



CHOICE WORDS

Center for Humane Options In Childbirth Experiences

In This Issue

Meet Your Midwives

Kelley Daniel, CPM..... 1

CHOICE Doulas

Jessica Buell.....2

Sheena Bayo.....3

Upcoming Events

Annual CHOICE Picnic.....3

Welcome to Our New Babies

July 2009 – June 2010.....3

Office News

Preserving the

Midwifery Model of Care.....4

The Year in Review4

CHOICE Awarded

ComFest Grant.....5

Parent Support Group News

Why I love the CHOICE Parent

Support Group 6

Upcoming Workshops..... 6

Birth Stories

Fletcher William..... 7

Pregnancy Programs

Bonding Before Birth..... 9

The Herb Garden

Poke Root for Mastitis 10

Legislative Update

Audra Phillips 11



Meet Your Midwives

Kelley Daniel, CPM



Kelley was a CHOICE client before she became a midwife. She found CHOICE in 1983 when she was seven months pregnant with her first child, Luke. She knew she wanted a natural childbirth so after interviewing five physicians who could not offer what she wanted, she finally met a mom who had a home birth through CHOICE. Unfortunately, after a long labor on the second hottest day in Columbus's

history the labor stalled and she decided to transfer from home to hospital to get help. The hospital experience was unmedicated although she ended up with an unnecessary internal monitor and an episiotomy. What she regrets even more is that she didn't get the bonding experience that she desired with Luke. Two years later on December 17th, 1985 after just four hours of labor Kelley gave birth at home to her daughter, Erin. After having a hospital and home birth, Kelley found her path to midwifery. She became dedicated to educating families about their choices in childbirth and to assisting them in having an active role in the birth of their children.

Kelley began an apprenticeship with CHOICE in 1987. In 1988, while working on her apprenticeship, the CHOICE office, located on Johnstown Road, closed since all the midwives either moved or took a sabbatical. Kelley attended a few births during that time with a local CNM.

On February 1, 1990, Kelley gave birth at home to her son, Clay. During that year Kelley received many phone calls from past CHOICE clients who wanted to give birth at home. That summer Kelley and Abby started seeing families in Kelley's home. Kelley's home remained the new CHOICE Office for the next eight months. They decided they needed to find a "real" office after a prenatal day when there was a family in the living room, one in the dining room and someone waiting on the stairs for an appointment. In February of 1992 they moved the CHOICE Office to 3474 North High Street in Clintonville.

In 1995 Kelley became a Certified Professional Midwife (CPM) through the North American Registry of Midwives. Over the years, Kelley has served over 600 families. From 2002 to 2005 she taught Childbirth Education classes at the CHOICE Office. Over the years she became active in midwifery on the local and national level. From 1995 to 2001 she became Membership Chair for the Midwives Alliance of North America (MANA). From 1998 to 2001 she was the Membership Chair for the Ohio Midwives Alliance. In 2001 Kelley was appoint-

CHOICE Board of Directors

Jane O'Shaughnessy, President
Jen Elfner, Vice President
Beth Gupta
Stefanie Osborne
Shelley Martin
Jen Villanueva-Henkle
Lyndsey Marsolo
Shannon Brewster

Midwives:

Abby J. Kinne, CPM
Kelley Daniel, CPM
Nina McIndoe, CPM
Audra Phillips, CPM
Tanya Rable-Collins, CPM
Jill Schroer, CPM

Interns:

Amy Wakeling

Apprentices:

Rachel McCloskey

Doulas:

Sheena Bayo
Jessica Buell
Rachel McCloskey
Amy Wakeling

CHOICE Officers

Executive DirectorAbby J. Kinne
Acknowledgements.....Melody Reiss
Advertising.....Melody Reiss
Apprenticeship.....Abby J. Kinne
Childbirth Education.....Jill Schroer
Tanya Collins
Community Events.....Melody Reiss
Community RelationsTanya Collins
Director of FinanceAudra Phillips
Director of ResearchNina McIndoe
Herbalist ServicesJill Schroer
Home Birth Kits.....Kelley Daniel
Insurance Claims..... Rachael Siddens
Legislation.....Audra Phillips
Librarian.....Rachael McCloskey
Massage ServicesJill Schroer
Materials Development.....Abby J. Kinne
Midwifery Coordinator.....Abby J. Kinne
Midwifery EducationAbby J. Kinne
Midwifery Supplies.....Kelley Daniel
Newsletter EditorAbby J. Kinne
Nutritional EvaluationsNina McIndoe
Office ManagerMelody Reiss
Parent Support Grp Stefanie Osborne
Placenta EncapsulationAmy Wakeling
..... Rachel McCloskey
Volunteer Coordinator.....Melody Reiss
WebmistressAbby J. Kinne
Workshop Coordinator.....Nina McIndoe

5721 North High Street
Worthington, Ohio 43085
614-263-BABY (2229)
www.choicemidwives.com

ed Treasurer and served on the Board of Directors for the Midwives Alliance of North America. In 2001 the Ohio Midwives Alliance honored her as the Midwife of the Year. Kelley's local newspaper wrote an article about her and there was a nice picture of her and her children wearing their "I was born at home" t-shirts on the front page of the newspaper. Her second term as Treasurer for MANA ended in 2009 and she volunteered for the position of Exhibit Chair for the Midwives Alliance of North America Conferences.

Kelley and Ed, her high school sweetheart, have been married for 28 years. They live in a 100 year old home in Old Hilliard that they have remodeled for over 25 years. Ed is a woodworker and has his own business in their home. He also is the Tech Director for Hilliard Darby High School. Kelley and Ed are volunteers for the Hilliard Civic Association that organizes the Old Hilliard Festival in the fall. Kelley is the treasurer and exhibit chair.

Kelley and Ed have three grown children Luke (26), Erin (24) and Clay (20) who are all in college, working, and are living on their own. When she is not going to births, Kelley enjoys spending time with her family. She also paints, draws, makes jewelry, and enjoys gardening. Last summer she painted her largest painting ever. She painted a mural of the City of Hilliard's flower, the sunflower, on the side of their garage/woodworking shop. For the last 8 months she ended up having to fight zoning officials who said the painting had too many colors. After appearing before two zoning boards in Hilliard and being denied, Ed and Kelley covered the painting with siding and are pursuing city council to write a public art code in Hilliard. The mural got lots of media attention from local newspapers, the dispatch, USA today, and the local television stations. Kelley is hoping to eventually uncover the giant sunflower. This summer she is painting another sunflower mural at Ganther's Place on Parson's and Reinhart. In March of this year, during the sunflower ruckus, Kelley and Ed took a much needed two week vacation to Hawaii. They had a wonderful time in paradise! ♥

New CHOICE Doulas

Jessica Buell, CHOICE Birth and Postpartum Doula

It has taken me quite a long time to figure out my path as a Doula. I received my Bachelor of Arts in Creative Writing with a minor in Sociology from Otterbein College in 2004. I then moved to Canterbury, England to study Women European Writers and Political Propaganda in WWII, receiving my Master of Arts in European and Comparative Literary Studies in 2006. However, I have been involved indirectly in childbirth, homeopathy, breastfeeding, and childcare since I was a toddler.

I was raised in a household that is fully supportive of natural ways of living and absolutely believes in a woman's ability to birth babies naturally. When I was 2 years old, my mother even apprenticed as a CHOICE midwife until she found her calling as a Lactation Consultant. I have been exposed to and have learned much about birth and breastfeeding through my mother's business. I remember fielding phone calls from her Lactation clients and setting up



appointments for breast-pump rentals when I was 8 years old. Throughout my life, I have always been someone that my friends (and friend's of friends) have come to for information about the female body and reproductive system. I find educating these women very fulfilling. I am passionate about the need for this kind of education and support because society seems to have moved so far away from knowing how the human body works.

However, it was the birth of my daughter in 2007 which led me to begin thinking that this might be my path. She was a planned CHOICE homebirth, but after many hours of intense labor, I felt that I could no longer cope and I decided to transfer to the hospital. It turned out to be a blessing because of complications after the birth, but it was also very

traumatizing for me. Through putting the pieces of my labor and delivery together and becoming educated about all of the ways in which women are demoralized and traumatized by the standard of practice in hospitals, I decided that I wanted to make a difference for women in childbirth. This decision led me back to CHOICE, where I began volunteering in August 2009 and took my Birth and Postpartum Doula training in October and December 2009. I am now a Birth and Postpartum Doula offering my services through CHOICE.

I look forward to helping many families, not only in welcoming a new member to each family through childbirth, but also in supporting each family through the early postpartum period. ♥

Sheena Bayo, CHOICE Birth and Postpartum Doula



My journey as a birth worker began when I witnessed the birth of my sister's first child in 2007. Seeing my sister give birth not only instilled in me a sense of wonder at the strength of the female body and the miracle of birth, but also a sense of knowing that there had to be something more natural and empowering than a medicated birth which resulted in difficulty breastfeeding, postpartum blues, and a sense of little control over the decisions that were made. I did not know it yet, but this was the start of my journey.

When I became pregnant with my own child the following year, I began to think critically about what I had seen in my sister's birth experience, and I knew that I wanted to experience something more natural for my birth. My sister also became pregnant again at the same time and we were able to process many of these things together. While I decided that a home birth was best for me, she decided to give birth again with the same provider in the hospital, but wanted to take a more active role in the decision-making and aim for a natural childbirth. In December 2008, I birthed my son at home and shortly after that, I had the privilege of supporting my sister in her natural childbirth at the hospital.

Since I began working with the CHOICE midwives during my own pregnancy, I had felt a passion for birth work building in me and several months after my son's birth I decided it was time to act on that passion so I began volunteering at CHOICE. I had felt so supported and loved by the women at my birth and so empowered by the experience that I wanted to use my energy to support other women in this same way. So in the year after my son's birth, as I continued to volunteer at CHOICE, I attended trainings to become both a Postpartum



“If a doula were a drug, it would be unethical not to use it.”

-John H. Kennell, MD



Doula and a Birth Doula. I have been attending births as a Birth Doula since January 2010 and have nearly completed all requirements to become a Certified Doula through DONA International.

In the year after the birth of my son, I also became an Advanced Reiki Practitioner and have enjoyed the ways that this healing modality has expanded my service to women and families. In addition to reading every book I can get about natural and empowered childbirth, I also enjoy tending plants, biking with my family, hiking, and feeding my addiction to bubble tea!

I look forward to serving many CHOICE families and feel privileged to be a part of this awesome group of talented and passionate women. ♥

Upcoming Events

Annual CHOICE Picnic to be held Saturday, August 7th

This year the Annual CHOICE Picnic will be held on Saturday, August 7th on the lawn of the new CHOICE Office from 5:00 pm to 8:00 pm.



We will have limited table and chair space, so please bring lawn chairs or a blanket to spread on the lawn. We will provide a grill, lawn games and a play area for the children.

Please bring a potluck dish to share. CHOICE will provide beverages, cups, plates, napkins and utensils.

This year we will be combining our Fall Fund Raiser with our Annual Picnic, so we will be holding a Silent Auction at the Picnic. Many awesome donations have been made to this Silent Auction so be sure to come join in the fun!

Directions:

Our beautiful new office is located at 5721 North High Street, just south of the village of Worthington.

NOTE: The street numbers in the village are two digit numbers but change to four digit numbers just south of the village.

This is a great opportunity to reconnect with your midwives, show off your exceptional babies and children and meet other like-minded families...not to mention that it is a lot of fun! ♥

Welcome to Our New Babies and Congratulations, Mom and Dad!



July 2009

4th..... Candace and Matt Bauer	Lily	7 lbs. 14 oz.
4th..... Kirsten and Andy Keusal	Luke Richard	9 lbs. 4 oz.
10th..... Kathleen and Jeremy Martin	Kinsley Therese	8 lbs. 5 oz.
14th..... Maravic and Chris Doseck	Benjamin Noel	7 lbs. 14 oz.
14th..... Tamara Strickland and David Doyle ...	Elliot Rain Sophia ...	7 lbs. 10 oz.
16th..... Kate and Ben Tietje	Daniel Benjamin	5 lbs. 5 oz.
26th..... Jesea Evangelista and Andy Brannin..	Oscar Littleton	9 lbs.
29th..... Heather and Kevin Ready	Addison Kay	8 lbs. 1.5 oz

August 2009

1st..... Malinda Susalla and Mark Dean	Simone Margeaux	7 lbs. 5 oz.
3rd Rebecca and Timothy Wilkens	Eleanor Jean	9 lbs. 1.6 oz.
4th..... Laura Simbulan	Estella	6 lbs. 3 oz.
5th..... Tamara Hamilton and Dean Pollard ...	Dyami Khnum Kito	9 lbs. 4 oz.
5th..... Colby and Michael Storck	Rose Francesca	7 lbs. 8 oz.
5th..... Jessica and Andy Tranel	Jacob William	7 lbs. 11 oz.
11th..... April Williams	Lilah Adele	4 lbs. 15 oz.
.....	Loren Christopher	5 lbs. 1 oz.
19th..... Emily and Wyatt McLain	Anna Celeste	7 lbs. 8 oz.
23rd Heather and Bill Hennell	William Nathaniel	8 lbs. 15 oz.
26th..... Erika and Eric Hernandez-Sanchez ...	Paloma	6 lbs. 14 oz.
26th..... Krika Sullenberger and Shon Gartin ...	Katherine	7 lbs 4 oz.
26th..... Tricia and Charles Laux	Charlie	7 lbs. 5 oz.
29th..... Joanne and Phil Rodgers	Emma Elizabeth	7 lbs. 13 oz.
30th..... Casey Cheesman & Kevin Candella ...	Logan Thomas	7 lbs. 8 oz.

September 2009

2nd..... Alice and Jim Speegle	Cyrus	9 lbs. 2 oz.
2nd..... Dani and Deni Morrison	Ivy Zola	8 lbs. 13 oz.
15th..... Holly and Trevor Blake	Evie Marie	6 lbs. 11 oz.
23rd Amy and Rick Smith	Bryn Emily	6 lbs. 11 oz.
26th..... Katy and Brice Ross	Sebastian	8 lbs. 8 oz.
26th..... Abby Lechner and David Hoppe	Adelaide Elise	7 lbs. 14 oz.

October 2009

4th..... Kate and Matt Kennedy	Nathan	8 lbs. 4 oz.
7th..... Heather Oderweller/Dave Weissman ..	Miles Asher	8 lbs. 13 oz.
10th..... Sarah and Andres Dominguez	Andres Edel	7 lbs. 8 oz.
16th..... Joy and Shawn Dorsten	Claire Marie	6 lbs. 11 oz.
19th..... Claire and Tony Brock	Julian Anthony	7 lbs. 14 oz.
20th..... Cynthia Colen and Tim Browning	Ruby Grace	7 lbs. 11 oz.
20th..... Cecelia and Josh Evilsizor	Sol Aleksandr	6 lbs. 13 oz.
21st..... Sarah and Anson Clement	Ivan Daniel	6 lbs. 14 oz.
24th..... Mary and Joshua Hunt	Henrietta Sophie	6 lbs. 1 oz.
25th..... Megan and Jerry Durham	Claire Alora	7 lbs. 2 oz.
29th..... Rachel and Nathan Laing	Sylvia Margaret	8 lbs. 6 oz.
30th..... Karen and Thad Turano	Ryker Andrew	7 lbs. 14 oz.

Preserving the Midwifery Model of Care

The women of CHOICE have provided midwifery services and childbirth education to the Central Ohio community since 1977. If you have not visited us recently, then you might not know that we have moved to a great new location in Worthington. We continue to grow and offer our community a variety of comprehensive childbirth services. In the article below, you can see what we've been up to this past year!

If you are receiving this newsletter, then you have been touched by the services CHOICE provides. We will not hold a fundraising event this year; we have decided to instead reach out to our supporters through an annual fundraising letter. We hope this will offer our friends a new avenue to continue assisting our organization. Through your support, the Midwifery Model of Care will continue to be available to future generations within our community.

We greatly appreciate any financial donation you are able to make to our organization. All contributions are tax-deductible, and feel free to make use of the bottom of this form for your tax records. Please make checks payable to CHOICE. Donations will be used to help expand our services, community outreach and continuing to offer families choices in their childbirth experiences. Thank you for your continuing support!

The Board Members & Staff of CHOICE

CHOICE The Year in Review

- We moved into our new office building in August 2009. We now have more space and four prenatal rooms for clients. We welcome you to come visit us at our new location in Worthington!
- CHOICE midwives and doulas attended a record-breaking 112 births in 2009. That's an almost 50% increase from the previous year.

November 2009

3rd	Sayedeh and Pooya Kasmai-Nazaran	Hosna	6 lbs. 9 oz.
6th	Beth Conrey and Yutan Getzler	Prinah	8 lbs. 7 oz.
7th	Amira and Kirk Hartman	Grady William	6 lbs.
12th	Carissa and Eric VanMeter	Ethan Jeffrey	8 lbs. 10 oz.
14th	Mandy and Tim All	Isaac Henning	7 lbs.
15th	Kristina and Greg Baumgardner	Kambrie Mae	8 lbs. 15 oz.
24th	Jamey and Tom Bolton	Emma Leigh Mae	6 lbs. 6 oz.
25th	Andrea and Aaron Cornaby	Violet Paige	8 lbs.
27th	Celia and Jason Tincher	James	6 lbs. 4 oz.

December 2009

10th	Tiffany and David Gibson	Cannon	8 lbs.
14th	Lauren and Kellan Williams	Arlo Zachary	8 lbs. 13 oz.
17th	Andrea and Mike Tighe	Alexander Joseph	8 lbs. 12 oz.
17th	Ann and Jonathan Tepperman	Nadav Anthony	6 lbs. 12 oz.
23rd	Carrie and Joe Detty	George Douglas	10 lbs. 1 oz.
30th	Hilary and Darrin Rosebrook	Bryson James	8 lbs. 9 oz.
30th	Lauren and Garrett Mullet	Solomon Emmanuel	8 lbs. 13 oz.

January 2010

7th	Valerie and Len Mikels	Ethan Edwin	7 lbs. 11 oz.
14th	Jordan and Darren Melahame	Lawrence Joseph	7 lbs. 10 oz.
16th	Kelly and Michael Carr	Cameron Elaine	10 lbs. 10 oz.
25th	Michelle and Dave Starner	Natalie	7 lbs. 11 oz.
27th	Kasey Haedge	Michael Alan	7 lbs. 2 oz.
27th	Stull	Zachary Brice	7 lbs.
28th	Lisa & Charlie Beck	Kathryn Elizabeth	7 lbs. 7 oz.
29th	Nikki and Jim Burks	William Shepherd	7 lbs.
30th	Rebecca and Antonio Coliccio	Noah	7 lbs. 9 oz.

February 2010

3rd	Mary and Oliver Decker	Leo	8 lbs. 10 oz.
6th	Rebecca and Terry Douglas	Hailey Lynn	9 lbs. 2 oz.
10th	Kelley Wagers and Terrence Farmer	Veronica Pearl	7 lbs. 3 oz.
14th	Elyse and Todd Gentry	Lila Pilar	7 lbs. 1 oz.
14th	Molly and David Biddle	Chelsea Jane	8 lbs. 4 oz.
15th	Ty Debevoise and Laurence Flaum	Cosette Amelia	6 lbs. 2 oz.
17th	Amber and John Cabrera	John Christopher	10 lbs.
21st	Cassie and Josh Smith	Morgan Bamberg	8 lbs. 6 oz.

March 2010

1st	Jan and Jason Schone	Jade Ella	8 lbs. 8 oz.
7th	April and Martin Blaine	Marcus Deason	8 lbs. 2 oz.
7th	Kathryn Campbell-Kibler & David	Jesse Jay	8 lbs. 15 oz.
9th	Genevieve and Jeremy Gullede	James Joseph	9 lbs.
9th	Melissa and Tom Squeo Laudick	Henry Joseph	7 lbs. 2 oz.
14th	Jenny and Brad Kovach	Joseph Douglas	9 lbs. 5 oz.
15th	Laura and Eric Kretler	Zoe Bellatrix	8 lbs. 7 oz.
18th	Stephanie Knopp and Jared Anzalone	Rilynn Grace	7 lbs. 11 oz.
22nd	Leah and John Heflin	Wyatt	8 lbs. 5 oz.
23rd	Monica and Dane Scott	Saiah Kellan	8 lbs. 1 oz.
26th	Pamela Paxton and Paul vonHippel	Cassie Jewel	7 lbs. 6 oz.
26th	Pruitt Shutt and Drew McCoy	Dash Clark	6 lbs.
29th	Archna and Nick Hazelbaker	Arya Lakshmi	7 lbs. 3 oz.

- 119 families attended CHOICE's childbirth education classes in 2009.
- An additional 28 families consulted with CHOICE to help learn their birthing options.
- Our resource room had 220 donations and pick-ups in 2009. We are happy to accept maternity clothing, baby clothing, toys or other infant accessories in good condition for our resource room.
- CHOICE midwives were invited to speak to several community organizations to help educate their members about gentle, natural birth options.
- We participated in the following community events: Baby the Planet, Earth Day, Community Festival, The Hot Times Festival, The International Festival, Women's Night Out and Women's Day. We estimate that we spoke with 8,600 people. Great community outreach!
- After 33 years serving the Central Ohio area, we are now helping second generation CHOICE families have their babies at home.
- Two of our midwives offer additional services—prenatal massage therapy and placental encapsulation.
- Our Parent Support Group has grown tremendously this past year! They have an active e-list, weekly meetings, sponsored speakers, group outings and a Mothership Fund which helps provide grants to families who need financial assistance.
- Our newsletter, CHOICE Words, is published annually.
- We have expanded our lending library to include many popular parenting & childbirth books and DVDs.
- Our dream for the future is to establish the CHOICE Wellness Center! We hope to one day increase our office space to include two floors of our building, and provide space for lactation consultants, massage therapists, chiropractors, acupuncturists and other family-friendly alternative practitioners.

“CHOICE enabled us to have the positive birth experience we wanted” ~ The Tighes ♥

April 2010

1st.....	Jamilyn and David Gay	Judah Samuel.....	7 lbs. 2 oz.
10th.....	Theresa and Scott Gessels.....	Ava.....	6 lbs. 13 oz.
10th.....	Kelsie and Kyle Myers.....	Marion.....	9 lbs. 9 oz.
16th.....	Amy and Vince Tremonte.....	Aaron.....	9 lbs. 1 oz.
16th.....	Pallawi and Bhushan Chaudhari.....	Akash.....	9 lbs. 12 oz.
16th.....	Michelle and Curt Attias-Goldstein.....	Lucian Jacob.....	8 lbs.
19th.....	Brittanie Parsons & Clay Weiland.....	Dedrich Wolfgang.....	8 lbs.
20th.....	Claire and Steve Kolb.....	Lucy Hope.....	9 lbs. 7 oz.
24th.....	Michelle and Brian Salmons.....	Eva.....	10 lbs. 4 oz.
29th.....	Kasey and Kent Huffman.....	Lydia Sabine.....	7 lbs. 14 oz.

May 2010

3rd.....	Sarah and Sam Morris.....	Benjamin Bartley.....	7 lbs. 5 oz.
7th.....	Emily and Elvis Williams.....	Max.....	7 lbs. 7 oz.
8th.....	Kelly and Tony Phipps.....	Max Timothy.....	8 lbs. 8 oz.
8th.....	Jennifer Perdue and Michael Taylor.....	Makenna Ashley.....	7 lbs. 5 oz.
9th.....	Susan and Shaun Chapman.....	Ryan Matthew.....	10 lbs. 9 oz.
12th.....	Sheilah and Marcus Wilson-Buroughs.....	Ily Rose.....	9 lbs. 12 oz.
12th.....	Clarissa and Brian Cooper.....	Evelyn Emelia.....	8 lbs. 6 oz.
13th.....	Mary Klain and Jim Musser.....	Gabriel.....	5 lbs. 15 oz.
15th.....	Jennifer and Chad Gress.....	Colton Benjamin.....	9 lbs.
17th.....	Janine and Eric Zielinski.....	Jude William.....	7 lbs. 13 oz.
21st.....	Gretchen and David Ratliff.....	Cora Rae.....	4 lbs. 8 oz.
21st.....	Nicole and Matt Panko.....	Vincent.....	7 lbs. 4 oz.
22nd.....	Michele and Jesse Bower.....	Lillian Michele.....	8 lbs. 3 oz.
23rd.....	JoAnn and Alan Morvai.....	Autumn Joy.....	8 lbs. 11 oz.
25th.....	Eileen and Christopher Colegrove.....	Victoria Evangeline.....	9 lbs. 12 oz.
30th.....	Carley and Justin Schupp.....	Zackary.....	8 lbs. 2 oz.

June 2010

2nd.....	Kacey and Steve Hatmaker.....	Chloe Grace.....	7 lbs. 3 oz.
6th.....	Courtney and Chris Ridenour.....	Keenan Ender.....	8 lbs.
9th.....	Lindsey and Mike Marsolo.....	Fletcher William.....	8 lbs. 3 oz.
9th.....	Rachel Siddens and Terry Cravens.....	Drew Donnelly.....	7 lbs. 15 oz.
10th.....	Michelle and Ken Nekic.....	Alexander James.....	4 lbs. 11 oz.
10th.....	Anne Baird and Brent Sohngen.....	Ethan McGrath.....	5 lbs. 8 oz.
.....	Daniel Patrick.....	6 lbs.
11th.....	Sommer Renaldo and Chris Hawker.....	Nico Augustine.....	8 lbs. 3 oz.
12th.....	Rehema Kahurananga.....	Isaac Musa.....	7 lbs. 13 oz.
17th.....	Brittaini Pulver & Aaron Montolongo.....	Adelina.....	8 lbs. 8 oz.
17th.....	Therese Allen and Nicole Payne.....	Silas John.....	10 lbs. 1 oz.
30th.....	Tricia and Scott Lerdon.....	Evelyn Jean.....	6 lbs. 3 oz.

CHOICE Awarded ComFest Grant

CHOICE was awarded a Comfest grant for the second year in a row!

This year we improved our educational teaching aids for our Childbirth Education Classes and Prenatal Care Program. We also expanded our free community Lending Library with lots of new books!

Thanks for visiting the CHOICE booth at Comfest and for all your continued support! ♥



Parent Support Group News

Why I love the CHOICE Parent Support Group

By *Stefanie Osborne*

True story: A neighborhood friend, who is also a mother of two, asked about my CHOICE bumper sticker. When I confessed, yes, both of my children were born at home, she blurted out, "Whatever made you think you could have your baby at home WITHOUT ANYTHING?" She was joking, sort of, but clearly thought that I was crazy.

Later, when I had time to think about

how defensive she made me feel, I wished I would have come back with "Whatever made you think you couldn't?" But you know how it is. I babbled something about how it was tough, but rewarding, and changed the subject by asking about her births.

That was when I knew that I needed to find my tribe. The CHOICE Parent Support Group was sparsely attended at the time, but I stuck with it and began scheduling discussion leaders for the first and third Tuesdays of each month. Now there are at least half a dozen moms at every Tuesday meeting.

I have learned so much from the guest speakers and even more from these moms who are not afraid to question everything our culture assumes about parenting and find the best choices for their families. Best of all, when the subject of birth stories comes up, no one is ridiculed for planning the kind of birth she wanted. Whether we are talking about bonding, postpartum depression, or herbs or natural treatments, the conversation often wanders in that direction. I learn something from every story I hear and I feel like I am more calm and prepared for whatever my next birth may bring. I wish every woman heard these stories. I'm sure fewer would doubt their abilities.

This group meets every Tuesday from 11 a.m. to 2 p.m. Parents with babies and small children come for all or part of the meeting, depending on their naps.

Every week, parents share the joys and challenges of raising little ones, expectant moms hear birth stories, new moms discuss their recent experiences with people that understand and value natural birth choices, and all are strengthened and encouraged to be the best parents they can be.

This year the group began scheduling informative workshops on the first and third Tuesdays of the month. So far, discussions have included: cloth diapering, natural cleaning, baby sign language, vaccine pros and cons, slings and baby carriers, and herbs for babies and children.

On the other Tuesdays, the Parent Support Group meets at the Whetstone Rec Center Playground to play and chat, weather permitting. ♥

Upcoming Workshops

The Parent Support Group has planned workshops and presentations for the rest of the year. Below is a list of what is planned:



2002 Parent Support Group Picnic

Tue Aug 3..... Elimination Communication..... Jenn Brooks

Choice momma Jenn Brooks will share her experience with going diaperless and recommendations for early potty use.

Tue Aug 17..... Mental Health for Moms & PPD.. Michelle Risser

Michelle is a Mental Health Therapist whose workshop will include maternal mental health concerns, resources and warning signs.

Tue Sep 7..... Alternative Baby Shower/Blessingway..... Shannon Brewster

Shannon will lead us in a discussion of alternative baby shower ideas. Come and share your experiences with this motherhood rite of passage.

Tue Sep 21..... The Vaccine Debate

Vacines, alternative schedules, not vaccinating... There are so many options and viewpoints out there. Come and hear what other moms in our group have chosen.

The Parent Support Group meets every Tuesday at the CHOICE Office to share birth stories and the joys and challenges of parenting. New moms and those planning for birth and parenting are especially welcome. Meetings are informal. Feel free to drop in any time and bring snacks and little ones.

Join our Yahoo Group, <<choice_parentsupport>> and the <<CHOICE Parent Support Group>> Facebook group for discussions and updates. ♥



Birth Stories

Fletcher William, 6-9-2010

I woke up at 2:19am with a contraction. Definitely not the first time it had happened, so I thought nothing of it. Got up, peed, went back to bed. A few minutes later, I had another contraction...2:29. Ten minutes...interesting. I tried again to go to sleep, but had another contraction 10 minutes later. I'm not sure how long I stayed upstairs,

totally random. It was slow and boring, and I was really tired. I played sudoku online for a while, timing the contractions in my pregnancy journal. I texted my mom around 5am to tell her not to go to work...she had called the night before to tell me she had a feeling that the 9th would be "the day," and had found back-up at work if necessary. She responded with "Yay for you babe!" and I went upstairs and crawled back into bed. Told Mike things hadn't really progressed, but hadn't stopped, either. He said "I wish your water

over and hang out and she showed up around 8am.

The loose stools started around 4am and lasted until about 9:30. I was in the bathroom every 10 minutes for a while there. It was ridiculous, and annoying, but I'm thankful for the usefulness of spending half of labor on the toilet--better there than in the birth tub! Once that all started we were pretty sure this was real labor (I had the same "problem" during Cam's labor). I went upstairs eventually, where it was



but I flopped around in bed for a while and rocked on all fours on the floor for a bit, trying to decide if this was "it" or just random contractions. Eventually I told Mike I was going downstairs, and that things *might* be starting. He mumbled something and went back to sleep.

Things continued that way for a couple of hours. Maybe getting stronger, but not longer or closer together--occasionally they'd come every 5 minutes, but would go back to 8 or 13, just

would just break, because then we'd know."

Cam was up a little before 6am, and we went in to get him at 6:20. Came downstairs and got his eggs made, and the contractions got a little stronger but were still far apart. I called my midwives (Kelley and Audra) at 7am and gave them the heads up. Audra encouraged me to time how long the contractions were (not just the spacing) and I said I'd call her back in an hour. I called my mom to just come on

quiet, and played sudoku some more and chatted with my mom. Mike started filling the birth tub and kept an eye on Cam (who spent most of the morning watching TV and eating snacks). I talked to the midwives again...Audra needed to arrange childcare for her son, Kelley had an appointment at 11am, so both were just making sure this was the real thing and that I would need them soon. Kelley had Audra come to her house (which is about a mile from mine), so they would both be close and ready.

Mom and I sat upstairs for quite a while, just gossiping. It was a great distraction. I just sat there on the floor...the contractions were still coming every 7-12 minutes, though they were stronger and were lasting 50-70 seconds. "Active labor" is considered contractions every 3-5 minutes, lasting 60 seconds each...I wasn't really supposed to get into the tub until they were coming at least every 5 minutes, for fear of slowing things down. I called Audra and asked her about getting in too early, and she said I could always get out and take a walk if things slowed down in the water. I was starting to get impatient, but FINALLY things started picking up around 9:30...contractions coming every 4-9 minutes. I complained to my mom that they were getting kind of strong. She went downstairs and traded places with Mike. I had 4 contractions 5 minutes apart and hopped on into the water.

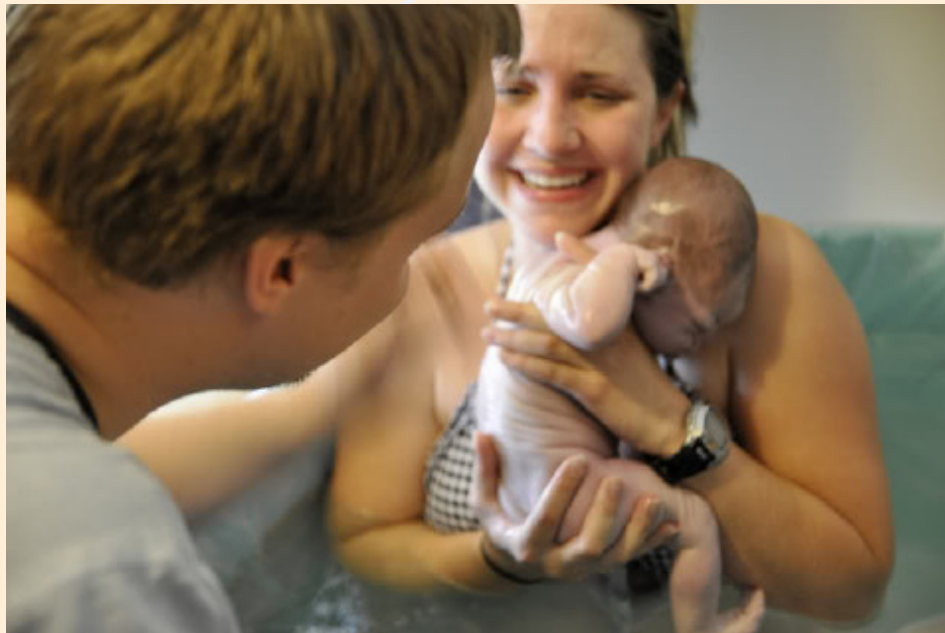
Right away, things went a little crazy. I was suddenly having contractions every 2-3 minutes. They were strong, and long, and close together. The water was a little warmer than I wanted... Mike turned on the ceiling fan and I opened the window a little. It was raining and cool with a nice breeze coming in. Total opposite of the warm, sunny afternoon I'd imagined for Birth Day. I was on my knees, leaning against the edge of the pool. Mike was keeping track of my contractions now, noting them in the journal. I kept saying, in between contractions, "these suck" or "man, these are harder than I thought they'd be at this point!" Everything was suddenly moving fast...I had hardly decided it was "real" labor, and now it felt like we were close to the end. A couple of them were only one minute apart, and I told him he should probably call the midwives.

I sat there looking out the window, watching for their cars. I moved a little so they didn't walk into the room and be staring straight at my rear end--oh, the silly thoughts that come to mind in intense moments. I couldn't *wait* for them to get there and check me. Things had gotten hard so suddenly...if this was just the start of active labor, we were in trouble. I knew that my contractions matched up with transition, but it didn't make sense...had I skipped active labor?! Or just not gone "by the book"?

They arrived at 11am. Mike said they all knew I was getting close, because I started moaning then. They unpacked their things, something I'd missed during labor with Cam. I saw the little resuscitation mask, the birthing stool, other supplies. I asked Kelley to check

she meant..."what are you saying?" "You're complete!" She said she could feel the bag, slippery over the baby's head. She said she thought she felt hair.

Right after that, I felt like I needed to push. It was so different this time... everything was different! With Cam, the pushing contractions were easier than transition. I got the urge to push, pushed for little 3-second spurts, stopped when I felt burning/stinging. With Fletcher, the pushing contractions hurt and I just wanted to bear down and push. HARD. I was so afraid he would come too fast and that I'd tear...I said that at some point. Kelley had her hand supporting my perineum and said I wouldn't tear. She said the head was *right there*. There was so much pressure.



I was making noise, groaning and growling with the pushes and Cam made his way upstairs at some point...someone sent him back down again (I was thinking in my head "please let someone remove him from the room!" but couldn't say it). I pushed a couple of times...felt my water pop. Another urge...pushed really hard and got the head out half-way...did the same darn thing with Cam, that hurts! The need

me and asked if I needed to turn around. I really didn't want to move...the contractions got much stronger when I moved. She said she could check me from behind, and I had a couple of really close contractions that felt different...new pressure. Then she checked me--with Cam, I remember hoping to hear "5"...if I wasn't at least halfway done, we were in trouble, because it was getting hard. I was 9cm then. With Fletcher, I was wishing and hoping she'd say at least 7, because if this wasn't transition...yikes. Kelley said "I don't feel any cervix." I was irritable...wanted to be sure I knew what

to push was still there, so I did and the head came out. Kelley said "the head's out, I'll check for the cord." I didn't wait...couldn't wait. I felt almost out-of-control...he was just rushing down and I couldn't do anything but help him. So much more intense than Cam's birth. I pushed and his body flew out (well, that's what it felt like!). My mom said "that was so fast!" Sixteen minutes of pushing...after 78 with Cam! Fletcher was born at 11:39am...less than 40 minutes after the midwives arrived...oops. Good thing they were close!

Audra passed him between my legs

and I looked down to pull him up out of the water. Face down, so water could drain out of his mouth. I pulled him up on my chest, and Kelley told me the cord was short, not to pull too hard. She had to say it two or three times before I really heard her. I held him down a little, kept him in the water. They covered us with a towel and Mike said “what is it?” I held him up and saw the goods...”a boy!” He was so wrinkly, and seemed so small but so big at the same time. You know how it’s immediately hard to imagine them inside of you, even though they just came out? A lot of people had thought he’d be a good bit bigger, because he was later than Cam, but he seemed a similar size to me.

Speaking of Cam, he came upstairs just after Fletcher was born. Mike held him and he pointed to the baby and said “baby come out Mommy’s belly!” He wasn’t jealous or scared or confused...he was as happy to meet Fletcher as we were.

I got out of the water and climbed into bed. They covered us with towels and blankets and Kelley asked if I felt like pushing out the placenta. I remember having an urge to with Cam, but didn’t this time. After a few minutes she had me give a little push and out it came. Kelley checked me for tears (none!)



and they left us and went downstairs to work on my file while Mike put Cam down for nap (perfect timing!) and came back to the room to sit with me and stare at our new boy. Fletcher nursed some and was so alert for that first hour. I remember Cam being alert, too, but he didn’t nurse for 12 hours after birth...just slept and slept.

After an hour our midwives came upstairs and had me get in the shower, and pee, then did Fletcher’s check-up. Temperature, heart rate, weight, etc. He was a little cool, so we left him skin-to-skin for a while. After they did his checks, the midwives left and we settled in for the afternoon/day/life. Amazing how quickly you forget life

before the new addition...I am constantly amazed that it’s been as long as it has since his birth! Yesterday was 5 weeks...what?!

All in all, another fabulous experience. But, man, was it different. Every time I think about that day, I can’t believe how much more intense it was than Cam’s labor. How totally different, from the way things progressed in the beginning, how fast I entered transition, how fast he came out, etc. I swore I would not be one of those women who push out a baby in 15 minutes! Some things just aren’t up to me, I guess... Fletcher was ready to finally join us, after waiting 9 days longer than his brother did. We are so glad he is here.♥

Pregnancy Programs

Bonding Before Birth

This unique work is for families who want to welcome their babies into the world in a connected and supported way. In this work, we meet with pregnant moms to build layers of support, relaxation, and a deepening into her own inner resources, and to build capacity for connection. Through this process of discussion and energy/body work, the mom learns to differentiate from her baby. Differentiation is a process of allowing the mom and baby’s energetic beings to be whole and separate. Meeting and understanding your baby when differentiated allows for greater connection.

Babies come into the world reaching for Connection

Ideally babies are able to energetically differentiate from their parents so that they can come into this world connected to their own purpose and instincts. Many of us still carry generational patterns from our parents that we don’t want to repeat. This work is a way to interrupt generational patterns and allow for new choices.

If you have a partner, he or she is invited to join a Bonding Before Birth session when the mom is ready and after differentiation has occurred. This experience increases the parents connection and support for one another,

and allows for the partner to begin their own unique relationship with the baby.

Bonding Before Birth work builds the resources and resilience that are essential for birthing your baby.

Babies Telling their Story

Babies need to tell their story about birth, just like parents do. Babies participate in and experience birth. We meet with mom’s and babies to support the baby telling their birth story. It gives them the opportunity to begin healing and integrating the experience immediately. This is especially helpful for babies who have had a difficult birth, c-section, or difficulty breastfeed-



For more information or to schedule a session, call Beth 614-638-9204, Rachel 288-7223, or Audra 404-5668

Audra, Rachel, and Beth completed a three-year training with Suzanne Roberts, Certified Somatic Coach and founder of the Bonding Before Birth work. The support for Babies Telling their Story is inspired and adapted from the work of Dr. Ray Castilino, and Gary Peterson, R.P.P., RCST. ♥

“Whatever they grow up to be, they are still our children, and the one most important of all the things we can give to them is unconditional love. Not a love that depends on anything at all except that they are our children.”

Rosaleen Dickson

ing, but all babies benefit from the work. We will work with babies and children up to 2 years old. We have recommendations and referrals for older children.

patterns of lack of support and isolation, because of our cultural norms and medicalized birth. As adults we can interrupt these patterns for greater support and connection in our lives.

Layers of Support

Your facilitators always work in a team of three. We do this so that the people we are working with can feel a strong sense of the Layers of Support that we build for them. Our culture takes pride in a do-it-yourself super mom mentality, but families need support to thrive. When a mom is supported her nervous system relaxes and slows to a natural rhythm. Babies are then able to relax. When mom and babe are relaxed in their nervous systems they are able to be more present with one another as they come into relationship. Once our bodies have a felt sense of this level of support, we always have this marker as a goal to come back to in our lives.

Differentiation for Anyone

People who are not pregnant benefit from the layers of support and differentiation. Most of us have generational

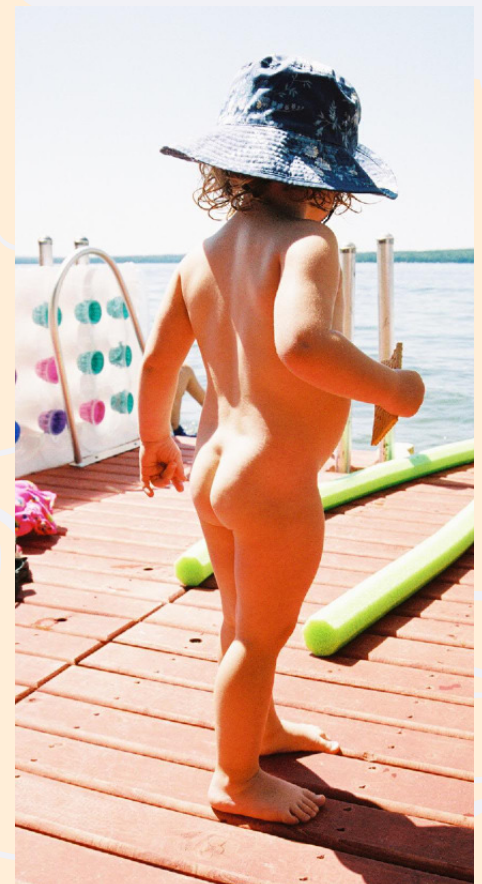
Your Facilitators

Rachel McCloskey is a mother, birth doula and apprentice midwife. As a doula and a previous client of the Bonding Before Birth work, Rachel has a deep understanding of the life-changing value of support. She is passionate about the sense of freedom that can result for babies and their families through doing this work.

Audra Phillips, CPM, is a midwife, mother and birth activist. She supports and nurtures the health, wisdom and love of families, so that they can have the most optimal beginning.

Beth Rapach is a mother of four, a birth doula, a seeker, and a lifelong learner. She is committed to this work for the sake of helping people discover what their purpose is here on Earth.

Session Cost: \$75- We are willing to discuss other arrangements, if needed.





The Herb Garden

by Jill Schroer, CPM, Herbalist

Poke Root for Mastitis

Today we will focus on the miraculous plant known as Poke. The botanical name is *Phytolacca americana*. This a very useful plant native to our area.

Look at the picture closely, then keep your eyes open for it. It is a noticeable "weed" with tall magenta stalks and blackish purple berries. The roots are what is used as a powerful lymphatic stimulant, which means it moves stagnation from and through your lymph nodes.

DO NOT eat Poke root berries! 1 to 2 drops daily is all that is needed to clear up even a stubborn case of mastitis. Do not exceed more than 2 drops per day. A Poke Root oil or salve applied topically is also very effective.

To harvest Poke root wait until fall when the plant appears to be dying off. That is when the healing energy of the plant is in the roots. Dig on all sides of



the root to loosen the soil. Follow the root with your fingers, loosening more dirt as you go, then wriggle it out of the ground. Asking it to let go of the earth really helps. You will only need one root! This will provide enough medicine for you and your friends. Please don't forget to thank the plant for providing for you.

Take it home and wash it with a toothbrush. Slice thinly directly into vodka to make a tincture. Add enough vodka so that the root is completely covered by an inch or two of vodka. Shake every day for two weeks, then strain. It is that simple. Store in a dark place or keep in amber bottles. ♥

All over the world there exists in every society a small group of women who feel themselves strongly attracted to giving care to other women during pregnancy and childbirth. Failure to make use of this group of highly motivated people is regrettable and a sin against the principle of subsidiary.

~ Dr. Kloosterman, Chief of OB/GYN, Univ. of Amsterdam, Holland

Legislative Update

by Audra Phillips

Thank you to everyone who participated in the 2010 Midwife Rally and Lobby Day, on May 12th, at the Statehouse. A great group of families, midwives and supporters gathered, even with rain on the way, to educate our legislators about the need to license Certified Professional Midwives in Ohio. Special thanks to everyone who pre-registered for the event. This gave us time to contact your legislators before the event and set up a meeting for the day of the event. Everyone attending the rally had the opportunity to learn in small groups about how to speak effectively with legislators and about the talking points that are important for our issue. Stephanie Beck Borden, Chair of Ohio Families for Safe Birth and a home birth mom, spoke passionately to the group about the need to rally now to make our voices heard, to bring change that will transform maternity care and lead to midwifery as the standard of care.

Thankfully the rain held off until it was time to move inside for appointments and the reception that followed the rally. We enjoyed lots of good food and conversation .

Special thanks to our planning crew. We began meeting and organizing several months before the event. Those lovely women include, Harvest Rider, Martha Neiset, Amy Wakeling, Jenn Brooks, Kerry Ratcliffe and Sora Colvin. Thank you to all the other volunteers, those who gathered onesies, distributed press releases, brought food, helped with set up or registration and those who made financial donations. The list goes on and on. Whether you participated in a small or large way, every little bit moves us closer to reaching our goals and making a better community.

We plan to introduce our bill to license CPM's in 2011. If you are wondering what you can do now, you can spread the word about midwifery, tell your positive birth stories and talk about the need for CPM licensure. Send your

friends and family to safebirthohio.org for more information. Stay tuned and get ready to take action in the spring.

Did you know?

- Over 1000 babies are born at home every year in Ohio
- 27 other states recognize Certified Professional Midwives (CPM's)
- CPM's are the only maternity care providers required to have out-of-hospital training and experience
- Nine states provide Medicaid coverage for home births with Licensed CPM's
- Insurance companies are more likely to pay for midwifery care with a Licensed provider
- Licensed Midwives would be able to carry and administer life saving medications to stop bleeding emergencies after birth, as well as Rhogam for rh- mothers.

Audra Phillips, CPM
Ohio Midwives Alliance, President
614-404-5668
audralp@earthlink.net ♥

