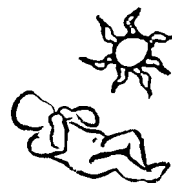


Well Mother Newsletter

January 2005, number 7



Letter from Suzanne

I hope you all had a wonderful 2004 and are looking forward to 2005.

I have decided to make this an annual newsletter and to contact you with updates through emails. I found these worked quite well during this year.

So if you haven't let me have your email details, please do and then you will hear about news as it happens. I had some problems with the computer and therefore I may have some out of date details. Please let me know if I have the wrong info for you.

I used the email system to get volunteers to help me out at the stand at the MIDIRS conference and it worked well. The conference was interesting to attend - see the report on it by Lucy - and I will be at several conferences this year. So if you would like to help out please let me know.

This year I won a MIDIRS raffle which means that I get exposure on their website and exposure at other conferences that they will run through the year.

The courses are all continuing to grow and develop, so much so that I have finally decided I need to train teachers to help me out. If you are interested in this please contact me. The training will take place in 2006, giving me time to organise it in the best possible way.

I hope to see many of you during this year, at new courses or CPD days.

Good luck with all your work. It seems to be having a higher profile these days.

Best wishes to you all.
Suzanne

Teacher training programme
Beginning in 06

The courses have been so successful and I am now being asked to do more than I am physically able. I feel it is time to open up Well Mother and train up some more teachers and assistants. This way it can spread more and our work can reach more people.

This is a big commitment for me and I want to make sure it runs as smoothly as possible, so this is a long-term aim. I will spend 2005 planning and refining the course and the course will run in 2006. The dates are 17-20 January and 14-17 November.

So any of you who would like to take over some of the teaching please contact me and I will give you some further details on this. The training will be based in Bristol but I hope to encourage some of you who live abroad eg especially Australia, New Zealand, America and Canada to take on some teaching. If you are able to coordinate a visit to the UK to one of the trainings that would be great, but I hope to have some flexibility to be able to offer the training while I am travelling.

Book

Shiatsu for Midwives, was published in August 2003 by Elsevier Science. I have had lots of positive feedback from people and there have been some good reviews of it, including in MIDIRS and Midwifery Today. I will get some reviews up on the website soon.

Course News; Massage and Pregnancy Diploma

You will be pleased to know that this has now been upgraded to a diploma in view of the work that students put in. It is, as far as I know, the most in-depth course on this topic in the world. No other course requires the amount of post-course work in terms of case studies and projects - and

yet still people who come on the course would like it to be longer!!! I also feel at some point I may make it longer-when I have people to help me teach it. I may add in extra days on postnatal work and labour. Meanwhile, I do still also believe that there is only so much you can take in, in one go. You need the time to go away, work with clients and then come back with questions. That's why I have regular CPD days and I encourage networking. It is an on-going, life-long learning. I am still developing my work. My shiatsu practitioner course is 17 days and I could still make that longer -admittedly we cover birth and the postnatal period in lots of detail and we cover baby shiatsu as well in that time. So keep on learning and growing...

So those of you have the certificate, if you want it upgraded to the diploma, I can re-issue it. It will cost £7.50 to cover costs and administration.

Refresher Days - Continuing Education and Support

We attended the Well Mother CPD course for Pregnancy and Massage in December 2004. We found it extremely helpful both being able to ask Suzanne lots of questions and also each other. Everyone that attended had gained different experiences from their clients and we shared them with each other.

Suzanne started by asking which areas we wanted to discuss and the main points were Symphysis Pubis Dysfunction, Induction points and other energy work and techniques that we had been taught on the course. From each topic other areas of discussion emerged and this led to more useful information being learnt. We also very much enjoyed the experience of practical

demonstration on each other as it is always beneficial to know what a movement actually feels like.

This CPD course is a must for those that have done a Well Mother course. A lot is covered in a day and it helps clear up queries, gives renewed confidence and provides lots of new ideas and techniques. Claire Mckenzie and Jean Rawlings

Massage and Pregnancy

For the massage and pregnancy course, the days are my current solution to the perennial problem of whether I should make the course longer than 4 days. 4 days is a lot to pack in, but my aim is with the case studies that you go away and get experience and then you can come back with questions and clarifications. Sometimes what you think is going to be important is not what it turns out to be until you practice.

Massage Therapists & Midwives

I am aiming to hold two days a year, one in Bristol and one in London. 2005 dates are:

	Bristol	London
Massage	10 June	8 December
Midwives	24 June	5 December

Shiatsu Practitioners

I have decided to open up the graduation weekend to anyone who has done the course. The next one of these won't be until 22-23 April 06 but it would be great if you made a note in your diaries. The weekend we had in December was wonderful and everyone there thought it might be nice to make it residential next time. Watch this space.

Web Based Discussion Group

The discussion group on my website is open to any one who has attended one of my courses. Unfortunately take up has been slow. It would be great if more people could join. If you could make sure I have your up to date emails, I may well email you to invite you to join. Its purpose is to create a safe place for you to support each other, post your questions, raise and discuss issues, share experiences and cases, and network. I am still happy to support you by answering specific questions, but often issues will come up which are relevant for others to read and discuss. Therefore, it may well be beneficial for you to post

your questions on the message-board.

As one of my aims is to encourage networking and peer support, this is also an opportunity for you to answer each other's questions.

Instructions on how to access it are on my website at www.wellmother.org/messageboard/ If you have any problems then email me.

Case Studies & Project Work

I have decided to continue to include some work, I now have some of the good projects up on the website www.wellmother.org and hope in the New Year to add some more. This year has seen some excellent projects produced. I'm putting a couple more excerpts from projects again for this newsletter.

Email updates

These have been very successful so please let me have your email address if I don't have it. It saves me a lot of time and money and trees! I can send emails regularly to remind you of things, as I am aiming to just have one newsletter per year now

Conferences/Congresses

I attended the European Shiatsu congress in Kiental Switzerland in September and found it very inspiring. It was just so wonderful to live and breathe shiatsu for several days with students and practitioners from all over Europe. I really felt there was a big movement of growth and change out there. I wrote a review with another participant for the Shiatsu Society newsletter so you should be able to read it in the winter issue.

Another interesting conference was the MIDIRS conference on natural therapies and midwifery in Cheltenham in October, which they organised with the Foundation of Integrated Health. Lucy Trend, one of the shiatsu practitioners doing my course, did her presentation on it. I include some excerpts from it here. I have to write an article on my presentation "Shiatsu for midwives" for the MIDIRS journal and will reprint it on my website when it appears in the March issue.

I will be attending the American Oriental Body workers Conference in San Francisco when you get this newsletter in January so the word is spreading!

For those of you who are interested, I will have a stand at the Royal College of Midwives conference in May in Harrogate 10 -13 May. If you would like to represent Well Mother, please contact me. You could either be a midwife or a shiatsu practitioner. I pay for the stand and you just need to be there to hand out information. At MIDIRS we did some mini shiatsu tasters, which worked well, so I hope to do some of those. I'm afraid I can't pay you but you get free entry to the conference (which is quite expensive) and so you can attend various lectures.

Excerpts from Projects

The full version of these projects can be found on the website

Shiatsu Baby Massage Workshops for Parents and Shiatsu Practitioners
By Tania Gallindo, shiatsu practitioner

Tania can be contacted on 020 8944 6588 for workshops in Wimbledon.

Introduction

My way into baby massage was through my experiences as a mother, an auntie of six children in Brazil, and a Shiatsu therapist. I am the youngest of four children so I did do a lot of looking after my nephews and nieces when I was a young teenager growing up in Brazil. This kind of surrogate parenting is quite common practice there, and together with looking after the babies and children of neighbours, helps to create a strong sense of community. What I didn't know then was how useful this informal training would come to be later in my life. Being around babies and toddlers, feeding, changing their nappies and playing with them gave me confidence in handling children. Then, when my own daughter was born at home, one of my midwives showed me some basic massage strokes. That led me to research into the subject. I practised massage with my daughter daily and I could see how much that was helping both of us. Her confidence and expressiveness continued to blossom every day. This so inspired me that within six months I started to run massage workshops for other babies. However, I found that my Shiatsu training enabled me to work in a more holistic way. For example, I massaged the mothers as well as the babies, focused on teaching breathing techniques and

comfortable position for mothers. I also learned some fundamental things with these workshops: that you have to be extremely flexible and responsive, and that there is a limit on the number of mothers and babies you can work with at one time without compromising the quality of the workshops.

Paying attention to breathing and reactions, a lot of listening and observations. During the course I became much closer and comfortable with babies using more of a Shiatsu approach rather than just a straightforward massage.

Why Massage Babies? The importance of touch.

Touch, I would argue, is vital to the development of a child, especially if the child was not breast-fed or was born by caesarean (or both)... Lack of loving touch in the first years of a person's life has been shown to profoundly affect their subsequent development, resulting in adults who not only feel uncomfortable when being touched by others but also feel unable to respond to touch. When I say loving touch I mean a touch that is unhurried and that is enjoyed by both the giver and receiver. A touch that is not looking for appraisal and instant gratification but is all ears to what the receiver needs, learning with your baby as you go. The main intention is LOVE.

The immediate and long-term benefits

In my experience, and based on the anecdotal evidence of other parents, very soon after a young child is massaged and touched in a loving environment, will develop from one month to the other without hindrance. It might have a cold here and there but generally it will thrive with a strong immune system. For example, the eyes of a child that is massaged are expressive, present, and aware. In Chinese medicine, the Shen is the awareness that shines out of our eyes when we are truly awake. Each parent contributes to the creation of the offspring's Shen, yet the Shen is also continuously and materially nourished after birth. Massage will stimulate all the organs in the baby's body promoting harmony amongst the functioning of the organs. Another important point is that the mother by massaging their infant will develop a strong bond with her baby.

Where there is a lack of loving touch with a baby or child the physical and emotional development of that child will be impaired. If given freely the child will become confident self-assured and to have an inner strength and resolve which will make them more prepared to cope with life and less prone to anxiety and fearfulness. Likewise a child that has been taught to appreciate positive touch is unlikely to later

be someone who would engage in negative touch which is so much a problem today.

Shiatsu Baby Massage Workshops

I would recommend that the baby is a month old when starting a baby massage workshop.

In the developing world especially in big cities with the increasing demand made on women to get back to normal life straight after giving birth, mothers should be given an incentive to stay at home spending time with baby and resting during the first few weeks following birth. Shiatsu is highly recommended for mother and baby however, a home visit would be more advisable in the first few weeks after birth than a massage group. These first weeks are special and important for mother and baby and the mother is trying to get to grips with breast-feeding, nappy changing, recovering from the birth, etc. Remembering everything that a mother and baby need in order to go out can be stressful and unnecessarily distracting. Newborn babies will gain from being touched very gently by their mums or just being held skin-to-skin contact. Hara holding is a good way to calm and nurture baby, and can be done when mother is lying down next to baby

Observations before session

Listening and observing baby with mother. The sound of the mothers' voices how they express themselves how they hold their babies, and how they respond to them. The relationship between mother and baby is essential in order to raise a picture of what is going on. Also I would recommend mother to have a shiatsu before I start the baby shiatsu workshops especially if she never had a treatment before. Like in the 5 phases where the relationship between the phases resembles the relationship of mother and child. The phases influence each other like a mother can influence a child. Many times a mother needs to be treated and child will improve his mood and recover from a condition.

Session one

I usually start by asking the parents to put oil on their baby's body and massage them. As this is being done I key in a part of the mother's body I feel is most kyo (depleted), or other times they lead me by telling me where it hurts. Sometimes just by touching or holding the area that is most kyo, the whole body relaxes. As I am doing it I also

Tania and her daughter Lili Flor

During studying for the Diploma in Holistic Care in Pregnancy, Birth and Babyhood, though working with mothers, I have learned a lot more about how to apply Shiatsu techniques to baby massage. One that is very simple yet fundamental is the act of observation. Observing how babies move, breath and communicate. Listening all the time for their response and permission to touch. The effect of pregnancy and labour on babies. The course inspired me a lot in relation to letting parents discover their babies needs and wants.

include the baby by observing him as I treat the parent. Many times mothers are very tense around the shoulder and shoulder blades and they need constant deep pressure around these areas. As well as points being pressed like GB 21, which will help lactation as well as release tension from shoulders. Rotate joints very slowly using your breathing. If baby cries I ask mother to pick up the baby and find a better position while I carry on working on her. Maybe baby is hungry which in this case you can carry on treating mother as baby feeds. If baby needs to burp, you can hint to mother to carry him in an upright position, or if there is something else then this is a good time to find out by asking mother to touch baby. If baby cries mother won't relax so it is very important to deal with a crying baby first.

Observations

In all sessions mothers should be addressed by being massaged even if briefly. Also parents should have the opportunity to experiment in advance with the massage technique move, stroke, rotation or kneading before teacher corrects or add to that. Even when explaining meridians and points before you show their locations, parents should have the opportunity to guess where they are, hints could be given. It is wise to allow parents to learn by themselves to soothe their infants otherwise they might feel intimidated by the wrong idea that only experts can do it. By allowing their input into the classes their learning will be more effective as they will learn from within themselves. Also they will trust more themselves when handling their babies. The right position, moving from the Hara and focus on breathing should always be reminded. When showing a movement that requires holding or kneading is good to show the amount of pressure in the mother's body, so they can understand in their skins the amount of pressure required.

Tania outlines in detail work for the different sessions which is interesting. What is of particular interest are her suggestions for homework, which include asking the parent to keep a diary about how they and the baby feel. One example homework

Homework for lesson four

Ask them to massage babies in various places using various positions. You can massage baby on your lap on a table on top of a big folded duvet. Lying belly down across your thighs when sitting on

a chair. Lying down with your baby. Try massaging your baby anywhere with clothes on. Add to that massaging the back which is very good for the whole body.

Observations

- The sitting in a chair can give ideas about when they are in public places like buses trains aeroplanes or waiting rooms etc. Working with babies on prone position helps baby to develop neck muscles and strengthens the spine. It is important to tell parents that as they are encouraged by the medical profession not to let their babies lying on their belly for fear of cot death.

Conclusion

My background in working with my family's and friend's children, shiatsu training, and the Diploma course have all contributed and lead me into working with baby massage. In many ways life only begins and makes sense after we are touched, to be touched with love is to be nourished. Without enough touch babies all over the world, in orphanages, hospitals, rich or poor die. They also become ill, insecure, and unsure of who they are as they grow up. The benefits of massage are immense and can be seen straightway. The long-term benefits are numerous among them, confidence, self-esteem, strong immune system etc. For working mothers baby massage can be the only incentive for them to spend a relaxed time with their babies.

In order to develop a rapport with a baby a mother needs to spend time and observe her child therefore a workshop of 5 weeks will enable parents to see how quick their baby's and their needs change from week to week. Also by having to keep a diary of their massage practice they will pay attention to what they are doing, how they feel and baby's responses. Mothers have to be addressed as well as babies, their moods influence each other, they are a unity. To be fully present and mindful is a very important part of the Shiatsu path for me. Also to be open and allow people to join the journey and discover from within how resourceful we all can be. I hope that my insights on Baby Shiatsu Massage can assist people in working with babies and parents.

A Shiatsu Practitioners Role in Maternity Care by Lucy Trend

'Maternity care - naturally', was a two-day conference jointly hosted by MIDIRS (Midwives Information and Resource Service) and The

Prince of Wales's Foundation for Integrated Health. The two-day conference held at Cheltenham Racecourse Conference Centre on 13th & 14th October 2004, was the first of its kind in the UK. It was an interesting programme of international speakers attended by over 200 midwives, obstetricians, gynaecologists, nutritionists and complementary therapy practitioners, mostly UK based.

I found the event to be very valuable and interesting. I have learned a lot about my role in the overall picture of maternity care, and about how my future within this looks. In modern medicine every practitioner has a role. From Anaesthetist to Community Health Nurse every player knows exactly what their role is and what aspect of health care they provide. What role does a shiatsu practitioner have within this scheme of things? At best our allopathic colleagues see us as a lay provider of comfort. It is rarely recognised that we may specialise in a particular area of health care, that we continue to train and carry out research and may be informed far beyond a very basic level of education and knowledge that we are assumed to be operating with. Where credit is given for our specialist work we find further difficulty in our different models of research. Our empirical knowledge is insufficient for modern medicine to trust as proof, yet the standards of proof in modern medicine are incompatible with our position therein. We are in a "Catch 22" situation. Our only option is to continue to move forward, doing what we do and to persevere! One day it will become clear for all how and why our practise is effective in health care. Then, when we achieve recognition as complementary therapists we will be in a position to operate the studies which either reach the accepted standards of proof (double blind randomised control trial), or by then hopefully more flexible research study methods will be acceptable. Our current position, however, does not allow

us to show these proofs, due to lack of funding and resources. We are reliant on a slow process of gradual acceptance and understanding.

The broad scope of the conference was far more than I can summarise here. It is great to see so much discussion and sharing of knowledge taking place. It is a wonderful confirmation that we are on a path towards integration, and it is encouraging to meet so many of the people involved. The Prince of Wales's Foundation for Integrated Health figures show that in the UK 1 in 5 people are CAM users. If you include over the counter remedies it goes up to 1.5 in 5. (In US the figure is 1 in 2, or 75% if you include Prayer for Health). So, 4 out of 5 in the UK are not experiencing the benefits of Shiatsu or other complementary therapies. Imagine if therapies were available on the NHS. I would love to look into the future and see how these figures will change!

<http://www.midirs.org>

<http://www.fihealth.org.uk>

Well Mother mission

Aim

To support the wisdom of parents and babies by promoting the use of bodywork, especially massage, shiatsu and exercise, as a core part of 21st century maternity care.

Objectives

1. Provide training in massage and shiatsu for holistic maternity care for midwives, shiatsu & massage therapists, childbirth educators, and other relevant health professionals.
2. Support the links between all of the above groups through newsletters, conferences and other forms of networking.
3. Carry out research & support research into the use of massage and shiatsu in maternity care.
4. Publish articles, leaflets and books on massage and shiatsu in maternity care.
5. Provide classes and individual support for women, their partners and their babies in the maternity period.

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