

# Future Families



*E-Newsletter February 2009*

## *From the Editor*

Welcome to our February newsletter filled with **HOT** events, support groups, info and articles!

I hope you have all enjoyed a healing break through December and January and I look forward to seeing many known and new faces at our events in 2009.

Remember we are no longer having monthly Fun Days but we still have heaps of great support events each month. You will find all the details on our website and in these monthly newsletters.

Please feel free to email me if you wish to see an article or presentation on any particular topic.

Namaste!

*Heidi*

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## 2<sup>ND</sup> HAND SALE

Mum's, Babies and Kids Bazaar

## MEGA BARGAINS!

Quality pre-loved items –

**Baby equipment & furniture**

**Books Clothes Toys Maternity**

**When: Sunday 8<sup>th</sup> February 2009**

**Where:** Goodwood Community Centre,  
Rosa Street, Goodwood

**Time:** 9.30am – 12.30

**FREE ENTRY FOR BUYERS**

**Stalls only \$15 each – email**  
[heidi@futurefamilies.com.au](mailto:heidi@futurefamilies.com.au)

**REPEATED BY POPULAR DEMAND!  
A MUST ATTEND EVENT FOR ALL  
PARENTS!**

Saturday 21st Feb 9:45 am—12 noon

**Treating Illness and Fever in  
Children without medication**

Keturah Bryson, Anthroposophic Nurse  
Anthroposophic Book Centre, 96 Halifax St,  
Adelaide \$5 / person, no children please  
babies welcome.

**Bookings** [sgreenwood@internode.on.net](mailto:sgreenwood@internode.on.net)



## Future Families NEWS!

### FREE membership for 2009

Membership is now **FREE** for everyone. That includes personal and professional membership.

- Everyone is welcome to join our mailing list to become a member.
- Everyone is welcome to come to our events at very reasonable entry fees.
- Everyone is welcome to request a stall at our events, but please note we are already nearly booked out for the year! Stall rates are available on request.
- Everyone is welcome to request to advertise freely in our Newsletter, noting that the Editor has total discretion over inclusions / exclusions.

### NEW Local Support Groups

There are now 8 Local Support Group co-ordinators across metropolitan Adelaide, Adelaide Hills and up to Gawler. The Local Support Groups are pre-dominantly a Future Families local mailing list of like minded families. If you join your local group you will receive, via email, updated mailing lists and can choose to contact others for play dates, information etc.

There will also be formal playgroups running in Semaphore, Oaklands Park, Mt Barker, Tranmere and Gawler which will be notified via these local groups. Your local co-ordinator is a first point of call for information regarding local Future Families support.

To join your local group, or to hear about local playgroups, see all the details on our website community page: [www.futurefamilies.com.au/community.html](http://www.futurefamilies.com.au/community.html)

### NEW Look for the Newsletter

I have streamlined the newsletter somewhat to bring you all the same great information, events, adverts and articles but hoping to make it easier to read and find specific info.

Please let me know what you think!

This newsletter is YOUR resource and we want it to work for YOU!



# February 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.



Sun	1 <sup>st</sup>	Stargold Puppets 2 pm
Mon	2 <sup>nd</sup>	Support Group – Talk on Sleep Disturbances, 9:45 am - noon
Tues	3 <sup>rd</sup>	
Wed	4 <sup>th</sup>	
Thurs	5 <sup>th</sup>	
Fri	6 <sup>th</sup>	Homebirth Coffee Morning, 10 am – noon Quiz Night, Fruit & Veg Parade fundraiser 7:30 pm
Sat	7 <sup>th</sup>	
Sun	8 <sup>th</sup>	MEGA 2 <sup>nd</sup> Hand Sale, 9:30 – 12:30
Mon	9 <sup>th</sup>	
Tues	10 <sup>th</sup>	CARES Coffee Morning 9:30 – 11:30 am
Wed	11 <sup>th</sup>	
Thurs	12 <sup>th</sup>	
Fri	13 <sup>th</sup>	
Sat	14 <sup>th</sup>	Green Smoothie Revolution presentation 6:30 pm – 9:30 pm Introduction to Waldorf Education course
Sun	15 <sup>th</sup>	
Mon	16 <sup>th</sup>	
Tues	17 <sup>th</sup>	Evening with Don Tolman – FREE 6:30 pm – 9:30 pm
Wed	18 <sup>th</sup>	
Thurs	19 <sup>th</sup>	
Fri	20 <sup>th</sup>	WEA -Natural & Waterbirth course 6:15 pm – 9:15 pm
Sat	21 <sup>st</sup>	Treating Illness & Fever in Children without medication 9:45 am—12 noon Introduction to Waldorf Education course
Sun	22 <sup>nd</sup>	Healing in the Home – Phillip Day 2 pm – 5 pm
Mon	23 <sup>rd</sup>	
Tues	24 <sup>th</sup>	
Wed	25 <sup>th</sup>	
Thurs	26 <sup>th</sup>	
Fri	27 <sup>th</sup>	WEA -Natural & Waterbirth course 6:15 pm – 9:15 pm
Sat	28 <sup>th</sup>	Introduction to Waldorf Education course





## Support Groups –February

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

Monday 2nd February, Eastwood Community Centre, Rosa St, Goodwood 9:45 am—11:45  
Kate Jackson from Flinders Infant Sleep Study presenting on identifying and understanding causes of sleep disturbances and choosing appropriate methods to address these – without stress to parents or child. Entry \$2.50 (for hall hire)

### Homebirth Network Coffee Morning

Friday 6th February, 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)

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

Tuesday 10th February, Eastwood Community Centre, Rosa St, Goodwood 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. Tea and coffee provided. Children are well catered for, in a relaxed environment. Partners and other support people are also welcome. For more info contact Michelle 8280 6667 or [cares.sa.org@gmail.com](mailto:cares.sa.org@gmail.com)



## Other Events –February

### Stargold Puppets

The Donkey—Classic Grimms Fairy Tale puppet show

Saturday 31st, Sunday 1st Feb at 2 pm \$4.50 per person

Head, Heart and Hands, 81A Main Rd, Nairne Ph: 8388 0075 Bookings Essential

### Natural Birth & Water Birth

WEA course, 20th & 27th Feb 6:15—9:15 pm, WEA Centre

6 hrs on birth choices, minimising intervention, practicalities of waterbirth, pain relief, VBAC, home-birth, etc Bookings via web [www.wea-sa.com.au](http://www.wea-sa.com.au)

### An Evening with Remarkable Don Tolman

Tuesday 17th February 2009, 6:30 pm—9:30 pm FREE EVENT

Sebel Playford, 120 Nth Tce, Bookings on 1800 623 890

Discover why handing over your health to the 'Health Care' industry can actually perpetuate disease and why embracing the **7 Principles of Health** can be the answer to achieving a disease-free life, full of vitality. Find out why the education system handed down to us for generations has become little more than a 'factory' used to indoctrinate academics and churn out 'workers' and why in the Age of Imagination, **Self-Education** provides the platform for the leaders and creators of tomorrow to grow.

### Green Smoothie Revolution

Saturday 14th February 6:30—9 pm \$20 per person

Unley Citizens Centre, 14 Arthur St, Unley

- Advantages of eating a raw food diet
- The most common mistakes raw foodists make
- The benefit of eating greens
- How to inspire children and family members to eat healthier
- Why our loved ones and family may be resistant to dietary changes
- Is Raw Food enough?
- Deficiencies



## Other Events –February

### Quiz Night— Fruit and Veg Parade Fundraising

Friday 6th March, 7:30 pm

Unley Citizens Centre, 18 Arthur St, Unley Tickets \$10 each, tables of 8-10 person

Email [lara\\_and\\_benno@internode.on.net](mailto:lara_and_benno@internode.on.net)

### Healing in the Home—Tour by Philip Day

Sunday 22nd February, 2pm—5 pm, Adelaide Festival Centre Tickets \$25 each

Bookings on 8362 7378 or online at [www.credence.com.au](http://www.credence.com.au)

*With MRSA, dangerous drugs and doctors now the third leading cause of death, more and more of us are researching the alternatives. But what really works? Award-winning health author and lecturer Phillip Day opens his home medicine cabinet and offers some amazing research...*

- What is the common substance, routinely used in A & E departments, which deals with everything from flatulence to drug overdose?
- Infections that won't clear up. What can be done?
- Stress, gynaecology and hormones. What you don't know can hurt you
- Overweight, lethargic and listless? You won't be!
- Ghost in the Machine - why what you think matters
- Cancer, heart disease and stroke - scientists hot tips for the serious stuff
- FOOD MATTERS! A look at the stunning new film and its implications
- Wasp stings, poisons and spider bites. Drag them out with *firewood*?
- Warts, sciatica, back pain, body odour, rashes - your kitchen can help!
- **AND MUCH, MUCH MORE...**

### Introduction to Waldorf Education at Mt Barker Waldorf School

The course will run during term One - Saturday 14th February to 4th April, 9.00am to 12.30pm. The course will be carried by Isobel Benson, with guest speakers. In lecture and artistic exercises we shall look at; how we use art, story and why; the evolution of human consciousness; understanding the human being; the life of Rudolf Steiner - who he was. We will also touch on the philosophy behind the anthroposophic picture of birth, life, food, education, spiritual striving; how educators and parents can work in a more conscious way. For further information please contact Deborah Bottin or Jennifer West on 8391 0411.



# Recommended Service Providers

**rainbowtree**  
 organic & natural parenting  
 320 Magill Road Kensington Park  
 Tues - Fri 10.00am - 5.00pm  
 Saturday 11.00am - 4.00pm  
 8332 8733



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## COMPUTER WIZZ



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## Keeping Your Cup Full

By Arnaum Walkley

### Arnaum Walkley Parenting Solutions



As a parent, being aware of your own well being, the choices you make, and how this affects your behaviour and contributes to the family's dynamics is a crucial step in being effective in this role. To nurture your own personal self-esteem is a vital requirement in creating parental self-esteem and a well balanced family. The example of the safety drill on an aeroplane, where the adult is instructed in fitting the oxygen mask first then tending to the child, can also apply to family life. When Mums and Dads take time to check that they are breathing and functioning well this contributes to a healthy safe environment for their child.

When I became a parent 26 years ago the song "What about me" was a big hit. My Father gave the record to me when he came to visit his first grandchild. At the time I had no idea of the significance of that title. I was enamored by my precious son. My previous needs and desires were replaced by caring for my baby, adjusting to my new role as a Mum and re-establishing my relationship with my partner. Not forgetting trying to function with sleep deprivation, hormonal adjustments and high expectations of my mothering capabilities.

Then I noticed my mind did not seem to function as it did before, and as much as I adored my son I felt a need to have some time to myself, especially when I was frayed around the edges and could not even remember what I had last said.. But the thought of leaving him with anyone else, even my partner for a short while was almost unthinkable, even to go shopping.

As he grew I realized that it was time to rediscover myself. Yes, I had a wonderful new identity as the Mother I had always dreamed of becoming, but I also felt a loss of my identity as I was not enjoying other interests in my life. I could talk to anyone on the subject of my outstanding child but not everyone shared my rapture.

Some days I felt wracked with guilt because I wanted to just have an hour of me time, to re-balance and rediscover all of the other parts of me, which I knew would enhance my mothering abilities. I sometimes felt resentment creep in when he didn't sleep and I missed those quiet moments to just have the opportunity of a long shower. These feelings threw me into confusion. As a good mother how could I feel this way about my precious one? To even have a bath just once a week by myself, go to yoga and fall asleep in the meditation, remember to eat and drink before I became ravenous. Was this selfish; was I lacking in maternal instinct?

Do the thoughts "When do I get time for me" and "How can I still be a devoted Mother and satisfy my own needs as well" ever cross your mind? Does the thought of leaving your child even with a trusted family member cause panic? During my 26 years of parenting and counselling I have heard this issue being discussed by women everywhere.

I am not suggesting that you need to be separated from your child to keep your cup full. Connection Parenting is a beautiful parenting choice, but sometimes to be totally present with yourself, it helps to be alone. Cont.....



## Keeping Your Cup Full Cont..

By Arnaum Walkley Arnaum Walkley Parenting Solutions

There are nurturing activities that are more beneficial when alone, where you can really focus on yourself and have more energy and creativity to share when you return to your family. For a mother to have some time to herself, feel relaxed, have peace of mind, and know with confidence that her child can be without her and held in safety and love is crucial. When a Mother is relaxed her Cortisol levels (Stress Hormones) are lowered and this enables the child to feel more secure when Mum is out of sight. The positive outcomes for the Mother and her family are invaluable.

The saying *"It takes a whole village to raise a child"* assisted me in realizing that other special people in my child's life would enhance his well being, widen his horizons and teach him things I was not aware of or had no interest in. He would be blessed with different outlooks, learn to trust his instincts, develop his self esteem and find the outside world a safe haven, thus encouraging his independence without me being there every moment. Naturally his other carers' would need to be people whom I trusted and knew would respect my partner and my philosophies of life, and how we wanted our child to be cared for.

Some pointers for keeping your cup full are:

- Create a network of loving trusting friends and family to support you and your partner. Swapping babysitting times with friends can be helpful, and supportive.
- Be confident on asking for exactly what you want, this helps others understand your needs, and ask appropriate questions regarding the care of your child.
- Having time to oneself can allow you to find answers to situations that may have been bothering you in the past relating to your child's development or behaviour.
- Prioritise your time. When you have the opportunity to be child free do something you would not be able to do with your child. Even if you stay home and have a sleep.
- Create fun dates with your partner to enhance your relationship and have fun and connect together with a romantic interlude. (If you can stay awake).
- Exercise of any kind is holistically beneficial; pamper yourself with massage, or whatever you fancy. Pampering yourself will keep your cup so full you will have more energy for your child.
- If you are feeling stressed a good laugh at a movie or with girlfriends over coffee or lunch can be incredibly healing.
- If breastfeeding, express over a week or so and allow others to feed your child while you are away.
- When farewelling your child, maintaining a clear intention that you are feeling happy to go will help the child feel secure and assist them in following your lead. This can encourage independence and feelings of security knowing you will return. Always let them know you will be back.

I recommend taking time daily to investigate how you are feeling and take action to refuel before your tank is empty. Choosing to create time for myself definitely assisted me in being more present with my child. I returned much calmer, centered, energetic and lots more fun. My gratitude in being blessed with the wonderful opportunity to be the best mother I could be was enhanced.



## Some Wisdom from Oprah...

1. What you put out comes back all the time, no matter what.
2. You define your own life. Don't let others write your script.
3. Whatever someone did to you in the past has no power over the present. Only you give it power.
4. When people show you who they are, believe them the first time.
5. Worrying is wasted time. Use the same energy for doing something about whatever worries you.
6. What you believe has more power than what you dream or wish or hope for. You become what you believe.
7. If the only prayer you ever say is thank you, that will be enough.
8. The happiness you feel is in direct proportion to the love you give.
9. Failure is a signpost to turn you in another direction.
10. If you make a choice that goes against what everyone else thinks, the world will not fall apart.
11. Trust your instincts. Intuition doesn't lie.
12. Love yourself and learn to extend that love to others in every encounter.
13. Let passion drive your profession.
14. Find a way to get paid for doing what you love, then every pay cheque will be a bonus.
15. Love doesn't hurt. It feels really good.
16. Every day is a chance to start over.
17. Being a mother is the hardest job on earth. Women everywhere must declare it so.
18. Doubt means don't. Don't move. Don't answer. Don't move forward.
19. When you don't know what to do, get still. The answer will come.
20. "Trouble don't last always" A line from a Negro spiritual which reminds me of another favourite: This too shall pass.