

What women say about our Healing From Birth meetings...

"I began attending Birthtalk meetings because my experience of labour was feeling out of control, frightened, alone, confused, scared, unprepared, and let down by hospital staff. I hoped that birth could be better. I had a sense that it was supposed to be different from the way it happened for me. When I saw a notice for Birthtalk, I just 'knew' it was for me. I knew I needed to 'debrief' with other women and having a midwife available to explain technical details was very appealing.

Birthtalk has changed my views and understanding about birth... I now know so much more. I have received validation and support and respect from other women that means so much to me. I understand the processes of birth a lot more clearly and have heard of numerous aspects that I had no clue even existed.

The knowledge gained is also extremely powerful to take away the fear of experiencing labour again. I wouldn't have got to this stage of healing without Birthtalk".

Anna

"My husband and I decided to attend Birthtalk when we fell pregnant again. We accidentally arrived on the 'wrong' week and ended up in the "Healing from Birth" session which we didn't think we needed. Wow, was I wrong. I hadn't realised I had felt so bad about my first birthing experience. It was good for me to realise these feelings, to hear others' stories and to have my feelings validated. It was also good to know that there is a place and people you can turn to, who listen and understand as opposed to the hospital who really didn't get it."

Michelle

"I am so grateful for the amazing support you have provided me. Over the past six months, since first coming to Birthtalk, I have slowly but surely fallen in love with my beautiful son. Thank you, thank you, thank you. I cannot put into words just how highly I value the two of you. Best wishes,

Angela

About Us

Debby Gould is a midwife, childbirth educator & mother of two, who drives Birthtalk's philosophy & facilitates the Antenatal Course. She says, "I am passionate about providing the opportunity for positive birth experiences, and allowing the associated personal growth and benefits to the whole family post-natally be realised."

Melissa Bruijn is a mother of two who has had a traumatic birth and then an empowering & positive birth using Birthtalk's philosophy. She says, "I believe the information I learned is vital for women birthing in our health system. I wish every woman could experience the strength of an empowered birth and the positive effect this has had on my own life."

MEETING VENUE, DAY AND TIME

Day : Tuesday evenings (see over for dates)

Time : 7:30pm - 9:45pm

Venue : Toowong Physio Rehab Centre,
13 Morley St, Toowong
(next to the French Patisserie)

RSVP : via phone or email

ph : Deb on (07) 3878 7915

EMAIL : INFO@BIRTHTALK.ORG

SEE OUR WEBSITE FOR :

BIRTH STORIES

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DETAILS OF OUR ANTENATAL COURSE

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SO
YOUR
BIRTH
WASN'T
GREAT?

BIRTHTALK™

"Healing From Birth" Meetings & Support

"I just wanted to express how perfectly Birthtalk comprehended my experience and how amazingly helpful you have been. You are doing something incredibly important, and are healing many lives. Thank you, from the bottom of my heart." **Robyn**

MOVING ON AFTER A BAD BIRTH

How was your birth?

Disappointing? Nothing really “bad” happened, but you can’t shake the feeling that something is missing?

Difficult? Things didn’t go as you’d hoped, and your path to meeting your baby was completely different to what you had planned? Or maybe there were complications and you had to make decisions about issues for which you were unprepared?

Downright traumatic? You were left in total shock at the whole experience, and can’t even begin to process the event? You were in a situation where you felt completely frightened, or unacknowledged, or powerless?

I’m healthy and so is the baby...so isn’t that all that matters?

A ‘healthy’ mum also means one who is healthy emotionally. Of course you are grateful for your baby’s safe arrival – that goes without saying. Feeling empty, angry, sad or distressed is a normal response to being in a situation where you felt afraid, powerless or unacknowledged. You may need support to be able to move through this experience so you can let the happiness and love for your child out, and be the best mum you can be.

Can I feel bad about my birth and still love my baby?

Yes! You can feel distressed and angry with how your child arrived, at the same time as feeling joy at the fact your baby has arrived. They are separate events. Your sadness at the way the birth went does not reflect your feelings about your baby. It is ok to be sad, angry and upset.

What if it was so bad I don’t want any more kids?

An understandable response, given what you have been through. Some women find making peace with a bad birth allows them to embrace the possibility of another child. Other women find healing allows them to enjoy the family they already have, even more.

Making peace with your birth

It is possible to make peace with your birth, and gain clarity about your experience. You don’t always have to feel that emptiness, or such an intensity of emotions, about “what happened” when your little one arrived.

What does Birthtalk offer?

- * Real validation & emotional support after a disappointing, difficult or traumatic birth
- * plus tools for making peace with the experience & moving on
- * with guidance from those who have made the journey
- * and facilitation by a registered midwife and childbirth educator

2009 Meeting Dates

Dates	Time	Venue
Jan 13, Feb 10 Mar 10, April 7 May 5, June 2 July 7, Aug 4 Sep 1, Oct 6 Nov 3, Dec 8	all meetings 7:30pm – 10:00pm	Toowong Physio Rehab Centre, 13 Morley St, Toowong

What happens in our meetings?

We don’t sit about and complain & moan about how bad our births were!

We invite women to debrief their birth in the context of gaining clarity about “what happened”. If you are not planning any more babies, this can enable you to just move on and go back to your family more present and complete. And if you do want more children, gaining clarity & processing “what happened” can mean the previous birth is less likely to overshadow any upcoming birth, and can help in exploring ways of making any future birth a better experience.

Many women find that attending these meetings allows them to “make a space” for the new baby, as they deal with what happened in their previous birth.

You don’t have to speak – you can just listen. And it doesn’t matter whether your baby was born last week, or last year...or even last century! Just come along and be with other people who know that birth matters.

For more info
see www.birthtalk.org

NB. Our meetings are not specifically “postnatal” meetings, that is, they are designed both for those with new babies, and those whose children are older. We have had mothers attend with newborns, right through to mothers with children who are young adults.

Anyone is welcome...only you know when the time is right.