

NEWCASTLE Baby

the best things in life are

FREE
2025 EDITION

**Your child is sick,
what do you do?**

**Mental Health
and the journey
of parenthood**

**I birthed
naturally at
42 + 5 with my
private OB**

**The KEY to a
positive birth!**

The Great Birth Rebellion

- We interview Melanie Jackson





Welcome

Welcome to Newcastle Baby 2025!

Within these pages, you'll meet a group of caring, passionate, and highly skilled professionals, each of whom is heart-centered and community-driven.

How can we help? Sure, Dr. Google might offer some quick (often anxiety-provoking) answers at 3 a.m., but when morning comes, you'll want a real person to talk to—someone reassuring, who can guide you in a way that's relevant to you as a unique person with unique needs.

We love creating a physical magazine for mums to hold, something solid and mindful. And here is an interesting challenge! Can you read an entire article without your mind drifting away? Each time your mind wanders, breathe yourself back to the moment and back to reading the words. Our brains are losing the ability to stay on a task for more than a few seconds!

Good luck and warm wishes,

Natalie
and All



Logo design @mamagumau

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(Baby Wesley was born lovingly at home two days after this image was created)

Newcastle Baby wishes to acknowledge Aboriginal people as the Traditional Custodians of the land on which we work, live and play and pay respect to Elders past, present & emerging.



MOTHERHOOD & BEYOND

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Three Births, Three Learnings

One of my birth educators' biggest dreams is for women to feel the natural expulsive reflex during birth. It wasn't until my third birth that I truly came to understand the significance and pleasure of this dream.



AUSTIN'S STORY

(Birth One: Interventions and Effects):

My first birth was positive overall. I read helpful books and had an active, natural labour, though it included an episiotomy, leading to complications that left me with significant blood loss, feeling shaky and sleepy for hours. Recovery required a five-day hospital stay, where at night, my partner Jamie had to leave. During those times, I felt so alone and struggled with the stress and anxiety of being a new mum.

FLYNN'S BIRTH

(Birth Two: 42 Weeks + 5 Days, Well Supported):

This time, I aimed for an undisturbed, natural birth, allowing the hormonal processes to unfold, bringing the pleasure and love I'd read about in *Gentle Birth*, *Gentle Mothering* by Dr Sarah Buckley. Jamie and I took a private birth course to deepen our connection and chose private OB care where partners could stay overnight after birth. At 42 weeks, with both of us healthy, we scheduled an induction for five days later. I knew I was the decision-maker for my body and my baby, and I could engage with my care provider and maintain control of our informed birth choices.

In those extra days, I cherished bonding with my child inside my womb. My homeopath released lingering fears, and acupuncture and chiropractic care prepared my body. At 42 weeks and 4 days, anxieties swirled, but a friend sent me Helen Reddy's *I Am Woman*, reminding me of my inner strength.

The next morning, I knew it was the day. Labour grew steadily, and at the hospital, I laid out beads given to me as blessings from loved ones. As labour progressed, time became a blur. My OB suggested pushing, but I hadn't felt an urge to bear down, so I had to work very hard to follow coached pushing. Jamie's support was constant, and my doctor encouraged me, saying, "Breanna, this is YOUR baby, and you ARE going to birth him YOURSELF." I paused to tell Jamie that I wasn't in pain and I roared through the final contraction. I heard a pop from my tailbone, followed by a collective "keep going" from everyone, and then Flynn was finally here. We were both relieved and ecstatic.

Flynn weighed 4,480 grams and measured 54.5 cm. That night, we savoured the comfort of our own private recovery room, and later I sought chiropractic and physiotherapy care for my tailbone and much-needed pelvic floor recovery.

MAX'S BIRTH

(Birth Three: A Dream Come True):

For this birth, I invited the goddesses to be with me and fully embraced recognising my body's power. At 42 weeks and 1 day, contractions began during a family walk in the Watagans. Back at home, I felt the strong need for Jamie to bond with Max by speaking to my belly. The next morning, early labour started. During the hospital drive, I was deep in meditation. At the hospital, with Jamie's support, I clearly communicated my preferences and transformed the sterile room into a sanctuary with flower essences and crystals.

As stronger contractions began, I doubted my endurance, but by embracing the pain, I found relaxation and focus with each surge. Suddenly, my waters broke, and I felt exactly what I'd longed for—immense pressure, as my uterus was automatically contracting my baby down. I urged Jamie to run the bath, water promising a haven for my body's primal urges.

When my OB arrived, her warm, caring tone instantly put me at ease. "How are you, Breanna? Can I get you anything?" she asked. I replied, "I'm okay," but she must have sensed my hesitation, my racing thoughts whispering, "Can she tell how far along I am? I don't want to get out of the bath."

She performed a baby heart rate check with my agreement and did everything possible to keep me undisturbed, stepping out of the bathroom to give me the privacy I needed to truly relax into the moment. I was acutely aware of everything happening within me, feeling calm and in control. Jamie and I were alone in our private cocoon, the room dimly lit by the soft glow of candles. Powerful feminine affirmations whispered in the back of my mind. I reached down, eager to feel the reality of what was happening. "He's right here," I whispered to Jamie, guiding his hand to where I could feel the

soft velvet of our baby boy's hair. I settled back into the water as another immense surge came. In that moment, I was filled with awe, grateful for the urge to bear down twice.

Taking advantage of the private moment, with the next contraction, I gave a powerful push. In that magical moment, I guided him out with one hand on his head and another protecting my intimate tissues, receiving him into my own hands, the first hands ever to touch my baby. I lifted him from beneath the water and held him, heart to heart.

As we greeted him, our hearts swelled with joy: "Hello, baby boy! Oh, hi, we love you!" My OB and a midwife entered the room with warm towels, their faces radiant with genuine happiness. "We can hear a baby! Well done!" they said.

Later, I birthed the placenta, and Max stayed on my chest as Jamie made the symbolic snip of the cord. We savoured three private, golden hours as a family.

I had finally experienced what I'd longed for—my uterus naturally expelling my baby into the world.

— Breanna, Local Mum



Thank you for reading my journey. If you're curious about the local practitioners who helped me, contact the Magazine Editor for my info.

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Becoming a mother can be one of the most joyful and exciting times in a woman's life. It can also be overwhelming, and after you've fed and changed your baby, you're sometimes not sure what else to do with them, or how to help them develop and grow. This was me when I had my first baby—I didn't know how to talk to or play with him.

One day, I stumbled upon Baby Sensory classes. Not only was it a great motivation to get out of the house, but it gave me ideas for play at home to aid his development and meet his baby milestones. Plus, it was fun, and I was able to connect with other mums and babies of similar ages! It also provided us experiences I couldn't create at home, like amazing light shows and unforgettable sensory activities. Each class became precious bonding time with my baby.

I loved taking my first son to Baby Sensory every week until I returned to work. I did the same with my second son two years later. My third baby was born in 2020, and I spent months, post-lockdown, waiting for Baby Sensory to reopen—but it never did. I looked

for alternatives, but nothing was specifically designed for the first 12 months of a baby's life, which is such an important window for learning.

Later, I noticed the Baby Sensory Newcastle franchise being advertised, and with a background in primary teaching, I thought, "I could do that!" I also knew by then the importance of social interaction—not just for mums, but for babies too. To have a village, for support and comfort.

Providing this service to new parents is an absolute honor. I love watching babies grow and develop their own personalities. When I witness one of their 'firsts' in class, it's almost as exciting for me as it is for you! It's such a privilege to be part of their first year!

Join our village today and use NEWYBABY to save \$15 off your first term at Baby Sensory Newcastle.

Sarah Williams 0402 220 589

@babysensorynewcastlensw

www.babysensory.com.au/newcastle-nsw

"You're having twins? That's so exciting! I'll send you Jenna's details. She was a godsend when our boys arrived."

Jenna Affleck is a Newborn Care Specialist, but her role goes by many names: night nanny, newborn nanny, baby nurse, maternity nurse, postpartum doula and so on. Contrary to popular belief, you don't have to live in Hollywood or be rich and famous to have a night nanny. Jenna works with families right here in Newcastle, Port Stephens and the Hunter Valley.

Our modern culture may suggest that mothers should be stand-alone heroes, shouldering the weight of parenthood alone. However, traditional motherhood was often shared and peaceful. Anthropologists report that in many hunter-gatherer tribes, babies are cared for by multiple people, spending only 40% of their time with their birth mother. Jenna embraces this approach by offering the expert support parents need, stepping in to help at just the right time. According to her many clients-turned-friends, the most appropriate term for Jenna is...

"The baby whisperer!!" - Tanya

THE ROLE OF A BABY WHISPERER

Jenna is the person all new parents dream of in the sleep-deprived haze of living with a newborn. The one who can walk in and instinctively know what your baby needs, settle them to sleep and give mum and dad a well-earned rest.

A rest for their arms, a rest from the swaying, a rest in the form of a blissful night's sleep. Or maybe it's just a rest from the constant

advice of others and endless opinions found online. Jenna's know-how and warm nature is the calm from the newborn storm and parents can rest assured knowing their baby is in good hands.

"Such a wealth of knowledge, but also a kind face when you need it most." - Brae

A LIFETIME OF EXPERIENCE

Jenna is a one-stop brains trust for all things baby. She knows all the best mum hacks and, the best part is, no topics are off limits. Ask her anything!

This knowledge comes from a lifetime of loving babies. Jenna was like a second mum to her younger siblings and is now a multi-tasking mum of four. Jenna has extensive training in her field having completed Professional Postpartum Training, Understanding Colic, Reflux & Infant Allergies, The Professional Breastfeeding Course and Infant Feeding Foundations. She is also formally recognised as a Baby Sleep Consultant, a Certified Baby Nutrition Consultant and an Advanced Newborn Care Specialist.

ONE SIZE DOES NOT FIT ALL

We know that each baby is different (yes, even identical twins) so Jenna prefers to tailor her care packages to suit the needs of each individual family.

For those parents who just need a little help to get back on track, Jenna will come over for 1 day or 1 night a week (minimum 4 weeks).



Alternatively, some parents may prefer Jenna to be more hands on, in which case she also offers consecutive 24hr days, i.e. 5 full days a week. This is a popular option for families as a precursor to daycare or a live-in nanny.

Jenna will happily customise her level of involvement and care arrangements for each family, working with babies from birth right up until 12 months of age. Over the course of that important first year, Jenna has become like an extended member of the family to her clients - she's even been invited to assist on international family holidays!

THE MORE THE MERRIER?

"I was absolutely drowning in the workload with three little ones (incl. twins) and needed some help instituting routine." - Gemma

As the saying goes, there are two things in life for which we can never be prepared: twins. That's where Jenna comes to the rescue. Jenna works with many parents, but her speciality is caring for and supporting families with twins. Or in her own words, **"I'm in my element when I'm juggling two babies at once"**

Hayley, a local mum, says, **"Jenna came on board with my family when my twins were just two weeks old and what a blessing that was! Jenna's depth of knowledge on babies and warm nature allowed me to put my complete trust in her with the twins."**

Ben, a Novocastrian dad, recalls, **"Jenna was a guiding light for the boys' development, particularly when it came to their sleep habits, which were constantly changing during the first 12 months. Thanks to her guidance, the boys were able to establish a consistent sleep pattern, sleeping for 12 hours each night from the age of 5 months."**



With Jenna's glowing reputation among Newcastle parents, it's recommended not to wait until the baby, or babies, have arrived

before getting in touch. Even baby whisperers can get booked out!

Jenna Affleck

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Natalie Joy Meade

Birth: Doula,
Educator and
Counsellor



MEET
NAT

I contributed to the Newcastle Baby Magazine because I want pregnant mums, and new mums, to have the most special, loving, connected and positive birth, and mum journey, possible!

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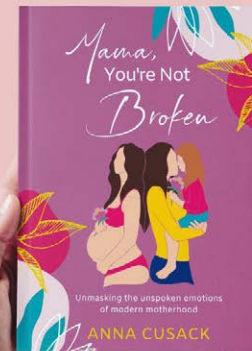
LOCAL SPOTLIGHT

Struggling? You're not broken.

Today's mums are plagued by feelings of inadequacy, isolation and not-enoughness, so why is no one talking about it? For too long, the first rule of motherhood has been not to speak about the reality of motherhood.

Mama, You're Not Broken breaks the silence on the unspoken emotions modern mothers experience, including fear, overwhelm, anger, guilt, grief and even boredom. Drawing on research and personal experience, doula and author Anna Cusack explores the emotional underbelly and physiological processes of being a mother within a social framework that doesn't value the work of raising children.

Mama, You're Not Broken is a powerful invitation to cultivate a more meaningful and satisfying version of motherhood than the perfectly pleasant, self-sacrificing one we've been sold, for ourselves and for our children.



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The Miracle of Your Developing Child

As a new or expectant mother, you're likely fascinated by every aspect of your baby's growth and development. From those first fluttering kicks in the womb to your newborn's earliest smiles, each milestone is a wonder to behold.

Want to go further with these feelings of wonder? You are going to love hearing about babies' primitive reflexes!

Hi, my name is Dorte. I have been a chiropractor with a special interest in helping babies, children and pregnant mums for over thirty years.

These wonders of primitive reflexes begin in the womb, continue for crucial moments of newborn life and hold very important links

with babies' development long term. Primitive reflexes are automatic, involuntary movements. These reflexes serve several vital purposes: they help your baby's participation in the birth process, ensure survival skills for life outside the womb and lay the very important foundation for complex motor skills and cognitive development.

Some common primitive reflexes:

- 1. Moro Reflex:** AKA Startle Reflex, this causes your baby to throw out their arms and legs in response to sudden movements or loud noises. This reflex may help protect baby's head should they fall.
- 2. Rooting Reflex:** This helps your baby find the breast or bottle for feeding when their cheek is stroked.

- 3. Sucking Reflex:** Essential for feeding, this reflex is triggered when something touches your baby's upper palate.
- 4. Palmar Grasp:** Stimulation of baby's palm will cause curling of the fingers to help hold on to mum.
- 5. Asymmetrical Tonic Neck Reflex (Fencing Reflex):** When a baby's head is turned to one side, the arm on that side will extend while the opposite arm and leg will flex. This reflex is believed to help with hand-eye coordination and balance.

Do primitive reflexes stay forever?

As your baby's nervous system matures, the reflexes should gradually disappear and get integrated into more purposeful movements. This generally happens within the first year of life and is called "Reflex Integration". While primitive reflexes are normal and necessary in newborns, their persistence beyond the expected timeframe can potentially impact a child's development.

"Retained" primitive reflexes may affect:

- 1. Balance and coordination**
- 2. Fine and gross motor skills**
- 3. Visual tracking and hand-eye coordination**
- 4. Learning and concentration**
- 5. Emotional regulation**

Both the presence and the integration of primitive reflexes indicate how well baby's nervous system is working and maturing. At The Family Chiro we have many years' experience in checking for primitive reflexes and assessing how your child is tracking with regards to development. It's important to note that many children with retained reflexes develop normally, and the presence of these reflexes doesn't necessarily indicate a problem. However, if you have concerns about your child's development, we are always here to help.

How Can I Support My Baby's Primitive Reflex Integration and Development?

- 1. Provide plenty of tummy time:** This also helps to strengthen your baby's neck and back muscles, supporting their motor development, including crawling. In addition, it helps to develop vision and stimulates digestion.

- 2. Engage in sensory play:** Expose your baby to various textures, sounds, visual stimuli and movements.
- 3. Practice baby massage:** Loving touch can help with body awareness and may aid in reflex integration.
- 4. Encourage free movement:** Allow your baby plenty of opportunities to move and explore in a safe environment.
- 5. Read, talk and sing to your baby:** This supports cognition and language development.

The Role of Chiropractic Care

Many parents now consider chiropractic care as part of their approach to supporting their baby's health and development. Chiropractic care for babies typically involves very specialised, gentle techniques and cranio-sacral therapy. Totally different to the adjustments you might associate with adult chiropractic care. All of us at The Family Chiro have a special interest in babies and children and have post-graduate degrees to reflect this. As you navigate the exciting journey of your baby's development, remember that every child is unique, and a big part of the journey is learning to trust your instincts as a parent; ultimately, the most important things you can provide for your baby are love, attention and a nurturing environment. Remember, whether you're massaging your baby's tiny feet, watching them discover their hands for the first time or considering options like chiropractic care, you're playing an active role in supporting their growth and development. Enjoy this precious time with your little one and take pride in the amazing job you're doing as a parent.

*Yours in Health,
Dr. Dorte Bladt, (Chiropractor)*

We invite you to enjoy a thorough primitive reflex and developmental assessment at The Family Chiro.

Mention NEWYBABY to save 50% off (normally valued at \$130).

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Erin Dubé

Kinesiologist

MEET
ERIN



I am passionate about helping women and their partners navigate pregnancy and birth, empowering them to feel confident and supported for a smoother transition into parenthood.

Text, call or email Erin to schedule your free 15 min pregnancy support call using the code NEWYBABY and also receive a 20% discount on your first session. In this session, we will explore how to achieve a stress-free pregnancy and a confident birth.

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Sarah and Joanne

Pregnancy-Birth-
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CONGRATULATIONS @nadia_stone_photography

Nurturing Minds: Caring for Your Mental Health on the Journey to Parenthood

Welcoming a new baby is a profound and joyful experience, but it also brings significant changes, not just to your daily life but to your mental and emotional well-being. The perinatal period, spanning from pregnancy through the first year after birth, is a time of transition that can impact how you feel, think, and cope.

Perinatal mental health refers to the emotional and psychological well-being of parents during this time. While it's natural to experience a mix of emotions, some parents may encounter more intense challenges, such as anxiety, depression, or feelings of disconnection from their baby. These struggles are common and experiencing them doesn't reflect on your ability as a parent.

Recognising when something feels off is crucial. You might notice persistent sadness, anxiety, irritability, or difficulty bonding with your baby. Sleep disturbances, changes in appetite, and intrusive thoughts can also occur. If you notice these signs in yourself or your partner, reaching out for support is vital.

Help is available, and you don't have to face these challenges alone. Talking to your GP, midwife, or health visitor can be



the first step toward getting the support you need. There are also support groups, both online and in-person, where you can connect with other parents who understand what you're going through. These communities offer advice and reassurance that what you're feeling is shared by many.

Taking care of your mental health during this period is as important as caring for your physical health. Simple practices like staying connected with loved ones, resting when you can, and being gentle with yourself can make a significant difference. A short walk, a moment of quiet or even a nourishing meal can help you regain balance.



"In ancient cultures, the hummingbird represents courage, joy, love, present moment awareness, endurance, infinite possibilities, and healing from negativity. This unique bird reminds us to let our true colours shine and that life's sweetest nectar comes from within"

Partners and loved ones also have a vital role to play. If someone close to you is struggling, offering a listening ear, practical help, and encouragement to seek professional support can be incredibly supportive. Your presence and understanding can help lighten the load during this intense period.

Remember, the perinatal period is a time of great change, but it's also a time to learn self-compassion. By paying attention to your mental health and seeking help when needed, you can navigate this journey with strength

and resilience. With the right support, you and your baby can thrive as you move forward together into this new chapter of life.

Kaz Amos
Psychologist
The Hummingbird Centre

If you feel like you or someone you know needs help please contact us on 02 4946 0919.

Or some other organisations who know how to help including PANDA, found at <https://www.panda.org.au/>





The Birth Prep You Didn't Know You Needed – Kinesiology

Rachel walked into my office with her beautiful, growing belly at the beginning of her third trimester. She was planning a VBAC homebirth for her second baby after an emergency C-section with her firstborn.

We began the session with her moving into typical birthing positions—sitting on a birth ball, on all fours, and leaning on a cabinet while swaying her hips. Using muscle testing, we discovered that each position activated a stress response in her body. Our bodies store stress and memories from emotionally impactful events (like labour) long after the experience has passed. Holding onto these responses can lead to emotional and physical imbalances that affect everyday life.

The good news is that while the body holds stress, it also contains the solution to resolve it. Kinesiology works by using muscle testing to tap into your body's subconscious and identify where you may be holding onto stress, fear, or tension. Many women unknowingly carry emotional baggage from previous pregnancies or stories they've absorbed from others. This can physically manifest during labour, contributing to difficulties like a failure to progress. By addressing these blocks before labour,

kinesiology integrates the body and mind, preparing you for a smoother birth. When your body is free of tension and fear, the natural processes of labour can unfold more easily. Kinesiology helps release doubts, allowing you to enter labour with confidence and trust in your body.

Think of kinesiology as a birth-prep-hack, it finds what your body needs to support you during pregnancy and birth. Whether it's your first baby or your fourth, each pregnancy brings its own set of challenges, and kinesiology helps you navigate them with a custom roadmap tailored to you.

As one mama put it after her first kinesiology session, ***"I came out of that thinking, wow, this is really amazing! It gave me the tools I needed to feel empowered – and that's exactly what I was hoping for."***

Text or call to schedule a free 15-minute pregnancy support call. Mention NEWYBABY and receive 20% off your first session!

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Kristie Ussher (she/her)

Registered Acupuncturist
& Chinese Herbal Medicine
Practitioner



**MEET
KRISTIE**

Kristie is passionate about supporting women and couples with natural conception, fertility, IVF, pregnancy care and postpartum. Drawing on evidence based practice and traditional wisdom, Kristie is committed to working with you to create a personalised treatment plan to meet your unique situation and health goals.

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Scan Me

Katrina Burrup (she/her)

Clinical
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LOCAL SPOTLIGHT



Doula Duo =

double the love



Alicia sits topless on the couch, bolstered with feeding cushions, her newborn pressed against her skin. She gazes at the rose petals and lavender floating in a footbath created to soothe her tired legs. The aroma of cinnamon, nutmeg and ginger waft through from the kitchen, hazy with the afternoon sun.

Before Joanne began preparing her meal at this visit, she set up the massage table in the same spot where the birth pool was only ten days earlier. They've hardly left the living room 'nest' since baby Jake was born. Nourished is how she feels in this moment, and that's exactly what she had envisioned for her postpartum.

Alicia and her husband, Ryan, engaged Sarah (YogiMama) as their birth doula upon discovering they were pregnant. The initial call opened up a conversation around options of where to birth in the Hunter region. Alicia's pregnancy was low-risk and she held a vision for physiological, undisturbed birth, which reflected their values and lifestyle. Naturally, curiosity sparked around home-birth.

Sarah shared compelling research on home-birth safety for them to feel informed, while emphasising; birth where you feel safest. Doula birth education sessions are tailored to the couple's choice of care provider and

setting (hospital, birth centre, or home). Sarah shares practical, informational, emotional, and advocacy tools as part of holistic birth preparation to support the woman's confidence and trust in herself, as well as understanding the process.

"Sarah's knowledge and support fully prepared us for birth. Her grounding presence and balanced energy created a serene atmosphere for a beautiful experience."

The Rose package, which Alicia and Ryan chose for their journey, combines the interwoven knowledge and experience of two qualified and aligned doulas, Sarah and Joanne. They work closely together to provide unparalleled, 360-degree support for families throughout pregnancy - birth - postpartum.

In preparing for a conscious postpartum, Alicia knew family support would be limited, as they were not originally from Newcastle. Each time Alicia arrived on Joanne's table for a pregnancy massage, she felt a little taste of the love and emotional safety that awaited her after birth. Joanne's sessions were tailored to her individual needs and supplied her with knowledge on Ayurvedic meals and rituals to enhance post-birth recovery.

"I looked forward to Joanne's visits every week, particularly in that initial challenging time of change. I don't have the words for how special her massages made me feel."

Prenatal yoga classes with Sarah became a weekly check point throughout pregnancy. Each class began with introductions that enabled personal connections to form between women expecting in the same birth season. Followed by a topic of discussion related to birth, such as; exploring comfort measures in labour, acupressure points to prepare your body, understanding the different types of contractions, how to minimise tearing and develop healthy boundaries and consent for a positive birthing experience.

Community was really important to Alicia. She hadn't long settled in the area and wanted to meet like-minded women who she could ride alongside on the parenting journey. Seasonal pregnancy circles, facilitated by Joanne and Sarah, provided a safe space to share her individual experience and honour the unique process of matrescence (rite of passage: becoming a mother). Collective gathering felt most sacred in this container, held by the two doulas who were ushering her into the next stage of womanhood.

In the week following birth, Sarah meets at the home to debrief with Alicia and Ryan. She encourages them to take the next forty days to slowly integrate and realign body, mind

and heart. The doula baton is then handed to Joanne and she transitions into the role of postpartum doula. A seamless handover which supports the mother's hormonal and emotional adjustment to early motherhood.

The women that Alicia sat in circle and did yoga with, in pregnancy, are still with her. Grouped into the same birthing season, they now connect through text message at all hours providing virtual support and answering common questions on feeding, co-sleeping, baby carriers and physical recovery. Alicia looks forward to reconnecting with these seasoned mamas and meeting their babies at the next series of postnatal yoga, where she will have come full circle.



"What a wonderful duo to help us navigate this wild yet beautiful journey, we couldn't have asked for a better team."

Mention NEWYBABY on enquiry for a free, first prenatal yoga class

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** All services available individually or included as part of combined doula care package (Rose)*

WINNER: Up and Coming, Birth



CONGRATULATIONS Caitlyn, @earthchild.photography



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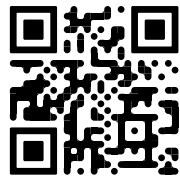
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Welcome to Babyshop – Australia’s first online baby store and proudly Novocastrian! Since 1998, we’ve been providing parents, their friends, and families with a curated selection of high-quality and affordable baby gifts and parenting essentials. We’re here to support both online shoppers and those who prefer in-person browsing in-store, with same-day dispatch, free local delivery, helpful advice, and friendly customer service.

Our focus is on offering small and practical essentials that will make a big difference in the life of any new parent. Discover our range of products for baby bath and bedtime, along with stylish clothing options and

feeding accessories. We also have baby toys for playtime, gear for travel, mother care essentials, and a selection of gifts and keepsakes. Our range of products is sourced from trusted Australian and international brands, with a mix of well-known products, as well as exclusive and hard-to-find items. We also like to feature local Newcastle and Central Coast brands, as well as products that are Australian-made.

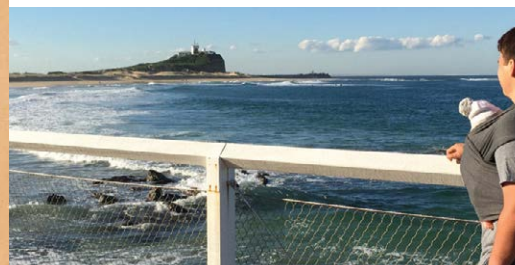
"I'll have what she's having"

Not sure where to start with all the products and options available? Here's a selection of products that our customers consistently note as their favorites – why not try some of these ideas?

- Subo the Food Bottle
- Silverette Silver Nursing Cups
- Nail Snail Baby Nail Trimmer
- Snotty Boss Nasal Aspirator Kit
- BIBS Colour Dummies
- Rockit Baby Stroller Rocker
- Ergobaby Omni Breeze Carrier

One more piece of advice...

When it comes to baby products, one of the most frequent questions we receive, given our years of experience, is: "What's the best product in a particular category?" For instance, as certified babywearing consultants, many parents will ask, "What is the best baby carrier?"



The truth is, the best baby carrier is the one that fits both the wearer and the child comfortably and meets their specific needs. A baby sling or carrier should be worn safely, taking into account the effects of pregnancy and birth, as well as the development of the baby's hips and spine, to ensure the health and wellbeing of both parent and child. While recommendations from friends or family can be a helpful starting point, what works for them may not be the best fit for you.

We know this point well from our own experience of raising two boys who, despite growing up in the same family, have always been as different as night and day. One never slept, while the other could have turned napping into an Olympic sport. One thrived in a particular type of nappy, while the same brand gave his brother a rash.

As you prepare for parenthood, you'll likely receive a flood of advice. If we could offer just one more tip, it would be this: Listen to all the advice you're given, absorb it and then choose the parts that feel right for your own family's unique needs, but trust your instincts.

- Snuggle Hunny
- BIBS Dummies
- Ziggy Lou
- Jellycat
- OiOi
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- Bumkins
- Owlet
- Cuddle + Kind

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We hope you enjoy your shopping experience with us – don't forget to quote the code **NEWYBABY2025 to receive a free gift with your online order or in-store purchase.**

Alisa and Rob



"Anytime you speak out against an authority, you have to expect backlash and expect them to try and silence you." ~ Mel



One Million Downloads and Counting – We Talk to Melanie Jackson from The Great Birth Rebellion Podcast

THE COST OF SPEAKING OUT?

I'm excited to speak with Mel one-on-one, curious to learn if she has faced any negative consequences for speaking openly about pregnancy and birth topics. Mel shares that, out of her hundreds of published materials, two have been reported to AHPRA, both quickly dismissed without requiring action. This is because her work simply presents evidence, information, and facts—those who complained just didn't appreciate the influence she has. Mel emphasizes that it's ultimately up to each woman to decide what she wants once she has the information.

"The current authoritative language around birth is that it's dangerous and requires medical involvement — that's a lie." ~ Mel

MELANIE'S VIEWS ON AUTHORITY AND BIRTH

As we explore her choice to question the system, Mel explains her commitment to challenging "authoritative knowledge" (the "knowledge that counts but is not necessarily accurate"). She advocates for "civil disobedience" when authority contradicts evidence-based care.

HOW CAN A MIDWIFE IN THE SYSTEM BRING CHANGE?

Mel is in an ideal position as a private homebirth midwife, but what about other

midwives? I ask, "What can those within the system do if they're unhappy with what they see?" Mel shares an analogy from her experience in permaculture gardening, likening midwives to the "ground floor plants" of the birthing ecosystem, all important, as they process the soil for the entire system above, to be able to thrive. "If you're unhappy under a bureaucratic 'tree,' move to serve a different 'tree,' or, if that's not possible, nurture smaller 'saplings' in the wider birth community." Mel suggests attending the Convergence of Rebellious Midwives Conference, supporting Homebirth Australia, and contributing to local advocacy birth groups. She believes these actions allow midwives to foster change and use their energy effectively.

HOSPITAL BIRTHS: A MINDFUL CHOICE

Knowing Mel birthed both her children at home, I ask, "How would you feel if your daughter chose a hospital birth?" Mel pauses, laughing and frowning. "I'd explore what it is about the hospital that appeals to her," she replies. She recounts how her kids might be "accidentally indoctrinated" toward homebirth. When her son was eight, he panicked upon hearing she was visiting a woman giving birth in a hospital, asking, "Oh, has something gone wrong?" She explained to him that, while she primarily supports homebirths, many women still choose hospital births.

FREEBIRTH AND CHOICE IN BIRTHING: MELANIE'S PERSPECTIVE

Enjoying the conversation, I ask, "How would you feel if your daughter chose to freebirth?" (Freebirth is a birth without a clinically skilled attendant.) Mel shares that if her daughter expressed interest, she'd want to ensure

it's grounded in a genuine understanding of her body's needs and a realistic view of potential complications. Reflecting on her PhD work into freebirth, she ponders, "What past experiences or traumas might shape this desire for solitary birth?" Mel is concerned about the current worrying freebirth trend, noting that it could align with an idealized solitary experience that doesn't reflect our natural history of communal birthing.

DREAM FOR ALL WOMEN?

I ask Mel, "If you had a dream for all women in birth, what would it be?" Mel envisions a "clear menu of good, positive choices" where each woman would freely choose their birth location, preferred care provider, and desired experience, unencumbered by government restrictions. Finally, she dreams that the government would then fund each woman's birth of choice.

"If we all were silent, then nothing would change; I'm not interested in towing the line in any way." ~ Mel

Thank you Mel!
Interviewer, Natalie Meade



YOU CAN FIND MELANIE AT:
melaniethemidwife.com
Instagram:
[@melaniethemidwife](https://www.instagram.com/melaniethemidwife)
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LOCAL SPOTLIGHT

The Key to a Positive Birth is Preparation!

What do you do when you get locked down in a foreign country during COVID and fall pregnant with your first baby? You learn about pregnancy and birth and prepare for a fantastic birth of course!

That was my story, and my experience led me to want to help more women achieve their own positive births.

My husband and I moved our family back to Australia in 2023, and now with Birth Tenderly up and running I am embarking on my mission to support families in northern Newcastle and Port Stephens in their pregnancy and birth journeys. Besides my most important job as mamma to two precious little girls, I am a certified **GentleBirth childbirth educator** and a **birth and postpartum doula**. I am also in the process of training with Spinning Babies and hope to be offering **Spinning Babies birth preparation classes** later in 2025.

But why bother preparing for birth? Aren't babies just born anyway?

If you've ever done endurance sports or any sport at an intense level, you know that you get the results only with preparation, effort and yes, sometimes pain. It's a challenge, but you choose to be challenged and to go through with it, since you love the empowering, exhilarating feeling of having achieved your goals. Sports psychology tells us that physical preparation isn't enough, but we also need to prepare mentally. It's the same when it comes to having a positive



birth. Without training and preparation you will make it through the course, but will you enjoy the journey? It's worth keeping physically fit in order to have an easier birth and faster recovery, but we also need to be fit mentally, ready to have a positive experience, and also trained to cope if something unexpected happens. Can we control everything in birth? No. But that doesn't mean we just let things happen. We step up for ourselves, our bodies and our babies, and we work towards having the best pregnancy and birth experience that we can. **So what are you waiting for?**

GentleBirth is a holistic approach to birth and covers all aspects of birth preparation. In particular, it places a huge emphasis on the importance of brain training and mental preparation. One of the things that fascinates me personally about GentleBirth is the spotlight it puts on recent discoveries in neuroscience that prove not only that we can change our brains, but that neuroplasticity is accelerated during pregnancy due to hormone changes. What a great window of opportunity to fast track yourself to changing your brain for the better! Whether you are planning a

hospital birth, home birth, natural, epidural, Caesarean or VBAC, GentleBirth helps you explore your options and approach your birth feeling **calm, confident, and in control**.

Spinning Babies, on the other hand, focuses on the physiological aspect of birth preparation, helping achieve an optimal position for the baby and a **more comfortable pregnancy and birth for both mum and baby**. Spinning Babies helps you understand how your baby is positioned and teaches simple and safe exercises and releases that you can do to assist an ideal position. Sometimes a long labour or "failure to progress" is due to the fact that baby is not in the best alignment for birth. Spinning Babies techniques have shortened many a labour and eliminated the need for many birth interventions.

A birth doula is there to support the mother physically and emotionally every step of the way, getting to know her during the pregnancy and discussing her birth goals. When it comes to the birth, the doula is there to remind her that she is ready for this and she can do it. Yes, those moments of self-doubt can come, and **having someone there who believes in you makes all the difference!** A doula can suggest comfort measures and implement them or support the partner to implement them, and so much more. She is not a medical figure, nor does she make any decisions for the family, but she helps them to maintain their desired approach and makes space for them to live those unforgettable moments to the fullest.

A postpartum doula supports the mother in those critical first weeks while mum and baby are getting to know each other and nobody is getting much sleep! Having a postpartum doula means **having someone there to help you YOUR way**. The range of ways I can support you are basically defined by what your needs are at the time.



Birth Tenderly

Providing positive pregnancy and birth support in the Hunter region, NSW



The newborn phase can be quite challenging, and my goal is to give you the support you need to help you to enjoy it, whether that be by providing emotional support, doing a load of laundry (or more!), cooking, cleaning, playing with your toddler, or whatever else.

Now, on to the best part...As a reader of Newcastle Baby I am happy to offer you a **10% discount on all doula support packages and antenatal course offerings throughout 2025!** Quote **NEWYBABY2025** when you contact me.

Whether I can support you through my workshops or as your doula, I look forward to helping you have your own fantastic experience!

Alison Marshall
Childbirth Educator,
Birth & Postpartum Doula
www.birthtenderly.com.au
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*This page is dedicated to the mothers, children, family members,
and friends who have faced deep grief and loss from the effects
of mental overwhelm and/or mental distress.*

Your struggles are acknowledged, your feelings matter, and we invite you to explore these pages and reach out to someone who can truly hear you and provide empathetic, professional, support.

For immediate support, call:
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It's the middle of the night and your kid is sick. What do you do?

You could go on a Google deep dive, call a helpline, or head to the Emergency Department. If you're friends with a nurse, though, you might call them instead.

As a paediatric nurse, my phone pings with questions from friends (and their friends, and sometimes their friends) all the time. Some questions are more straightforward to answer than others. For example:

Millie is snotty, but it's white. Is she contagious? The answer, unfortunately for Millie's mum, is yes. All snot, regardless of whether it is white, yellow, or green, has germs in it and is contagious.

Other questions don't always have a simple answer. In most situations, I need to ask a series of questions in return, layering the parents' knowledge of their child with my clinical knowledge to ascertain what the next action should be. The conversation might go like this:

Parent: My three-year-old has a temperature. What should I do?

Nurse: What is the temp, and how did you measure it?

Parent: 38.7 degrees, with an underarm thermometer.

Nurse: Okay, thanks. The underarm thermometers are pretty reliable (much more accurate than the forehead ones), and anything above 38 degrees Celsius is classed as a fever. How has he been otherwise? Does he have any other symptoms of sickness along with the fever?

Parent: It's been building through the afternoon, but this is the highest measure he's recorded. He's not running around, but okay playing with his trains. Eating and drinking fine. Seems to be weeing normally. I'm freaking out that the temp is rising because my mother-in-law says if he hits 39 degrees, he'll have a seizure. Is that true?

Nurse: I think by "seizure," she is referring to febrile convulsions, but they don't happen at a set temperature. Febrile convulsions happen in response to a rapid rise and change in temperature, but that's not what you've described. If he's okay in himself, I'd just keep an eye on him, keep him hydrated, and keep him comfortable.

Parent: Phew. Now I'm not stressing about a seizure, I can see he's doing okay. Thanks.

Nurse: Good to hear. It sounds like you're fine monitoring at home for now. Check him often through the night, and if he shows any changes in his condition or behaviour that represent red flags, don't hesitate to seek medical attention.

You'll notice the education and myth-busting woven throughout this example conversation, which, although fictional, closely resembles ones I have had with countless worried parents and caregivers. Unfortunately, many conversations like this occur at 2 a.m. in the Emergency Department, whereas in the course of a ten-minute chat, a very concerned, very tired parent comes to realize that they didn't need to spend the last six hours in the waiting room after all. Yes, it is a great relief that their child is okay. Still, it is frustrating for both parents and emergency medical staff that parents are not given the necessary information or taught the required skills to feel confident in caring for their sick child from the get-go.

So where can parents, grandparents, and caregivers go to learn what they need to learn?

GPs often lack the time to proactively educate parents about childhood illnesses or injuries. While standard paediatric first-aid courses provide valuable information, they typically focus only on emergency situations. Additionally, yet another self-paced online course that remains unfinished isn't helpful either.

The 'Sick Sense Workshops' are different. As both a paediatric nurse and mother to two kids under five, I know what medical staff wish parents knew, and what circumstances trouble parents the most. That's why I developed a special 4.5-hour workshop to cover not only the emergency stuff like allergies, choking, CPR, and poisons but all those things that lurk in the grey area: winter bugs and respiratory illnesses, fever management, safe and unsafe rashes, and more. We cover the recognition and management of a sick child, who to get help from, and when, and how to communicate effectively with health professionals to get useful answers and make informed decisions.

The 'Sick Sense Workshops' aren't merely a series of talks or an endless projector slideshow. Instead, you'll enjoy simulation, scenarios, and visuals to suit various learning styles, as well as plenty of laughs (and lunch) all in a baby-friendly, non-judgmental environment.

Our kids aren't born with an instruction manual, but it doesn't mean their parents can't learn what they need to feel calm and confident when sickness inevitably strikes. With a bit of guidance, we can all learn what red flags should have us heading to hospital or calling 000. It only takes half a day to build your toolkit and intuition—or as I like to call it, your "Sick Sense."

Ilana Lawrence is a Paediatric Nurse Consultant with 13 years of extensive experience. To learn more about her 'Sick Sense Workshops,' visit www.thesicksense.com.

Register using code NEWYBABY at the checkout to get a discount of 15% off!

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Everyone's talking about Placenta Encapsulation

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Welcome to the fascinating world of the placenta!

When I had my own children, I heard about women honouring their placenta by planting it beneath a tree. And that in some cultures, mothers consume their placentas for postpartum recovery. Being a strong believer in the wisdom of women and having faced challenges in a previous pregnancy, I was intrigued and wanted to learn more.

But does it have to be raw in a smoothie or cooked in a pie? Not at all! (Though it could be if you wanted.) After seven years as a professional placenta encapsulator, I've answered countless questions, yet I remain endlessly fascinated by this wondrous organ. Placentas come in all shapes, sizes, colours, and textures, each with unique features and stories to tell. Every placenta is treated with the love and care it deserves.

But it's not only capsules that we offer - umbilical cord keepsakes, hand rendered watercolour placenta artworks and placenta based jewellery are just a few of the services we provide. We're always open to special requests - we've even had clients request a cast of their placenta which our local artist delivered spectacularly in resin. When I first introduced myself as



a Placenta Encapsulation Specialist—or Placenta "Alchemist"—I was often met with puzzled looks or a barrage of questions. But in the past five years, there's been a noticeable shift. More people recognize what we do, and there's growing interest in incorporating the placenta into postpartum care.

What I do know is that I love my work, the mothers love their capsules, and the feedback is overwhelmingly positive.

The benefits vary between women since each placenta is as unique as the baby it nurtured.

However, common benefits reported by mothers include:

- Hormone balance, helping to combat the 'baby blues'
- Increased energy from replenished iron levels
- Reduced post-natal bleeding compared to previous births
- Increased milk production

due to the prolactin in the membranes, supported by numerous studies

- A generally happier and more enjoyable post-natal period

Whether you have a history of post-natal health challenges or simply want to ensure you feel like yourself after your baby arrives, placenta encapsulation can be a step toward taking control of your postpartum recovery and being the best version of yourself for your growing family.

And a special discount of 10% applies to those who mention NEWYBABY!

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Who listens to our birth stories?



Who else's friends have been desperate to hear the ins and outs of their baby's birth? Often we begin forming our birth stories by giving our nearest and dearest a chronological account of what happened. If there are gaps in our memory, our partner, support person or birth doula can help us piece together a more cohesive timeline. An abridged version of this is what becomes our "static" birth story, the one we tell on repeat to friends, colleagues, nurses, parents' groups and strangers at the park.

Many people may hear our birth stories, but are they really listening in a way that helps, especially if the story is a difficult one? Some self-help books advise readers to tell their traumatic birth story over and over again, to anyone who will listen, until it doesn't hurt as much anymore. This makes no sense! We wouldn't ask someone who had been physically assaulted on the street or returned from a war zone to repeatedly relive their experience in order to get better. Why would we expect this to help after a traumatic birth?

Other birth trauma resources suggest parents arrange a meeting with a midwife or doctor who was present at the birth. These sessions can give context regarding clinical decisions made and shed light on policies and procedures, which may have influenced the course of their birth. These meetings can be useful for some people. Others can feel like they have been subjected to a litigation-avoidance lecture, where parents are talked at about what staff did right, rather than listened to about their concerns.

Unless we seek specially trained support, it's unlikely anyone we speak to will have the skills to really listen to our birth stories in a way that facilitates healing. A perinatal psychologist can help, especially for people experiencing significant distress or mental health conditions for which birth trauma is a risk factor, for example PTSD, postnatal depression and anxiety. Not everyone needs the support of a mental health professional though. This is where a Birth Story Listening session can be invaluable.

After hearing a brief overview of the birth, Birth Story Listeners help their clients (referred to as Storytellers) to intuitively select a moment from the birth that is calling for their attention. This moment is then gently explored in more detail, with the Birth Story Listener helping the Storyteller to join the dots between what happened during their birth and how it is impacting their experience of parenthood now.

Finding it hard to tell those closest to you what you need, even when you're certain they'd be happy to help? Maybe you tried to speak up during pregnancy or birth, and had your deepest desires minimised, ridiculed or overruled.

Wracked with guilt when you try to take time away from the baby, even though you're touched out to the max? You could be carrying guilt from when you were unable to pick them up from their crib when they cried in the postnatal ward, or couldn't get to them in NICU.

The Birth Story Listening process works for partners and support people too.

Can't figure out why your usually chill partner is screaming at their toddler who did a runner in the supermarket carpark, or is scared to look after their baby solo despite being capable? Maybe they felt scared, powerless or unable to keep their child safe during a touch-and-go delivery.

Once a complete picture of these overlapping issues comes into view, the Birth Story Listener begins to deliver the "story medicine" needed to move towards a resolution. Amazingly, once a storyteller makes peace with one moment, the remaining knotted feelings the Storyteller

has about the birth often begin to unravel by themselves, such that most people will have only one session.

Some people will say a healing birth is the silver bullet to recovering emotionally after birth trauma. But how can we make informed decisions from a healed (rather than fearful) place about a subsequent birth without addressing the initial hurt? And what does this mean for our ability to heal if we're not planning on having more babies?

Every birth is sacred, and whether it was seven weeks or seven years ago, every birth needs to be healed on its own merits. One-off Birth Story Listening sessions offer a great head start on our post-birth healing journeys.

Ready for someone to listen deeply to your birth story so you can start shifting hurt, anger or shame? You can book a Birth Story Listening session with Anna Cusack via her website www.annacusack.com.au

Use coupon code NEWYBABY at the checkout to get your standard-priced Birth Story Listening session for just \$120 – that's a massive 20% off the usual price of \$150!

Further reduced concession and single parent pricing is also available.

Anna also offers a range of pregnancy and postnatal planning and support services, as well as in home postpartum doula care for the newborn period and beyond, group programs, circles and parent workshops, ceremony facilitation and more. She has written a book titled "Mama, You're Not Broken: Unmasking the Unspoken Emotions of Modern Motherhood" and hosts the "Anna Asks" podcast. You can find her on Instagram @annacusackpostpartum



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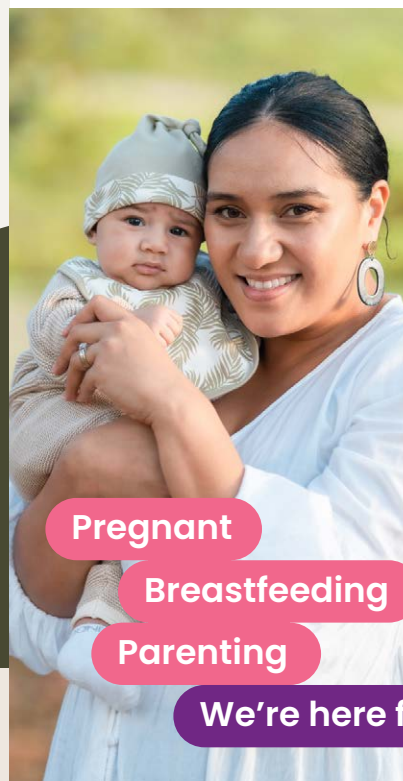
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Some thoughts after visiting My Kids Market:

Having never been to a My Kids Market event before, I wasn't sure what to expect or where to even start. So I wandered the aisles, not really knowing what I was looking for.

As I wandered, I stopped to talk to the stallholders. A mum shared her breastfeeding journey as I perused her nursing clothes; a dad told us about the mischief his twin boys got up to as we picked up a set of Spider-Man pyjamas; two aunts cooed over how tiny and cute their niece's socks and shoes were; and the loveliest grandparents showed us the cardigans they had knitted for their grandkids. The more time I spent talking to different people, the more I realised that I was taking part in something much bigger.

My Kids Market is so much more than just a market—it's a community. A community of people so willing to share advice and support other parents, and a community helping each other through the challenges of raising babies and young children. There was such a diverse range of stallholders. Some were eager to declutter and get rid of everything. Others were keen to share stories about certain items of clothing, like how Lightning McQueen was their son's favourite or how their daughter wore that dress for her first Christmas. A few got emotional.

As they saw each item being picked up, they were transported back to the special moments associated with a particular dress or bow.

I realised that these were much more than just clothes. They were the sweater that kept their baby warm the first time they were brave enough to venture out of the house, the shoes their baby wore when they took their first steps, the outfit they wore on their first birthday.

These clothes carried their babies and kept them warm, just as each mother carries her baby before they're born—now, each carries just the memory of what once was. There's a special grief in knowing that your babies will never be this small again, and that, as much as you wish you could stop time, you can't stop your babies from growing up. And although their clothes don't grow up with them, they can be given new life and continue to create wonderful memories for the next family.

Aside from the obvious benefits of saving money and helping the environment, you've made it such a wonderful and safe space for families. It must have taken so much hard work and dedication to get it to where it is today. I just wish I had found out about MKM earlier!

- Mum Shopper

Upcoming 2025 Newcastle markets dates:

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A Warm Welcome to Your Local Community Project

Newcastle Birth Movement



Did you know that the Hunter has a very unique and special community group ready to emotionally support you during your pregnancy, birth and parenting journey? Welcome to a community initiative, created by local birth professional mums, therapists, and more. With a rich tradition of providing support, this group has offered complimentary events and affordable, down-to-earth workshops for years, all with the goal of empowering mums and families.

A Dream Realized: A New, Well-Supported Home

Seven years ago, a dedicated local doula dreamed of turning existing monthly meets into a full-time physical space where support and connection could thrive. Through tireless effort and commitment, that dream became a reality. Then, in late 2024, after serving the community for over four years in Hamilton, the Newcastle Birth Movement found a new home at the iconic Willows Function Centre at Warners Bay thanks to the goodwill of the Uniting Church congregation.

The group remains a non-religious, non-political, and non-governmental, keeping the simple focus on humans helping humans. Here, mums and families can find comfort, support, and connection.

For Mums: A Place to Be Heard and Supported

If you're a pregnant mum or a new mum, this is where you'll find reassurance, validation, and emotional support. The Newcastle Birth Movement bridges the gap for anyone feeling stressed, overwhelmed, or unheard during the complex experience of pregnancy and birth.

Whether you're feeling rushed or simply like a number in the system, you deserve time, patience, and emotional care. While specialized therapists can help down the line, the Newcastle Birth Movement is here for you now, without waiting times.

Programs That Empower and Connect

The Newcastle Birth Movement offers various programs for mums-to-be and new mums. One of the group's proudest achievements is the birth-ready yoga program, combining prenatal yoga with birth wisdom and tips. Thanks to all yogis who have contributed, with special thanks to Marion Loisanse for her dedication in running this program so passionately in the most recent years. Another successful initiative is the Mums and Bubs Six-Week Facilitated Workshop, featuring an hour-long workshop followed by a casual mums group. Topics include infant massage, holistic health speakers, birth story circles, real-mum shares, fostering

connection and the chance to be open and honest with others who relate. The Hypnobirthing + Extras and One Precious Day Course/Parenting Education Programs, run by Natalie Meade, provide high quality birth education at affordable prices – part of our mission to help families afford high quality private-birth courses, at close to hospital-course prices.

The Newcastle Birth Movement also hosts various workshops and is always open to new ideas. If you have an idea for an event for pregnant mums or new families, they would be thrilled to collaborate!

A Network of Support

The Newcastle Birth Movement is a resource hub for connecting people and solving everyday challenges. Need help finding expressed breast milk donations? Looking for a second-hand birth pool? Curious about your options for midwives or birth centers? They can help.

Caring for Mother Nature

They also run an environmental recycling initiative for pre-loved maternity, breastfeeding, and baby items, providing a sustainable way for families to access what they need while raising funds to keep the movement thriving.

Be a Part of Something Special

If you're a mum, consider joining this vibrant community. Whether you'd like to volunteer, help sort preloved clothes, or welcome others, your involvement would be warmly appreciated.



The Newcastle Birth Movement is all about community – people dedicated to helping each other navigate the journey of motherhood. They are here for you whenever you need it. Stop by, have a cup of tea, and chat with those who care about your journey. This is a place where everyone is welcome, and all voices are heard.

Ask about our complimentary pregnancy circles, birth debriefs, doula chats, Mamabubba Picnics, and more! send a DM at our socials, we are easy to find and very responsive @newcastlebirthmovement

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Babies 1st Year – Fun, development and Connection

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PAGE:

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You're having Twins that's so exciting, I'll send you Jennas' details

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The miracle of your developing child

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Nurturing minds, caring for your mental health on the journey to parenthood

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The Birth Prep you didn't know you needed – Kinesiology

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Doula Duo = Double the love

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Need something for baby?

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1 million downloads and counting – we talk to Mel from the Great Birth Rebellion.

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Melanie Jackson, Privately Practising
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Convergence of Rebellious Midwives.

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The key to a positive birth is preparation!

AUTHOR:

Alison Marshall, Childbirth Educator,
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It's the middle of the night and your kid is sick, what do you do?

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Everyone's talking about Placenta Encapsulation

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Who listens to our birth stories?

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Some thoughts after visiting 'My Kids Market'

ABOUT:

My Kids Market, your local market
to buy, sell and recycle pre-loved
and new baby and kids goods

@mykidsmarketnsw
mykidsmarket.com.au



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A warm welcome to your local community project, Newcastle Birth Movement

ABOUT:

Emotional support for Pregnancy,
Birth, Birth Healing and Parenting.
342 Hillsborough Road, Warners Bay.

0406 934 645

@newcastle_birth_movement
newcastlebirthmovement.org



Jessica Ross

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Join our village

Get in touch now

➔ Contact Natalie
hello@newcastlebaby.com.au

Baby | 2025

Some local services

Community Activities Lake Macquarie

CALM provides a range of services for families, children and the community and are mostly fully funded. Eg regular parenting programs, providing referrals and family support.
77 The Boulevard, Toronto
02 4950 3888 | www.calm.org.au

Family Support Newcastle offers a range of free services to families including home visits, counselling, parent support, mental health.
Cnr of Turton Rd and High St, Waratah
02 4926 3577 | www.nfss.org.au

Mum's Cottage offers education and assistance to all members of the family unit, complimentary and/or affordable. Services include: mentoring, disability support, parenting programs, workshops, counselling and more.
29 Helen St, Holmesville 2286
02 4953 4105 | www.mumscottage.org.au

Parent Line is a confidential telephone counselling for kids and family members. Callers can talk about almost anything related to parenting or raising a child.
1300 1300 52 | www.parentline.org.au

Red Nose are a highly reputable and appreciated, grief and loss support for families. Red Nose Grief and Loss 24/7 Support Line 1300 308 307
rednose.com.au

Newcastle Birth Movement are a friendly, open minded and down to earth community project offering complimentary emotional support for families in pregnancy, birth, birth healing and parenting. They also have a baby op shop specialising in maternity and breastfeeding wear in excellent condition.
342 Hillsborough Road, Warners Bay.
0406 934 645 | newcastlebirthmovement.org

Survivor's R Us Incorporated supports the fight against domestic violence, homelessness and unemployment. They help Men, Women and Children by offering cheap food and clothing and helping settle them into refuges to keep them safe.
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