

HOME BIRTH AOTEAROA

Nurturing the Nurturer - Home Birth Aotearoa Nelson/Whākatu Hui 2023

Kia Ora e te whānau,

September seems to have come around fast, or has it? I remember my dad telling me as a child that the days seem long but the years are short. Spring is here and with that, here in the Bay of Plenty we have seen plenty of sunshine which has been fabulous as my whanau hasn't had a dryer for a month now and with 5 children, although none in nappies any more I have a fair share of washing to get through.

I have been thinking a lot lately of our online community and the spaces there that we have created. I feel privileged to be so intimately involved with hba's social media, I often get an inside look and perspective. My heart is constantly warmed at the way kindness, support and love is so willingly given to those in our community. A perfect example is when one reaches out within our closed Facebook group with a fear or a question, numerous folk reply with advice and support. It feels like I am a part of something really sacred and really important. There truly is something special about women supporting women and goodness knows that when it comes to birth, we certainly need that.

Hba is really happy to say that after submitting our annual report to Te Whata Ora, our contract has been renewed for another year. This means that we can continue to support our community in the ways that we do. Without being able to have the contractors we do, we wouldn't be able to keep up with the amount of admin and work involved in such an organization. We would love to hear your thoughts on what you would like to see us doing. We value your ideas and love to hear about exciting new things happening around Aotearoa. Please feel free to send us messages or emails and let us know your thoughts and share your events and photos with us.

Hui is just around the corner and I can't wait to see you all there to connect in person!

Lala McCarthy
Co-chair of Home Birth Aotearoa



HUI - OCTOBER 2023

This year's home birth hui is hosted in collaboration of Choice baby, Nelson's natural parenting and home birth group, Motueka home birth and birth wisdom - empowered and home birth in Golden Bay.

The theme this year is, Nurturing the nurturer with a focus on just that. A space to nourish your birth working soul, connect with likeminded women and to have a voice on the things you are passionate about. Tickets are currently available but are limited due to venue capacity.

Spaces to hold hui are becoming increasingly hard to find with covid restrictions, keeping the cost of living in mind and our budget seeming to get tighter each year. Ticket prices are always kept to a minimum to cover catering and space hireage, with volunteers running everything and no profit being made. We ask that you bring your own keep cup and water bottle to help reduce waste and kitchen time for our kaimahi. This year is hui year meaning a smaller and more intimate gathering. Bring your knitting, your slippers, a blanket and cushion or rug- whatever you feel to make yourself comfortable and settle in.

Regional rep's please make sure you have been in contact with Alesha to ensure your travel allowance and to get your tickets. The programme is to be announced.

All are welcome, home birth whanau and those interested, midwives, students, birth workers, neighbors. Come one, come all.

Please check the event on Facebook or your emails for up to date information and to connect beforehand with others travelling out of town. We can support one another by sharing rides and accommodation.

Te wiki o te reo Māori - Māori language week
11-17 o Hepetema 2023 - 11-17 September 2023
This week, and every week, we celebrate te reo Māori. Reo Māori is an important part of te ao Māori and Home Birth Aotearoa supports its wide use in maternity care and the wider healthcare system.

During the month of September, we are gathering all profits from our whakatauki, affirmation cards and giving homebirth kits to a Māori midwife. The more cards we sell the more kits we can provide.

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Pacific Mother -

This will be screened in Nelson on October, Friday 27th at 6.15pm. HBA is not running or organizing this event however some members in our community are and with hui the following days/weekend - DIVINE TIMING.

Please consider supporting them.

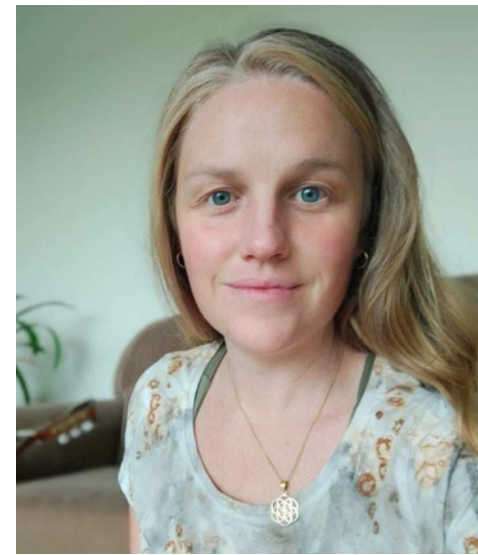
<https://nz.demand.film/pacific-mother/>

THE TRUST

ALESHA HOBBS - CONTRACT ADMINISTRATOR

In my role as contract administrator to the trust I help to keep things running smoothly while having the pleasure of working with like-minded, inspiring, home birth passionate wāhine. If you contact HBAT via email it will be me who gets back to you. In my role, I liaise with regional groups to encourage representatives to attend the HBAT annual national hui and it's a pleasure to make these connections and strengthen our home birth community network. It feels heartening to me to know that my work is for a charity that has home birth at its heart. Feel free to get in touch with me via admin@homebirth.org.nz

I'm a māmā of 2 children, my first a home birth with 2 amazing midwives and my second a free birth. I believe strongly in bodily and medical autonomy and informed consent. Since the births of my babies, I have had the desire to encourage wāhine to consider what an empowered birth most looks like for them, and to have faith in the divine body that nature gave us. I volunteer/ run our local home birth support group, Birth Wisdom – Empowered and Home Birth in Golden Bay, and also hire out birth pools to whānau in this role. In my spare time you'll find me tending the garden, soaking up the sunshine, writing poems and making nourishing food to share with my loved ones.



PORTAL - YOLANDE NORRIS-CLARKE

Imagine a birth experience that is peaceful, ecstatic, and truly pain-free. What if birth didn't have to involve resistance, struggle, agony, or "labor" of any kind; and was simply spontaneous, centered, sensual and rapturous? What if you had access to a way of knowing birth and welcoming the surge so you could experience every aspect of the expansion, opening, and emergence of your baby as paradise?

In this groundbreaking book, internationally beloved radical birth liberation activist, birth-witness, spell-breaker, way-shower, childbirth educator, midwifery teacher, and mother Yolande Norris-Clark reveals that all of this—and more—is possible for every woman. Contrary to popular belief and cultural conditioning, birth is not a medical event. It is in no way an ordeal from which women need to be "delivered," an obstacle to overcome, nor an inevitably excruciating experience that we must withstand. Instead, childbirth was created according to the sacred blueprint of our divine design to be joyful, psychedelic, transcendent, and transformational for both mother and baby.

"Portal" is equal parts memoir, philosophical and theological treatise, polemic, poetic transmission, and practical guide. This unflinchingly deep manual for transformation tackles not only birth, but all the portals in this life and beyond: relationships, spirituality, lifestyle, plant medicine, cosmic travelling, sex, orgasm, and death. The book offers a roadmap for practicing the universal principles of surrender, yielding, trust, pain-dissolution, self-ownership, spiritual consolidation, sovereignty, and energetic hygiene during pregnancy and birth. Readers will learn how to carry these concepts forward into all parts of our lives, in the spirit of true abundance.

Rather than presenting pain-free birth as an exceptional, complex, or lofty aim, Yolande openly shares that she too experienced excruciating intensity during her first eight births. It was only until the four-day-long birth of her ninth baby at age 40 that she was cracked open and offered the golden thread that allowed her to unravel everything she thought she knew about birth, herself, and the power to choose. Orgasmic birth has nothing to do with being special, being spiritually evolved, having the right kind of personality, giving birth multiple times, or even strategy. It's simply in our DNA as mothers.

The challenges we face, however, can be significant. "Portal" exposes the root causes of pain in birth, including fear programming, direct and intergenerational industrial obstetric trauma, the darkest layers of social engineering and psychological warfare, and self-sabotage. The book's focus is on the immense potential that every mother holds for life-changing bliss, peace, power, and healing, through undisturbed, spontaneous birth in alignment with our biological and spiritual inheritance.

The time has come for women to remember The Truth: we have the intrinsic ability and right to give birth autonomously, freely, and painlessly. To access bliss in birth is more than a gift we can give ourselves—it's a gift we can give to our babies, loved ones, and the world. When we choose to embody the unapologetic grace and extraordinary joy of birth in power, that choice ripples out into the collective and elevates ourselves, our families, and our broken culture to a desperately needed place of restoration and wholeness. Pleasurable and orgasmic birth is possible. In fact, it's your birthright. You only have to claim it. "Portal" will show you how.



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@BAUHAUSWIFE - YOLANDE NORRIS-CLARKE
PORTAL HAS JUST BEEN RELEASED FOR SALE ON AMAZON
AS AN E-BOOK AND PAPERBACK.

REGIONAL GROUPS

WANT TO SEE YOUR REGION HERE? SEND US AN EMAIL

WEST COAST

HBA acts as an umbrella for our numerous regional/local groups. We are here to offer support, advice, community. as such, we don't govern the regional groups as some may think. each group is able to work as best fits them.

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

West Coast Homebirth group meet on the second Wednesday of each month at the Junction Cafe - this may change as summer approaches so follow our fb for updates. We are still revitalising the group but are growing. We currently have 1 birth pool for hire and our library of beautiful books to read.

FB page- Whare Manaaki o te Tai Poutini
Email - manager@wharemanaaki.com

Whare Manaaki in Mawhera (Greymouth) are run Hapū Wānanga and also offer Mirimiri and Romiromi from local practitioners. Please contact via FB page or email.

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.

WELLINGTON

FB page- Wellington Home Birth Association
FB group- Wellington Home Birth Community
whbaweb@gmail.com

<http://wellingtonhomebirth.weebly.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.

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

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.

OAMARU

FB- Oamaru Home Birth Support Group
Our small but growing group was established at the end of 2022. We have now had a couple of get togethers and have new members joining daily.

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 mātuatanga 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.

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.

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.

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.

SOUTH CANTERBURY

Private FB Group- South Canterbury Homebirth Support Group

We have a thriving and growing group that meets once a month, usually at Gleniti Baptist Church as it has a great space for us and they are very welcoming. We have 6-10 families represented at most meet ups and discuss all manners of topics. Our goal is to be encouraging and uplifting, and a safe space to discuss pregnancy, birth and motherhood. We warmly welcome you to come along. We have a library full of helpful books and great skills within the group including, babywearing, breastfeeding and birth doula support.

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..

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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. We look forward to connecting with other committees and to keep providing this safe space to empower women and their births.

NELSON

Choice baby natural parenting and homebirth meetings are on every last Tuesday of the month. We meet at the lovely Kindred studio between 11.15-1pm. Each meeting we have a topic and/or guest speaker who is normally working within the perinatal field or with young families and whanau. Our aim is to build community and help mums to connect with each other whilst learning about the support network and local services available to enhance their motherhood journey. This is a free baby and toddler friendly event. Everyone is welcome.

For a full list of regions and their contact details please head to our website, search for regional groups.

YUYU'S CRACKERS

BEING PART OF YOUR LOCAL HB GROUP IS MORE THEN JUST TALKING ABOUT BIRTH. ITS ABOUT CONNECTION AND GROWING A COMMUNITY. WHEN I, LALA WAS PART OF MY LOCAL TAUPO GROUP WE WOULD EACH BRING A PLATE OF KAI TO SHARE. YUYU WOULD BRING HER HOMEMADE CRACKERS AND WE LOOKED FOWRD TO THESE EACH MONTH. I'M SO EXCITED TO SHARE THIS SIMPLE RECIPE WITH YOU THAT HOLDS SO MANY MEMORIES.

1 1/3 of buckwheat or any gluten free flour
 1/4 tsp xanthan or guar gum
 2 tbsp of each black and white sesame seeds
 1 tbsp fresh chopped oregano or 1tsp dried oregano
 1 tsp salt
 1/4 C extra virgin olive oil
 1 tsp sesame oil, 1/2 C water.

*You can add any herbs and/or spices to the dough, I love adding some parmesan cheese to!
 To Finish: extra virgin olive oil, flaky sea salt.
 Preheat oven to 165°C fan or 180°C bake.
 Line an oven tray with baking paper. In a mixing bowl stir together the flours, guar gum, sesame seeds, oregano and salt. Mix the oils and water together and add to the dry ingredients, stirring to form a soft pliable dough. Divide the dough into 4 pieces and roll each out in between 2 sheets of baking paper as thinly as possible. Roll out each piece of dough on a rectangle shape and cut each rectangle into strips and roll again. Carefully transfer strips to a baking tray, brush lightly with oil and sprinkle with flaky salt. Bake until crisp and pale golden – about 12-15 minutes. Allow to cool fully then store in an airtight container.
 *Each oven functions differently, be sure to check on the crackers frequently.

FATHER'S DAY



"After a long labour my wife ended up having an emergency csection with our first daughter- to be honest I cried with relief that everything she had been through was coming to an end. When she was born I went with her to cut her cord, she was wrapped up, introduced to her Mama and then handed to me. It was a pretty incredible moment (for me, probably not so much my wife not getting her baby first) and one I'll never forget." - Gareth White



"Becoming a father completely re-writes the book in an instant on what you thought living a life was about." -Dan McCarthy



"Our son Lewis passed away. It felt like the ultimate robbery. 8 weeks later we were gifted our son Tiari. Being a papa is the most humbling experience ever." -Graeme Bain

Our beautiful website now has a store feature. Here you will be able to see what we have on offer including magazines written by us, free resources, affirmation cards. You will also be able to donate a koha for us to be able to give back to our communities by way of regional group grants, birth pools etc. All of these will be available at our hui in October and the NZCOM Conference in November.

WEBSITE - STORE

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CLARY SAGE IN LABOR

Clary sage is a powerful tool to have available in your birth kit to assist with managing the discomfort of contractions.

If used as directed

- Clary sage (*salvia sclarea*) is a powerful essential oil that can be used for inhalation during labour.
- It may greatly ease the symptoms of panic, shock, anxiety and is deeply calming.
- It may aid in promoting calm breathing, balancing the central nervous system.
- Clary Sage may encourage strong and effective contractions.
- Clary Sage can be such a powerful tool that women have reported not needing any other forms of pain relief.

How to use

- The safest way to use Clary Sage is simply to inhale direct from the bottle.
- Begin inhaling when the contraction begins, continue inhaling deeply through the nose for the duration of the contraction. Stop when the contraction ends.
- Clary Sage is safest to use regularly, once softening and effacement of the cervix has begun.
- In early labour Clary Sage may be inhaled from the bottle in 30 minute increments, which may assist in establishing constructive contractions.

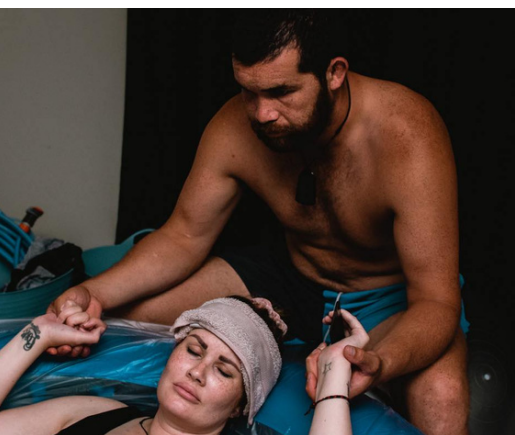
Cautions and considerations

- Always speak to your Lead Maternity Carer (LMC) about your birth choices.
- Clary Sage needs to be used with caution if you have low blood pressure.
- DO NOT use Clary Sage undiluted on the skin.
- DO NOT ingest Clary Sage.
- If you are having a vaginal birth after caesarean, do not use until established labour, please be guided by your LMC.
- For more information please contact a qualified Aromascience/Aromatherapy Practitioner.

'Clary sage regularly shows it is the most effective essential oil to promote calm during childbirth' - Gillian Parkinson, Aromascience Practitioner Le'esscience.

Only use as directed and always seek advice from someone qualified in natural medicine.

RACHEL'S HOMEBIRTH



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.

At 39 weeks I was having surges on and off. This carried on for over a week. I had taken the journey of a wild pregnancy & was planning an unassisted birth. I kept wondering about sticky shoulders and shoulder dystocia during my pregnancy & tried to work through it. I'm not sure why this kept coming up for me. I'd never experienced it with my other 3 births. I just felt like I was carrying a big baby. Bigger than any of my others. Sometimes I even wondered about twins. I had met with a midwife & told myself if I feel like I need someone then I have someone I can call. Looking back, I think all that prodromal labor was maybe fear about the shoulders?

I woke up early Tuesday morning and felt a bit sick. I was 40w4d. I got up and went to the toilet and felt a surge coming on. Because I had been tricked so many times in the last week I kind of ignored it thinking 'here we go again.' I got a glass of water and felt another coming. I timed them and saw they were 5 mins apart. I woke my partner up to warm up the pool which had been blown up, taken down, blown up, taken down, blown up and filled over the last week. I made sure this time it felt really real. Then I called my mum who lives at the back of us. She arrived and I said to her and my partner that I have to hop in the pool. I didn't care if it was too early. I jumped in and felt instantly relaxed. The surges were coming in strong, and I started to loudly vocalise. I kept needing to pee so I would hop out of the pool and try the toilet. I ended up having a massive surge in the bathroom where I groaned/roared and woke up my little 3year old. All 3 children now awake, wide eyed and watching me. My eldest was stoked as she had a meltdown a few days before saying she had been waiting 3 days for this baby and it probably won't come till April. After that bathroom surge, I didn't want to get stuck in there again so just stayed in the pool. I was still vocalising and thinking 'Arrgh this isn't doing anything apart from scaring my poor kids.'

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I remembered my breath and started to breathe in for 4 and out for 7 as each wave came. I had a thick comb in one hand and would hold my partners hand with my other. Suddenly the surges felt calmer & different. I would drift into a dream land inbetween. Almost asleep, just day dreaming. Then another would roll over me. As I was breathing out, I was feeling pushy & thought surely not already? I had decided to call the midwife. I continued to breathe and as I breathed out and felt my body starting to push I felt a little pop, which was my waters releasing. I was sitting on my bottom leaning back and each surge would put pressure on my tail bone. I wasn't exactly comfortable but I didn't know what position I wanted to be in.

When the midwife & her back up arrived I moved on to my knees and then it was on.

I kept breathing and squeezing my comb. I could feel the head coming down. I started crowning and waited, then my body pushed some more and I felt the rest of the head come out. I waited and waited for baby to turn. I could feel baby's head wriggling trying to figure out which way to turn. I was in such a la la land that I didn't even think to change position to help baby. I was trying not to push as the next surge was coming. My midwife said quietly, "You could try lifting your leg up Rachel to give some more room if you like."

Then I remembered runners pose. I lifted my leg up and felt baby turn. My body pushed again on the next surge then a beautiful baby floated out in front of me. I scooped baby up and held them to my chest. It was the best feeling in the world. Baby was holding their head up looking at me. A beautiful baby boy!

I stayed in the pool and waited for my placenta to come. The cord kept pulsing and after an hour and a half I decided I wanted to hop out and birth the placenta. I took some blissful herbs placenta release and shortly after my placenta came away. We tied babies cord off with muka and used a pounamu to cut the cord. My partner cut our baby boys cord while our children watched. After, we weighed and measured baby. When the midwife told us his weight my partner and I looked at each other in shock - 10lb6oz! He was also 60cm long. I knew I was carrying a big baby but not that big.

My labor was only 2 hours long and I pushed for 13 minutes. He is my biggest baby so far and it was probably one of the easier ones to birth. I don't know that I mastered completely pain free birth (especially those first contractions), but I got pretty close to it once I remembered my breath. After I had baby, my eldest daughter (6) came and told me that before bed she had prayed the baby would come, that it would be easy for mummy & that it was a boy. Way to melt my heart. I had my first 2 babies in a maternity home, my 3rd was a traumatic homebirth to hospital transfer. We had been trying for another baby for nearly a year and we had a loss before this little baby came through. Birthing our baby at home surrounded my little family was beautiful. My birth was the perfect healing birth for myself & my family. - Rachel Webb.



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