

HOME BIRTH

COLLECTIVE NEWSLETTER



BIRTH STORY

ALEXANDRA CARMICHAEL

When she was still inside me, her code name was Delta – the Baby of Change. And what beautiful change she brought to us. We sold our house, sold our company, moved from Toronto to California, and 3 days later a purple line on a stick announced her presence in our lives. “A baby!” Our 2 ½ year old, Samantha, was beside herself with excitement. “I want a sister!” she cried, jumping up and down on the hotel bed.

The changes continued. Sue Baelen and Becca Ackerman-Bennett, our sister-angels, arrived on the scene. We moved twice, made new friends, traveled to Boston, Tokyo, Toronto, and Vancouver, and finally welcomed our furniture down from Toronto two weeks before my due date.

We all looked forward to our visits with Sue. Samantha loved listening to baby’s heart-beat and palpating my abdomen while Danny and I poured out our hearts to Sue. She guided me so gently through healing the trauma and fear of my first, hospital birth, and with her loving help I cleared the way to allow this baby to have its own, beautiful passage to life.

One week after my due date we were at Birth Stories at Sue’s house. After several false starts over the past weeks I was feeling frustrated and restless. Awash in all that birth energy, I felt relieved and encouraged. Sue said she could bring me an herbal remedy to help get things going the next day, but I hoped it wouldn’t come to that. And despite my feeling no pangs of labor, Samantha insisted on repeating, “Baby’s coming today!”

She must have been communicating with her sister inside me, because she was right. After we got home and enjoyed some family time at the park across the street, I was making dinner and had to sit down from an incredible amount of moving and kicking in my belly. It passed, and we savored a delicious vegetarian chili over quinoa. Samantha nursed and fell asleep on my lap for a very late nap. And then the waves started.

At first I wanted to keep talking to Danny and not think about the waves, although they were definitely peaking and subsiding more noticeably than the previous sensations I had been having. Then I heard a loud POP! near my tailbone, but not accompanied by any liquid discharge. I went to the bathroom to check and promptly lost the rest of my mucous plug. We called Sue and Becca, our amazing midwife-doula birth team, to let them know, but we told them not to worry about rushing over. I wanted to keep everything low-key and let the waves keep coming. I sat down to re-read some of Ina May Gaskin’s *Spiritual Midwifery*, but found the waves would stop, so I kept walking around, willing them to keep going.

I quickly got to the point where I needed help and could feel the

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THE ABCS OF EC

BARRIE JONES COOK

Our children are going to find it hard to believe there was ever a time without cell phones, just like most of us find it hard to believe there was ever a time without rock and roll. But there’s no doubt that once upon a time, there were no diapers, and still babies were able to hygienically pee and poop.

The basics of this ancient knowledge have been translated into modern terms and are often referred to as Elimination Communication (or EC). Other names include Natural Infant Hygiene, Early or Infant Potty Training, and Diaper-Free Childrearing. The basics are all the same though: attention paid to timing, signals and cues — and a willingness to live with occasional mishaps. But how to get started?

The following advice is from Barrie Jones Cook who posted it on the BAHC Families email list. Later in this issue is a story from another BAHC family describing their experience using EC right after the birth of their second child.

According to Barrie, the best place to start is www.DiaperFreeBaby.org. “I would also highly recommend joining at least one mail list. It’s great (some say essential) to get the support from others who are both in the

thick of things, as well as veterans who have it all figured out for their kids. There’s also a “Late Starters” group (I think they define it as starting after 6 months), and many folks recommend this for getting specialized advice for situations that occur when starting out with older babies.

“For the general lists, see <http://diaperfreebaby.org/> or find a local group from the link on the main page.

“EC is rewarding on so many levels, even when it’s frustrating (which it can be). In spite of all of it, I’m so happy we did it — we started part-time with my daughter at 4.5 months and went to full-time training pants at 15 months.”✿

The Scoop on Pee & Poop

More than 18 billion disposable diapers are sold and consumed in the US each year. Over 92% of them end up in a landfill. Disposable diapers are the third largest single consumer item in landfills.

The manufacture and use of disposable diapers amounts to 2.3 times more water wasted than cloth.

Real Diaper Association, www.realdiaper.org

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Our love and sympathy to all those families who experienced pregnancy losses during this time.

Our EC Story *by Alexandra Carmichael*

The first time I heard about EC, or Elimination Communication, I thought it was a crazy idea. Imagine people letting their babies go around with no diapers! But the first time I *saw* EC in action, I was excited and amazed, and I wanted to learn how to do it! Of course I later realized that people around the world have been EC'ing for centuries, and still are today in many countries where diapers are a luxury.

Baby Megan was our willing and patient teacher. From the time she was 2 days old, she would cry as soon as her diaper was wet. We would change her immediately and wonder at the miracle of communication at such an early age. We hadn't noticed this with our first daughter Samantha, but our lack of awareness about EC combined with our first-time parents' struggle with breastfeeding and caring for a new life made it hard for us to hear her signals.

At 2 months old, when Megan was getting better at holding her head up and we were coming out of the new baby fog, I started taking her to pee in the sink as soon as she woke up from sleep. I



Alexandra & Megan

made a "Pssss" sound while holding her in a reclined squat position, supporting her

head on my chest with my hands under her knees. To my great delight and astonishment, she went pee!! She seemed visibly relaxed and comfortable too, having her elimination need understood and met.

Since then we have practiced partial EC with Megan. I don't get up to EC at night (I need my sleep!) so we use diapers. But most days if I'm on top of it she will be dry the whole day. And she's only just 12 months old! She has also had a couple of EC strikes. When Megan was learning to walk, for example, or when we were traveling, she completely balked at all EC attempts and would only go in her diaper. Frustrating as it was for us, we trusted her need, and sure enough in a couple of weeks she was back to full EC.

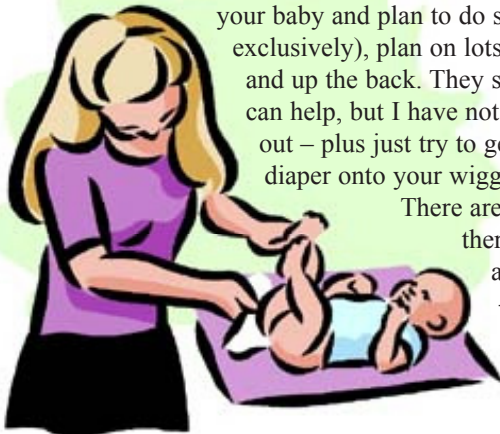
So there are definitely ups and downs, but it feels so good to have that special level of communication with Megan, especially being a second child. And toilet training will not even be an issue. Hooray!

For more information on EC, check out Ingrid Bauer's website at www.naturalwisdom.com ✿

A Diaper Primer *by Stephanie Steck-Bentlin*

If you've made the decision to use cloth diapers you may slowly be realizing that's not the only decision you have to make. Choosing the type of cloth diaper, diaper cover, closure, etc., can be just as overwhelming as the "paper or plastic" conundrum. Here's some advice from a BAHC family.

The least expensive way to go is Chinese prefolds. The downside is, you'll have to fold them (which is not that hard) and they don't keep in breastfed poop well. If you are nursing your baby and plan to do so for a while (especially exclusively), plan on lots of leaks out the legs and up the back. They say that precise folding can help, but I have not been able to figure it out – plus just try to get that perfectly folded diaper onto your wiggly babe.



There are hemp prefolds out there, too. Hemp is more absorbent than cotton – great if you have a super-soaker. Hemp is also naturally anti-

fungal, and more durable. BabyKicks Hemparoo are great. Beware they will get hard quickly though, no matter what you do. And hemp absorbs more slowly than cotton, which is a problem if you have a flooder who produces lots of pee, very fast.

Hands down the best diaper cover for these is the Mother-ease Air-Flow. They are nicely adjustable (belly and legs separately), let air circulate and are absolutely leak- and wick-proof. I have not ever had one let out even a drop of pee, no matter how soaked the diaper. Simply amazing!

These are loose fitting though, so you'll need to pin the prefolds. For cotton you can use a snappy (nifty no-pin, pinning device consisting of a rubber band in Y shape with little teeth at the end to grab the diaper. They are great and really easy to use. Won't work with a hemparoo though - it's Dritz's (diaper pins) for those.

If you want to stay away from pinning even with a snappy you'll need a tighter cover. I can recommend highly a) Nikky - for babes with bigger thighs, and b) Niji - for those with skinnier legs. Both are made from waterproofed cotton: super comfy, super breathable and no crinkle noises. These will not wick (in stark contrast

BIRTH STORY

KAREN ZAPATA

Our first child, Rene Elena, was born 3 years ago, weighing 1 lb., 3 oz. and 16 weeks premature. She was also born by C-section so when we started planning our 2nd child and a VBAC I knew we would have to deal with little support from the medical establishment. But I knew this pregnancy was going to be different, and I intuitively trusted my body to take this baby full term. Little did I know I'd go 2 weeks overdue!

We decided on a homebirth after 7 months of a healthy pregnancy that was heavily monitored by the doctors at Kaiser SF in the high-risk pregnancy clinic. I had actually had a cerclage (a stitch) put in my cervix early in the pregnancy because of speculation that had been the cause of Rene's early arrival. When we told the doctors of our homebirth plans we were given a stern talking to and warned about the risks of VBAC and homebirth in general. You'd think we were planning on giving birth in the middle of nowhere the way we were treated! We met with Maria Iorillo, who would become our wonderful midwife, and were given more information about VBACs and homebirth that balanced out the scare tactics fed to us by the doctors.

I went into labor exactly 2 weeks past my due date after drinking half a small bottle of castor oil! John and I put Rene to bed and called Maria, who came over at 9 pm and found I was already 3 cms. dilated. I got into the birth tub and my mom came over at 11 pm.

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Birth Story, cont'd from page 1

pressure of her head between my legs. Danny set Samantha up with a bowl of cereal and a film, and when each wave came I would wrap my arms around his neck and just melt into him, letting my birth sounds out freely. He reminded me to relax, and I really dropped my awareness and focused on staying very loose and open. We were as one, moving and dancing through each wave together.

Sue and Becca glided in, bringing a vibe of intense calm and reverence with them, and I knew everything would be fine now. We chatted between waves, and then I would melt into Danny again. I started to feel overwhelmed and wanted to get into the birth tub, although I thought it was too early. I asked for Sue to check me, but when she asked if I was sure, not wanting to interrupt my birthing flow, I hopped straight into the tub without thinking about it again.

The hot water was so soothing as I knelt in the tub, and with Danny and Becca taking turns pressing hard on my lower back, I felt able to handle the intensity of the waves again. Samantha came in at this point and stood next to me, gently rubbing water onto my back and saying "You can do it, Mommy!"

And then came the most incredible moment of my life. Sue suggested I feel for myself what was happening, so I reached a finger into my vagina and felt... a head!!! A hard, rubbery ball, but no hair, so I thought my water hadn't broken yet. By now my body was pushing with each wave, a fantastic force flowing through me, and I felt the head moving farther down each time. I had a moment of realizing with astonishment that our baby was almost here when Sue suggested closing the window after the next wave. It was almost over, and it had barely been a couple hours of labor!

The burning of the crowning was really the only painful part, and a few seconds later out came baby, all in one wave. I heard Sue's awe-filled voice say "Born in the caul" as our back-



Megan Reda

up midwife Leah walked in. I heard our baby's first cry, a new voice in the house, I looked out at the full moon and the candlelight by which I had birthed, and I relaxed into the tub with a new life in my arms. Becca lifted Samantha and held her beside Danny, we opened baby's legs, and saw with joy that we had a baby girl! A wonderful moment of celebration, love, and immense relief. I did it!!!

I was losing enough blood to concern Sue and Leah, so I was helped out of the tub and onto the bed next to it. Sue gave me some herbs, Leah asked me to focus on stopping the bleeding, and in a few moments the placenta emerged and everyone relaxed. We called our new baby Megan, and she and Samantha had their first tandem nursing moment, Samantha gently taking Megan's hand and looking at her with such wonder and love.

After Megan's newborn exam, Becca's scrumptious toast, and hugs all around, we were alone, four in a bed, and we slept. I was on such a high for four days that I couldn't imagine how I would integrate back into the mundanity of everyday life, and then on the 5th day I cried and cried, releasing all the emotion and falling completely in love with my new little girl.

Of course, I did eventually integrate, with Danny, Samantha and Sue being my bridge back to the world. And I can talk about both my birth stories now with joy and healing. My story is complete and I am so proud of myself.

But the story is just beginning for our girls. Our first baby was Kiwanja, baby of the Earth, and this one is Delta, baby of Change. Together, they have a great gift to give to the world, even beyond the unbelievable gift they have already given us. ❀

Each month the BAHC asks a family to share their pregnancy and birth experience in their own words. If you are interested in sharing your story, please contact your midwife.

The BAHC Resource Guide

There's a near-infinite amount of talent and resources amongst our ranks. Here are some of the businesses run by our Homebirth Collective families. Please consider supporting these folks as well as our advertisers on the inside of this handy pull-out resource guide.

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Diaper Primer, cont'd from page 3

covers that combine a waterproof inner layer with a cotton outer). They will feel a bit damp when it's time for a change, though. The great thing is you can let them air out for a while and reuse, as long as they don't smell bad. They do need gentle laundering with detergent – not soap, ever!

Wool covers are great too, of course, but they are bulkier, need extra care at wash time – and worst – will leak when the diaper gets compressed (longer car or stroller rides and especially sitting in the sling or baby carrier).

Fleece covers (all the rage in the diapering community) are even worse with compression. And if you want to wash them with your regular wash or diapers and like to use oxygen bleach-containing detergent they'll lose their water repellency and leak. I cannot recommend them.

If you want to use something that keeps blow-outs to a minimum you'll have to use a fitted diaper. These basically look like a disposable, and are almost as easy to use. They close with either snaps, Velcro or have to be pinned. There are a gazillion different ones out there. There's hemp, cotton, even bamboo! There are jersey, terry, and velour (which is great, by the way!), every color under the sun, and every pattern too! Diaperware has a nice selection.

If your baby has big thighs, Cricket's are great – those are hemp jersey. Another really nice kind is from Lucy's Hope Chest – they have velour. My favorite is something called Tots Bots – cotton terry, snapped – now they also come in bamboo, (the diaper fiber of the future it seems), they are Scottish and you have to order them from Britain (at www.thenappylady.com for example – another great site with tons of info and choices). This is expensive but in some cases (notably mine ;o)) well worth it. I had a super-soaking, flooding, skinny legged broad hipped girl where nothing else would fit or work.

There are one-size diapers that fit from about two months to potty training and diapers that come in 2, 3, or more sizes. One-size are of course less expensive in the long run. Keep in mind that you will need to buy prefolds in at least two sizes, too. You can use the smaller ones as doublers later, which makes it more economical.

All these will need a cover. Mother-ease Air-Flow is the way to go here. Bummi's, while very popular, will wick.

There are All-in-ones out there -

basically the equivalent of disposable in cloth – no extra cover needed – those are really pricey, though and tend to leak easily, since you only have one leg band, not two (from diaper, plus cover) to keep the mess in. Unless you have somebody diapering the baby who is all thumbs, not worth the money and leaks.

Finally, there are the stuffables. Fuzzi Bunz belong in that group. There you basically have a cover and inner polyfleece layer sewn together with an opening in the back, and you provide the absorbency by stuffing it with something: a prefold, a folded flat diaper, or specially designed stuffers.

There are others besides Fuzzi Bunz but none I liked as much. A lot of the others had wicking problems. Fuzzis are great. The fleece near the baby's skin keeps it nice and dry (fleece does not absorb moisture, so it lets the pee pass through and then dries out and forms a moisture barrier between the skin and the stuffing). It's very adjustable and great for later when you are diapering your standing or running baby (the snaps are great for that!).

The best stuffers I have found are Cotton Babies' made from microfiber. These are very absorbent, soft, flexible, and cheap! The downside is they are not "natural", but neither are the Fuzzi Bunz... hemp stuffers (like joey bunz hemparos) are stiffer and don't absorb as quickly, and prefolds are bulkier.☘

Websites mentioned in this article:

babykicks.com, motherease.com, babyworks.com, diaperware.com, cottonbabies.com, thenappylady.com

In Praise of the Fuzzi Bunz

by Naomi Levy

We started off using a service and some of those white cotton cloth wrap covers – I think we had 4 or so all together in the smallest size. However, Devon outgrew those in about a month (he was a big baby). We moved up to the next size and I think that lasted until he was about 4 months old.

Then we switched to Fuzzi Bunz. My husband teases me about being a walking advertisement for them. I think it was one of the smartest decisions we made – definitely less expensive than using a service all this time. Eventually we got 16 of them in medium size, and they lasted close to a year because they are so adjustable. Then we got 16 of the large size, which have also lasted about a year now. We're retiring them now. Devon just decided last week to wear underwear, and so far, it's going well. All together we probably spent a few hundred dollars on the Fuzzi Bunz, but aside from laundering costs, that is pretty much all we have spent on diapers for the entire time Devon was in them. And if I ever manage to get pregnant again, there will be no cost for baby #2.

I'd say the only drawback I can point to is that they can't be laundered with other items or they will lose their super soft fuzziness. Other than that, I couldn't be happier with them. Oh, and the best deal I found for them was at nurturedfamily.com. They give a volume discount and throw in their own inserts, which are also some of the best.



Okay, I'll stop ranting about Fuzzi Bunz. Happy diapering!☘

A recipe for reusable wipes *from www.punkinbutt.com*

If you're using cloth diapers, you might want to use a cloth wipe as well. Here's a great recipe for a soothing rinse to use on the cloth.

Keep your day's wipes soaking in the solution in a plastic container, or use a spray bottle (that old peri-bottle?) to wet either the wipes or your babe's butt. Shake before use.

You'll probably need to refresh the solution every one or two days. But you can mix up a large batch and keep the bulk of it refrigerated until needed.

Combine:

- 3/4 cup distilled water
- 1/4 cup aloe vera juice
- 3 drops Tea Tree Oil
- 1 drop of lavender essential oil or orange essential oil (optional)

The aloe vera is both soothing and healing while the tea tree oil gently kills bacteria, viruses and fungus that can lead to diaper rash or infection. Makes a great hand and face wash too.☘

Karen's Birth Story, cont'd from page 4

We became an inseparable team.

I worked all night with the contractions while depending 100% on my mom and John

who somehow managed to stay awake and comfort me. Sometimes I felt I couldn't handle anymore and one of them would put a cold cloth on my neck or squeeze my hands and I'd make it to the next contraction. By the early morning I'd made it to 6 cm.

and we were cruising along. The one thing that hadn't changed, though, was how high the baby's head still was. We had been waiting for him to drop for weeks and he still wasn't doing it.

Things started to slow down with getting my cervix open to get our baby out and I started to experience some intense bad back labor. By late morning I was only 7 cm dilated, after performing some acrobatics to get him to drop and me to open. The rest of the day is a blur to me, with me trying to cope with bone crushing contractions and making no progress getting our little one down further into my pelvis

At 4 pm we put our heads together and decided it was time to head in for some pain medication at Kaiser. Our hopes were that I'd get an epidural, get some rest and finish

dilating and meet this new little person. I felt good about the decision, and 24 hours after the start of labor we moved our team to Kaiser SF. Things changed dramatically then. Because of the IV's and monitors, the team of mom, John and I was rendered useless. I couldn't get my hand squeezed or back rubbed.

The 2 hours it took to get the epidural were basically spent with me on my back, groaning through the contractions while everyone looked on. It's a decision I don't regret, but it was amazing how powerful I felt at home and how impotent I felt there.

The epidural was really effective and I got to sleep for a couple of hours. I woke up but was still only 7 cm and the baby was still high. That was very hard to hear. The next step was to try some pitocin to get my contractions going stronger. The baby was starting to show some signs of distress during these stronger contractions and I was still only 7 cm. The doctor came in to feel

where his head was and the baby's heart rate did a big dip. People started rushing around, alarms were buzzing and we were whisked off to the operating room. By the time we got there the baby was fine but the doctors were starting to really push a C-section. When we asked to have Maria, our midwife there we got a begrudging okay.

The three of us, Maria, John and I, listened to the doctors as they told us about the risks of going further with the pitocin and their interest in cutting straight to the C-section. We had to wrangle to get them to give Maria, John and I a free moment to talk about the decision and when we did I immediately felt better. Maria was amazing, she explained our options (these still do exist even though they aren't usually presented by doctors!) and helped us think through the decision. We kept getting interrupted with good cop-bad cop scenarios by the doctors, but were insistent that we have time to talk about the decision with our midwife and each other. I won't go through how we got there, but ultimately our decision was to go through with the C-section. Although this is what I originally feared the most about this birth, I felt very proud that it was a decision we made on our own. I think that's what anyone wants when it comes to their medical care, useful information to work with and a part in the decision-making process when it comes to your body.

Emiliano was born at 12:35 am on Thursday weighing 9 lbs, 7 oz and measuring 21 inches long. His head was wedged in there, completely posterior. We stayed just a little over 2 days at the hospital and came home to normal recovery from a C-section. I'm so grateful that we decided to follow our hearts and attempt a homebirth!✿



Karen & Emiliano

CLASSIFIEDS

YOGA CLASSES in San Francisco taught by a mom for pregnant and recently postpartum moms. Certified yoga instructor and childbirth educator Jane Austin teaches at:

- Yoga Studio 415-292-5600 or yogastudiocurrent.com/sf
- Yoga Tree Valencia 415-647-9707 or yogatreesf.com
- Bernal Yoga 415-643-9007 or bernal-yoga.com
- Prenatal Partner Yoga Workshops at Yoga Tree

DOULA TRAINING. Learn how to "mother the mother" through birth. 8-week series begins July 16. Taught by Abigail Reagan at Natural Resources. For information call 415-550-2611.

For more information about running a classified listing, please contact Abigail Reagan at 415-922-1221.



Each month the BAHC asks a family to share their pregnancy and birth experience in their own words. If you are interested in sharing your story, please contact your midwife.

Favorite online sites to buy diapers:

- www.kellyscloset.com
- www.nurturedfamily.com
- www.punkinbutt.com
- www.greenmountaindiapers.com
- www.diaperpin.com

GATHERINGS

BIRTH STORY POTLUCKS

Recent moms, dads, parents-to-be, veteran parents—everyone’s welcome to our BAHC potlucks. Join us and meet other area families. Whether you’re an expert about homebirth or have a million questions, this is the place for you.

- Jul 8 *Birth stories at Rachel’s.* 11 am to 2 pm
2042 Vine Street, off Shattuck, Berkeley
- Aug 5 *Birth stories at Abigail’s.* 11 am to 2 pm
3150 California St, #4, near Presidio Ave
San Francisco
- Sep 9 *Birth stories at Judy’s.* 11 am to 2 pm
1515C Fairview Street, Berkeley
- Oct 14 *Birth stories at Nancy’s.* 11 am to 2 pm
2675 -30th Avenue, San Francisco

PARENT GROUPS & ACTIVITIES

Wednesday on 27th St.

New parents meet in Noe Valley on Wednesdays from 3:00 to 5:00 pm at Maria Iorillo’s house, 206 -27th Street between Church and Dolores. No need to call first, just come by.



The midwives of the Bay Area Homebirth Collective are pleased to bring this newsletter to you three or four times a year. We welcome items and articles for publication; submit them to sue@bayareahomebirth.org

The BAHC was formed in 1995 to strengthen the sense of community for homebirthing families and their midwives. A collective in every sense of the word, the BAHC depends on the volunteer time and talents of clients, assistants and midwives.

The BAHC midwives are:

- | | | |
|--------------------------------------|---------------------------------------|-----------------------------------|
| Maria Iorillo
415-285-9233 | Nancy Myrick
415-902-7969 | Sue Baelen
415-821-4213 |
| Judy Luce
510-428-1419 | Abigail Reagan
415-922-1221 | Cindy Haag
510-704-8366 |
| | Lis Worcester
415-255-7028 | |

If you would like to be removed from this mailing list, send an email to sue@bayareahomebirth.org.

Tuesday in the East Bay

East Bay parents (and parents to be) are meeting every other Tuesday from 11 am to 1 pm. Meeting location changes but is most often a local park. If you have questions, or want to know the latest, contact Heidi Dunbar at heididunbar@sbcglobal.net

Cesarean Birth Support Group

A support group for women who have had cesarean births meets weekly in San Francisco. If you’re interested, please call or email for details: Jessica Garcia, 415-359-4141 or jessica_garcia@onebox.com

New Parent Groups

Most of the BAHC new parent groups evolve from the childbirth preparation classes. If you’re not sure what your class is doing – or perhaps you didn’t take a BAHC class – give Laura Todaro (East Bay) or Jane Austin (SF) a call. You’ll find their contact info on the back of this newsletter.

MIDWIFE & HOMEBIRTH INFO MTGS

If you are pregnant and looking for more information about whom to use as a care provider or where to have your baby, you might want to attend one of the upcoming information meetings. In the East Bay they meet every other month and in the city every month. Here’s the schedule:

- Sep 8, Oct 13, & Nov 10
Meet the Midwives 4 pm to 6 pm
Natural Resources 1367 Valencia St nr. 25th, SF
(second Saturday of every month)
- Jul 12, Sep 13, & Nov 8
Birthways Homebirth Info Night 6:30 pm to 8:30 pm
At Waddle & Swaddle 1625 Shattuck, Berkeley

STREET FAIRS, FESTIVALS & MORE

Come help us spread the word about homebirth and midwifery care. We’re taking it to the streets as the season of festivals begins. Come help us talk to those who may be considering midwifery care, those who never thought of it. Or just come by to say hi.

- Sep 9 *Solano Stroll*, 10:00 am to 5:00 pm Albany
- Oct 13 *Noe Valley Harvest Festival* 10:00 am to 5:00 pm
San Francisco

ONLINE DISCUSSION GROUP

Join the BAHC yahoo group. Send an email to: bahcfamilies-subscribe@yahoogroups.com and include the name of your midwife or other connection to the BAHC.



The Bay Area Homebirth Collective
315 Hoffman Avenue
San Francisco, CA 94114-3129

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BAHC Committees

Childbirth Classes

Jane Austin 415.334-2829
jane@bayareahomebirth.org
Laura Todaro 510.533-2829
laura@bayareahomebirth.org

Events

Cindy Haag 510-704-8366

PR & Advertising

Maria Iorillo 415-285-9233
Judy Luce 510-428-1419
Abigail Reagan 415-922-1286
Lis Worcester 415-255-7028

Newsletter & Website

Sue Baelen 415-821-4213

Treasurer

Cindy Haag 510-704-8366

FORWARDING SERVICE REQUESTED

For classes, support groups, events and services, call 415-273-5185 or visit www.bayareahomebirth.org

BUILDING COMMUNITY THROUGH HOMEBIRTH

Rites of Passage Midwifery

Nancy Myrick, CNM
Chanti Smith, assistant
Gia Schultz, apprentice
415-902-7969



Womancare Home Midwifery

Judy Luce, LM, CPM
Janelle Lucido-Conate, apprentice
510-428-1419

Sacred Body Midwifery

Sue Baelen, LM, CPM
Rebecca Plum, apprentice
415-821-4213

Wisewoman Childbirth Traditions

Maria Iorillo, LM, CPM
Michelle Wellborn, apprentice
415-285-9233

Jade Lotus Midwifery

Lis Worcester, LM, CPM
415-255-7028

Tres Lunas Midwifery

Cindy Haag, LM, CPM
Rachel Martin, apprentice
510-704-8366

re:Birth Midwifery

Abigail Reagan, LM, CPM
415-922-1221

THE BAY AREA HOMEBIRTH COLLECTIVE
