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THE SW FLORIDA
BIRTHNETWORK



2016-2017 EDITION



IS IT THE BLUES
OR IS IT MORE?
WHEN MOTHERHOOD HURTS --
FIND POSTPARTUM SUPPORT

SOME LIKE
IT HOT!
WHAT TO DO
BEFORE
YOUR CHILE
IS ROASTED

Resource Guide
with leading SWFL
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We are an official chapter of BirthNetwork
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Cover Art

Brittany Geraci
239.699.7853
www.brittanygeraci.com

Look online for the Network's:

- Calendar of Events
- Provider Directory
- Class Schedule
- Library & Book Store
- Support Groups

MEMBERSHIP:

In **three easy steps**, enjoy member discounts and support us as we work to improve maternity care. (See page 12.)

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2016 - 2017

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2016-2017 Issue

-ON THE COVER-

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MATERNITY | NEWBORN | CHILDREN | FAMILIES

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Non-Profit Support Groups:



ICAN of Lee County

Patricia Lawlor, Megan Nickel-Martin & Stacy Finnell
leecounty.fl@ican-online.org

Seeking to improve maternal-child health by preventing unnecessary cesareans through education, providing support for cesarean recovery, and promoting VBAC.

www.ican-online.org

www.facebook.com/ICANofSWFL

1-800-686-ICAN ext. 207



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Fort Myers PSI Coordinators
MICHELLE LIN, RN, MHA
352-275-4344
Chelle1277@hotmail.com

CYNTHIA BUTLER
familynesting@gmail.com
facebook.com/PostpartumLee

Essential info about perinatal mood & anxiety disorders, including risk factors, symptoms & treatments. Get connected with the best local resources available and start down your road to recovery.

Email PSI for Support and Resources:
support@postpartum.net
PSI Warline:
1-800-944-4773 (4PPD)



Grieving Together

Pregnancy & Infant Loss Support

1095 Whippoorwill Ln, Naples
AnneMarie Randall
239-298-9725
annmarienaples@gmail.com
www.swflshare.org
www.facebook.com/SwflShare

Grieving Together is a pregnancy & infant loss support group. We offer monthly support meetings, online support, and an annual end of year memorial.

The support group meets monthly. Meetings are informal and are lead by other bereaved parents in collaboration with a grief counselor from AVOW Hospice.
Date: Second Thursday of Each Month
Time: 5:15 - 6:45 PM 239-261-4404



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Breastfeeding Resources

License to Breastfeed in Public

Be It Enacted by the Legislature of the State of Florida:
Section 1. The breastfeeding of a baby is an important and basic act of nurture which must be encouraged in the interests of maternal and child health and family values. A mother may breastfeed her baby in any location, public or private, where the mother is otherwise authorized to be, irrespective of whether or not the nipple of the mother's breast is covered during or incidental to the breastfeeding. *House bill no. HB 231 Fl. ALS 4; 1993 Fla. Laws ch. 4; 1993 Fla. HB 231*
Fla. Stat. § 383.015, § 800.02 - 800.04, § 847.001 (later: § 827.071)

Lee Memorial Health System consultations are by appointment and breastfeeding support is available by calling:

Cape Coral Hospital 239-424-2246

Gulf Coast Medical Center 239-343-0658

Health Park Medical Center 239-343-5186

Breastfeeding Support Groups in Cape Coral are Mondays @10am, and 3rd Wednesdays @6:30pm at 636 Del Prado Blvd, Cape Coral, FL 33990. Contact Cape Coral Hospital with questions 239-424-2246.

WIC Breastfeeding Welcome Center

Monday- Friday 8:00 am- 5:00pm

3920 Michigan Avenue Fort Myers, FL 33916

239-332-9615.

Services available to WIC participants:

Breastfeeding classes, Breastfeeding support group, Lactation Consultations and referrals, Lactation

Counseling, Lactation resources for businesses and daycares, Breast pumps

Hendry/Glades is starting their own WIC agency Oc. 1st! Call to check eligibility and sign up for WIC Lee/Hendry/Glades counties that is 239-344-2000. Income based. For those who qualify, free lactation and nutrition services.

La Leche League of Naples, Fort Myers & Cape Coral

Naples: Laurie at LaurieLLL@aol.com or Lina at BoyleLina@gmail.com

Fort Myers: Beth Garland 239-772-3130

En Espanol: Lessie 239-265-3266
lessieveronica@hotmail.com

Meetings:

Naples: 2nd Friday of month at 10:00 & 3rd Thursday of month at 5:00 pm Center Point Community Church, 6590 Golden Gate Pkwy.

Fort Myers: 1st Thursday of month at 7 pm. St. Hilary's Episcopal Church, 5011 McGregor Blvd.

Cape Coral: 3rd Wed. of month at 6:30 pm. Cape Coral Hospital, 2nd floor women's center. 636 Del Prado Blvd. S.

Hendry County: Maria Richter 863-612-6264
mrprichter.00@gmail.com

krmathman@embarqmail.com

<http://www.llli.org/web/florida.html>

Support is also available by calling 1-800-525-3243

Breastfeeding USA Southwest Florida Chapter

Lauren @ 850-491-3001

Lauren.fruehan@breastfeeding.org

<https://breastfeedingusa.org/>

Prenatal Massage
Therapeutic Massage
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*When Motherhood **hurts**
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SOME LIKE IT HOT

Christine Ghali, Certified Doula

Meet Kristin, Jenn and Sarah*. All three are first time mothers. Here's what they have to say about choosing their birth attendants:

"I love my OB! He delivered me, and my mom loved him, so he's delivering my baby, too!" -Kristin

"I'm just looking for someone covered by my insurance. I'd like to have a mid-wife, but my insurance won't cover that." -Jenn

"I've had the easiest pregnancy and I feel great. When I ask my doctor about the birth she's really laid back and tells me we'll cross that bridge when we get there. I like not having to worry about a thing." -Sarah

Until you're in labor. Or processing your birth after the fact. Then, often times the story changes. Same three mothers, this time after their births:

"My OB didn't listen to a word I said. He was only in the room for the last 20 minutes and then he cut an episiotomy. I didn't even know that was something OB's still did." -Kristin

"I found out that a quick letter to my insurance company to ask for GAP coverage would have gotten me coverage to see a Licensed Midwife (LM) at the birth center. Nobody told me that during my pregnancy, or maybe I just never thought to ask." -Jenn

"My OB told me I could be induced at 40 weeks and I signed right up, I really trusted her. My hopes for a natural birth quickly turned into a Pitocin induction and I had an epidural, which

means I couldn't move, stand or walk. I didn't know how an induction would change the course of my labor and birth, how could I have known? My pregnancy might have been easy but my birth was definitely not. I feel like I was duped, and I feel foolish for that."
-Sarah

We can't go on blaming mothers for what happens in their births. The conversation is changing from when our mothers/aunts/friends gave birth, and I want to let you know that it's OK to ask questions, it's OK to not be "super laid back" about your upcoming birth, and it's OK to choose a different birth attendant if you have any nagging feelings about the one you have currently. It's OK if you feel that you're being a nuisance. It's OK if your current birth attendant gets upset that you choose someone else (but really, they won't. It's business). Sometimes we're so worried about being liked that we silence our questions, or let them float around in our minds for fear of coming off as controlling, a worrier, or untrusting. In short, we want to be a "good patient". But girls, you are on your way to your first task of being a good mother.

Birthing From Within has taught me many things, and one of my favorites is a story, titled "Ask Questions Before Your Chile is Roasted." The following story is reproduced with permission from Pam England, *Birthing From Within*, page 78:

"When Autumn comes to New Mexico, the aroma of green chile being roasted fills the air. Locals buy big burlap sacks of chile which are poured into a big drum that turns over a fire until the chile is charred (which then al-



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lows the skin to be peeled off).

Chile is mild, medium, hot, or very hot!! Locals know enough to ask, "How hot is your chile?"

One day a newcomer to New Mexico stopped at the Grocery Emporium on Girard Boulevard and bought a bag of roasted chile. The aroma made her mouth water all the way home. Using her chile, she prepared a traditional New Mexican dinner. A few bites into the meal, her eyes began to water and her tongue burned painfully.

The following day she marched up to the chile roaster and began complaining that the chile he sold her was too hot. "Look lady," he replied, "I just roast and sell chile. If you don't like your chile hot, you should've asked me about it."

Like the chile customer, you need to ask your birth attendant exactly what he/she is selling. Birth attendants and hospitals sell a "product" day in and day out. It's your responsibility to learn more about this product (philosophy and services), and decide whether or not you want to end up with a bag of it."

Are you getting it?

Maybe you want a natural birth; do you know your birth attendant's cesarean rate? Or that of the hos-

pital you intend to deliver in? Have you asked their rate of episiotomy, or under which circumstances they might perform one? What about inductions? What if you're still pregnant at 41 weeks? What will they do if your induction "fails"? What is the next step? Or your midwife; How long will she be with you during labor? Will you get to meet her Birth Assistant prior to your labor? Does she help with pain-coping or should you look to other labor support? What does she recommend to get labor started if you are nearing 42 weeks? If you transfer to a hospital, will she come with you?

Ask your questions BEFORE your chile is roasted. If you like it hot, and so does your birth attendant, great! Just make sure you're not the one getting burned.

There's no right or wrong answers here. This isn't about medicated vs. unmedicated birth; it's not about vaginal or cesarean; it's not about hospital vs. birth center vs. home-birth. This is very practical advice that is a crucial first step in your birth preparation, one that you should take very seriously and mindfully. Don't let yourself wait until you are in your 38th week before you work up the nerve to ask your provider these tough questions. Engage early (and tell your baby to do the same!). 



Need a Resource?

www.swflbirthnetwork.org - Visit today

to view the directory advertisers,
become a member, and check out the
lending library!



Membership Benefits

Southwest Florida BirthNetwork is an official chapter of BirthNetwork National. We do not endorse or recommend providers, but list those providers who endorse the Mother-Friendly Childbirth Initiative (MFCI) and are paid BirthNetwork National members. BirthNetwork National does not guarantee the provider information contained in this guide and BirthNetwork National does not check the validity or accuracy of credentials including, but not limited to, certifications, licenses or training of any listed provider. There are variations in the philosophies and practices of providers listed. It is the responsibility of each consumer to verify the credentials of providers and BirthNetwork National encourages consumers to interview providers in order to find the care that is right for each individual and family. We encourage you to seek providers who support your personal philosophies.



DISCOUNTS FOR SWFL BIRTHNETWORK MEMBERS!

Our members are eligible to receive discounts from listings with a green dollar symbol. For just \$25/year, you can support the BirthNetwork and receive discounts on the products and services you need.

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THREE EASY STEPS TO BECOME A MEMBER

1. Read and endorse the Mother-Friendly Childbirth Initiative.
2. Learn about membership levels, apply and pay for membership at www.birthnetwork.org/member.htm. BirthNetwork National is a non-profit organization that depends on memberships and the hard work of our volunteers to fulfill our mission. Please join us as we work to improve maternity care. All memberships and contributions to BirthNetwork National are tax-deductible under IRS Section 501(c)3.
3. Submit your directory listing.



SWFL Birth Network encourages you to seek providers who support your personal philosophies and does not endorse or recommend providers, but instead lists providers who endorse the Mother-Friendly Childbirth Initiative (MFCI) and are paid SWFL Birth Network members.





Breastfeeding



Bestfed With Love, LLC

Lauren Fruehan, IBCLC, ALC
Lauren@bestfedwithlove.com
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Email: info@swflbirthnetwork.org



Family Birth Center of Naples

Dawn Meier, LM
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Breastfeeding



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John Edwards, DC, CACCP
doc@mamaschiropractic.com
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www.youtube.com/user/drjohnedwards

Mama's Chiropractic Clinic is a family practice that specializes in the care of expecting mothers and children. We take care of any pregnancy at any stage along the way. Postpartum care, nutrition and more.

"When I moved to SWFL, I had no idea where to turn for birth resources. A friend told me about the SWFLBN and I'm so glad she did! They helped connect me with the local ICAN and answered questions I never would have been able to on my own. Thank you SWFLBN!"

- Jill, mom of 2



Midwife Priscilla

Priscilla Kramer, LM, CPM, LMT
midwifepriscilla@gmail.com
Collier, Lee & Charlotte Counties
www.midwifepriscilla.com

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"When a friend handed me this Guide, with all of these amazing birth resources in one place, and especially since I'm a first-time mom, I felt like I hit the birth JACKPOT! How awesome to have everything right here in one spot!"

-Cara, newly pregnant mom



Childbirth Classes



Birthing From Within childbirth education classes

Christine Ghali, CD
239.560.2403

mindfulbirhdoula@gmail.com

Fort Myers, Naples, Cape Coral and the surrounding areas.

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Christine Ghali with Mindful Birth Services & Doula Care helps you prepare for the psychological, physical, emotional and practical aspects of birth.

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✓ www.swflbirthnetwork.org



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Nancy F. Prevatt, RN, CCE, CD (Charis)
nancy@joyfulbirthing.net
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Shannon Wiseley of SWFL Counseling

Shannon Wiseley
Registered Mental Health Counselor Intern

wiseley.shannon@gmail.com

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www.shannonwiseley.com 517.398.3230

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239.774.5433

www.DrCadeCopeland.com

www.fb.com/LIFESTrengthFC

I help the body build health, not treat symptoms.



Mama's Chiropractic Clinic

John Edwards, DC, CACCP
doc@mamaschiropractic.com
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Mama's Chiropractic Clinic is a family practice that specializes in the care of expecting mothers and children. We take care of any pregnancy at any stage along the way. Postpartum care, nutrition and more.

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www.swflbirthnetwork.org

2016-2017 Issue



Chiropractic



Mother Goose Chiropractic

Dr. Carrie Cunningham
Bonita Springs 239.676.3663

drc@mothergoosechiropractic.com
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Andrea Press, Psy.D.

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www.fb.com/presspsychology
Specializing in perinatal mental health and women in transition. Dr. Press provides confidential individual psychotherapy in her Naples private practice as well as support groups for new moms and NICU parents.

Counseling/Therapist



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Shannon Wiseley of SWFL Counseling

Shannon Wiseley
Registered Mental Health Counselor Intern

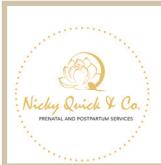
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Lee County 239.494.0021

www.littlemissboho.com

www.fb.com/littlemissbohoblog

Little Miss Boho provides personalized Doula care to allow you to create your own birth experience along with support to handle the unexpected.

Doula-Birth



Midwife Priscilla

Priscilla Kramer, LM, CPM, LMT
midwifepriscilla@gmail.com
Collier, Lee & Charlotte Counties
www.midwifepriscilla.com

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trias.michelle@yahoo.com
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Family Birth Center of Naples

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Naples 239.594.0400

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RESOURCE GUIDE

Midwifery Care



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www.LifeSongMidwiferyCare.com
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Midwife Kristin provides home birth midwifery care to families in Manatee, Sarasota, DeSoto, Charlotte, Lee, & Collier counties who desire a safe, healthy, fulfilling pregnancy & birth.

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midwifepriscilla@gmail.com
Collier, Lee & Charlotte Counties
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407.473.1882

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Monitrice



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Nutrition



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 Cape Coral 239.549.6262

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SWFLAPeaceDay@gmail.com



Come to one of our family-friendly events and stop by our Mothering Tent! It's a quiet place to change, nurse and feed your little ones!



Midwife Priscilla

Priscilla Kramer, LM, CPM, LMT
midwifepriscilla@gmail.com
 Collier, Lee & Charlotte Counties
www.midwifepriscilla.com

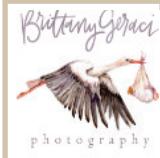
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RESOURCE GUIDE

Photography & Birth Art



Brittany Geraci

Photography

Brittany Geraci

info@brittanygeraci.com

Lee County

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www.brittanygeraci.com

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Stephanie Dahlstedt

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www.fb.com/littlemissbohoblog

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**Tori Gansen
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Tori Gansen

Lee County

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Want to be listed in this guide? Our provider directory is the #1 resource for Mother-Friendly care providers in the region! BirthNetwork professional memberships start at just \$50 a year (for individuals) and \$100 a year (for groups).

To become a professional member, visit birthnetwork.org.



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Angela Bailey



Andrea Barbosa

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Pre / Postnatal Exercise



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Nancy Travis

nancy.travis@leememorial.org

Cape Coral

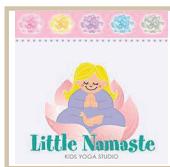
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It's Your Birth. Know Your Options

Childbearing women in Southwest Florida have a variety of options available when choosing how, where and with what type of provider to give birth. In preparing for your special day and the many decisions you will have to make, navigating options and knowing where to find them can be made easier with the help of a guide.



THE Birth SURVEY

SHARE
your pregnancy care experience

TAKE OUR SURVEY.
Give feedback about your care with a doctor, midwife, hospital, birth center, or home birth service & share your birth experience with others.

CONNECT
with consumer reviews

VIEW CONSUMER REVIEWS.
View consumer feedback on hospitals, birth centers, doctors & midwives in your community.

LEARN
about local options

VIEW INTERVENTION RATES.
Find the information on local hospital's intervention rates you need to make informed choices.

It is our belief that safe and satisfying births can take place in hospitals, birth centers, and homes with appropriate Mother-Friendly maternity care and support. We refer to the Coalition for Improving Maternity Services (CIMS) Mother-Friendly Childbirth Initiative (MFCI) which defines and outlines steps towards maternity services that promote the normalcy of the birth process, the autonomy and empowerment of the parents, and the responsibility of the caregiver to implement evidence-based care practices.

OCIMS COALITION FOR IMPROVING MATERNITY SERVICES

www.thebirthsurvey.com

defines and outlines steps towards maternity services that promote the normalcy of the birth process, the autonomy and empowerment of the parents, and the responsibility of the caregiver to implement evidence-based care practices.

Also in our area is the International Cesarean Awareness Network (ICAN) with a mission to improve maternal-child health by preventing unnecessary cesareans through education, providing support for cesarean recovery, and promoting Vaginal Birth After Cesarean (VBAC). For more information visit www.ican-online.org.

When Motherhood Hurts

**Shannon Wiseley,
SWFL Counseling**

Becoming a mother is one of the biggest life-changing events that a woman can experience. Sometimes, these changes are filled with joy and happiness. Other times, the changes can be scary and overwhelming. For many mothers, having a baby triggers an onslaught of unbearable thoughts and emotions that can leave a woman feeling broken and hopeless. Recently, postpartum depression has received media coverage thanks to celebrities like Hayden Panettiere, who has come forward to publicly describe her struggles with the disorder. Although the issue of maternal mental health has become more talked about in recent times, there are still many misconceptions about the disorder and the women who suffer from it. It is the intent of this article to address some of those misconceptions and provide clarity on the often misunderstood and overlooked problem that affects at least 1 in 7 mothers and their families.

One of the most startling misconceptions is the widespread belief that postpartum depression makes a mother want to hurt her child. While it is true that some mothers struggle with frightening thoughts of harming their children, these are called intrusive thoughts and they are rarely acted upon. In fact, most mothers who experience intrusive thoughts are often times extremely protective

and hypervigilant in their efforts to ensure baby's safety. On the rare occasion when we do hear of a mother who has harmed her baby this is often the result of a rare and serious condition called postpartum psychosis. This is when the mother becomes out of touch with reality and enters a psychotic state. This is a completely distinct disorder and not to be confused with "severe" postpartum depression. It is also important to note that not all mothers who become psychotic actually do harm their children and with swift emergency psychiatric treatment, mothers often recover quickly. What is most unfortunate is that this societal belief and associated stigma is often the very thing that prevents mothers from seeking help. Women are afraid that they will be judged as a bad mother, or worse, have their children taken away from them. Having postpartum depression does not make someone a bad mother. Telling someone about symptoms including intrusive thoughts can be scary, but asking for help is the first step to recovery and the greatest thing a mother can do for herself and her family.

Another misconception is that problems can begin only after the baby is born. This is not true. In fact, for some women symptoms of maternal mental illness can begin at any time during her pregnancy. Another false belief is that all symptoms are depressive in nature. However, depression is just one of several mental health

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problems that can occur during the perinatal period. The term “perinatal mood and anxiety disorders” was recently coined as the umbrella term that better represents the cluster of mental health issues that a mother can experience during and/or after her pregnancy. Perinatal mood disorders may present themselves in a number of ways. For example, postpartum anxiety is marked by constant worry and overwhelming fear. At times, these worries might be specifically about the baby. Other times, the anxiety will seemingly strike “out of the blue”. Perinatal anxiety can coincide with depression symptoms or exist on its own. Due to this misconception, a mother who has primarily anxious symptoms might not even recognize that she is suffering from a perinatal mood disorder because she’s not depressed. It is important to remember that the symptoms of these various disorders do not always fit into a neat little box. What matters is that a woman who is struggling with any of these issues reach out and seek help.

Treatment for perinatal mood and anxiety disorders often involves therapy and sometimes medication. Another important treatment variable is building the mothers support system. A therapist can help enlist and educate the mother’s partner, family and close friends to become a

strong support system. In addition to the above, another great resource is joining a perinatal support group. Postpartum Support International is an organization created to help educate and provide resources regarding maternal mental health. PSI oversees peer support groups all over the country and sponsors a group here in Lee County.

If you or someone you love is suffering from a maternal mental illness, please seek help. Postpartum Support International offers a toll free “warmline” where callers can receive information, support and resources at (800) 944-4773. Or contact the regional PSI Coordinator Cynthia Butler at (239) 848-5904 for information about the local support group and contact me, Shannon Wiseley at (517) 398-3230 for a phone consultation at no charge. Remember, reaching out for help is the first step to recovery. The sooner you ask for help, the sooner you can feel better. To quote PSI’s motto: “You are not alone, you are not to blame. With help, you will be well”.

Shannon is a Registered Mental Health Counselor Intern specializing in maternal mental health. She is a professional member of Postpartum Support International. Her office is located in Fort Myers where she lives with her husband and two sons.



Making Mother-Friendly Care a Reality™

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Since 1996, the Coalition for Improving Maternity Services (CIMS) has stood at the forefront of a grassroots effort to restore normal, healthy child-birth practices. It is our honor to confer Mother-Friendly Nurse Recognition to nurses around the country who provide patient care that is consistent with the Principles and Ten Steps of the Mother-Friendly Childbirth Initiative.

Every day, America's nurses play an integral part in providing quality, evidence-based health care; care that is respectful of the mother-baby dyad, results in excellent medical outcomes and produces the highest levels of patient satisfaction.

Southwest Florida is home of the nine following nurses who have earned CIMS Mother-Friendly Recognition:

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Marianne Coleman, RNC, BSN
Cape Coral Hospital
Barb DeSousa, RNC, BSN
Cape Coral Hospital
Van English, RN, BS, IBCLC
Health Park Medical Center
Carol Miano , RN, IBCLC
Lee Memorial Health System, Retired
Gunnhild Myers, RNC, BSN
Cape Coral Hospital
Carol Lawrence , RNC, BSN, MS
Lee Memorial Health System
Nancy Travis, RNC, CPN, BSN, MS,
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Viki Vertich , LPN, BS, IBCLC
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What IS Mother-Friendly Maternity Care?

For Mother-Friendly Hospitals, Birth Centers,* and Home Birth Services

To receive CIMS designation as "Mother-Friendly," a hospital, birth center, or home birth service must carry out the above philosophical principles below...

A Mother-Friendly hospital, birth center, or home birth service:

1. Offers all birthing mothers:
 - *Unrestricted access to the birth companions of her choice, including fathers, partners, children, family members, and friends;
 - *Unrestricted access to continuous emotional and physical support from a skilled woman—for example, a doula,* or labor-support professional;
 - *Access to professional midwifery care.
2. Provides accurate descriptive and statistical information to the public about its practices and procedures for birth care, including measures of interventions and outcomes.
3. Provides culturally competent care—that is, care that is sensitive and responsive to the specific beliefs, values, and customs of the mother's ethnicity and religion.
4. Provides the birthing woman with the freedom to walk, move about, and assume the positions of her choice during labor and birth (unless restriction is specifically required to correct a complication), and discourages the use of the lithotomy (flat on back with legs elevated) position.
5. Has clearly defined policies and procedures for:
 - *collaborating and consulting throughout the perinatal period with other maternity services, including communicating with the original caregiver when transfer from one birth site to another is necessary;
 - *linking the mother and baby to appropriate community resources, including prenatal and post-discharge follow-up and breastfeeding support.
6. Does not routinely employ practices and procedures that are unsupported by scientific evidence, including but not limited to the following:
 - *shaving;
 - *enemas;
 - *IVs (intravenous drip);
 - *withholding nourishment or water;
 - *early rupture of membranes*;
 - *electronic fetal monitoring;

other interventions are limited as follows:

- *Has an induction* rate of 10% or less;†
- *Has an episiotomy* rate of 20% or less, with a goal of 5% or less;
- *Has a total cesarean rate of 10% or less in community hospitals, and 15% or less in tertiary care (high-risk) hospitals;
- *Has a VBAC (vaginal birth after cesarean) rate of 60% or more with a goal of 75% or more.

7. Educates staff in non-drug methods of pain relief, and does not promote the use of analgesic or anesthetic drugs not specifically required to correct a complication.
8. Encourages all mothers and families, including those with sick or premature newborns or infants with congenital problems, to touch, hold, breastfeed, and care for their babies to the extent compatible with their conditions.
9. Discourages non-religious circumcision of the newborn.
10. Strives to achieve the WHO-UNICEF "Ten Steps of the Baby-Friendly Hospital Initiative" to promote successful breastfeeding:
 1. Have a written breastfeeding policy that is routinely communicated to all health care staff;
 2. Train all health care staff in skills necessary to implement this policy;
 3. Inform all pregnant women about the benefits and management of breastfeeding;
 4. Help mothers initiate breastfeeding within a half-hour of birth;
 5. Show mothers how to breastfeed and how to maintain lactation even if they should be separated from their infants;
 6. Give newborn infants no food or drink other than breast milk unless medically indicated;

Practice rooming in: allow mothers and infants to 7. remain together 24 hours a day;

 8. Encourage breastfeeding on demand;
 9. Give no artificial teat or pacifiers (also called dummies or soothers) to breastfeeding infants;
 10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from hospitals or clinics

† This criterion is presently under review.

Source: <http://www.motherfriendly.org/MFCI>



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NOW FOR YOUR BODY



mamaschiropractic.com 239.549.MAMA
3108 Del Prado Boulevard S. #6 Cape Coral, FL 33904
John Edwards DC, CACCP