

# Future Families



*E-Newsletter April 2009*

## *From the Editor*

Namaste and welcome! Again, there are some GREAT events in April for families and for parents to enhance their skills—so get out and enjoy! For me March has been a huge month of closure, letting go and creating space. I am looking forward to allowing in some fresh ideas, new energy and awakening opportunities. And of course Easter, a celebration of Creation and New Beginnings. As a parent it is an exciting time as when we, as parents, can appreciate and enjoy each day as a new opportunity for love, growth and fun, so too our children can learn that each day offers these, and other, magical possibilities. What will you CREATE this Easter?

*Heidi*

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## Family Wellness Expo Chemical Free Living

Sunday March 29th 10 am—3 pm  
Clarence Park Community  
Centre

Cnr East Ave and Canterbury Tce,  
Black Forest

**Only \$5 Entry per family,  
children welcome**

Information, presentations, home made and natural products, toys, natural therapies and specialist practitioners.  
PLUS healthy food and kid's activities all day.

Presentations include:

- 10:45 am **Peter Taubert**—*Author and speaker on chemicals, discover ALL the hidden and not so hidden additives and toxins in our foods and homes.*
- 12 noon **Pam Marshall**—*The Self Sufficiency Shoppe —some starting steps to create a chemical free household with basic ingredients.*
- 1:00 pm **Eris Watkins**—*Treating children with ADD, Asthma & allergies—her journey.*
- 2:00 pm **Maree Khoo** —*Tri-Nature, why is one 'natural' product 'better' than another—for your health, for your pocket and for the environment! Breaking through the maze of labelling 'natural' ingredients.*



## Future Families NEWS!

### Addition to Library

We now have a copy of the FOODMATTERS DVD in our library. This documentary interviews experts from around the world discussing how food can be used as and instead of medicine to keep us healthy.

### Local Support Groups

If you haven't already—join your Future Families Local Support Group to meet other like minded families. Check out the link on our website!

### FREE Rebirthing Sessions Available!

As many of you know Bronwyn Barter offers training here in Adelaide for Rebirthers. Some of her students are currently seeking case studies and are therefore offering free rebirthing sessions.

Rebirthing is an amazing experience offering releases of held emotions or similar. If you are interested then contact Bronwyn on 8260 2086 or email [bronwyn.barter@bigpond.com](mailto:bronwyn.barter@bigpond.com).

BOOK NOW for our.....

## Parent's Pamper Day

Sunday 24th May 1:30 pm—4:30 pm

Spoil yourself with an afternoon of peaceful bliss!

Pampering, massage, healing, meditation etc.

Clarence Park Community Centre,

Cnr East Ave and Canterbury Tce, Black Forest



\$20 per person includes all pampering  
and light afternoon tea!

Limited numbers apply.

Bookings essential and advance payment.





# April Calendar at a Glance

Use these dates to update your diary.

Full details for each event are in the following pages.

Future Families events are red and are depicted with our logo.

Wed	1 <sup>st</sup>	Brainfood course—Anke Koelman Parent Seminar—Strategies and recipes for fussy eaters 6:30 pm Noarlunga
Thurs	2 <sup>nd</sup>	
Fri	3 <sup>rd</sup>	Homebirth Network Morning Tea 10 am at Eastwood
Sat	4 <sup>th</sup>	Willunga Waldorf School—Autumn Fair
Sun	5 <sup>th</sup>	Meet the Doulas 3 pm Gloria Jeans Café, Borders Bookshop Rundle Mall
Mon	6 <sup>th</sup>	Support Group—Janet Poulsen—Positive Parenting Skills at Eastwood Community 9:45 am
Tues	7 <sup>th</sup>	
Wed	8 <sup>th</sup>	Parent Seminar Setting Children up for Success 6:30 pm Seaton
Thurs	9 <sup>th</sup>	
Fri	10 <sup>th</sup>	
Sat	11 <sup>th</sup>	
Sun	12 <sup>th</sup>	
Mon	13 <sup>th</sup>	
Tues	14 <sup>th</sup>	CARES Morning Tea—9:30 am at Eastwood
Wed	15 <sup>th</sup>	
Thurs	16 <sup>th</sup>	
Fri	17 <sup>th</sup>	
Sat	18 <sup>th</sup>	Stargold Puppets—The Enormous Turnip—11:30 Nairne Kundalini Dancing 3 pm at Centre OM
Sun	19 <sup>th</sup>	
Mon	20 <sup>th</sup>	Birth Matters Info Evening 7:30 pm at Eastwood Parent Seminar—Enhancing speech and language development 6:30 pm Payneham
Tues	21 <sup>st</sup>	
Wed	22 <sup>nd</sup>	
Thurs	23 <sup>rd</sup>	
Fri	24 <sup>th</sup>	
Sat	25 <sup>th</sup>	
Sun	26 <sup>th</sup>	
Mon	27 <sup>th</sup>	
Tues	28 <sup>th</sup>	
Wed	29 <sup>th</sup>	
Thurs	30 <sup>th</sup>	





## Support Groups –April

Babies, children, partners and friends are all welcome at these groups.

### Future Families / VISA (Vaccination Information Serving Australia) Holistic Family Support Group

Monday 6th April, Eastwood Community Centre, 95 Glen Osmond Rd, Back room  
9:45 am –11:45 am

**Janet Poulsen**, early childhood teacher for over 14 years, and now parent educator for six years conducting her 'Lets Talk About Children' Parenting Workshops. Rather than coercive or control based parenting, Janet's style is based on the deeper understanding of how children grow strong in body, mind and spirit. Janet's next 5 week workshop commences in May, but join us on April 14<sup>th</sup> for some helpful hints to get you going on the path to more joyous parenting!. **Entry \$2.50**

### Homebirth Network Coffee Morning

Friday 3rd April, Goodwood Community Centre, Rosa St, Goodwood 10 am—noon

The Homebirth Network of SA is a community group which supports and encourages women in their quest for a safe, fulfilling and empowering birth experience.

Come and chat to midwives, homebirth mums and those expecting! **Entry \$2.50** (for hall hire)  
See our web for more details [www.homebirthsa.org.au](http://www.homebirthsa.org.au)

### Birth Matters Information Sessions

Monday 20th April, Eastwood Community Centre, 95 Glen Osmond Rd, Eastwood Back room 7:30 pm "Risks and Benefits of Tests and Screening in Pregnancy" **Entry \$2.50**

The Birth Matters group is a not-for-profit birth information and support group who provide non-biased information to prospective parents and new parents to enable them to make genuinely informed choices regarding their pregnancy and birth care and choices.

See our web for more details [www.sabirthmatters.org.au](http://www.sabirthmatters.org.au)

### CARES (Caesarean Awareness Recovery Education Support) Coffee Morning

Tuesday 14th April, Eastwood Community Centre, 95 Glen Osmond Rd, 9:30 am—11:30

CARES SA Inc aims to provide balanced, respectful and up-to-date information in regards to Caesarean Birth and Vaginal Birth After Caesarean. Our focus is on women healing from a previous traumatic or upsetting birth experience by caesarean, and helping women to achieve an empowering birth experience for their future births. Please bring along a snack to share if you can and \$2.50 to cover room hire. For more info contact Michelle 8280 6667 or [cares.sa.org@gmail.com](mailto:cares.sa.org@gmail.com)



## Other Events –April

### Kundalini Dancing

Sat 18 April, 3-5pm at The Centre OM

In order to experience wholeness and the creativity, knowledge, love and peace that this contains the Chakras have to be open, cleansed and working harmoniously.

There are four main energies that need to be flowing for this to occur

The Kundalini shakti energy ~ pure creative power, Shiva ~ higher consciousness and the two flows called Pingala ~ masculine solar energy and Ida ~ feminine lunar energy.

We will use the gentle, transformative power of the breath, dance and movement meditations to free these energy flows and influence our chakras in a healing and harmonising way.

Follow your bliss and your heart to deeper connection and greater vitality.

Namaste ॐ Susan Howlett

Bookings are essential ... 0403 318 683

[earthstar@chariot.net.au](mailto:earthstar@chariot.net.au)

### Stargold Puppets

The Enormous Turnip

Saturday 18 April 11.30am

Head, Heart and Hands, 81A Main Rd Nairne

For enquiries and bookings phone 83880075 or 0423202784

The Doulas of South Australia (DoSA) invite you to

"Meet the Doulas"

Sunday 5th April 3.00pm—5.00pm

@ Gloria Jeans Coffee inside Borders Books  
Rundle Mall

Come in for a coffee, chat, and the opportunity to ask your pregnancy and birth questions in a relaxed and comfortable environment. All enquiries to:

Natasha Chant 0433 100 242

Jen Watkins 0402 082 169

You can download our information brochure and contact insert from here:

<http://www.futurefamilies.com.au/DOSA%20flyer.pdf>





## Other Events – April

### Brainfood, by Anke Koelman

**Wednesday 1 April, 9:30—5:30 pm, \$190**

*Do you know which foods are beneficial for •*

Brain development? • Learning? • Concentration? • Behaviour? • Memorising?

**Optimum Learning® & Health Centre**

12 Bayview Crescent, Beaumont,

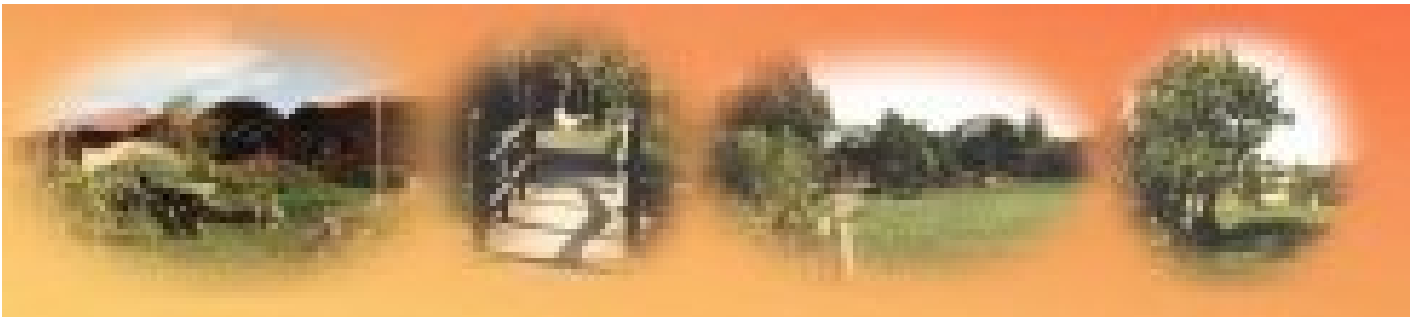
tel: 08 8379 4755, fax: 08 8379 0824, email: akoelman@ozemail.com.au,

www.optimumlearningandhealth.com

### Autumn Fair, Willunga Steiner School

**Saturday 4th April, Jays Drive Willunga FREE Entry**

A great day out for families with heaps of activities, stalls, food and fun!



### FREE Community Parent Seminars

**Setting Children up for Success: presented by Mark LeMessurier**

Wednesday 8th April 6:30—8:30 pm Seaton North Community Centre,

Pedlar St, Cairns Ave, Seaton Bookings Susan: 8222 6805

**Enhancing Speech and language development: presented by Diana Bleby**

Monday 20th April, 6:30—8:30 pm, Payneham Community Centre,

314 Payneham Road, Payneham Bookings Sarah: 8332 3999

**Strategies and Recipes for fussy eaters: presented by Jo Fiedler – author of book  
Cauliflower Conspiracy**

Wednesday 1st April, 6:30—8:30 pm Hopgood Theatre, Ramsay Pl, Noarlunga Centre

Bookings: Jill:8381 1380



## SIGG Bottle Care & Maintenance

SIGG bottles are now back in stock—with some great new designs—YAY! Available at our events or by emailing me at [heidi@futurefamilies.com.au](mailto:heidi@futurefamilies.com.au)



Please note there has been a slight price rise on these bottles by the distributor so our prices have also risen—but still cheaper than RRP!

SIGG bottles are made from aluminium, however they have a RESIN coating on the inside that is guaranteed not to flavour your water or to leach any nasty chemicals, or leak. They do dent if dropped but will still remain in perfect condition regarding usability. They can also be recycled at any stage in the future. A great choice for healthy drinking!

Here is some helpful information to keep your bottles functioning well.

- ♥ After use, rinse the bottle with mild detergent and warm water
- ♥ After use, clean the tops with mild detergent and warm water or sanitizer etc if desired
- ♥ If you have had juice or milk in the bottle scrub with a brush (and also take lid apart and scrub) with warm water and detergent
- ♥ DO NOT place bottles in the dishwasher
- ♥ DO NOT place bottles in the freezer



## Ask Janette.....

Welcome to a new regular feature—Janette Booth-Remmers, advisor on childrens' development and behaviour, who will provide us with insights to some of the common challenges that we all have! First up—insecurity in children.....

If a child of 4 1/2 years of age is finding it difficult to separate from mum and still relies on her dummy throughout the day and night, it is reasonable to surmise that the child is feeling insecure within herself and not quite ready to face the world. Whatever the reasons for this insecurity, it is the adults around her who need to assist and support her in the process of transition to the next stage of social/emotional development.

Below are a few ideas that can assist a child as described above, to develop a greater sense of security and confidence. With any of these suggestions you need to allow time for the child to build their confidence, so at least several weeks may be required before a change is noticed.

- ♥ to assist any child with their journey to independence it is important for the adults to firstly be sure within themselves that they are ready to allow the child to become more independent, otherwise she will pick up on their hesitancy and anxiety and this will add to her fears regarding separation.
- ♥ give the child real responsibilities: jobs such as setting table, wiping dishes. Reinforce how she is able to do things, how capable she is and how much you appreciate her help.
- ♥ get a pet for her to care for—one that she can really take full responsibility for so the pet is reliant on her for all its needs (with just a little discreet help from adults.)
- ♥ ask her to give her dummy away for another child who needs it. This can be made into a ceremony with a special box prepared for the dummy to go into; the box put in a special place in home or garden for the fairy (or elf or gnome) to collect to take to the new, tiny baby who needs it. This worked for one of our children - she was also about 4 1/2 at time
- ♥ make up or find a story that speaks of "moving out into the world"; feeling strong and having the courage to step into the world. This story needs to be told repeatedly—mostly at bedtime.
- ♥ make a special gift for her—could be a crystal, feather, tiny doll or soft toy—something small she can carry with her or wear at all times. Let her know that this gift from mummy is something she can talk with, carry and cuddle whenever she is away from mummy and it will let her know that mummy is always close by.

Janette Booth-Remmers- Child Behaviour Consultant, Parent/Teacher Educator.

Janette has over 30 years experience in teaching in a variety of settings; including Steiner schools, alternative schools, home education and special education. She has also facilitated courses and workshops for adults in parenting education, child care, social inclusion, children's behaviour and development, special needs children and disability awareness.

Janette has 5 children, including twins, aged from 15 years to 24 years.



## All About Doulas

In the words of Dr. John Kennell:

*"If a doula were a drug, it would be unethical not to use it."*

### What is a Doula?

The word 'Doula' (pronounced 'doola') is a Greek word meaning 'woman servant or caregiver'. More recently, it refers to someone who offers physical comfort, emotional, spiritual and informational support to a woman and her partner before, during and after childbirth. A Doula (also known as a birth attendant), 'mothers the mother'; enabling a woman to have the most satisfying experience that she can, throughout pregnancy and into motherhood.

Doulas are trained professionals and experienced in childbirth, they have a good knowledge and awareness of female physiology, but they do not have a medical role or perform clinical tasks - A Doula does not take the place of the midwife or the doctor. She also does not make decisions for the couple, she does however, support them through the decision making process and provides balanced information so the couple can make their own decisions.

A doula is an invaluable part of the birth team in any setting, whether she works in a birth centre, in private and public hospitals or attending homebirths in conjunction with midwives and doctors – but never as the sole carer at birth. (Birthing without a midwife or doctor present is known as free-birthing however DoSA recommends birthing with a qualified midwife, or doctor). A Doula is employed by you and is available to serve you according to your agreement and contract.

There are two types of Doulas, Birth Doulas and Post-Natal Doulas, with many Doulas performing both roles. The **Birth Doula** is hired independently by the birthing couple to serve the labouring woman. Doulas typically provide care at home during early labour, helping the couple decide when to leave for their birthplace. She helps provide comfort measures such as positions for active labour, massage, relaxation techniques, and visualisations. At the birthplace, the doula can help the birthing couple be aware of their options so they may make informed choices as the birth process progresses. The role of the **Post-Natal Doula** is to provide care and nurturing to the mother at home after childbirth which may include further breastfeeding support, light home duties, massage, emotional and physical support for the mother and so on. Studies have shown that Post-Natal Doulas make a huge impact on the well-being of mothers.



### What about the Father?

When a Doula is present during the labour and birth, fathers have reported feeling more at ease, enthusiastic and that their contribution to the labour and birth is meaningful and helpful. Not only have fathers reported higher levels of satisfaction after the birth, but mothers have reported feeling more satisfied with their partner's role at the birth too. Doula's support complements and reinforces the father's role.



## All About Doulas cont.

### What are the benefits of having a Doula?

According to research undertaken in the US, Klaus, Kennell and Klaus, authors of *Mothering the Mother*, "How a Doula Can Help You Have a Shorter, Easier and Healthier Birth" have identified the benefits of having a doula at your birth:

- 50% reduction in caesarean rate
- 25% shorter labour
- 60% reduction in epidural requests
- 40% reduction in oxytocin use
- 30% reduction in analgesia use
- 40% reduction in forceps delivery
- Improved breastfeeding
- Decreased incidence of postpartum depression
- Greater maternal satisfaction
- Better mother-infant interaction



By hiring a doula a mother ensures:

- She has a skilled set of hands 'holding the space for her at home and/or in hospital'
- She is surrounded by nurturing and caring energy
- She has a reduced risk of unnecessary interventions

### How much does a Doula cost?

This varies greatly and is dependent on experience, where the Doula is located and what packages are on offer. A package offering pre and post-natal visits (generally around 2 hours long each) as well as the duration of the birth generally costs around \$600-\$900 for the more experienced Doula in South Australia.

### Finding a Doula

If you would like to have a Doula support you, DoSA (Doulas of South Australia) has a list of Qualified Doulas and Trainee Doulas in South Australia on their brochure and insert available for download here: <http://www.futurefamilies.com.au/DOSA%20flyer.pdf> You can also check profiles on a popular Doula directory [www.findadoula.com.au](http://www.findadoula.com.au) DoSA recommends speaking to several Doulas as every Doula is unique and has something different to offer. It's important that both you and your partner meet the Doula as you will have many intimate moments together. You will know who you click with.

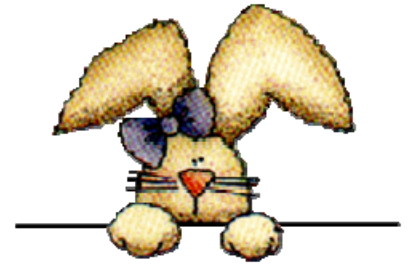
Written by Helen Hriskin of Belly Birth & Beyond ::: Doula Services ::: Copyright March 2009



## Easter Activities & Ideas

Easter is a great family time but it needn't be about chocolate and lollies!

Here are some great ideas to enjoy with your kids over Easter.....



- ♥ On good Friday, make hot cross buns together (see recipe next page)
- ♥ Hard boil some eggs and then paint them either by immersing in water with food colour added or with paints and brushes
- ♥ Have a treasure hunt! Great articles to hide for the kids are:
  - ♥ Dried fruits and nuts (wrap or place inside plastic eggs)
  - ♥ Home made biscuits (can roll into egg shapes or cut into chickens / bunnies)
  - ♥ Hand knitted bunnies or chickens ( see next page for pattern)
  - ♥ Home made jellies made in egg moulds
- ♥ Make chickens or bunnies out of small pom poms
- ♥ Make and decorate bunny cards to give as gifts
- ♥ Make eggshell mosaics (after cracking eggs that you use for cooking, paint the egg shells different colours and when dry, smash to smaller pieces and glue onto cardboard)
- ♥ Egg maracas—purchase some plastic eggs (that separate) and fill with rice or beans. Sticky tape around the join and shake!

Here are some games for Easter Parties:

(use your instincts for which ones are best for the age group of your children and of course modify as you wish)

- ♥ Pin the tail (or ears or nose!) on the bunny.....draw up a giant bunny (kids can help if old enough) and then create a separate piece to be the 'pin' on piece. You know the rest!
- ♥ Egg and spoon race
- ♥ Pass the Easter egg (the kids use their chin to pass from one person to the next)
- ♥ Easter Parade (all the kids create a decorated bonnet, t-shirt, bunny ears or similar)
- ♥ Egg rolling—kids roll a hard boiled egg with a spoon to a finish line



*Note: we don't encourage games to be competitive for prizes—just for FUN!*



## Hot Cross Buns

### Ingredients

4 cups plain flour (use a combination of wheat, barley, rye, buckwheat, rice if you like)  
1 teaspoon salt  
30 gm compressed yeast  
1 1/2 cups milk  
1/2 cup sultanas (can include other dry fruit)

### Method

Cream the yeast with 1 teaspoon each of sugar and flour and luke warm milk and mix well. Cover and stand for 15 minutes until frothy. In another bowl, sift the flour and add in salt, sugar and spices. Rub in the butter and add beaten egg and sultanas. Then mix the yeast mixture in. Cover the bowl and let the dough stand for 40 minutes or until double in size. Then punch and knead dough and cut into equal sizes (about 15 buns) and place in a laming-ton tin side by side. Stand the tin in a warm place for the buns to rise until they reach the top of the tin. Decorate by mixing a little flour and water and using an icing forcer or 'piping bag' draw lines along and across the buns. Bake in hot oven (about 240 °C) for 15 to 20 mins before cooling on wire rack. Spread on your favourite butter or margarine and dig in!

## Hand Knitted Chicken

With 8 ply wool and no 4 needle, knit a square of any size (5cm, 10 cm etc). Once completed fold in half into triangle and sew up and stuff. Stitch down from middle to bottom to create and indent in the chooks back. Place red on head and neck with a few wool stitches. Can make a base from a washer or button to help the chicken stand.





## Upcoming Events

### Beautiful Birth Festival

Sunday 3rd May 2009, 9 am—5 pm Fullarton Park Community Centre

Workshops, guest speakers, stories, , movies, retail and information stalls. \$10 / adult



*... celebrating birth as a beautiful and joyous family event ...*

**9am ~ 5pm**  
**Sunday 3rd May 2009**  
**Fullarton Park Centre**  
 Corner of Fullarton Rd & Fisher St, FULLARTON SA

[www.beautifulbirthfestival.net.au](http://www.beautifulbirthfestival.net.au)

- ... Guest Speakers
- ... Workshops
- ... Movies
- ... 'Ask a Midwife'
- ... Beautiful Birth Stories
- ... Dad's Room
- ... Creche
- ... Family Fun
- ... Food
- ... Live Entertainment
- ... Retail and Information Stalls

### Dancing The Chakras—8 Week Journey

Saturdays 2nd May—20th June, 3-5:30 pm at The Centre OM

In order to experience wholeness and the creativity, knowledge, love and peace that this contains the Chakras have to be open, cleansed and working harmoniously.

There are four main energies that need to be flowing for this to occur

The Kundalini shakti energy ~ pure creative power, Shiva ~ higher consciousness and the two flows called Pingala ~ masculine solar energy and Ida ~ feminine lunar energy.

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Follow your bliss and your heart to deeper connection and greater vitality.

Namaste ॐ Susan Howlett

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