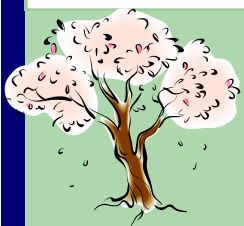


Spring



## INSIDE THIS ISSUE:

Doula Corner:  
Birthing Balls

You Can't Spoil  
A Child With  
Love

Recipe Corner:  
Tuna-Corn  
Chowder

Upcoming  
Events

*"Try to be  
a good  
example  
yourself -  
so your  
child will  
be proud  
of you." -  
Elder*

## Doula Corner: Birthing Balls in Labor

By now, most of you are aware of the role of the Doula as a special support person for new families in their birth, breastfeeding and parenting experience. But did you know the Doula is knowledgeable in techniques and positions for parents to try in pregnancy and labor that can have a positive impact on the position of the baby for birth and lessen the impact of "back labor?" If you have ever had "back labor," I'm sure this will be of interest to you! Many times with "back labor," the position of the baby is *occiput posterior*, meaning the baby's face is "sunny side up" instead of facing the mother's back. This can happen in around 15-30% of labors and causes severe back pain in labor and often times can slow a woman's labor.

Doulas have many positions they can recommend to help *spin* baby into a more favorable position. One such technique is the use of a *Birth Ball*.

A *Birth Ball* is an exercise ball available at the hospital and at local stores for under \$15.00. Doulas also each have their own birth ball to help families they are working with. A birth ball in pregnancy can benefit the mother

and baby by the following:

- Strengthens lower back and abdominal muscles, decreasing back pain.
- Rocking and swaying the last month of pregnancy can help open the pelvis (by up to 3cm!) to make room for baby to turn, align and get into a favorable position.



- Sitting on the ball encourages baby to descend into the pelvis (engage), and uses gravity to potentially lower baby into the pelvis, making less work later in labor.
- The position of a "supported squat" on the ball relaxes the pelvic and perineal muscles and is good practice for birth.

A birth ball is helpful during birth:

- While laboring on the ball and rocking (with help of support people), baby has enough space to rotate if necessary and get into a great position for birth. Swaying and rocking helps

wiggle baby into a good position.

- Rocking and rolling side-to-side, back-and-forth, circles happen effortlessly. It decreases the stress on the hands and arms, allowing moms to stay in this position for extended periods. It is a great distraction and ritual to bring rhythm and "something to concentrate on" during labor.
- For mothers with back labor, leaning over the ball on



the bed, ground or even in the shower can take pressure off the back and allow baby to spin into a better position.

- During pushing, moms can lean on the ball in the hands-and-knees position.

As you can see, the birth ball is a valuable addition to any pregnancy and birth! If you are interested in learning more or getting your own doula, please contact Danielle at 218-279-4112. Happy birthing!

Danielle Le Bon Gort, RN



# “You Can’t Spoil a Child with Love”

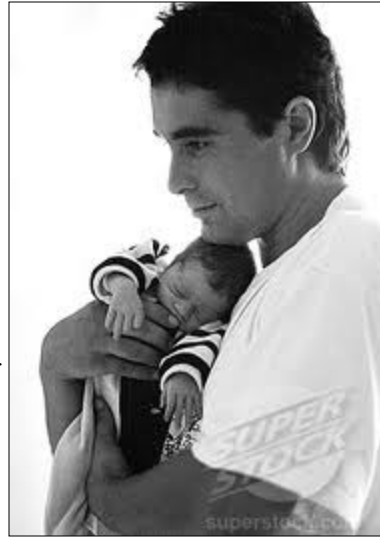
Public Health Nurses commonly hear questions about spoiling from new parents. Parents may hear statements such as “you’re going to spoil that baby” or “it’s good for them to cry” and are left wondering what they should do. It is a common concern that makes parents stop and think about the messages they are sending through their parenting and how these early days impact their children’s future.

Let’s look at the root of where those statements come from. Some may come from fear that as the child grows she won’t appreciate the people and things around her. Or that the children will disrespect their elders when they get older. Others worry that the children will not do anything on their own and expect “too much.” What we know from research on this issue and discussions with



our elders is that responding to a baby’s needs actually makes them more confident in themselves and more independent later. By being shown respect and kindness, the baby learns to offer respect and kindness to her family and community as she grows.

Did you know that the majority of the brain develops by age 5? From the time they are brand new little babies, they are like “little sponges,” taking in all of their experiences and learning from them. They start watching their family and learning how the world works by what they see and hear and feel in their world. Makes sense... that’s how we all come to learn how things work. When a baby cries, fusses or attempts to tell us through baby gestures (like how they move their bodies) it is because they need something. It might be because they are hungry, tired and overwhelmed, uncomfortable, scared, or just miss their family. I think we have all felt those things ourselves. I know sometimes I miss my family and just want to be



near them and sometimes I get scared and need to be comforted. Babies’ needs are especially important: they can’t do it themselves and need help to meet their needs. By having loving parents that respond to their needs when

they “ask” (by crying or other baby cues), baby learns “I am important,” “I can trust the people around me” and “I can trust myself to let others know what I need.” They feel safe and secure, allowing them to feel curious about the world and able to learn through playing. When a baby’s cries or requests are not met and they are left alone, baby learns “I am not important,” “I can’t trust the people around me to help” and “I can’t trust myself to let others know what I need.” Which message creates an opportunity for baby to learn respect and kindness? *(continued on next page)*

*“Let the child know you love them and are there for them and not be afraid to come to you with their concerns.” - Elder*



## “You Can’t Spoil a Child with Love” (continued)

Do you ever notice your baby walk or crawl back to you for a quick hug or kiss when they are playing or exploring a new place? You are your baby’s “secure place”—your baby sometimes needs to check in with you for reassurance to gain confidence in herself to keep learning and exploring. Without this warm check in, your baby may feel uncomfortable and not learn by exploring as much.

We are not only blessed to have these children in our lives but are given the responsibility to raise them. So if actions had words that you tell your little one when you respond to their needs, you are

telling them you are there and listening to them and that they can count on you. They learn they are respected, loved and that they can trust you and the world around them. A baby that feels loved and trusted can express what they need.

So can you spoil a baby with love, kindness, cuddles or by answering their cries? We hope you decide that you cannot. In fact, you may be teaching just the opposite by creating a relationship of love, respect and kindness with your little one, making the world a better place one little baby at a time.

Valerie McCarney, RN PHN



*If you had one piece of advice to pass on to young parents today, what would it be?*

*“Love them and hug them.”  
Joe Holliday*



## Recipe Corner: Tuna-Corn Chowder

- 2 medium potatoes, cubed
- 1/3 cup diced onion
- 3 Tablespoons butter
- 1 (12-ounce) can white tuna, drained
- 1 (14 3/4 ounce) can creamed corn
- 1 (14 ounce) can chicken broth
- 2 cups 1% milk
- 2 Tbsp fresh parsley
- 1/4 tsp oregano
- Juice of 1/2 lemon or lime
- Cook potatoes in small



- amount of water, just until tender. Drain.
- Sauté onions in butter until tender.
- Break tuna into small pieces. Add to onion and butter. Cook just until tuna absorbs the butter. Add potatoes and rest of ingredients to tuna mixture, except lemon juice. Cook for 5 minutes.
- Remove from heat. Stir in lemon juice. Serve warm.
- For thicker soup, add 2-3 Tbsp cornstarch to milk.

Makes 7 cups (240 calories and 8 grams fat in 1 cup)



Kara Stoneburner, RD WIC



## Fond du Lac Reservation

Fond du Lac Human Services  
Public Health Nursing Department  
927 Trettel Lane  
Cloquet, Mn 55720

Phone: 218-879-1227

Fax: 218-878-2198



## Upcoming Events



### April 2011

- 5<sup>th</sup> WIC Pick Up
- 7<sup>th</sup> WIC Pick Up
- 19<sup>th</sup> WIC Pick Up
- 21<sup>st</sup> WIC Pick Up

### May 2011

- 3<sup>rd</sup> WIC Pick Up
- 5<sup>th</sup> WIC Pick Up
- 17<sup>th</sup> WIC Pick Up
- 19<sup>th</sup> WIC Pick Up

### June 2011

- 2<sup>nd</sup> WIC Pick Up
- 7<sup>th</sup> WIC Pick Up
- 16<sup>th</sup> WIC Pick Up
- 21<sup>st</sup> WIC Pick Up

\*Events in Cloquet/MNAW

\*Events in Duluth/CAIR

### Child Abuse Prevention Month Activities

- April 2nd—*Ojibway School Gym*  
Art & Talent Show 1:00-3:00pm  
Dance 2:00-4:30pm  
Lunch 4:30pm  
Drawings & Awards  
Family Pictures  
Dance resumes until 6:00pm

### Family Pictures: 5:00 pm-7:00 pm

- April 5th—*Brookston Center*
- April 12th—*Sawyer Center*
- April 19th—*FDL Tribal Community Center*

- April 14th-15th—*Cloquet Forestry Center*  
Family Wellness Conference

### April 30th—*FDL Head Start Gym*

- Walk & Brunch  
9:15 am Registration, 10:00 am Walk

For more information regarding the Child Abuse Prevention Activities please call 879-1227.

### Breastfeeding Support

- April 6<sup>th</sup>
- May 4<sup>th</sup>
- June 1<sup>st</sup>
- Carlton County WIC 878-2853

### ECFE Cloquet 879-9291

- Baby & You* -  
Weds 10:30-11:45 am
- Wonderful Ones* -  
Weds 8:45-10:00 am
- Amazing Two's* -  
Thurs 10:15-11:30 am

### Community Baby Shower

- June 23rd—OJS 4-7pm

### Health Fair - June 9th

**FDL Closed—4/22, 5/9, 5/30**