my professional 'blooms' as well. I am ready to tackle more classes, learn new teaching techniques and gather with my colleagues in a spirit of the celebration of birth. We are given many opportunities to do just that in the next several weeks. The one I am looking forward to the most is spending an evening with Ina May Gaskin on Friday, May 4th. Ina

May will be in town for the annual Colorado Midwives Association conference, but she has agreed to host an extra event for the general public to talk about babies, birth and parenting. As the author of *Spiritual Midwifery* and *Ina May's Guide to Childbirth*, she is a reservoir of knowledge about normal birth; just the thing we are all working to promote in our society.

I'm sure I will reconnect with many of you in the next several weeks as we all shake off our winter coats and re-bloom together!

Sincerely,

Mary Cameron
President, CPAC

All through the long winter, I dream of my garden. On the first day of spring, I dig my fingers deep into the soft earth. I can feel its energy, and my spirits soar. ~Helen Hayes

**Become a Lamaze
Certified Childbirth
Educator!**

November 2-4 in Denver

For more information, contact

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parenting tip



"Don't worry about keeping the house quiet all the time for your baby. I find my baby sleeps better when there is regular background noise such as the radio, TV, conversation or household appliances running. If it's too quiet, I think babies can get used to that and become fussier and not sleep as well. Sound machines are a great way to do this. They allow you to choose sounds such as running water, ocean waves or rain."

Kimberly - mother of Nicole, 4 months

events

Denver Chapter CPAC Childbirth
Educator Seminar
11/2-4

Contact:
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monthly

South Denver BirthNetwork
Highlands Ranch Library
11 am-1 pm
2nd Friday (5/9, 6/8, 7/13)
www.birthnetwork.org/colorado.htm

Journal Club (The Lactation Program)
Discuss the latest and greatest in
lactation. CEUs and CERPs available.
2:30-5 pm - Must RSVP
2nd Wed (5/9, 6/13, 7/11)
www.bestfedbabies.org

may

1, 7

Meet the Doulas Night
7-9 pm
Becoming Mothers in
Boulder, Longmont United
Hospital
www.coloradodoulas.com

4-5

Celebrate Midwifery!
with Ina May Gaskin
Arvada Center for the Arts
and Humanities
www.coloradomidwives.org

june

7

CPAC Chat
10:30 am - 12 pm
REI Flagship Store @ I-25/
Speer
Topic: Parenting in the
Media and Celebrity Births

future chats

(Locations TBA)
Sept 6 - 6:30 - 8:30 pm
'What Babies Want'
viewing

Dec 6 - 10:30 am - 12 pm
Babywearing

august

10

CPAC Meeting
10:30 am - 12 pm
The Medical Center of
Aurora
Topic: Breastfeeding

future events

Oct 10
Fall Luncheon
@ Sky Ridge Med. Center
10am-1pm

CPAC Chat

*Parenting in the Media and Celebrity Births:
Is it all it's cracked up to be? (Or is it all cracked up?)*
Jennifer Harned Adams, Ph.D.

Based on what we see on TV and in the magazines these days, babies are the hottest "accessory" in Hollywood! Media coverage makes pregnancy, childbirth and parenting look so effortless that reality can come as a real shock to the rest of us. (note to self: Hire a personal trainer, chef and personal assistant next week! Why didn't I think of that before?)

During this next chat, we'll talk about how parenthood is portrayed in the media, both for us "mere mortals" and celebrities, and how these images create new and increased pressures for today's parents. We'll also talk about celebrities' view of parenthood, and how their views are different from the public images we see in the media.

Jen will be leading the CPAC Chat at REI on Thursday, June 7. She is mom to Piper (age 2). In all of her "spare time", she is also a clinical psychologist and Research Assistant Professor at the University of Colorado at Denver Department of Psychology, and has a special interest in women's reproductive health, including infertility, fertility after cancer and postpartum depression. Jen has been eagerly collecting tabloid magazines in preparation for this chat, is thrilled to finally have an "official" reason to buy them!

teaching tip

"As a closing activity in childbirth classes, I ask each couple to share a characteristic in their partner that they appreciate and would like their baby to have. I find this draws couples closer together and ends our time on a very positive note."

Laurie Boyer, ICCE, CD, CMT

Budding Artists at the April CPAC Meeting

By Geneva Montano

Elizabeth Gooding did an excellent presentation for us on Birth Art on April 3rd at Good Samaritan. It's a topic it seems many people are afraid of, but that I found very insightful. She covered how we can incorporate Birth Art into our classes as well as use it to get a better sense of our own feelings surrounding births we have witnessed. We learned about "Tigers," a way to deal with the neurohormonal relationship between fear and pain.

Elizabeth also suggested we have students draw what their strongest image of birth is - not their ideal image. This helps people to realize the strong influence our culture can have on their birthing experience and prepare for a birth their subconscious minds might play out. One of my favorite ideas presented was using birth art to have parents create a personal birth plan. Instead of writing down or just discussing things they would like to try during labor, parents use ice to simulate pain and look within to discover what tools they would innately use to cope. They then draw a picture of tools they would like to use. A picture communicates much more effectively during labor than written words. Since many people feel intimidated by it, it's important to remember that Birth Art is not about how talented a person is. It is a way for them to hear the story they are telling themselves about a situation, and retell it to themselves in a way they can cope with it. The conversations between the attendees which came forth from our own birth art were fascinating and intimate and left me curious to see how some of these techniques will improve both my work as a doula and my classes.

