

The APPPAH Newsletter

News From the First Frontier: Conception To Birth

Official Bulletin of the Association for Prenatal & Perinatal Psychology & Health, Summer 2009

Impressions of APPPAH's 2009 Congress



Talking to friends and colleagues in Germany about the experience I had at APPPAH's 2009 conference, my enthusiasm is still breathtaking, even two month later. It was really stunning to me, as I never before experienced such a genuine fabric of important new information, a respectful and heartfelt dealing with this knowledge. and the encouragement to spread the news into the world. The congress topic melted perfectly into the nature of Asilomar Conference Grounds. Gary Malkin created a lively and touching ambiance opening heart and mind for the important presentations of so many pioneers and visionaries like Thomas Verny, Valerie Hunt, David Chamberlain, Barbara Findeisen, Gladys McCarey, William Emerson, Marshall Klaus and many others. The congress felt very authentic and convincing, like the beaming aura of a pregnant woman. I'm very sure that I can keep my promise to bring at least 3 new members from our European Community to APPPAH! *Gerhard Schroth, psychoanalyst, Speyer, Germany*

My confidence was boosted hugely by the Congress and it was wonderful to meet people I have been following for years like Michel Odent, Dr Verny, Marshall Klaus. I watched slides on their work 27yrs ago when pregnant with my first son. It changed my life and attitudes about birth and parenting and informed my decision to become a midwife. I am determined to stay in touch with the international community and at the same time make a difference here at home. I am once again teaching the 3rd year University of Cape Town med students, introducing them to obstetrics, and am able to use what I learnt at the congress to inform them and keep them interested. I enjoyed the rustic atmosphere of Asilomar, the space. The lunchtime discussions added interest to the gastronomic spread. Most of all I was inspired greatly and felt as if I had come home to my community: the large group of APPPAH members all working together towards creating a better future for our families and our children. Thank you for this amazing gift. I will treasure the memories and new friendships. *Marianne Littlejohn, midwife, South Africa*

I had a wonderful time at the conference! I enjoyed the setting by the sea. Other conferences are a great wealth of information, but APPPAH nourishes my heart and feeds my soul in a way that other conferences do not. I also appreciate the diversity of the people that attend. It is so wonderful to meet so many brilliant people from all over the world. Thank you for putting it together every 2 years. I wish it was annually! *Kaye Kanne, midwife, AK; www.junreaubirthcenter.org*

What a Congress! Americans, you are marvelous; you are so warm and enthusiastic. You cotton on so quickly and receptively. And with organizers like yours there is plenty to enthuse about. My hopes rose that APPPAH and ISPPM (our international PPN society based in lovely Heidelberg, Germany) can unite for extra power in bringing children into the world healthy and happy. My experience is that it is as much the personal *[cont. page 3]*

Letter from the Co-President

Dear APPPAH Members and Prospective Members,

What a wonderful Congress we had in April and thanks to all you who attended. We know many of you were there in spirit also. There is no doubt in my mind that APPPAH creates some powerful magic when we get together. As we move forward there are some things I'd like to ask of you. For us to grow as an organization we need great communication. Please take a minute and fill out your membership information on the member's side of our website, www.birthpsychology.com. This way we can all get in touch with each other. I am also looking for volunteers to be on a membership team. If you are interested, contact me directly at wmerthbaby@aol.com. The time commitment is one phone conference call a month. And finally, please encourage one friend or colleague to join APPPAH. That action alone will double our membership and allow us to function with financial ease.



Wendy McCord

In the last article I wrote, I challenged APPPAH to create a statement concerning the ACOG/Homebirth issue. Sadly we were not able to do this before the Congress. It is important for us to state our beliefs and take a stand on issues that can and will impact the future of healthcare in America. We are an organization well positioned to do this and the time is now. I was reminded by a friend that Bruce Lipton taught us well, that we can proceed in either fear, or love. **Systems are either in growth, or protection, and cannot be doing either effectively simultaneously.** With love and action we will grow – and affect the wisdom of our collective knowledge for the greater good of our country, children and healthcare. I purpose we establish a political action arm of APPPAH that will be empowered to take action. Please rejoin, renew and rededicate yourselves to the mission and vision of APPPAH.

Many thanks, Wendy McCord

Mark your calendars!

The next APPPAH International Congress is scheduled for **November 11-14, 2010**.

The location will once again be at **Asilomar**, in Pacific Grove because there was such positive support and feedback for being in a natural setting.

B.J. Lyman is **Congress Chair**. The Congress theme will be announced soon.

[Congress Impressions, cont. from Pg. 1]

dynamic—the spirit of these occasions, and the waves from them—that change life, as the thoughts, pictures and words generated. It’s happening. *Simon House, U.K. [Ed.: See page 7 for how to keep informed on ISPPM’s work.]*

Judyth Weaver and Susan Highsmith wove a wonderful web of healing around the 300+ attendants at this amazing congress. The cult of the ex-pert was truly hard to find! Although most who attended are PhDs and MDs, their personal EGOs were not in attendance. The spirit of openness and healing was very real. *Deb Puterbaugh, whose complete “Thank you APPPAH” plus details of her altar honoring Jeannine Parvati Baker at the Congress is found at www.edensagebirth.com*

Thank you so much for the cutting edge paradigm shifting conference. I have been a member for 22 years, and it was a step in a new and needed direction for APPPAH. The energy, consciousness, ecology, and political pieces are so real and important for us to be weaving into our organization. Asilomar created a very supportive nest in which we could really take off and fly. My mind, body and spirit were all deeply nourished. *Teresa Robertson, www.birthintuitive.com*

I am still moved by the occurrences at the 14th International Congress of APPPAH. It was, as always, an impressive occasion with 60 speakers, lots of workshops and many parallel meetings. A considerable number of ISPPM members took an active part. The atmosphere at the congress was so full of cordiality and friendliness that it was a balm for our concerns and also inspiration for our future.” *Rupert Linder, Germany, ISPPM president*

The organization of the Congress was superb. I was so well taken care of! The location was great! The extra time between presentations was brilliant. The keynote speakers were incredible! I love the common purpose and enthusiasm that exists among the members and attendees about all related matters. I love that a group of people, however diverse their backgrounds, education and professions have one, great common vision and goal. You have truly eclipsed all other Congresses in my experience!! *Deborah Peters, chiropractor, Iowa*

Thanks to all of you who made this wonderful congress at Asilomar an experience many of us will treasure for a long time to come. François and I returned to Europe with a strong sense of unity in our work to bring the crucially important discoveries of prenatal life and parental empowerment to the front of the world stage. *Julie Gerland, United Nations Representative for OMAEP (World Association for Prenatal Education)*

I very much appreciate speaking at APPPAH because I can dive into deep issues, and I don’t have to wonder, “How am I going to explain this?!” I am always very moved to be with my tribe, gathered from the far corners – 17 countries were represented – reminding me that I am not a lone pioneer. So important to have this gathering—thank you. *Karen Melton, Santa Rosa, CA*

APPPAH is a treasure of connection, validation, and support for all of us in our efforts to change the attitudes and actions of our world. Most of us are out here with our vision, essentially alone, doing our part. This was my first APPPAH Conference and I truly found myself not alone! A whole community of people from around the world dedicated to the same goals, wow! A huge thank you to those selfless visionaries responsible for organizing this wonderful opportunity. *Dennis Hertenstein, chiropractor, Santa Rosa, CA*

2009 Conference DVDs & CDs available to order at:

http://www.birthpsychology.com/congress/2009/content/pdf/Pre-conference_Order_Form_.pdf

Spotlight on a Particularly Popular Congress Session

This was, for this loyal member, one of the best APPPAH congresses ever, from both a content and a venue perspective. But one concurrent session stood out for me: Gerhard Schroth's presentation on Saturday morning, "Trans-Generational Impacts of Prenatal Violence: A Case Study in Bonding Analysis." My reserved Scot heritage—and, perhaps, my own analytic training in the rich heydays of that world at the University of Michigan—probably played a part in my appreciating so much this German psychoanalyst's reserve, his clarity, and the modesty of his claims. But not for a second did his passion fail to reveal itself as he taught us about the work of Jenő Raffai in Hungary, and his own in Speyer, Germany. In Dr. Schroth's elegant case presentation, we learned how a mother becomes able to negotiate the incredibly complex path to profound intimacy with the child inside her, while preparing for a differentiated relationship with the child who will soon be outside of her. Perhaps most compelling of all is the *awareness* of each other that grows between mother and baby, and the *respect* implied as they each learn about the other. Simply grand. In the 20- to 30-session procedure of Bonding Analysis, an expectant mother comes to honor her uterus, contact her unborn baby, experience her baby's responses, clear away the nearly-inevitable unconscious conflicts, and accomplish a preparatory separation from baby. The core concepts of the approach can be found in the 2006 book by Raffai and Hidas (*Nabelschnur der Seele*—translated, *The Soul's Umbilical Cord*), which also acknowledges the profound reach of intergenerational legacy: "In our experience... the life of a human being begins *at least* two generations earlier: in the house of the maternal and paternal grandparents. We inherit not only our genetic predisposition and our chromosomes but also the epigenetic, social and cultural framework, our psychosocial legacy" (p. 17). Plans are afoot to bring Schroth's training in Bonding Analysis to the USA. Stay tuned. *Michael Trout*, www.infant-parent.com



Gerhard Schroth

Conferences of Interest

HUMANIZATION OF BIRTH – Keynote speakers: Michel Odent, Barbara Katz Rothman, David Chamberlain, Barbara Katz Rothman, Barbara Harper, Jennifer Block | Monterrey, Mexico | October 9-11, 2009 [THIS IS A RE-SCHEDULING OF THE ORIGINAL MAY DATES, DUE TO SWINE FLU CRISIS] | Simultaneous translation | www.amayal.com/congreso2009

9TH WORLD CONGRESS OF PERINATAL MEDICINE – "Assume Responsibility for Our Future" | October 24-28, 2009, Berlin, Germany | www.wcpm9.org

THE MID-ATLANTIC CONFERENCE ON BIRTH & PRIMAL HEALTH RESEARCH February 26-28, 2010, Las Palmas de Gran Canaria; Michel Odent, organizer. Dedicated to phrasing new questions at a time when rapid technological and scientific advances have brought us to a crossroads in the history of childbirth and the future of civilization. www.wombecology.com.

WORLD SUMMIT ON CHILDBIRTH – May 5-9, 2010, Damanhur, Italy | Interested presenters, exhibitors, contributors of ideas/themes/activities, contact organizer Farfalla Vitalba | summitperladonna@yahoo.it | www.perladonna.org

APPPAH Member Snapshot: Gail Root, Founder of “Parent’s Place”



B.J. Lyman, Judyth Weaver, Susan Highsmith, Gail Root, Maureen Wolfe, Grace, Stephanie Herbert

Having a very special place for new parents to go to in our own communities is for most of us nothing more than a dream. But 21 years ago in Pacific Grove, California, Gail Root created such a place, a “Parents’ Place,” and it is still going strong. It’s a parent education program offering classes about the prenatal period through age 3 and over 650 families per week attend. Gail also supervises and mentors 23 teachers for the 50+ classes per week. Gail says: “My life has been dedicated to early parent education, as a Bradley childbirth instructor, a lactation consultant (IBCLC), a

La Leche League Leader, and an adult school parent educator.” The mission and goals of Parents’ Place [www.pgusd.org/parents] are clear and deliverable: 1) provide parents with information needed to nurture their children in a positive, healthy, and loving environment; 2) offer an atmosphere of support and comfort which encourages the building of a community of parent-to-parent relationships; 3) honor and respect family in all its forms; and 4) promote a sound educational curriculum that increases parents’ confidence and allows for diversity in learning modes. A sampling of the many classes offered: *Prenatal Yoga*, to increase prenatal health and prepare moms for labor and delivery; *Post Partum Support Group*, a discussion group about the thoughts and feelings of the postpartum experience; a *Gardening Class* for the little ones to “work the soil; *Tots in Motion*, for developing motor skills; and *Dad Time* for dads and kids only.



Gail is near completion of her Master’s degree in prenatal and perinatal psychology from Santa Barbara Graduate Institute. “My Masters thesis was on *The Grandmother Effect: The Value of Bonding With Your Grandchild Before Birth*. Having immersed myself in research on grandmothing, the evidence was clear that the value of grandmothing extends to the grandmother, the new mother, the new grandchild, the family, and the community as a whole. Research has recognized that these benefits extended to surrogate grandmothing as well.”

Gail was a guardian angel to our recent Congress, as she was instrumental in helping with a California First Five grant and, says Maureen Wolfe, “much, much more.” Members who attended Gail’s open house and tour of Parents’ Place were inspired by this rich community embodiment of APPPAH ideals. Keep on keepin’ on, terrific lady and grandmother.



Spreading APPPAH News

A big part of APPPAH's mission is to empower individuals and institutions with information about the "treasures of prenatal and perinatal psychology," and here we highlight myriad ways in which our members are engaged in that endeavor. If you have something exciting to share in this regard, please send details to the newsletter editor at DrMarcy@QuantumParenting.com.

Joann O'Leary is teaching an online certificate course, "Prenatal Developmental Interventions: Strategies for Professionals Working With Families During Pregnancy," through the University of Minnesota's Center for Early Education and Development (CEED). Past students of this course say, "I have come to have a fuller understanding of prenatal development and the relationship between the parents and their unborn baby," and "The idea of 'the baby is already here' is such a basic concept it seems odd that it was an 'Aha' moment for me. I had never heard it explained in such basic terms, and was amazed at how that simple phrase has changed the way I talk to my clients and their babies." [www.cehd.umn.edu/ceed/profdev/onlinecourses/prenatal.htm]

In May, **Laura Uplinger** gave two comprehensive talks on "Conscious Conception and Pregnancy" in Argentina: first to an interdisciplinary group of health professionals in Zapala (in Argentinian Patagonia) as part of an 8-weekend series exploring the "Sciences of the Beginning of Life." The audience was quite knowledgeable about birth psychology and the dialogue was fruitful. The second was in Santa Fe (also in Argentina), where Laura was invited by the town's City Hall as a special guest for the closing of a week-long seminar on "Respected Birth."

Giselle Whitwell announces the establishment of an international Prenatal Music Therapy Network, whose purpose is to exchange academic information among music therapists who have been working in this field as well as those who are beginning, and professionals from other fields interested in this specialty. The primary objective is to create a comprehensive database where people may be referred who are interested in these services for treatment, teaching and research purposes throughout the world. The Network was created at a gathering under the leadership of Gabriel Federico, prenatal music therapist, after the XII World Congress of Music Therapy, held in Buenos Aires in July 2008. Their website www.prenatalmusictherapy.net will be the forum of contact. The official languages of the website are Spanish and English. Interested professionals may submit inquiries to the following addresses gabriefederico@prenatalmusictherapy.net or Giselle E. Whitwell, the U.S. coordinator, at pregnatalemusic@yahoo.com

For updates on organizations who are spreading the important news of the lifelong relevance of prenatal and perinatal life (ISPPM, CIMS, SBGI and others), try out APPPAH's new homepage link, *Celebrating APPPAH Partners* <http://www.birthpsychology.com/apppah/index.html#collab>.

Resources of Note

Online Consumer Information on Birth Providers / Services – For years, consumers have enthusiastically shared online reviews of movies, restaurants, products and services, but readily available information about maternity care providers and birth settings was nearly unattainable. No longer! As part of the Transparency in Maternity Care Project, the Coalition for Improving Maternity Services (CIMS) developed [The Birth Survey](#) as an online resource for sharing consumer reviews of doctors, midwives, hospitals, and birth centers, and also for learning about the choices and birth experiences of others, and viewing data about hospital and birth center standard practices and intervention

rates. The Birth Survey is now accessible online nationwide in the United States. The Birth Survey is free and available 24/7. Women who have birthed babies within the past three years can take the anonymous online consumer feedback survey. It asks them a variety of questions about their satisfaction with their birth care provider and institution, and includes their feedback in the results, allowing other women to benefit from their experiences. In addition to the consumer data, the website will be listing obstetrical intervention data for each hospital as provided by state Departments of Health. The Birth Survey is designed to help women find quality providers and birth settings that are the best match for their needs and lifestyles. Providers and facilities will also be able to use The Birth Survey as a consumer feedback and quality improvement tool. Demo The Birth Survey at <http://www.thebirthsurveydemo.com/Terms.html>

Preemie Matters is a monthly e-newsletter from March of Dimes for anyone working to prevent preterm birth, generate awareness of surrounding issues or support families dealing with prematurity. Consumers are invited to use it to highlight your activities and help promote research, programs and educational offerings of value. The easiest way to sign up at the moment is to take Judy Meehan's generous offer: send an email with "Preemie Matters" as the subject to info@hmhb.org and she'll get you signed up (saving you hassling with Survey Monkey!).

"A Fateful First Act" is the title of a May/June 2009 *Psychology Today* article by Emily Laber-Warren that can serve those of you who'd like to provide clients, patients, students or trainees with a concise, persuasive, accessible primer on prenatal psychology and health. The magazine cover bills this as "A new view of life in utero." Photocopy at your local library (old school!), or access online at <http://www.psychologytoday.com/articles/pto-20090429-000003.xml>. Ditto a similar article published just as this issue heads to press, July 1, 2009, in *USA Today*. P&P has really made it to the mainstream!! http://www.usatoday.com/news/health/2009-06-30-prenatalcover_N.htm?csp=34

EMERSON SEMINARS WILLIAM R. EMERSON, PH.D.



WORKSHOPS (open to professionals and public)

- Personal work through pre and perinatal regressions
- Psychological and spiritual development
- Education in pre and perinatal psychology
- Psychological impacts of pre and perinatal wounding
- Learn to diagnose and treat trauma and shock
- View demonstration sessions with infants, children, and adults
- Learn to heal spirit and soul wounding

2009 WORKSHOPS

Oct. 29	New Orleans
<i>ES Office</i>	707-763-7024
Oct. 30- Nov. 1	New Orleans
<i>Patricia Dunbar</i>	504-398-4787
Nov. 5, Nov. 6-8	Minneapolis
<i>Monica Matos</i>	651-216-6029
Nov. 30-Dec. 7	Tucson, AZ
<i>Arrow De Groot</i>	206-992-1339

Call for full schedule, workshop descriptions, registration information., trainee requirements.

• (707) 763-7024 ph. • (707) 778-7274 fax
• emersontraining@comcast.net • www.emersonbirthrx.com

Reducing Infant Mortality – The Movie

At this critical moment when the US government is re-envisioning our health care system, filmmakers Debby Takikawa and Shelley Campbell are seizing the opportunity to make a 10 minute video, not only to point out the flaws in the way we care for babies and families, but also to identify the keys to improved care and better birth outcomes.

Please join them in shining a light on our unacceptable infant mortality rate in the United States. Visit www.reducinginfantmortality.com to learn more.

Here are the ways you can participate and help them increase awareness about healthy birth:

Go to the website. Watch the trailer.
Network with your contacts. Donate.

Media Watch

This section of the APPPAH Newsletter is intended to draw attention to items in the news that are pertinent to prenatal and perinatal psychology. APPPAH does not necessarily agree with, or vouch for, the scientific worthiness of any of the news items mentioned here. We mean merely to take note of what is going on, so that you may.

PRE-BIRTH MATERNITY LEAVE AIDS BABIES AND MOMS

UC Berkeley researchers found that maternity leave taken *before* giving birth is good for both moms and their babies, since women who worked right up until delivery day were more likely to have a cesarean section. In the first study of how the time off work relates to the health of both mothers and babies, researchers looked at 447 Southern California women who worked full time and compared those who took leave after the 35th week of pregnancy and those who worked up to their due date; women who took leave early were nearly four times less likely to have a C-section. “We don’t have a culture in the United States of taking rest before the birth of a child because there is an assumption that the real work comes after the baby is born,” says lead researcher Sylvia Guendelman, a professor of maternal and child health. A second study by the same researchers found that the longer a woman delayed returning to work, the more likely she was to breastfeed. Says Guendelman, “These new studies suggest that making it feasible for more working mothers to take maternity leave both before and after birth is a smart investment.” [Published in *Women’s Health Issues* (1st study) and *Pediatrics* (2nd study), reported in *SF Chronicle*, <http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2009/01/08/BAC51540IG.DTL>]

HOME BIRTHS “AS SAFE AS HOSPITAL”

The largest study of its kind has found that for low-risk women, giving birth at home is as safe as doing so in hospital with a midwife, finding no difference in death rates of either mothers or babies in 530,000 births. The research was carried out in the Netherlands after figures showed the country had one of the highest perinatal death rates in Europe, and it was suggested that home births could be a factor, given the Netherlands’ 30% home birth rate. But, “We found that for low-risk mothers at the start of their labor it is just as safe to deliver at home with a midwife as it is in hospital with a midwife,” said Professor Simone Buitendijk of the TNO Institute for Applied Scientific Research. Low-risk women in the study were those who had no known complications, such as a baby in breech or one with a congenital abnormality, or a previous caesarean section. Nearly a third of women who planned and started their labors at home ended up being transferred as complications arose, e.g., an abnormal fetal heart rate, or if the mother required more effective pain relief in the form of an epidural. But even when she needed to be transferred to the care of a doctor in a hospital, the risk to her or her baby was no higher than if she had started out her labor under the care of a midwife in hospital. The researchers noted the importance of both highly trained midwives who knew when to refer a home birth to hospital, and rapid transportation. [Published in *BJOG*, reported in BBC News, 4/09; <http://news.bbc.co.uk/go/pr/fr/-/2/hi/health/7998417.stm>]

ONGOING ATTACHMENT EFFECTS OF POSTPARTUM CONTACT v. SEPARATION

A study that whose objective was to evaluate and compare possible long-term effects on mother-infant interaction of practices used in the delivery and maternity wards, including practices relating to mother-infant closeness versus separation, found that skin-to-skin contact, early suckling, or both during the first 2 hours after birth, when compared with separation of the mothers and their infants, positively affected maternal sensitivity, infant self-regulation, and dyadic mutuality and reciprocity 1 year after birth. The negative effect of a 2-hour separation after birth was not compensated for by the practice of rooming-in. In addition, swaddling of the infant was found to decrease the mother’s responsiveness to the infant, her ability for positive affective involvement with the infant, and the mutuality and reciprocity in the dyad. [Published in *Birth*, [Volume 36 Issue 2](#), Pages 97 – 109; Published Online: 28 May 2009]

MUSIC “NURTURES” PREMATURE BABIES

Hospitals that play music to premature babies help them grow and thrive, mounting evidence suggests. The benefits are said to be calmer infants and parents as well as faster weight gain and shorter hospital stays. A Canadian team reviewed nine studies and found music reduced pain and encouraged better oral feeding. Music also appeared to have beneficial effects on physiological measures like heart and respiratory rate, reports. Increasing numbers of neonatal units are using music on their wards. “Although more research is still needed in this area, the study shows that there may be simple and cost-effective ways to provide health benefits to preterm births,” says professor of obstetrics Andrew Shennan. [Published in *Archives of Disease in Childhood*, reported by BBC News, May 2009; <http://news.bbc.co.uk/go/pr/fr/-/2/hi/health/8068749.stm>]

DIABETES AND PERINATAL DEPRESSION

A retrospective study using data from 11,024 women who gave birth between July 2004 and September 2006 has found that low-income women with diabetes compared with those without diabetes had nearly double the odds of experiencing depression during the perinatal period, even after adjusting for age, race, year of delivery, and gestational age at birth. [Published in *JAMA* <http://jama.ama-assn.org/cgi/content/short/301/8/842>, reported by National Healthy Mothers, Healthy Babies]

BABIES CRY MORE WHEN FATHERS ARE DEPRESSED DURING PREGNANCY

Previous research has associated maternal depression with excessive infant crying, but researchers in the Netherlands studying the less-understood influence of paternal depression on infant distress found that paternal depressive symptoms during pregnancy may be a risk factor for excessive infant crying. The authors suggest, “This finding could be related to genetic transmission, interaction of a father with lasting depressive symptoms with the infant, or related indirectly through contextual stressors such as marital, familial, or economic distress.” [Published in *Pediatrics*, July 2009, <http://pediatrics.aappublications.org/cgi/content/abstract/124/1/e96?etoc>]

BREASTFEEDING MAY REDUCE WOMEN’S LIFELONG CARDIO RISK

Women who breastfeed are at lower risk for heart disease later in life, reports a study of nearly 140,000 postmenopausal women (median age 63 years). Authors found that postmenopausal women with a single live birth who breastfed for 7-12 months were significantly less likely to develop cardiovascular disease than women who never breastfed. Among the women, increased duration of lactation was also associated with lower rates of hypertension, diabetes and hyperlipidemia. The researchers said they don’t know the mechanism underlying the reduction in cardiovascular risk, but previous studies have shown that active lactation improves glucose tolerance and lipid metabolism and lowers C-reactive protein levels. In addition, they said, lactating mothers lose more weight after birth than those who do not breastfeed. [Published in *Obstetrics and Gynecology*, reported by National Healthy Mothers, Healthy Babies Coalition; http://journals.lww.com/greenjournal/Abstract/2009/05000/Duration_of_Lactation_and_Risk_Factors_for.5.aspx]

BREASTFEEDING PROTECTS INFANTS FROM SIDS

A study in Germany of the association between type of infant feeding and sudden infant death syndrome has found that breastfeeding decisively reduces the risk of SIDS in infancy. In a case-control study of 333 infants who died of sudden infant death syndrome and 998 age-matched controls, it was found that exclusive breastfeeding at 1 month of age halved the SIDS risk, and the conclusion was that breastfeeding reduced the risk of sudden infant death syndrome by 50% at all ages throughout infancy. Study authors recommend including the advice to breastfeed through 6 months of age in sudden infant death syndrome risk-reduction messages. [Published in *Pediatrics*, <http://pediatrics.aappublications.org/cgi/content/full/123/3/e406>]

BREASTFEEDING NOT IMPAIRED BY PACIFIERS

Researchers reviewed 29 studies from 12 countries that looked at pacifiers and breastfeeding, and found no good

evidence of a link between pacifier use and nursing. “Pacifiers have traditionally been thought to interfere with optimal breastfeeding,” wrote the University of Virginia School of Medicine authors, and in the 1980s, health officials discouraged their use. But in recent years, researchers have found evidence that babies who use pacifiers when they sleep may be less susceptible to sudden infant death syndrome, and the American Academy of Pediatrics now recommends that pacifiers be used for that reason. For health professionals, this has posed a conundrum regarding pacifier use: to encourage breast-feeding, which is healthiest, but to reduce the risk of SIDS. The researchers did find that women whose babies used a pacifier seemed to stop breast-feeding earlier than other women. But it did not appear that the pacifiers were the reason. [Published in *Archives of Pediatric and Adolescent Medicine*, reported May 2009 in NY Times, http://www.nytimes.com/2009/05/05/health/05child.html?_r=2&nl=8hlth&emc=hltha3]

EFFECTIVENESS OF NATURAL CHILDBIRTH CLASSES QUESTIONED

A Karolinska Institute study of more than 1,000 pregnant mothers in Sweden found that learning relaxation and breathing techniques did not reduce a woman’s need for an epidural in labor. Study subjects attended one of two classes: the first taught natural coping methods, the other emphasized pain relief. No difference was found in the use of epidurals between the women when they went into labor; just over half the women in each group ultimately opted for the spinal analgesia. As well as there being no difference in epidural rates, which researchers saw as a useful measurement of perceptions of pain, the proportion of vaginal births and emergency cesareans was the same between the two groups. In the natural childbirth group, there was a slightly higher rate of instrumental births, involving forceps or vacuum extraction. Royal College of Obstetricians and Gynaecologists spokesman Patrick O’Brien says that it is “only fair that women should be told the results of this study. It’s almost accepted that these techniques might help, but the evidence out there is not that strong. This is the first good evidence to compare the two approaches.” Belinda Phipps, head of the UK’s National Childbirth Trust, said, “This limited study in Sweden compares two slightly different types of antenatal education and does not look at the more common situation in the UK which is no or limited antenatal preparation. Testing to see whether breathing and relaxation techniques alongside antenatal preparation have an effect on birth outcomes is a tall order. They are only one small part of antenatal education.” [Published in *BJOG*, reported in BBC News online, May 2009, <http://news.bbc.co.uk/go/pr/fr/-/2/hi/health/8068889.stm>]

IVF TWINS “SICKER IN EARLY LIFE”

Researchers in Australia and the UK studying perinatal outcomes and hospital admissions for all twins born in Western Australia between 1994 and 2000 found that IVF twins face more early health problems than naturally conceived dizygotic twins: they had a greater risk of poor perinatal outcome, including preterm birth, low birthweight and death, and were far more likely to be admitted to neonatal intensive care and to be hospitalized in their first three years of life. Until now there has been conflicting evidence about whether assisted reproduction itself is responsible for adding to the number of problems seen in ART twins, apart from such problems inherent in multiple births in general. The reason for the increased risks to ART twins is unclear, but the underlying causes of parental infertility and components of the ART procedure have been mooted. Researcher Michele Hansen, of the Telethon Institute for Child Health Research in Western Australia, said couples undergoing fertility treatment should be made aware of these findings and consider the benefits of opting for single embryo transfer. The Human Fertilisation and Embryology Authority said it is driving forward a national strategy to reduce the number of multiple births following IVF: “This study is another piece of the jigsaw that women and their doctors need to consider before treatment. We know that multiple pregnancy and birth pose the biggest single risk to mothers and babies following fertility treatment.” [Published in *Human Reproduction*, reported in BBC NEWS, May 2009: <http://news.bbc.co.uk/go/pr/fr/-/2/hi/health/8057210.stm>]

The Bulletin Board

APPPAH is going global (via social networking media, that is)! We invite you to visit us on Facebook where we have a main page plus pages dedicated to students and journal articles. You may reach them directly at the following links:

Main Page: <http://www.facebook.com/group.php?gid=50590323188&ref=ts>
 Journal Page: <http://www.facebook.com/group.php?gid=91839228497&ref=ts>
 Student Page: <http://www.facebook.com/group.php?gid=88764782723&ref=ts>

The Journal page has just launched the first Journal Forum where authors are invited to answer your questions related to their articles. The present forum includes Michel Odent, Althea Hayton, Wendy McCarty, and others.

The student page provides a central place where students from all fields can network, promote current research, and discuss ways to expand the field as tomorrow's leaders. These are public sites where current issues can be discussed between members and the global community.

New ~ Journal Search Engine ~ Find your favorite author or topic published in the APPPAH Journal

Public View: http://birthpsychology.com/services/journals/search_archives.php
 Members' View: http://birthpsychology.com/members/archives/list_journals.php

Calm Birth

New Potential of Childbirth Teacher Training Program

**Oct 2-4/2009: Overlook Hospital, Summit, New Jersey
or Oct 30-Nov 1/2009: the Women's Building, San Francisco
8:30am - noon and 1- 4:30 pm daily**

Instructors: Robert Bruce Newman and Christine Novak, RNC

Mr. Newman has presented more than 100 trainings in US hospitals. He has presented the Calm Birth method at the University of Michigan Medical School and Bastyr University. Calm Birth is based on programs of the Harvard University Medical School and the University of Massachusetts Medical Center.

Ms. Novak has 20 years experience as a labor and delivery nurse and childbirth educator. She recently received the March of Dimes 2009 Best for Baby Award for her work in advancing the use of the Calm Birth method at Overlook Hospital in New Jersey.

Tuition: \$450 18 CEU credit hours Preregistration required.

For Overlook training information and registration: Amy Gole amy.gole@atlanticealth.org

For the San Francisco training information and registration: info@CalmBirth.org

www.CalmBirth.org



Today I searched the web using Goodsearch instead of Google and raised \$5 for APPPAH!

How does it work?

1. Select APPPAH as the charity for donations
2. Search the web with GoodSearch.com (Goodsearch gives about one penny for every search)
3. Shop online at GoodShop.com and a percentage of each purchase will go to APPPAH!
(600 top stores are participating including Amazon, Best Buy & more!)

How do I start?

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2. Make GoodSearch your search engine: <http://www.goodsearch.com/toolbars.aspx>
3. Use GoodSearch for online shopping: <http://www.goodshop.com/?charityid=822300>

The APPPAH Newsletter



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