



HOME BIRTH AOTEAROA

June 2023

This photo and the following story and photo were all provided to us by Shaya and we have been given permission to share them with you. Shaya is a member of the Birth Wisdom group based in Golden Bay.



The free birth of Talyah Nilah.

I'm grateful for creating the free-birth my heart desired. An empowering experience full of love, collaboration and devotion. My third birth was unassisted, at home with my partner, two children and my support team. My birthing space was a bell tent with a pool I've hired from my local 'Birth Wisdom' group. Giving birth to my baby girl in the pool felt like being in a womb. I give thanks to the waters who held us and to my team for being by my side.

-Shaya Cohen Syrkin

[@homebirthaotearoa](#)
admin@homebirth.org.nz
<https://homebirth.org.nz>

SAVE THE DATE- HUI 2023
Fairfield house, Whakatu Nelson October 28-29

Talyah Nilah

Talyah Nilah, you are loved. While you swam through star studded seas. The world exhaled a space for you,
Talyah Nilah.
Your mother grew round with dreams and smiles. Her busy hands weaving a community.
Her faith, the cord which anchors you home. You are loved, Talyah Nilah.
The aunties heard the songs of your coming. They baked bread for you
And brought balms and thread.
Their voices calling you into loves song
Their arms to be your blankets and your shelter. You are loved,
Talyah Nilah.
Your father's steady hands and quiet eyes have painted the landscape of your birth with prosperity and abundance. Smoke, from the home fires, signalling to all the Gods
That here, is a man who loves
You, Talyah Nilah,
Have heard the laughter and cries of your siblings.
Through timeless memory
The blood of your mother washes through each of your veins
And you know, you belong
Talyah Nilah.
As the moon waxed in the heavens, so far from earth,
The crickets called to the stars and the waters were warmed for you,
Talyah Nilah.
Candles were lit to mark the great gates of pelvic bone through which you must pass. And an ancient dance, the rock and sway of all your ancestors, was begun in your honour,
Talyah Nilah.
And you answered your mother's call.
You reached for your father's hands
Your eyes, wide and deep with the cosmos from which you came
Your cry, loud and clear.
I am here.
And the whole world stopped,
To inhale its first breath with you in it.
You, Talyah Nilah.
You are loved.

WRITTEN BY ALESHA HOBBS



Tēnā koutou

Tēnā koutou e te whānau,

**Check a few pages
down for Bobbie-Jane's
whānau making their
birth mat.**

I have been thinking of our birthing community navigating some of these severe weather events over the last few months and the challenges they bring. A big shout out to our midwives trying to support whānau during this time. At the end of March I flew to Christchurch for an NZCOM board meeting and continued to bring a home birth voice and perspective to as many conversations as I could. It is always an honor to sit in the room with women, midwives and students who all share a passion for birth and whānau in Aotearoa. I do not forget the privilege that it is to sit in my position and would once again like to let anyone know they can contact me at bobbiejane.homebirth@gmail.com, I appreciate hearing from our community and what they are wanting or needing from HBA or myself as co chair. As I type this my own whānau impatiently awaits our last pēpi and their arrival earthside. I am so relieved to have the wonderful Lala co-chairing alongside me to help things ticking along in the trust. I have attached a picture of my husband and tamariki preparing yet another birth mat, one of our whānau traditions. This is an extra special time for my biggest kotiro who has helped her pāpā make a birth mat for all of her siblings and watched her last two siblings be born at home. We find making birth mats a really fun way to get the kids excited and involved in the birth and is also a great opportunity for conversation and connection.

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

Incoming Apprentice Trustee's Dianne De Estena and Rachel Webb

In November 2022 HBA announced that 2 seats on the board were opening in the positions of apprentice trustees. These positions have the potential to open in to Trustee position. Dianne and Rachel are our succesful applicants and we are very excited and pleased to introduce them both.



Photo above- Dianne De Estena

Hola, I am Dianne De Estena. For me home birth is in my being it is who I am, I regard it as a right for everyone who chooses it. It is such an honour to stand in that space with wahine, to share their love and joy through it all. I started my journey with my eldest, choosing homebirth and through the Waikato Home Birth Association met so many amazing wahine and midwives who led me to join more volunteer organisations and then train as a midwife which I am forever grateful for their love and support. And so I am back to support this beautiful community in another way again as an apprentice trustee for HBA this year and I am looking forward to adding my voice to the already amazing wahine here.

Kia Ora, I'm Rachel. Māmā to four beautiful babes. I had my first two babies in a maternity home in Taupō, my 3rd was a home birth transfer in Western Australia, and my fourth was born at home on the coast at the start of 2023.

Birth is such a sacred rite of passage.

The thing I love about home birth is that you are in your own little love nest when your bring your precious baby into the world. Babies & mothers being born at home peacefully & gently makes my heart sing. I'm excited to learn more about being an apprentice trustee for HBA & am looking forward to the year ahead.

Photo right- Rachel Webb



The Home Birth Aotearoa Trust is a charitable trust and was formed in 2007 to create a legally recognised national home birth organisation that would be collectively accountable and sustainable. The Trust consists of up to eight elected trustees and two apprentices, who invest in their regional home birth groups as well as in the Home Birth Aotearoa Trust. The Trust works as kaitiaki, or guardian, of Home Birth Aotearoa; it holds the kaupapa or spirit of the home birth movement in Aotearoa

New Zealand by representing the collective interests of the volunteer-led regional home birth support groups and associations.

Home Birth Aotearoa holds a contract with the Ministry of Health and is funded to provide National Home Birth Services. The Trust Board applies this contract by working in partnership with women, whānau and midwives to promote and raise the awareness of home birth. They provide representation at national maternity forums to ensure consumer voices have the opportunity to input into maternity policy and practice. They connect with and support regional home birth groups and associations, by providing grants, resources and networking opportunities. National hui are held annually to strengthen bonds, create collective vision and build momentum and strategy towards the vision of promoting home birth in New Zealand more widely.

The Trust is currently made up of co-chairs Bobbie-Jane Cooke and Lala McCarthy, Trustees Karen Walker, Andrina Martin-Bulfin, Kristin White, Marta Willis, apprentice Trustees Dianne De Estena and Rachel Webb as well as our contractors, Alesha Hobbs-administrator, Vivienne Oliver- website administrator and Lala McCarthy- social media administrator. Check our website for each Trust member's pepeha and profile and for more information on how we operate.

The Trust actively welcomes new ideas, thoughts and opinions. Please don't hesitate to get in touch.

From our hearts to yours

2023 started off with a hint of promise and hope of a fresh start after the challenges of the past year or two. These challenges varied for different people, but the home birthing community was rocked and we lost too many good midwives from the profession. For many people in Aotearoa and for many in our home birthing community, devastation and being left with shattered hearts has been the reality. Healing becomes difficult, even when we are grateful, when trauma reoccurs.

HBAT are aware of the passing of a beloved member of our community, Lou Kelly.

"Lou was professionally- a writer, a midwife and antenatal educator. But Lou was so much more than that. Lou changed the way people talk about birth and care in Aotearoa."

"Lou was passionate about improving equality for our rainbow and trans communities within the perinatal and birthing space. Lou was a queer, trans, non-binary, autistic midwife and writer. They worked tirelessly to promote inclusion for pregnant people across Aotearoa. And they were a force to be reckoned with, working on changing policies and educating health professionals on how to be more inclusive."

Lou's work was often shared on our social media pages and whilst we thank Lou for her endless contribution to our community and mourn the loss of them, we to would like to share that a give a little has been set up, with funds held in Trust by Women's Health Action Trust, where Lou worked as the Gender Diversity Lead. Donation's will support Lou's whanau (and Lou's wider community) to continue projects that honor Lou's incredible legacy.

<https://givealittle.co.nz/cause/honouring-lou-kellys-incredible-legacy>

Thanks to Emily Writes for your beautiful words. To read Emily's full words, please look at her substack- Emily Writes Weekly. Or her article about Lou at thespinoff.co.nz.

Lou created and ran an incredible Instagram page- earthside.nz, incredible information and resourses to educate and inspire.

The last month parts of our country have endured a battering from mother nature. The ones safe and warm in their homes have sat back and watched as others lives were torn and shattered. There really are no easy words to describe the pain so many are feeling as this happens, as this plays out. Please know that our hearts are with you. If you are needing midwife, pregnancy, homebirth etc; related support or advice, please do not hesitate to reach out to our social media accounts where we may be able to help. We are here when you are ready to reach out, ready to talk or to share your stories and/or experiences through this.

Where to get help-

Need to talk? Free call or text 1737 any time for support from a trained counsellor.

Lifeline - 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

Samaritans - 0800 726 666

Shine - (domestic violence) 0508 744 633

Women's Refuge - 0800 733 843 (0800 REFUGE)

Le Va - suicide prevention and support for Pasifika communities

Yellow Brick Road - mental health wellbeing advice and information hub

Suicide Crisis Helpline - 0508 828 865 (0508 TAUTOKO)

Depression and Anxiety Helpline - 0800 111 757 or free text 4202

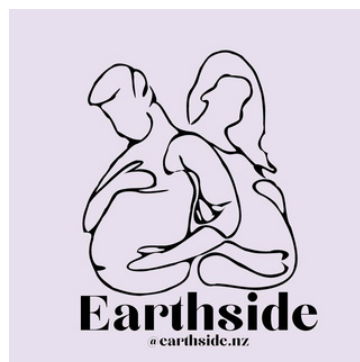
@homebirthaotearoa

admin@homebirth.orgnz

<https://homebirth.orgnz>

DO YOU KNOW SOMEONE WHO MAKES AN IMPACT TO THE HOMEBIRTHING COMMUNITY? WE WOULD LOVE TO HEAR ABOUT THEM AND THEIR WORK.

Photo Right- Lou Kelly
Image above- Lou's IG page



JUNE 6TH- INTERNATIONAL HOME BIRTH DAY

We asked our community their "whys" when it comes to home birth. We shared your answers on our social media.

HBA Trustee and midwife Karen, tells us some of her "whys".

Privacy to give space where my taane could truly be involved and feel all the feels. To optimise the hormones that give the best chance of a uncomplicated birth. To not feel the pressure of other peoples time frames. To sit on my own toilet. Access to all my food choices. I can make a cake or something whilst in labour. To honor our kids being present and no pressure of controlling their normal behaviours in someone else's work space. To feel authority and control about whom comes into our birth space. Freedom to move, roam and sing loudly. Pure bliss to snuggle into my own fresh sheets and lovely linen. To be honored with a gorgeous grazing platter after birthing. To birth and karanga on our papakainga.

I birthed at home as a rebellion to institutions control of my experience.

All births start at home and I choose to stay as there was no clinical or actual need to be in a hospital. Birth at home is to decolonise birth. Birth at home is mana enhancing. Birth at home provides my baby with the best bug exposure for immunity. Not others hospital bugs. Birthing at home limits overstimulation of sights and sounds and smells. Past trauma has made me feel powerless. Birth at home helped me to heal this trauma. Great for neuro diverse folk. I choose to birth at home as I believe in my autonomy and authority over my own body.

WEBSITE AND KOHA BASED HOME BIRTH ANTENATAL EDUCATION

A few months ago HBA launched our greatly anticipated home birth education series online. It was created by now trustee, Kristin White from @mamarise_kristin who in 2022 had approached HBAT with the suggestion. We were extremely excited and grateful to have a huge project like this underway and knew it would become a taonga for us and our community. Our plan was, and is, to keep this easily accessible by offering the series for koha. Pay what you can, and if you can't, you can still watch. All donations go towards regional group grants and further education projects. The education series is a set of 4 videos and a bonus video introducing Kristin. These are all interactive and include links to further information, statistics etc. Plus you get access to us to question and talk with directly via email or on social media. At hui in 2022 we were asked about this project and got the sense that other home birth passionate midwives and birth workers wanted to share their knowledge also. We considered that there is a wealth of wisdom and experience within our home birth community and we're interested in collating a series of educational videos/ clips from those who have knowledge/ skills to share and to also have these available on our website. To make this happen we need to think of ways to create revenue or to have people donate their time. We would love to hear your thoughts and for our community to have some input.

Recently we also, very quietly, launched our new website and online store. We did this so we could make sure we were all go and had minimal hiccups when you all came to use it. So far, so good. A few of you caught on and we have already made some sales and had orders for our beautiful resources. Take a peak to see the beautiful home birth matters magazine, te reo Māori birth affirmation cards and free resource packs. There is so much helpful information on there about pregnancy, birth and breastfeeding! We would love for you to check it out and to provide us with some feedback, to add a birth story, a photo or an article. You will find our website a joy to navigate thanks to our website admin, Vivienne, who has done an absolutely phenomenal job! Thank you Vivienne and Kristin.

GIVEAWAY WINNERS

At the beginning of May we had a few special days pop up- Perinatal mental health week and International day of the Midwife. HBAT decided to hold a few giveaways to help celebrate and add some smiles to the community. These were drawn and we are pleased to share here that each giveaway had two winners. Teresa Watson and Penny Martin were the winners of our self care packs. For IDM we asked women to tag a special midwife in their life to win a self care pack and a homebirth kit each. Our winners were Michaela Harmes from Rotorua and Janelle Clark in Manawatu. Janelle was nominated by 11 different women. How amazing! Maybe we need to interview you next Janelle. We hope these recipients enjoy their treats. We look to forward to spreading some more joy in the way of giveaways again soon.

Bobbie-Jane's whānau making their birth mat together. This has become a tradition for them and they have made a new one for each new baby.

Do you have a something special of a family tradition that you do around birth? We would love to know and share.



[@homebirthaotearoa](https://homebirthaotearoa)
admin@homebirth.orgnz
<https://homebirth.orgnz>

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.

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

Pāpāmoa

Contact either- Raigan Hodgson- Midwife, Tauranga (fb page)
or Lala McCarthy, mccarthylove@gmail.com

Pāpāmoa home birth coffee group is currently in the works and is an extension of the long standing home birth group, Trust Tauranga. A safe and welcoming space where we can sit with a cuppa, with our babies and talk motherhood/parenthood. Whilst we haven't managed to get these up and running yet we aim to asap as soon as we are able to secure a venue. Everyone is welcome. It will be held in different venues so will pay to get in touch via email.

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..

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..

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.

Regional groups

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.

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.

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

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.

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@homebirthorgnz

https://homebirthorgnz

Birth Trauma Aotearoa

Kia ora koutou, from the desk of Birth Trauma Aotearoa. Birth Trauma Aotearoa is a, reasonably new, charitable trust working in the birth trauma space across Aotearoa. We were conceptualised by a Manawatū-based Mum as a continuation of her mahi regarding birth trauma. Kate Hicks created the My Birth Story (mybirthstory.org.nz) website following her own tricky birth (which included a planned home birth – hospital transfer) when she discovered the dearth of support resources available to NZ whānau. Since launching the My Birth Story website in 2018 Kate's been able to see where the needs are in terms of birth trauma prevention and support. Birth Trauma Aotearoa's mahi focuses on 4 key areas – education, advocacy, research and support.

The Trust is guided by a Board of incredible, passionate and knowledgeable people with backgrounds covering health justice, feminist health ethics, Māori maternities, midwifery, not-for-profit operations and strategy, and kaupapa Māori maternal health programming. Everyone who works for Birth Trauma Aotearoa is a volunteer and we all do it because we can see the need and because we believe in people's right to trauma-free birth, whether that trauma be physical or psychological.

The Trust has only been operating for around a year and already we've been involved in some valuable mahi. We've contributed submissions towards legislative changes, we attended The Helen Clark Foundation's parliamentary roundtable on maternal mental health, we campaigned hard around the ACC maternal birth injury legislation changes and we continue to advise ACC as they implement these new support programmes. We've been involved in work from the grassroots up to high level advocacy.

Birth Trauma Aotearoa shares a unique consumer voice – we are consumer-focused meaning we hold Māmā, birthing person and whānau at the centre of all our mahi. The community of people who have experienced birth trauma is, sadly, ever growing. We have our own specific and unique needs, challenges and solutions. Birth Trauma Aotearoa is honoured to represent this community. One in three birthing people will report their birth as traumatic; over 80% of birthing people will sustain at least a perineal tear injury, let alone other birth-related injuries. The need in Aotearoa is huge – the birth trauma community need, and certainly deserve, appropriate treatment and care as well as a focus on prevention of these injuries.

We know, at Birth Trauma Aotearoa, that seeing any change in the culture, practices, systems and attitudes that lead to birth trauma – whether physical or psychological – will be a long road. The Birth Trauma Aotearoa team is dedicated, though, and we're inspired by the many birthing people and whānau who raise families following trauma, who birth following trauma, who strive to find healing following trauma and who support others following trauma.

To follow the work of Birth Trauma Aotearoa, please visit: birthtraumaotearoa.org.nz

If you need support following a negative or traumatic birth experience, please visit: mybirthstory.org.nz

If you would like to support the work of Birth Trauma Aotearoa, please donate here: givealittle.co.nz/cause/birth-trauma-aotearoa

Kate Hicks - Founder & CE, Birth Trauma Aotearoa & My Birth Story

@homebirthaotearoa

admin@homebirth.org.nz

<https://homebirth.org.nz>

-Photo right- Kate Hicks from Birth Trauma Aotearoa speaking and presenting at PADA

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.



DID WE MISS YOUR REGION? GET IN TOUCH!

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



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.



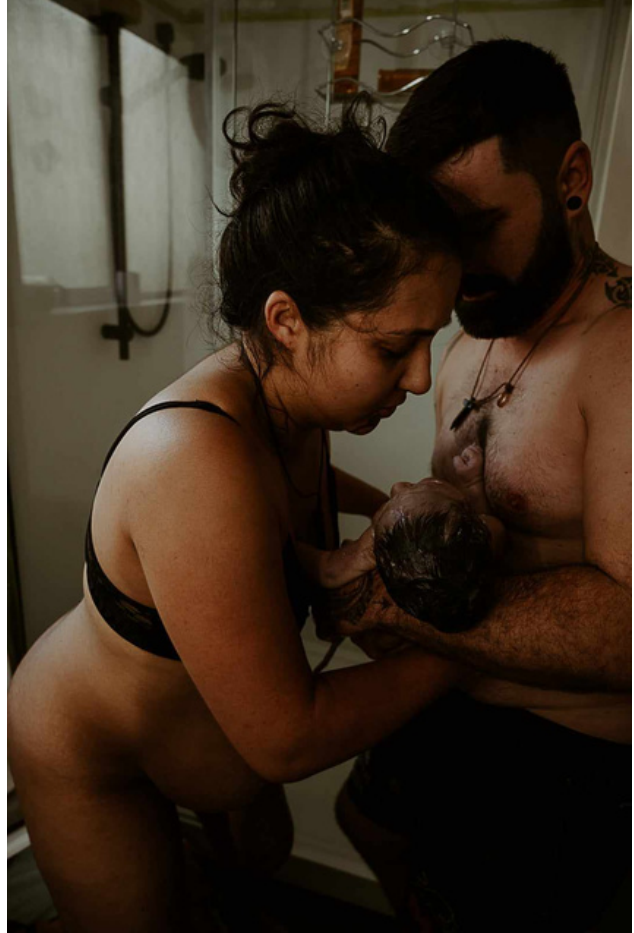
Your Midwife Choice Matters -Written by Lily the Doula for HBA. @lilythedoula

In the pits of nationwide midwife shortage, we are cautioned about being on top of securing an LMC the moment we see that second, faint line on the stick. “Run, don’t walk, to book your care!” pregnant people are told, often with the implication of ‘or else’ thrown in there. And while we do need to be proactive in securing a midwife, it should never come at the expense of settling for the first available person who says ‘I have space for your due date,’ because to do so may well limit your options. And yet, as a doula, I see this a lot. So much so, that half of my clientele last year saw me supporting third trimester mothers in a bid to find new, last minute midwives.. In these cases I was able to link them to a midwife who was willing to facilitate the births they wanted, births that their previous care providers had declined to support. Often these mothers had sought recommendations for an LMC, from facebook groups, relatives or just felt relieved when a midwife returned their text and agreed to take them on. And frankly, if you are going off midwife profiles on Find My Midwife, you’d be forgiven for assuming there is little variation in what each LMC actually offers. I can assure you-there is no OSFA offering when it comes to pregnancy care, and the key to discerning this, is to establish your own birth philosophy. Ideally, this would take place prior to choosing your midwife, but given that you can change your LMC any time, it’s truly never too late for some self reflection.

Every midwife should practice in a way that feels authentic and safe for them. So while I am, indeed, passionate about birthing people having access to the type of birth they want, I also am not suggesting that a practicing preference is the enemy here. But rather, I wish to implore those embarking on their pregnancy journeys to build a team around their own aspirations, as opposed to going with someone else’s flow.

Whenever someone asks me for an LMC recommendation, my first response is; ‘Well, where are you thinking of giving birth?’ Of course, we cannot determine how a pregnancy will unfold, but your aspirations help align you with the right person, so you are in good stead if variations do occur. I readily match people planning an epidural, with midwives who can run an epidural, and home birthers with midwives who love to home birth and believe in it. Screening LMCs may feel a little daunting, but it is totally worth it. So be brave, and ask yourself what is important, so you can put the same questions to prospective midwife.

***IN THE PROCESS OF CREATING THIS NEWSLETTER OUR INCREDIBLE CO-CHAIR BOBBIE-JANE GAVE BIRTH TO HER BABY AT HOME AND LILY THE DOULA CAPTURED THE WHOLE THING. WE ARE SO HAPPY FOR YOU AND YOUR WHĀNAU. LOVE THE TEAM AT HBAT.**



ON THE 15TH OF
MAY OUR WHĀNAU
WELCOMED OUR
SON TĀWERA
EARTHSIDE
BEAUTIFULLY AND
INTENSELY AT
HOME. FOREVER
GRATEFUL FOR MY
BIRTH TEAM WHO
KEPT ME STRONG
AND THE
OPPORTUNITY TO
NORMALIZE BIRTH
FOR MY TAMARIKI.
-BOBBIE-JANE
COOKE



MEGAN @THEBIRTHGLOW

Lola Wyse Naylor

15.05.23, 12.32am

8lb 9oz

55cm long

Born at home in the bathroom
after only 40 minutes of labour
where our photographer arrived
3 minutes after she was born.

Guided and caught
by myself.

On behalf of the team at HBAT, we would love
to congratulate Megan and her family for the
birth of their surprise baby girl.



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

Photographer- @hayley.harkness.photography