



HOME BIRTH AOTEAROA

DECEMBER 2022

Skip to the end for some incredible photo's of hui and conference!

Tēnā koutou

Sending love to our home birthing community as I know Christmas and New Years can be a busy time for us all, I hope you are all managing as well as you can and have a tonne of support around you. I have been loving my time as cochair now working along side our other wonderful co-chair Lala. We make a great team and I look forward to chairing strongly in 2023 together. We had our last trustee meeting in November and now I look forward to winding down and preparing for some holidays with my whānau.

As you all probably know at the end of October we held the Home Birth Aotearoa conference biannual and annual hui in Kirikiriroa hosted by Waikato Home Birth Association and Hapū Wananga ki Tainui. Our theme was Honoring Te Tiriti in Home Birth and I must admit leading up to the day I really felt the pressure of creating a safe and welcoming space for tangata whenua, knowing that decolonisation and the revitalisation of our reo and tikanga can sometimes be a heavy and emotional journey. The WHBA committee and HBA trustees are also aware of the struggles we have had within the home birthing community since the pandemic begun and especially while the mandates were in effect. I so desperately wanted a weekend of healing, reconnection and revitalisation and I truly believe that we achieved that. The feedback we have received, especially from tangata whenua was that we created a safe and loving space with empowering speakers. We had nearly 150 attendees on Saturday and around 90 on the Sunday. We have never had so many attendees at conference and hui or had as many home birth regional groups present! I am so grateful to all of our speakers, our volunteers, Hapū Wananga, my WHBA committee and HBA trust. Thank you to everyone who came with wonderful energy and support for home birth and honoring te tiriti o Waitangi in these spaces. We look forward to seeing you all next year in the top of the South for a more relaxed weekend long hui!

On the 23rd and 24th of November I attended a New Zealand College of Midwives board meeting in Ōtautahi. A huge thanks to head office who do such a wonderful job at organizing these. It was a very productive and full on two days with many discussions, some more intense than others. I really want to acknowledge the strong tangata whenua and tangata tiriti in these spaces who push for change, there is always work to be done especially when it comes to honoring te tiriti o Waitangi. I have been enjoying my time on the board as a consumer voice for our home birthing whānau and especially to be adding another Māori voice to important conversations. I always feel particularly inspired after spending time with and listening to our wonderful kuia Crete Cherrington. What a powerful treasure she is!

Meri Kirihimete me ngā mihi o te tau hou e te whānau. Kia haumaruru te haere i tēnei raumati.

Ngā manaakitanga,
Bobbie-Jane Cooke (Ngāi Tahu, Te Atiawa)

Home Birth Matters- a Magazine

We created a magazine! Home birth hearted and focused, full of stories and articles. Trust us when we say that it is a must have for all expectant mums, parents and families. These will be available on our new website. In the meantime, if you can't wait for the website, send us an email or a message and we can work something out. Thank you to everyone who purchased a copy at conference. We would love to hear what you thought of it. Thank you so much to Vivienne Oliver who put so much time and energy into this project.

Website and Ante Natal Series update-

Homebirth Aotearoa have been working for a few years now on creating and launching a new, easier to navigate website. We had aimed to have this ready to launch in October of this year however after a few hiccups (of course), we are hoping this will be ready and completed by the end of this year. Our website will now have the ability to have a shop where all profits from sales will go directly back into our community by way of regional grants etc. This is something we feel very passionate about. Essentially when you buy something from us, a portion of that will go directly back into our regional groups. This allows them to have birth pools, upgrade their equipment and resources or hold a special event.

This year we have enlisted the help of Kristin White to create a homebirth focused ante natal series. Kristin will take you on a journey of understanding why homebirth works, why it is safe, what if you need to transfer, everything your midwife brings to your home, breastfeeding, the fourth trimester and more. This will be available for free for anyone whom has access to a phone/computer. Our mission was to create a series with information that as many people as possible would have access to, removing barriers. Please keep a look out for when these exciting things will be launched- they are a long time coming.

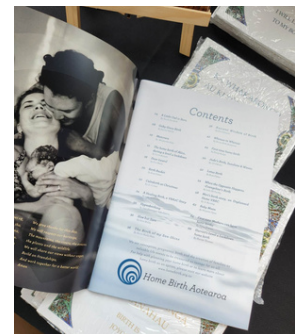


The above photo is by Alexa Pederson of @alexa.doula on Instagram. Alexa recently won a silver award in the International Birth photographer of the year awards. CONGRATULATIONS!



-Photo above- Bobbie-Jane Cooke and Crete Cherrington

-Photo's to the right of our Home Birth Matters Magazine



Oamaru have started a new regional group and are looking for members. Email them at oamaruhbgroup@gmail.com

@homebirthaotearoa
admin@homebirth.orgnz
<https://homebirth.orgnz>

"It's important to remember that our bodies must work pretty well or their wouldn't be so many humans on the planet"

- Ina May Gaskin

Incoming Co-Chair Lala McCarthy

HBA would like to announce our newly elected co-chair, Lala, who will be chairing alongside Bobbie-Jane. Together we think they make a pretty amazing team.

Lala has been a Trustee for HBA for many years now and has also put in a lot of valuable time within her local regions/groups. We are very excited to have her energy and passion helping us to lead the trust moving forward.

Lala has 5 children at home aged 4 years to nearly 15 years and her husband is a career firefighter. Her birth stories differ significantly, from traumatic caesareans to homebirth to powerful hospital births. She is looking forward to connect more within the local homebirthing communities. If you would like to contact her directly please try via any of our social media links or feel free to email her directly-mccarthylalalove@gmail.com



-Photo above Lala McCarthy

This year we have seen lots of movement within the Trust with some of our amazing Trustees moving on and new members stepping from apprentice into Trusteeship. We currently have 2 vacancies on the Trust for 2 apprentice Trustees. Applications/nominations close December 10th 2022. Please email us asap to get an application form.

Incoming Trustee Kristin White



-Photo above Kristin White

Kia ora, my name is Kristin White and I am a mama to 3 daughters, a doula, a childbirth educator and homebirther. I am new to the Home Birth Aotearoa Trust and am excited to be part of celebrating and promoting homebirth in Aotearoa. I wholeheartedly believe in a woman's body to birth their own baby and believe home is a safe and the most optimal place to give birth for a well woman and baby. I look forward to seeing the Trust grow and being a part of making a bigger impact in the future.

Incoming Trustee Marta Willis

Ever since I was a little girl, I was fascinated by the beginning of life, especially birthing. It was no wonder that in my early twenties I stepped onto the path of pursuing midwifery. Through midwifery studies I observed and experienced a highly medicalized model of maternity care in my home country, Hungary. From those teachings, I knew I would never birth my own babies in my own country. I wouldn't be given the choice to birth on my own terms, or my own choice of place, all would be taken away from me and all women there.

I began to search to find a country where my right to birth as I needed and wished, existed. This is how I found New Zealand. Coming from a country where homebirth was illegal for many years, I was sincerely surprised to arrive and learn that so many women had, and often still have, no idea how fortunate they are to have birthing rights and choice.

Although I chose not to pursue midwifery in New Zealand, my inherent passion for working in maternity care with mamas evolved. To this day, I feel blessed to work with māmā on a daily basis as a pregnancy and postpartum massage therapist and postpartum doula through my business practice. I am now a māmā of 2 daughters and was blessed with 2 natural, intervention free births. One daughter was born at our home and our other at a birthing centre. Each and every day I am grateful to live on this land.

I feel honored to be invited and now elected as a trustee and to represent Nelson region. I have been voluntarily running the homebirth meetings once a month since moving here, 4 and a half years ago. Our beautiful group is strong and dynamic; it is magical to witness māmā connecting with each other and learning more about, or being introduced to the plethora of wonderful practitioners and holistic services in our region. My hope is that women are empowered to learn about, to cherish and to choose the options and choices available to them when it comes to their birthing journey. I am passionate about supporting, nurturing and networking as well as bringing our community together to ensure homebirths are a safe, honored and normalized possibility for now and for future generations.



-Photo above Marta Willis



My home births- a collection

-Karen Walker



Regional groups

Golden Bay

FB page- Birth Wisdom- Empowered and Home Birth in Golden Bay
birthwisdomgb@gmail.com

We meet once a month in one another's homes. We share cups of tea, some kai and hold an informal circle for whomever needs/wants to share. This can sometimes be a birth story or just a check in about where we are at in our motherhood/parenthood journeys.

We have an awesome library of books that our members can borrow from, thanks to donations from our community. We have 2 birth pools and kits that can be hired. Our local midwives are incredibly supportive of homebirth, as it equates to about 50% of the births in our area. They often refer māmā to us for pool hire and connection with the group. We keep things really simple. Very little money or advertising involved, just word of mouth and a monthly email invite. It's small, special, strong and ticks along, providing connection and information to those that need/want it. A sustainable model for a small town homebirth community.

Tauranga

FB group- Trust Home Birth Tauranga
Tauranga Homebirth Association

Our most important focus has been to support our midwives who were abruptly mandated out of work and to support our women who were abruptly left without the care for homebirth from the midwife of their choice. We have held approximately 5 meetings in Tauranga at a midwives home to offer emotional support for those affected. In September we attended the Hui organized by Aku Huia Kaimanawa midwives and shared some of the Herstory of homebirth in Aotearoa. In October we attended the HBA hui and AGM. We have pledged money towards a Hui in planning for 2023 for all of the mandated midwives and consumer families to address this urgent matter.

We are working to revive our homebirthing community to get involved again by means of more regular meetings. We continue to hire out the birth pools and califonts. We have had to buy 3 new califonts to meet the increased demand. This is directly due to aspects of the covid19 response since early 2021. For hire enquiries- sharplintaylor@hotmail.com

Wellington

FB page- Wellington Home Birth Association
FB group- Wellington Home Birth Community
http://wellingtonhomebirth.weebly.com/

whbaweb@gmail.com
WHBA has been quiet since lockdown but are currently looking for a suitable time/date for their AGM so they are able to get things up and running again. Library books and dvd's are able to be borrowed. We also hire birth pools and califonts so please get in touch to organize.

Coromandel Hauraki

FB page- Coromandel Hauraki Homebirth

We are a new group. We have a get together for Christmas/end of year on the 18th of December at 3.30pm, The Esplanade Tairua, opposite the Paku Lodge, BYO food and drink, everyone welcome. Beginning in the new year we plan to have monthly meet ups. We also have birth pools, a califont, a library of resources, tens machine and breast pumps for hire/use. Please send a message on Facebook to get in touch.

Auckland

FB group- AHBA Closed Group- Auckland Home Birth Association
https://ahba.org.nz
hello@ahba.org.nz

Auckland Home Birth Association

We have recently changed our name from Auckland Home Birth Community, to Association and are currently in the process of becoming a registered charity. We still offer all the same services- information, support, pool hire and an online Facebook support group. In person meetings will recommence in 2023. Keep in touch via our email or social media for more info..

Waikato

B- Waikato Home Birth Association
IG- @waikatohomebirth
www.whba.org.nz

Waikato Home Birth Association. We have multiple birth pools available for hire. We also have tens machines, and a double breast pump for hire. You can access these via our website or send us a message and we can help you.

We provide pepi packs to local whānau. Our most frequent sale via our website is our pool liners. Our committee aims to meet monthly but usually these ends up being bi-monthly and its the same for our home birth whānau morning, coffee group.

Canterbury

FB page- Home Birth Canterbury
FB group- Home Birth Canterbury Community
IG- @homebirthcanterbury
www.canterburyhomebirth.org.nz/
info@canterburyhomebirth.org.nz

We meet once a month on the first Monday of the month. We have seen an increase in new women and birthing people attending our catch ups and it's been great to see their partners attend as well. We are organizing a weekend casual catch up in a bid to reach more people. We have 2 birth pools for hire and have recently purchased a califont to hire out also. We provide hampers to midwives who are members with us and currently have some amazing local companies who kindly donate their products for this. The hampers are then given to new māmā after their pepi enter the world in a homebirth setting.

HBC were lucky enough to attend HBA's conference and hui in October. It was a magical weekend and a pleasure to be surrounded by incredible people. The workshops left us feeling empowered and more passionate about the home birth space. It was amazing to see so much support for homebirth and to connect with other regional rep's from around Aotearoa. It was a beautiful space to be in for the weekend and we are grateful for all the time and energy that went into the hui. We look forward to connecting with other committees and to keep providing this safe space to empower women and their births.

Taupo

FB page- Taupo Home Birth
FB group- Taupo Home Birth Community
taupo.homebirth@gmail.com

Taupo home birth group is currently quiet but has birth pool hire available. We are hoping to build our community up in the new year.

Please email or send a message on Facebook to get in touch.

Selwyn

FB page- Te Whare Tangata Home Birth Selwyn
IG- @homebirthselwyn

We have recently created this home birth group. A resource and connection point for birthing people planning a homebirth or wanting to support birthing families in Selwyn and neighbouring areas. The space has been created by midwife and Trustee Ali Woodhouse in 2022. We have birth pool and califont hire. We are looking forward to more activity in 2023.

West Coast

FB page- West Coast Home Birth
westcoasthomebirth@gmail.com

Recently we have begun to revitalize the West Coast Homebirth group after a while of being quiet. We had our first meet up in October and will continue to have regular monthly meet ups. These will be on the first Wednesday of each month. We currently have 1 birth pool for hire and our library of beautiful books to read. Whare Manaaki in Mawhera (Greymouth) are running Hapu Wananga and also offer Mirimiri and Romiromi from local practioners. Please contact us via our FB page or email.

Whare Manaaki FB page- Whare Manaaki o te Tai Poutini

Manawatu

FB page- Manawatu Home Birth Association FB group- Active Birth Manawatu
mhbanewsletter@hotmail.com

Manawatu Home Birth group is quietly starting back up with monthly community hangouts, see our FB page for details. Our pool and califont hire continues to be readily available, please send a message on FB or email us to get in touch.

@homebirthaotearoa

admin@homebirth.org.nz

https://homebirth.org.nz

New Regional Groups coming up

In November, a Zoom call was held for anyone interested in establishing a home birth group in their region. Trustee, Marta Willis, shared about her experience of running the Nelson based group, Choice Baby. Alesha Hobbs, Trust secretary, talked about the way her local group, Birth Wisdom - Empowered and Home Birth in Golden Bay, operates.

The meeting was attended by māmā, midwives and doulas from around the country. Thank you to those that attended and to all those that run groups already. Your voluntary work keeps us connected and strengthens home birth in our communities.

Home Birth Aotearoa is contracted to represent the voices of the regional groups, and to promote the home birth option in Aotearoa. As such, it is of utmost importance to the trust to remain connected with and offer support to our regions. If you are looking for a regional group or have an interest in starting one, get in touch with us via- admin@homebirth.org.nz.

Alesha will be able to point you in the right direction or give you a call to discuss what is involved with starting a group.

Mā mua ka kite a muri. Mā muri ka ora a mua.
Those that lead give sight to those that follow. Those that follow give life to those that lead.

No local group in your region or town? Try starting your own

Some groups are just a gathering of a few likeminded parents and midwives who get together now and then, whereas some are more structured, boast larger numbers and are more regular. If you are eager to facilitate some gatherings in your area you might begin by- Contacting us. We can offer you support, advertise for you and help to give you some tips and ideas on getting started, even connect you with others in your region.

Feel free to make a post in our HBA group. Once you are established you can even apply to HBA for grants to get a lending library or birth pool hire up and running or even to host a special event. Not to mention gain funding as your region's rep to attend our annual hui and bi-annual conference.

DID WE MISS YOUR REGION? LET US KNOW.

"I went to the Home Birth Aotearoa conference and hui expecting to come away with some good learning and connections. I was blown away by the depth of discussion, the raw honesty and the powerful way people shared their experiences. To hear about birth from a Māori perspective was a huge privilege, and honestly really challenged my perspective on a lot of issues around colonisation that before then, I hadn't really known about. I loved that it was a safe space for everyone to share, and that it has led to ongoing conversations within my home and community". -Georgia.

In June 2018, HBA published the below article by Sian Hannagan on our website. It was no secret even then that Aotearoa was facing a shortage of midwives. 4 years on and this has been exasperated by many of the same issues, but also due to the covid19 mandates that came in to affect in 2021. Many of the midwives whom were mandated out of their jobs in 2021 are still not back working in their communities and our communities and women and pregnant people are continuing to suffer from such a shortage. Through our social media and email, HBA has seen an a significant increase in women, birthing people and even their family and whānau reaching out, trying to find a midwife. The peak of this hit our inboxes around December 2021- February 2022 with us seeing at times, daily messages for help. The previous year these messages were rare. We are thankful in these times to be able to turn to our community by way of our Facebook group to do our best in helping find women the care they so deeply desire and deserve. HBA believes that homebirths are becoming, for a lot of women, harder to access due to not being able to find a midwife who fully supports homebirth. Women are having to default to hospital midwives and therefore hospital births.

This is a conversation the Home Birth Aotearoa Trust has often. Some of us are directly affected by the shortage of midwives and the current class action happening behind the scenes. It is something we will continue to talk about.

We would love to hear from you, our community. Our women and whānau and midwives and students- your thoughts, opinions, your experiences and what you think could happen, will happen, could change. What we, HBA could do. What you want us to do. What is the consensus. We, HBA are an umbrella for many demographic of people within our community, you all hold such valuable opinions and thoughts. Please reach out.

What happens when the midwives are gone?

Midwives in Aotearoa are the single biggest repository of birth knowledge, maternity care, and traditional birth knowledges in our country. The model of care they offer is one of the very best. While offering this model of care, they work unsociable hours in all areas of the community with woman and whānau from all areas of life. They are a front line care service, and they are skilled. They are also underpaid.

As time continues, their remuneration fails to keep up with their cost of operation, let alone cost of living. The reality is that in many areas of New Zealand, there is already a midwife shortage. As more and more midwives leave due to financial stress and overwork, we lose a skill base that for the most part is irreplaceable. Detractors of midwifery often suggest that birth should be back in the hands of general practitioners, or handed over to obstetricians. Naively they feel that midwives vacating the birth care workspace is a positive thing. Setting aside the reality that these alternatives to midwifery are not best care models for pregnant well, women. It simply won't work.

Neither surgical birth teams, nor general practitioners have the skills base, resources, or infrastructure to support primary birth for all birthing women in Aotearoa. It is not reasonable or practical to outsource all maternity to these already overstretched resources. The cost of meeting birth needs without midwifery would outstrip any expense incurred by simply paying midwives what they are worth. Just ask other medical professionals what recompense they get for working outside of business hours, or if they have to travel rurally to conduct their work. If you are having a hard time imagining an obstetrician driving two hours to see a birthing woman at 2am in her home – you are not alone. This is not their workspace.

Midwifery care without midwives would be ad-hoc, fractured, and costly. It would also be underskilled. Based on observations of other maternity systems that operate outside of midwifery, there would also be poorer outcomes. Continuity of care is a key predictor of good outcomes and of satisfaction.

Without midwifery women would no longer start seeing a community midwife early in their pregnancy. They would not get home visits nor would they have someone they could call if they had an urgent concern. They would book into crowded clinics, at specific times, to see a staff midwife or nurse. They would do all of the travelling needed for all appointments – which would instantly put quality maternity care out of reach for our less privileged communities. Labouring at home would not be an option for women in rural settings. Homebirth would not be an option. Post natal visits would be conducted by a separate service, or not at all.

It is a truth universally acknowledged within in the maternity sector, that when it comes to practicalities, midwives are irreplaceable. So why then are we quibbling over a long overdue pay increase? Surely the small cost to pay midwives appropriately would offset the huge expense of replacing an entire, skilled workforce?

-Sian Hannagan, Originally published June 2018 for HBA website.

@homebirthaotearoa

admin@homebirth.org.nz

<https://homebirth.org.nz>

WE ARE ALWAYS ON THE LOOKOUT. A DRAWING, POEM, THOUGHTS, OPINIONS, BIRTH PHOTOS AND/OR STORIES, ARTICLES... IF YOU HAVE SOMETHING HOMEBIRTH HEARTED TO SHARE, PLEASE CONSIDER SHARING IT WITH US AND OUR AMAZING COMMUNITY.

Jaimee + Marlis Positive Home Birth

I always knew two things, I would meet my baby before her due date and she would be a Cancer. The very first decision I made as a mother was that my baby would be born at home. Trying to achieve my homebirth was not easy! At times I felt unheard, incompetent, and I'd feel anxious every time I had to engage with the health care system. There was one point near the end of pregnancy where I nearly gave up the idea of homebirth and thought it wasn't worth it; the obstacles were taking away the happiness and beauty of my pregnancy. This is the part where my new found support network reminded me of the bigger picture. I've decided to leave the details of this part of my journey out of my birth story. All I will say is; don't give up, advocate for yourself, make your intentions and preferences blatantly clear, and build up your support team with like-minded people.

The night before my waters broke, just before we went to sleep, Arus commented that I was glowing. It was a new moon, so we had written some of our fears about birth on pieces of paper and burned them. My waters broke early the next morning at 1am. I woke Arus up, mostly because I needed him to confirm this was really happening. I'd had some early labour signs throughout the week. I can't explain why but I enjoyed the feeling of my waters breaking so much. By 4am, I got up for a hot shower and let Arus keep sleeping, I knew I'd need him later. I did the dishes and added some final touches to our birth space that we had set up the week before. Arus got up around 7am and helped me put the TENs machine on, the contractions were starting to feel more than mild and I read that it was best to start using the TENs early. We decided to let our birth team know what was going on and how the day would go. Just the two of us spent the day together, playing music, eating, doing laundry, snuggling the dog, and reflecting on our journey so far. To think we'd only be friends for a year by this point. It was a beautiful time to reflect on all the shifts and changes that had occurred to prepare us for this day.

My contractions were tolerable and intermittent all day, I enjoyed practicing my breathing through them. Every time I felt nervous, I would read my affirmations that I had adapted from the Hypnobirthing course. I felt at peace knowing my body was doing everything it should be. At one point, I had a shower. This was amazing and gave me a chance to see how effective the TENs machine actually was. I continued to put myself in all kinds of positions around the house and Arus and Sophia, my friend were right there, applying pressure and touch to my body and laughing at my jokes.

Around 9pm, Andi, my prenatal yoga teacher and our hypnobirthing educator arrived. We all sat around together, talking and laughing in between contractions. I loved how everyone just gave me my space to do this and how Arus knew exactly what to do. As expected, soft touch and lower back pressure was my savior. He instinctively started breathing next to me, kind of a reminder of what I needed to do without saying it. I needed that! It wasn't long before I got into the pool. I had wanted to be in there all day but I knew I would feel relaxed and was afraid of my labour stalling. So, once I felt like my baby was really ready to meet us, I got in. I spent time in there and on the toilet. I got out a few times to see if the couch or floor helped ease the back pain, but the pool was the place I kept going back to. My team kept giving me water and reassuring me. Arus called our midwife close to 11pm and she arrived before midnight. I was nearly fully dilated. This is when baby's heartbeat needed to be monitored with the doppler. After a day of running off instinct, I found this difficult to adjust to, which I expressed to my midwife. I remember saying "just put in the notes that the mother refused it". That's when it made this insane screeching noise and eventually, the doppler broke. I trusted and knew my baby was okay. A second midwife arrived sometime later. Time and details became a blur after this.

Arus was there with me for every single surge! They were short but intense. I wanted to give up. I started thinking "ohmygod, was I that delusional? Thinking I could do this at home, all those people were right, I should just admit defeat!" This thought stuck with me for quite a while and I sobbed. My whole team reminded me in their own way what that meant and Arus literally used the words "Kōhine to Māmā". The transition! I moved into all kinds of positions in the pool and I got louder and louder. They were not screams, more like roars. Andi reminded me at one point to direct that noise down into my body. I needed something to encourage me from within. Everything around me was just right, it was only me who needed that mental kick from myself, I wanted it to just be over. I was falling asleep between contractions, my body was absolutely exhausted. Arus was holding my head above the water as I fell asleep into his palm.

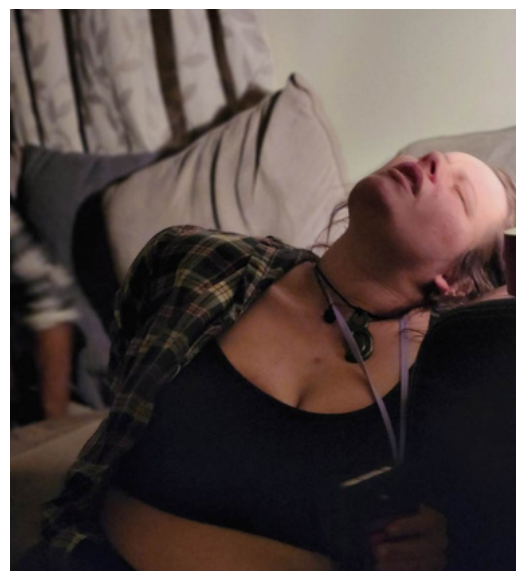
I leaned back and felt between my legs, it felt rounded, I knew my baby was there, waiting for me to find the strength. I bargained with myself, "I reckon I can meet her in 4 more pushes max" in the next contraction, I directed every bit of strength I had down my body. She just about squeezed her head through, that was the moment all my power and my belief in myself returned. In the next surge, her head came out. My midwife reminded me to pause here... I held her head, and I felt my baby turn her own body as if to get ready for my next push - we really were doing the work together. I said to Arus "our baby is here".

I did it! The next surge, she was out. I brought her up out of the water, straight onto my chest. We were instantly in love! She cried, I was in shock, my body shaking, did I really just do that?!

Everyone left Arus and I for a moment. We agreed that she suited the name we had kept secret for months and told everyone in the room. We got out of the pool and I lay down on the floor where she latched to my breast straight away. Arus, still there right by our side. The midwives offered me synthetic oxytocin to help deliver the placenta more quickly but I had thought about this and had it in my birth preferences, I said "let's see if my body can do that too", I was feeling very powerful! Plus, my baby was in my arms enjoying her first feed. Within ten minutes, I felt my final contraction and the placenta came out. Everyone was having a look at it and I loved hearing all the comments about how amazing it was - "the tree of life." We kept it for burial. The whole room was filled with love, all those hours and here she was! I'm still elated by the fact my birth dream came true!

Story by- Jaimee Perrett. Credits to- Andi at @andi_acalmspaces and Sarah at @augustlux_photography

This story has been ever-so-slightly edited to fit in our newsletter. To read the unedited version please find it here- <https://www.acalmspaces.co.nz/birth-stories/jaimee-marlis-positive-home-birth>



@homebirthaotearoa
admin@homebirth.org.nz
<https://homebirth.org.nz>

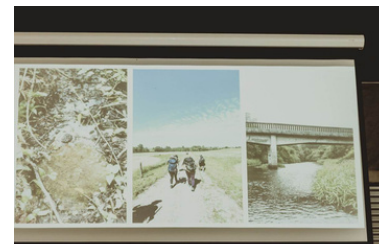
WE WOULD LOVE
YOU TO SEND US
YOUR STORY TO
SHARE

CONFERENCE

2022

Waikato Home Birth Association, with special mention to Bobbie-Jane Cooke and Hapū Wananga ki Tainui, were our incredible hosts for 2022 conference. To see more photos or hear more about it please head to WHBA social media pages.

Photographer for conference-
Yazmin May Photography



Hui 2022

Home Birth Canterbury were lucky enough to attend HBA's conference and hui in October. It was a magical weekend and a pleasure to be surrounded by incredible people. The workshops left us feeling empowered and more passionate about the home birth space. It was amazing to see so much support for homebirth and to connect with other regional rep's from around Aotearoa. It was a beautiful space to be in for the weekend and we are grateful for all the time and energy that went into the hui. We look forward to connecting with other committees and to keep providing this safe space to empower women and their births. -HBC



Photographer
for Hui-
Georgia Graham,
Birth Beheld

**2023 IS A HUI
YEAR AND WILL
BE HELD LIKELY
IN OCTOBER,
TOP OF THE
SOUTH.**

