



# Newsletter

Colorado Midwives Association  
Volume XXX, Number III September 2008

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## Calendar

- September 25-27, 2008**  
Humanizing Birth Conf., Denver, CO
- October 10-11, 2008**  
CMA Fall Conference, Denver, CO
- October 16-19, 2008**  
MANA Conference, Travers City, MI
- October 17, 2008**  
New Paradigms in Breastfeeding  
LLL Healthcare Professional Seminar
- November 4, 2008**  
United States Presidential Election  
Get out and vote!
- March 11-15, 2009**  
Midwifery Today Conf., Eugene, OR

Send calendar entries to  
CMApres@gmail.com

## Birth Film with a Surprising Title

Jen Anderson-Tarver, Apprentice Midwife

*Oh, God, they already told me I might pee or poop during birth, and now I might have a freakin' orgasm in front of these people, too? Great ... Just great.*

*--Molly, adoulatoo.blogspot.com*

I watched *Orgasmic Birth*, a documentary with a jarring title but a gentle message, on Labor Day at the Oriental Theater in Denver. This film, the latest of many on the birth process, arrives on the scene at a pivotal time for birth in America. Last year's documentary, *The Business of Being Born*, spurred awareness in the public sphere such that many new individuals joined midwifery advocates to form an organization named "The Big Push for Midwives." Following a long struggle, Missouri's legalization of homebirths was lately made possible in part by recent partnership with The Big Push, which intends to advocate for legalization of homebirths in all states.

What work will this newest documentary, *Orgasmic Birth*, accomplish? Well, it certainly encourages discussion. Obviously it made waves even with its title. Some wish it had been called something more akin to *Ecstatic Birth*. They argue that a name of such grandeur yet again places expectations on what birth should look like and therefore produces disappointment and feelings of inadequacy. Others herald a new era that finally admits and discusses the link between sexuality and birth. But regardless of opinion, discussion is abounding and *Orgasmic Birth* has only launched.

I came to the film with curiosity and a small understanding of its intent. Little on orgasmic birth is mainstream, except for the work of Ina May Gaskin, and I have never seen such a birth. I did not know what to expect. After viewing the film, I realized the title is merely meant to jolt new life into the familiar discussion on natural birth. I was surprised at the familiarity and tastefulness of the footage: it looked a lot like the rather normal births I've attended in this past year.

No real discussion concerning the title appeared until late in the film. When it finally arrived, it largely supported the film's overall message that birth is a unique experience filled with complex emotions. In doing so, the film expands the definition of orgasm to encompass both the sensation of release that comes with delivery as well as the flooding of joy and relief that follows as one meets their new child.

One of the strengths of this film is that it captures the feeling of time passing as a woman labors while presenting the process as safe and normal. Commentary from birthing experts is interwoven throughout but is subservient to the story of each birth; the images themselves speak louder than the rhetoric. *Orgasmic Birth* and *The Business of Being Born* share similar statistical information. However, whereas a film like *The Business of Being Born* excels at educating the viewer on the cascade of interventions, this film focuses more on providing an inspiration for what a safe, undisturbed birthing space could look like. Although the film never asks directly, the question is implied: How could such an undisturbed place ever become possible in a hospital setting?

Debra Pascali-Bonaro, the filmmaker, hopes that the title will attract youth, a sphere of people who would not attend a birthing event, and to whom the task of mothering often surprisingly falls. Could this film somehow attract and persuade an audience hooked to the sensationalized and fearful images of birth often shown on television? Could it replace these images with good birth stories? Perhaps it could offer a beginning, especially if the

*(Continued on page 2)*

# Dr. Sears L.E.A.N. Start Program

Stacie Meredith, CPM, RM

Dr. William Sears, pediatrician and author, has started a new program for children called L.E.A.N. Its purpose is to help guide parents and children into living a healthier lifestyle from an early age as a preventive against diabetes, obesity and heart disease. The acronym stands for

- Lifestyle—How we live
- Exercise—How we move
- Attitude—How we think
- Nutrition—How we eat

The program is being introduced at Sky Ridge Medical Center in Highlands Ranch and Dr. Sears will be giving a series of lectures there over the next few months.

Dr. Sears is a firm believer in breastfeeding and home-made baby food. This shapes babies' tastes towards fresh foods without preservatives and chemicals. Mothers are encouraged to allow their children to graze; though it might be frustrating, it's healthier for our bodies to eat small amounts of food throughout the day. This actually keeps our insulin levels even and will help prevent mood swings and spaciness. As children get a little older, mothers are encouraged to make eating healthy and fun by playing games in the grocery store reading labels on food packages. Dr. Sears teaches the parents and children about the TERRIBLE THREES:

- Partially hydrogenated oils (trans fats)
- High-fructose corn syrup
- Any additives with numbers attached, such as red dye #40

Once their children know the "Terrible Threes," parents can play "I spy" at the grocery store and have them read labels until they find products without these additives. This gives them the opportunity to participate in their food choices.

Dr. Sears also believes ADD is actually "NDD", Nutritional Deficiency Disorder, and a healthy change in diet, along with plenty of exercise, may help children to be more focused and attentive in school.

Hopefully, Dr. Sears' program will begin to appear widely in hospitals and schools across the country.

## Upcoming CMA Conferences

### Student Conference January 24-26, 2009

Nyland Co-Housing in Lafayette

- NRP Certification and Re-Certification with Karen Strange
- Postpartum Visits
- Cervical Dilation
- Initial Physical Exams
- Birth movies and books

### Spring Conference May 1 & 2, 2009

Wild Sage Co-Housing in Boulder

- Gail Tully on Shoulder Dystocia and Spinning Babies
- Karen Strange on Meconium
- Placentas
- Vaccines
- Prenatal Testing

NEWSLETTER DESIGN AND LAYOUT BY ERIKA CARLSON.

NEWSLETTER CONTRIBUTIONS BY JEN ANDERSON-TARVER AND STACIE MEREDITH ARE GREATLY APPRECIATED.

## Health Insurer to Work on Reducing C-sections

UnitedHealthcare, with more than 670,000 members Colorado's second-largest health insurer, is launching an effort to help physicians in its network reduce neonatal intensive-care-unit admissions.

The program will share data highlighting the increased risk of complications for babies delivered by scheduled C-sections.

The data, based on a review of claims data for mothers and their newborns, showed that 48 percent of newborns admitted to the neonatal intensive-care unit were from scheduled — many before 39 weeks' gestation — C-section deliveries, a practice discouraged by the American College of Obstetricians and Gynecologists.

—From the Denver Post, Business Section, September 10, 2008

### Newsletter Editor Position Open

- Do you like to write?
- Do you feel like you have something to say about midwifery in Colorado?
- Consider managing the CMA Newsletter and get involved!

Contact a CMA Board Member for more information!

### Orgasmic Birth Film Review

(Continued from page 1)

documentary were incorporated into sex education programs in public schools across America as is the filmmaker's intent.

For those active in the birthing community, however, this film provides valuable updated footage. *Orgasmic Birth* visually evokes birth experiences in the spirit of Ina May Gaskin's books. As the film hits 20/20 and Good Morning America, I cannot help but feel hopeful that somehow this approach, along with recent other efforts, will finally wear down barriers and reach society at large with the message that birth can be rewarding, enjoyable work.

# CMA President's Letter

Karen Robinson, CPM, RM

The year 2008 isn't over yet, but it is shaping up so far to be a seminal year in the history of home birth midwifery in the United States. We've seen the release of two major motion picture films about birthing at home, and the foundation of a national organization whose sole purpose is to advocate for the regulation and licensure of CPMs in all 50 states. As a result of all this good press, the American College of Obstetricians and Gynecologists issued a statement in February calling home birth "trendy" and "fashionable." Then in June, the American Medical Association adopted a resolution calling for the development of legislation in all states that would effectively outlaw "lay" midwifery. And, in September, the AMA moved that resolution to number 2 on its list of important state legislative agendas.

Whew! With this in mind, I sent a message to our Colorado Midwives email list last summer, and I think it bears repeating here in our newsletter. I welcome all concerns and comments from our members regarding legislative issues in Colorado; please feel free to contact me if you'd like to chat.

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...The stance of the Colorado Midwives Association amidst all the excitement that is being generated nationwide regarding homebirth is that we're in pretty good shape here in the Mile High State. We've been legal and on the books for 15 years now, and we don't believe there is any current threat to the good standing of midwives in this state.

Since 1992, the CMA has maintained a relationship with a lobbyist (at first he was on retainer; now he is our very good friend) who has guided us through all of our legislative efforts and who continues to watch for any legislation that may affect our statute. Our lobbyist has worked in the Colorado Legislature for over 25 years; he has experience working with other health care provider groups and his depth of knowledge regarding all of the state medical associations is unsurpassed. We feel very fortunate to have such a resource and advocate on our side.

We know there is much concern about the recent recommendations put out by ACOG and the AMA. Our statute is not up for renewal for a few more years, and with members of the Colorado State Legislature coming up for election every two to four years, we feel it would be premature to be making contact with lawmakers right now. To our knowledge, there is no indication whatsoever at this time that the Colorado Medical Society may be preparing to mount a campaign against homebirth midwifery in Colorado.

The CMA Board of Directors, being an all-volunteer group, has chosen to adopt a watch-and-see posture at this time, rather than mount an organized campaign in response to events that are taking place in other states where midwifery is not yet legal or may currently be up for review in their respective legislatures....



COLORADO  
MIDWIVES ASSOCIATION

## Membership Form

**Annual Membership cost is \$50.**

I would like to:     Join     Renew my membership

**Please send this form, with a check payable to the CMA, to:** PO Box 1067, Boulder, CO 80306-1067

Name:

Address:

City, State, Zip:

Phone:

Email:

*Please allow 4-6 weeks for processing. Thank you for your support!*

## CPM Job Analysis Survey

(from [www.NARM.org](http://www.NARM.org))

All current CPMs are invited to participate in the process that determines what knowledge, skills, and abilities are essential for the attainment of the CPM credential. Every 6-7 years, CPMs must be polled to identify the specific skills that are essential to their practice as a midwife. This is called the Job Analysis Survey. This year, for the first time, the Job Analysis Survey will be done on the web.

To participate, you must be a CPM with active or inactive status, whose certification did not expire prior to 2008. To enter the survey site, you will need a password (your last name) and a unique identification code (your CPM number). If you do not know your CPM number, contact NARM at [testing@narm.org](mailto:testing@narm.org) or call 1-888-353-7089. When you have that information, you are ready to enter the survey site. The survey may take several hours to complete. You may save the survey at any point and come back to finish it at a later time.

CPMs who complete the survey will be able to claim 5 CEUs toward recertification under Category 5 on the NARM recertification form. The CEU form will appear on your screen when you submit the completed survey. Just print and save.

The URL to the survey is:

<http://snaonline.snapsurveys.com/siam/surveylanding/surveylogin.asp?k=122099200476>

For more information on the Job Analysis, contact [testing@narm.org](mailto:testing@narm.org)

**Notice:**

**The By-Laws of the Colorado Midwives Association have been updated and will be submitted for approval by the membership at the CMA General Meeting on Friday, October 10, 2008 at 4:15pm.**

**Congratulations!**

Colorado has gained 1 new Registered Midwife since April 2008:

Donnellyn Dominguez of Ft. Worth, TX

**The CMA Welcomes the Following New Members and Thanks Them for Their Support:**

Julia Fritz  
Kim Lenderts  
Joy Kanevski  
Brandy Segin  
Angela Seeling  
Christine Warner

The Colorado Midwives Association was founded in 1979 as a not-for-profit organization. It is composed of midwives, childbirth educators, doulas and supportive individuals. Conferences held throughout the state provide a forum for support, continuing education, and interaction among members.

Voting membership in the CMA is open to all who wish to support midwifery. Annual membership is \$50.

Members received quarterly newsletters, event discounts, and the opportunity to advertise on the CMA Web site.

The CMA newsletter is published quarterly.

Submissions and advertising are welcome.

Contact Karen for more information at [CMAPres@gmail.com](mailto:CMAPres@gmail.com).

**Colorado Midwives Association  
Board of Directors, 2008**

Karen Robinson, President & Webmistress ([cmapres@gmail.com](mailto:cmapres@gmail.com))

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Jean Dhority, Membership Chair ([jdhority@msn.com](mailto:jdhority@msn.com))



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