



Trillium Leaves

A publication of Birthroot Midwifery

September 2011

1136 S. Duncan Avenue Fayetteville AR 72701 479.587.1344

www.birthroot-midwifery.com

Welcome to the new **Trillium Leaves!**

We hope to share timely and helpful information with you. If there are certain things you would like to see included in future editions of this newsletter, please contact Shawn House at shawnelyce@gmail.com We would love to hear from you!



Terra Tots Prescreening MORE Business of Being Born

Terra Tots is bringing this new film for a special pre-screening September 24th, 2011 at 6 o'clock pm.

More Business of Being Born: Celebrity Births is a documentary style film about childbirth in the United States. It follows several celebrity moms throughout their pregnancies and up to their deliveries. The focus of the film is to turn the sometimes disconnected and violent atmosphere of childbirth into a more woman/child friendly experience through education and support.

More Business of Being Born was made in response to audience needs and questions. Film makers Rickii Lake

and Abby Epstein realized that the original film did not go far enough to answer the questions that people had. This series of movies, focusing on different topics such as VBACs and Doulas, goes farther to answer those questions.

Terra Tots will be pre-screening a portion of the series MORE Business of Being Born. This is a wonderful opportunity to view the film before it is released to the general public and meet other people who are interested in natural birth.

Please contact Terra Tots at 479 587 8687 or find them on Facebook for more information. We look forward to seeing you there!



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*Making a decision to have a child-it's momentous. It is to decide forever to have your heart go walking around outside your body.
~Elizabeth Stone*

Paula D. Hill, C.N.M., A.P.N., DItHom
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Shawn Elyce House, LM, CPM Joins Birthroot Midwifery Team

I moved to Fayetteville in the Spring of 2004 to study midwifery at the Arkansas Midwifery School and

Services. Although the school disbanded the following Fall and I was never able to take classes there, I did meet some amazing midwives and was able to start my apprenticeship. I continued my apprenticeship for the next three years, while taking some structured classes and lots of self-study. I became licensed in the state of Arkansas in August of 2007 and received my Certified Professional Midwife license in the Spring of 2011.

During this time, I met my future husband, we married and had our first child together in December of

2009. Her homebirth was an awesome, powerful and life-changing experience for me. It was a long and hard labor, and changed the woman and midwife that I am. I am so grateful for the opportunity to give birth at home and to have supportive midwives around me.

After Emma Jean was born, I decided to take some time off from midwifery starting at the beginning of this year. I have very much enjoyed the time to focus on my family, but I have missed birth, pregnant ladies and babies!

I am grateful to have the opportunity to join the Birthroot Midwifery team and help more families. Birth changes who we are, no matter where it happens. I appreciate that I can help women and their families experience birth on their own terms.

addition of complementary foods through 2 years of age and beyond, as long as mutually desirable for mother and child.



WORLD MILKSHARING WEEK 2011

Visit www.worldmilksharingweek.org for more information and to find out how you can support and participate.

World Milksharing Week is held annually during the last week of September. Their goal is to celebrate milk-sharing and to promote human milk as the biologically normal nourishment for babies and children.

The World Health Organization calls for exclusive breastfeeding from birth through six months. After this time, it recommends continued breastfeeding with the

They hope that by raising awareness about milksharing, families will never again feel forced into feeding breastmilk substitutes --an act which is not without risk to the health of the child. If a mother is unable to breastfeed, or unable to produce enough breastmilk, families can access the milk of another healthy woman through wet-nursing or milk donation. The incredible sense of community that is created among donor and recipient families who partake in milksharing is to be celebrated. Raising awareness about the possibility of milksharing will prevent thousands of ounces of breastmilk from being dumped down the drain by mothers who didn't know there was another option.