

# Honoring the Mother: Health and Wellness during the Childbearing Year

Hosted by Portage Lake District Library and Herbalists Without Borders Keweenaw

Portage Lake District Library

May 10<sup>th</sup>, 2014

10:00 am – 1:00 pm

Interactive sessions, talks, and informational resources focused on botanical and complementary support for all stages of the childbearing year: prenatal, birth, nursing, and postpartum support. The format for the event is open house. Come for a portion or the whole event! The event will feature interactive topic tables on herbal and natural support, baby wearing, massage, nutritional guidance, yoga, raffle, and much more, including a talk and presentation 'Advice on Pregnancy Advice.' Stations will be found throughout the library and speakers and interactive sessions scheduled throughout the day.

During the event we will be accepting donations of gently worn clothing: children, maternity, baby, adults, gently used baby and young children toys, and books, as well as food items. Contributions will be dropped off to local family assistance programs. Please consider this while doing some spring cleaning.

See attached schedule for stations, special presentations, and sessions. Story time and child care provided with activities for children throughout day. Snacks and tea will be served during the event.

Open to: mothers, fathers, partners, support team, interested community members, and children. All are welcome and encouraged to attend. The support and well-being of mothers is something everyone is a part of. Free and open to the public.

This event is the first installment of the Women's Wisdom Series Being offered by the Keweenaw Chapter of Herbalists Without Borders (HWB).

## For more information:

Contact HWB Keweenaw Chapter Coordinator Jess Juntunen: [jjuntune@mtu.edu](mailto:jjuntune@mtu.edu).

Herbalists Without Borders Keweenaw website: [www.hwbkeweenaw.weebly.com](http://www.hwbkeweenaw.weebly.com)

Facebook: [facebook.com/hwbkeweenaw](https://www.facebook.com/hwbkeweenaw)

Herbalists Without Borders National & International [www.herbalistswithoutborders.weebly.com](http://www.herbalistswithoutborders.weebly.com)

If you are interested in ride share or need to network with somebody nearby for a ride to the event please contact Christa Gardner for assistance with coordination: [cm\\_gardner78@hotmail.com](mailto:cm_gardner78@hotmail.com)

## About HWB:

HWB international network of herbalists, traditional healers, complementary alternative medicine (CAM) practitioners, botanical product makers, botanical trades people, herb growers, farmers, ecologists, students, humanitarian aid workers and others interested the vital roles of plants in primary health care, sustainable agriculture, trade, and ecological preservation.

## The global vision of HWB:

A global community where all people have access to affordable natural and botanical medicine. To bring that vision into reality, we create educational, clinical, advocacy, and grassroots model projects to fill the gaps in health care social justice.

# Interactive Learning Stations

*\*All Stations are open 10:00 am- 1:00pm unless noted*

Station	Description
<b>Welcome Station: Event Information and General Information</b>	Sign up for the raffle and pick up goodies. Learn more about the day's event and ask questions. Learn more about what the Herbalist Without Borders Keweenaw Chapter is up to.
<b>Resource Table</b>	Peruse resources, books and handouts with a range of natural and complementary care for the childbearing year. Check out local childbearing year practitioner information and offerings.
<b>Snacks and Tea</b>	Snacks available in the community room throughout event.
<b>Herbal Support for the Childbearing Year</b> Katie Searl and Colleen Hicks, wise plants women	Introduction to safe, effective, and simple herbal preparations for women during pregnancy and the months beyond. Learn about herbs and herbal infusions such as: raspberry, mint, nettle, oatstraw, chamomile, fennel.
<b>EcoHolistic Health Coaching Sessions</b> Shelby Laubhan, EcoHolistic Health Coach <i>*10am-12:30 pm</i>	Could one conversation change your life? Join certified health coach Shelby Laubhan for a mini-consultation addressing any nutritional concerns or other health related questions, and begin to discover how to identify and achieve your "bio-individual" goals.
<b>Thermography Scans</b> Dr. Jinny Sirard, D.C. <i>*10:30 am – 11:30 am</i>	Receive a thermography scan which provides valuable feedback on spinal health and learn more about chiropractic care.
<b>Massage</b> Stephanie Dixon, CMT	Receive a neck and shoulder, or a foot and lower leg mini-massage with Stephanie Dixon.
<b>Natural Support for Breastfeeding: Lactation Consultant Q &amp; A</b> Nanci Klein, RN, BSN, IBCLC	Join Nanci Klein for information on safe botanical support while nursing, ways to increase milk supply, and more. Feel free to stop by with your questions.
<b>Ask Your Friendly Childbirth Educator</b> Jenny-Meade Butler, CCE, Birthworks	Pregnancy, labor, and postpartum related questions answered. Consultations could include nutrition, birth planning, feeling safe in birth, use of a doula, evidence based birth practices, working through previous pregnancy/birth trauma, the safety of VBACS, or what to expect in the postpartum period. All questions welcome.
<b>Placental Medicine</b> Azure Daniels, Placental Encapsulation Specialist and Birth Doula	Learn about healing properties of the placenta which enhances and accelerates the healing/recovery process after giving birth, discover the added benefits for milk production and breastfeeding, understand how it prevents "baby blues", and about legally obtaining your placenta from the hospital.
<b>Baby Wrapping and Baby Wearing Station</b>	Learn about the art of safely and securely wearing your baby. Try out different carriers. Experienced baby wearers on hand and a variety of baby wear options available to try out. Stop by anytime. <small>See presentations below for info on a Baby Wearing 101 talk at 10:00 AM</small>

*Child Care, Special Sessions and Presentations Schedule Next Page*

## **Child Care and Activities**

### **Story Time**

**10:00-11:00 AM**

Join us under the reading tree at 10:00 AM for story time and activity.

### **Activities and Child Care**

**11:00 AM- 1:00 PM**

Under the reading tree in the children's area of the library. Activities will include creative and fun techniques children can use for health and wellness and other interactive fun.

## **Special Sessions and Presentations**

**Baby Wearing 101** - Dr. Jinny Sirard, D.C.

**10:00 AM-10:30 AM**

*Location: Baby Wearing Station*

Baby wearing for best support for both you and your child: a chiropractic perspective

**Prenatal Yoga** - Joan Kero, Yoga Instructor

**10:15 AM – 11:00 AM**

*Location: Northwest Corner*

Discover preparation for birthing through breath, body and mind awareness. Learn about what poses are safe for each trimester, and move through yoga poses that help balance the bio-mechanical force of the growing uterus.

**Postpartum Yoga Class** - Joan Kero, Yoga Instructor

**11:15 AM -11:45 AM**

*Location: Northwest Corner*

Restorative and gentle yoga for the postpartum mother. Learn with Joan some safe and balanced yoga movements for your body after birth and beyond.

**Doula Q & A Session**

**11:00 AM -11:30 AM**

*Location: Community Room*

Jess Juntunen, Desi Lauritsen and other area doulas on hand to answer questions about what a doula is, the role of the doula, and about birth and postnatal doulas. Or maybe you are interested in learning about becoming a doula yourself, stop by and connect. Are you a doula and want to join in? Please do.

*Special Sessions continued on next page.....*

**“Advice about Pregnancy Advice”**

**Marika Seigel, Associate Professor of Humanities at Michigan Tech and Author of *The Rhetoric of Pregnancy***

**11:45 AM – 12:30 PM – Presentation and Q&A**

*Location: Community Room*

The sheer amount of expert advice about pregnancy can be overwhelming and anxiety-producing, especially since much of the advice available is contradictory and disheartening. In this presentation, Marika Seigel will give a brief history of pregnancy advice in the United States in order to give you a sense of why mainstream pregnancy advice tends to disempower pregnant women. She'll also suggest what pregnant women and those who support them should look for in pregnancy information if they seek a more empowering experience during pregnancy.

**Working with your labor: Pain coping techniques for birth - Amanda Matson-Kesti, midwife**

**12:30 PM -1:00 PM**

*Location: Northwest Corner*

Learn effective positions for labor to assist with pain relief and for coping with pain. Discover how water can assist the relief of pain. And learn about other natural ways to work with your labor.

**Brief Overview of Herbalists Without Borders- Jess Juntunen, Keweenaw Chapter Coordinator**

**12:30-1:00 PM**

*Location: Community Room*

Learn about Herbalists Without Borders Keweenaw Chapter happenings and projects. Discover more about what the Herbalists Without Borders National and International organization is about and how the organization is working from a grass roots level to create barrierless medicine and accessible health care for people through a down to the ground green medicine movement.

**1:00 PM Raffle Drawing and Closing**