

Midwives' Association of Washington State



The MAWS eBulletin

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Greetings!

Happy Spring! It's a busy time for MAWS, as we gear up for the 2011 Spring Conference, as well as the series of events we're organizing with Ina May Gaskin. MEAC CEUs have already been approved, so [check out the program and register soon!](#)

This edition of the MAWS eBulletin is filled lots of exciting news, including a number of items featuring the work of MAWS members in our Washington community.

We're still in the legislative season, and you'll find a link to our legislative update as well.

See you you in Seattle for the conference and Ina May Gaskin events!

Warmly,

Lynn Hughes, LM
MAWS Program Director



Ina May Gaskin in Seattle - Join Us for These Exciting Events!



Consider promoting your practice as a sponsor or advertiser at our big public event, "Birth Works: Why Don't We Know It? Ina May Gaskin at Town Hall." We have already sold over 150 tickets to this event, and there are opportunities for web links (over 2000 visits already to our Ina May in Seattle web site), program ads, and community partnerships that are being picked up by area midwives. [Check out the possibilities!](#) Support MAWS and show the crowd at Town Hall what an amazing birth community we have in Washington.

[Attend the 5K Walk](#)

in solidarity with midwives worldwide on International Day of the Midwife, May 5th at Alki Park in West Seattle.

[Register NOW for the MAWS 2011 Spring Conference](#)

Registrations are pouring in for this great program that is of interest to anyone working with birthing women.

[Buy your tickets now for Town Hall!](#)

Doors open at 12:30 for Birth Fair, tickets, and book sales. Lecture from 1:30 to 3:30 pm, Birth Fair and book signing till 4:30.

Thank You, New Associate Members!

We are so grateful for the support of our associate members. Associate memberships help fund the work of MAWS while offering associates a listing in our directory. Please suggest associate membership to service providers you typically refer your clients to--massage therapists, doulas, childbirth educators, etc. You may refer them here on our web site.

Sammamish Reflexology
www.SammamishReflexology.com

QMA Risk Management, LLC
Victoria Grace

Especially Births Medical Billing Service
www.especiallybirths.com

Sloan Family Chiropractic
www.sloanfamilychiropractic.com

Online CEU Courses in Risk Management

Here's an online course that offers 3.8 CEUs called "[the Best Defense Is a Good Documentation Offense.](#)"

MAWS Member Featured in Kitsap Sun - Speaker at National College of Natural Medicine Expo

We were excited to see Terra Sowinski, ND, LM, featured last month in the Kitsap Sun. [Check out the article here>](#)



Terra will be traveling to Portland in April to present on hormone balancing for women at the NCNM health expo. [More information>](#)

Lovely Short Documentary, *Community Stories: Catching Our Babies* Featuring MAWS Member, Midwife Michelle Sarju on Seattle Channel

Congratulations to Michelle and Open Arms Perinatal Services on this great story!

[Click here to watch>](#)

Another source for risk management CEU's [is here.](#)

Time Magazine: Mothers Abused in Childhood More Likely to Have At-Risk Babies

"Increasingly, a whole body of research indicates what happens early in childhood - even in utero - affects the rest of your life. Now, a new study reinforces that perspective, finding that women who were abused as children stand a greater chance of delivering low-birthweight babies."

[Read the article>](#)

Time Magazine: Longer Pregnancy, Breast-Feeding = Bigger Brains, Longer Life



"Advice around breast-feeding can drive new mothers mad, but [a new study](#) suggests that the long pregnancies and lactation periods of our prehistoric mamas are responsible for the relatively big brains that differentiate humans from other animals."

[Read the article>](#)

Cochrane Review on Pacifier Use in Breastfeeding Babies

A new 2011 Cochrane Review concluded "that for mothers who are motivated to breastfeed their infants, pacifier use before or after breastfeeding was established did not significantly affect the prevalence or duration of exclusive and partial breastfeeding up to four months of age.

The review provided moderate evidence from three randomised controlled trials (involving 1915 babies) comparing pacifier use and no pacifier use by healthy, full-term breastfeeding infants; two of the trials (1302 babies) were included in the analysis. However, there is a widespread belief that pacifiers may interfere with breast milk production and lead to discontinuation of breastfeeding."



Thank You For Renewing!

The majority of MAWS members have renewed their memberships.

If you forgot to renew, please [click here now](#), log in to your account, and click "renew." Professional members, don't forget you need to renew to maintain your directory listing. [Send an email](#) if you need help with your account or your renewal.

2011 members packets are in process. Program Director, Lynn Hughes, is juggling a number of balls with the Ina May events coming up, but certificates are ready to print, and **if you need a copy of your membership certificate for birth center credentialing, simply [send an email](#), and Lynn will send you a pdf of your certificate.**

Eastern Washington Members to Hold Health Fair, Show *The Business of Being Born*

MAWS members Kristin Eggleston, LM, CPM, and Lorri Carr, LM, CPM, provide care for clients in Prosser, Tri-Cities, Yakima, the Yakima Valley, Ellensburg and Goldendale. They are holding a ["Natural Health & Birth Fair"](#) in Prosser this Saturday, April 2, including a showing of *The Business of Being Born*. Glad to see you growing your practice with some great public awareness activities.

Maternal and Fetal Characteristics Associated With Meconium-Stained Amniotic Fluid

Read a free full text article available from ACOG's Obstetrics and Gynecology journal that evaluates the crude meconium-stained Amniotic Fluid (AF) rates in preterm, term, and postterm births. The authors conclude that "Meconium-stained AF rates are different among races and across gestational age, and overall risk of adverse

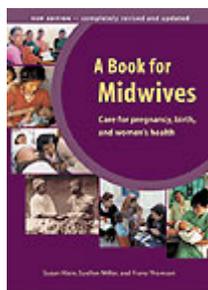
[To read the summary, click here>](#)

outcomes in meconium stained AF is low."

[To read the full article, click here>](#)

Book for Midwives

From the publisher:



Hesperian's indispensable manual on pregnancy, birth, and newborn care, [Book for Midwives](#) and [Un libro para parteras](#), is available in a CD format. A compilation of birth knowledge from around the world, *A Book for Midwives* is both a reference book for

experienced women's health workers and a companion for anyone working with women when experienced care is not available

The CD contains the full book in both English and Spanish, and because it is compact and lightweight, it is ideal for midwives, birth attendants, and health workers who are traveling, do not have access to the internet, or have slow internet connections.

A perfect companion to the printed books, the high and low resolution versions of each book contained on the CD make it easier to create handouts, worksheets, and curriculum from the book materials.

Lobby Day 2011 a Great Success

Thanks again to all of you that helped to lobby Washington legislators on Midwives Lobby Day. You made a difference!



[Click here](#) to read the Mid-Session Legislative Report.

[Click here to see some photos](#) on our Facebook page from this year's lobby day.

Are You on Facebook? "Like" the Midwives' Association of Washington State!

If you're on Facebook, visit us and "like" our page, and encourage your friends to "like" us, too. This is a great way to get the word out on MAWS' legislative work and events.



Congratulations to MAWS Member Tina Tsiakalis on the Opening of the Center for Birth, Seattle's Newest Birth Center Grand Open House Celebration with Ina May Gaskin, May 4th - 6 pm

We're happy to share in the excitement of the Seattle midwifery community around a new freestanding birth center. Recently licensed and now open, the Center for Birth welcomes Ina May to help celebrate the opening at a reception on Wednesday May 4, 2011 at 6 pm. The Center for Birth is located at 1500 Eastlake Avenue E, Seattle 98102. [Click here to see the event on Facebook.](#)



MAWS is also thrilled to announce and grateful to Tina at the Center for Birth for stepping up with major funding for Ina May Gaskin at Town Hall. Thank you, Center for Birth!

UPCOMING CONFERENCES, WORKSHOPS & COMMUNITY EVENTS

Midwifery Today Conference: Gentle Birth Is a Human Rights Issue

March 30 - April 3, 2011 - Eugene, OR.

[More information>](#)

ICAN International Conference

April 8-10, 2011 - St. Louis MO.

[More information>](#)

Neonatal Resuscitation Program at Swedish Hospital - Special Session for Home/Birth Center Providers

April 12, 2011 (Plus other dates) - Seattle WA. [More information>](#)

The Road to Durban: A 5K Walk to Raise Awareness of Maternal Mortality Locally and Globally (In Solidarity With the International Confederation of Midwives)

May 5th (International Day of the Midwife), 2011 - Seattle WA. [More information>](#)

Midwives' Association of Washington State Spring Conference featuring Ina May Gaskin & Penny Simkin

Friday, May 6, 2011 - Seattle. [More Information>](#)

Birth Works: Why Don't We Know It? Ina May Gaskin at Town Hall

Presented by MAWS with major funding from [the Center for Birth](#)

May 8, 2011 - Seattle, WA. [More information>](#)

Turning the Tide: Balancing Birth Experience & Interventions for Best Outcomes

May 11-13, 2011 - Vancouver, BC. [More information>](#)

ACNM Annual Meeting & Exposition

May 24-28, 2011 - San Antonio, TX. [More information>](#)

The Midwifery Management of Neonatal Resuscitation with Karen Strange

Saturday, June 4, 2011 - Spokane, WA.

[More information via email from the local sponsor>](#)

Introduction to Aquatic Therapy: A prerequisite for The Prenatal Journey

July 9-11, 2011 - La Center, WA. [More information>](#)

17th Annual DONA International Conference

July 21-24 2011 - Boston, MA. [More information>](#)

Lamaze International Conference

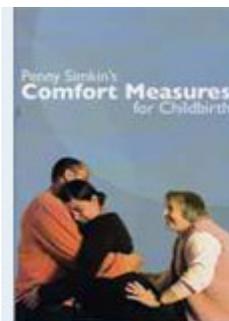
September 15-18, 2011 Ft. Worth TX. [More information>](#)

[See the MAWS web site](#)

for ongoing continuing education opportunities.

BUY PENNY SIMKIN'S NEWCOMFORT MEASURES FOR CHILDBIRTH DVD & PENNY WILL DONATE 10% TO MAWS!

This 90-minute interactive DVD contains more than 40 techniques for reducing and managing the pain of labor contractions. Christiane Northrup, MD states, "Comfort Measures is wonderful. I suggest that it be required viewing for all pregnant couples and childbirth professionals." Use [this link](#) to buy it now or [click here](#) to read more about it.



This is *your* newsletter. Please send any feedback or suggestions to [Kristin Effland](#). We welcome suggestions for future topics, popular articles or research to include.

