

NFoM NEWS

Winter 2008

Volume 1, Issue 1



Special points of interest:

- > What's Happening in Nebraska, and elsewhere
- > Calendar of Events
- > Get Involved
- > Open House Success

The Big Push organizes to support Midwifery initiatives

By [Holly Fix](#)

In early November 2007, midwifery advocates from across the country, including representatives from NFoM, gathered in Chicago to discuss current efforts in improving the political, legal, and social environment for midwifery care. Out of this meeting, the National Birth Policy Coalition (NBPC) was born and established its organizing statement:

"Increasing access to the Midwives Model of Care in all settings is essential to the health and well-being of childbearing women and their babies. The NBPC supports legislative initiatives that promote the auto-

nous practice of Certified Professional Midwives (CPMs) and Certified Nurse-Midwives (CNMs), and that ensure the availability of safe, evidence-based care during pregnancy, labor, birth and postpartum."

The Big Push for Midwives, which was officially launched on January 24th, 2008, is the first initiative of the NBPC, and is a nationally coordinated campaign to advocate for regulation and licensure of CPMs throughout the US, and to push back against the attempts of the American Medical Association (AMA) Scope of Practice Partnership (SOPP) to deny American families access to legal midwifery and other

non-physician health care.

The SOPP is an effort to restrict the practice of non-physician healthcare providers. This needlessly pits medical doctors against other healthcare professionals at a time when the American public is faced with unprecedented healthcare shortages and more than 45 million uninsured children and adults.

There has been an increase in criminal prosecution of midwives throughout the country since SOPP was activated in 2005.

Nebraska's families deserve access to the full array of allied

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Legislative News

By [Autumn Cook](#)

Before discussing our work on the legislative front this year, **let's bring everyone up to speed** with a quick recap of past efforts.

It's been three years since a bill dealing with the status of midwives was introduced to the

Legislature. That year — 2005 — two bills were introduced. One dealt with Certified Nurse-Midwives (CNMs) and the other with Certified Professional Midwives (CPMs.) Neither bill made it out of the Health & Human Services Committee.

In 2005, Nebraska Friends of Midwives was a fledgling organi-

zation just beginning to coalesce around the goal of increasing access to midwives in Nebraska through legislative changes. Since then, we have organized yearly state-wide meetings and more frequent regional meetings, formed an 8-member Board of Directors, expanded

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Legislation around the Nation—The Big Push

The days after the launch of The Big Push for Midwives Campaign, known as PushDay, are bringing new attention to the campaign and pushing state grassroots excitement into overdrive. The campaign is fully underway to alert American families and state policy makers of the critical need for the regulation and licensure of Certified Professional Midwives (CPMs) in all 50 states, D.C. and Puerto Rico.

Push Rallies at the State Capitol buildings in Alabama, Idaho, Indi-

ana, North Carolina, Pennsylvania and South Dakota brought midwives' supporters out in full force and garnered positive media attention from Idaho to Indiana.

A few states with bills actively being pursued in 2008 are...

New Hampshire—A bill to mandate insurance coverage for homebirths just passed.

South Dakota—The Senate HHS Committee passed a bill out of committee that would allow CNMs to attend homebirths. Current law

says they can, but also requires a practice agreement and no CNM can get a practice agreement for homebirths. This bill would scrap the requirement for a practice agreement when a CNM wants to attend homebirths.

South Dakota is also hearing a bill in committee that would give licensure to Certified Professional Midwives (CPM) and put them under the Board of Nursing. The bill has 27 co-sponsors in the House. It will be heard Wednesday, January 31st.



Midwife supporters brave the January cold and gather at a Big Push rally in Boise, Idaho to draw attention to pending legislation. Photo by Kristin Hasselblad

"We need every member of this group to visit with their senator... We need to let them know that access to midwifery care is important!"

Legislative—continued from page 1

our membership, and undertaken several education projects.

The one area we haven't worked on has been legislation!

There will be plenty of activity at the Capitol in 2008. We aim to have a bill introduced in 2009 that will expand the current scope of practice of CNMs to be consistent with national certification and American College of Nurse-Midwives (ACNM) standards.

To that end, we will begin getting to know our legislators in a couple of ways.

First, we need every member of this group to visit with their senator, face to face if at all possible. We need to let them know that access to midwifery care is important! Contact us via the website (www.nemidwives.org) or yahoo group (www.tinyurl.com/LAOW8) if you have questions about what to do.

Second, we'll have a semi-monthly M&M day, on which we'll visit all the legislators' offices to deliver packages of M&Ms. The candies are attached to our logo, website address, a quote from the Pew study on midwifery, and the motto "Mothers & Midwives." Please come and join us!

Big Push—continued from page 1

health partners, without interference from physician trade organizations.

It is our hope that CPMs will also become a legally regulated option for maternity care in the future. Through the NBPC and the Big Push, national awareness of the benefits of the Midwives Model of Care and out-of-hospital birth will increase, and more and more states will recognize the value of

the CPM credential. With efforts such as these, combined with media such as Ricki Lake's *The Business of Being Born*, the US has reached a tipping point towards reform of the maternity care system. This national dialog brings focus to midwives as the safest, most cost-effective solution, as has been seen in other countries where midwifery-based systems enjoy better outcomes and greater efficiency.

NFoM looks forward to the leadership and expertise of the NBPC and the Big Push campaign as we labor in promoting legislation that increases the availability of midwifery care to all Nebraska families.

Midwifery advocates from across the country, at November's meeting in Chicago. Photo provided by The Big Push.



NFoM Welcomes...



Abigail Underwood, 6 weeks.
Photo by Gina Underwood

Baby girl, Abigail

Born to Don & Gina Underwood
Nov 21st at 5:31 am
Gina was transported to the hospital from a homebirth due to a shoulder presentation and born by Caesarean-section.

Baby girl, Selah Rose

Born to Amber & Andy Vinton
January 7th at 12:43 am
Selah was a VBA2C, born at UNMC and attended by Bridget Wieczorek, CNM.

Baby boy, on his way!

Kathie & Mark Smith are expecting their second child, a boy, at the end of May. The baby will be born **at St. Elizabeth's in Lincoln** and attended a CNM. The Smiths live in Hickman, Neb. with another son, Caleb.

Birth Story: UNMC VBA2C

Amber Vinton's membranes ruptured Thursday, January 3 at 5:00 am.

Wanting a vaginal birth after two Caesareans (VBA2C), neither Amber, nor her husband Andy, wanted to rush things at the University of Nebraska Medical Center (UNMC) in Omaha, so they waited at home, 20 miles west of Lincoln. Labor had not yet begun Friday when they traveled the necessary 75 miles to Omaha for a previously scheduled appointment with their midwife, Bridget Wieczorek, CNM. They were admitted to UNMC and

spoke to the obstetrician on call, but not wanting a repeat C-section, decided to check out of the hospital and into a hotel in order to wait things out.

Consistent contractions began at 12:30 am Sunday, and the Vintons headed to UNMC. Though the contractions were regular and fairly strong, the baby was not engaged.

Andy, Bridget and the nurses worked with Amber to move the baby in to position with pelvic rocking, sideways lunges, walking, and anything else they could think of to get the baby to move down.

"I needed to know if it ended in C-section it was because it was unavoidable," Amber said.

Amber was having trouble relaxing and knew that if she could, the baby would come. She asked for drugs a couple of times and was finally given an epidural at around 11:30 pm.

At 12:43 am, 92 hours after the rupture of membranes, and after 24 hours of consistent contractions, Selah Rose entered the world, healthy and a successful VBA2C!

"In five children, it was the first birth that we both felt truly present for, though little of it had gone as planned. It is our only birth, that has no regrets."

- Amber Vinton

*Have an announcement or story for us to share?
Send them to: nfom.pr@gmail.com*

Bodies, Babies and Birth Facts



There are only 19 CNMs currently practicing in the state of Nebraska.

- 10 in Omaha
- 5 in Lincoln
- 2 in Hastings
- 1 in Norfolk
- 1 in Scottsbluff

Of the 26,890* births in 2006...

CNMs delivered 1,544* babies in Nebraska Hospitals

And 63* out-of-hospital births were recorded

**As reported by the Department of Health and Human Services. There is no record of whether the out-of-hospital births were planned or emergency births.*

Estimated Birth Costs for non-medicated, vaginal birth in Nebraska are:

in a hospital	\$7400
in a birth center (in other states)	\$4300
at home	\$1900

Editor's Note: data gathered through research of personal experiences, calling hospital billing departments and rates posted on the internet.

February 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 ✘	6	7 ✘	8	9
10	11	12 ✘	13	14	15	16
17	18	19 ✘	20	21 ✘	22	23
24	25	26 ✘	27	28	29	

February

- ✘ 5th, 12th, 19th, & 26th in Omaha *Weekly Potluck 11:00-3:00 pm. Location varies, check for updates on the forum.* <http://tinyurl.com/2ye3wv>
- ✘ 7th and 21st @ the Capitol Hand out hand out M&Ms to Senators and their staff, check the forum for times. <http://tinyurl.com/yrdqyf>
- ✘ 19th—6:00 pm @ the Grand Island Evangelical Free Church *Tri-City monthly get-together* <http://tinyurl.com/ys9yrh>

March

- ✘ 4th, 11th, 18th, & 25th in Omaha *Weekly Potluck 11:00-3:00 pm. Location varies, check for updates on the forum.* <http://tinyurl.com/2ye3wv>
- ✘ M&Ms at the Capitol. Hand out hand out M&Ms to Senators and their staff, check the forum for times and dates. <http://tinyurl.com/yrdqyf>
- ✘ Tri-City monthly get-together, time and place to be determined, check the forum for details. <http://tinyurl.com/ys9yrh>

March 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 ✘	5	6	7	8
9	10	11 ✘	12	13	14	15
16	17	18 ✘	19	20	21	22
23/30	24/31	25 ✘	26	27	28	29

April 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 ✘	2	3	4	5
6	7	8 ✘	9 ✘	10	11	12
13	14	15 ✘	16	17	18	19
20	21	22 ✘	23	24	25	26
27	28	29 ✘	30			

April

- ✘ 9th—10:30 am @ the Capitol **Governor's proclamation signing for International Midwives Day (May 5)**
- ✘ 1st, 8th, 15th, 22nd & 29th in Omaha *Weekly Potluck 11:00-3:00 pm. Check for location.* <http://tinyurl.com/2ye3wv>
- ✘ M&Ms at the Capitol. Hand out hand out M&Ms to Senators and their staff, check the forum for times and dates. <http://tinyurl.com/yrdqyf>
- ✘ Tri-City monthly get-together. Time and date tbd. <http://tinyurl.com/ys9yrh>

As we continue to plan and grow we will be adding new events and possibly changing times. Find out more on our forum (www.nemidwives.org) or join our free Yahoo Group (<http://health.groups.yahoo.com/group/nebraskafriendsofmidwives/>) for updates.

Classifieds

2 cats, 4 & 7 year old in need of good homes Both front declawed, fixed, & friendly. Call 402-792-9335

NFoM Classifieds, advertise here!!! List your goods to buy, sell, or trade—just \$.50 a line. nfom.pr@gmail.com

Enjoy birth stories? *Count it all Joy: Birth Stories with Lessons for Life* by Judy Kay Jones. \$12.50 + \$2.00 shipping judycpm@iw.net

Medela DoubleEase Breast Pump w/ case (\$169 value) new single pump kit included. best offer, + shipping. Jen@Purefamilies.com

For Sale: Baby and toddler leg warmers. \$8 a pair (\$7 for paying members of NFoM) + shipping. lkuehn@catholicweb.com

NFoM wishes all Midwives serving Nebraska—Happy Valentines Day!
Join Nebraska Friends of Midwives www.nemidwives.org




Support Midwives and NFoM!

Get the NFoM logo on t-shirts, magnets, mugs and more at
<https://www.cafepress.com/nfom>
20% of each order goes to support NFoM

This quarterly newsletter is distributed to families across Nebraska. Ads start at just \$12—for more information and prices contact Camilla at nfom.pr@gmail.com

Baby Goose Co.

Infant & Toddler Leg Warmers



Lenetta Kuehn
PO Box 85, Heartwell, NE 68945
(308) 563-2024 or lkuehn@catholicweb.com
View available styles at:
<http://s221.photobucket.com/albums/dd217/nettacow/>

Wide Neighborhoods book review

By Chanin Monestero

Have you started reading Wide Neighborhoods by Mary Breckenridge? Here's a teaser to encourage you to get started.

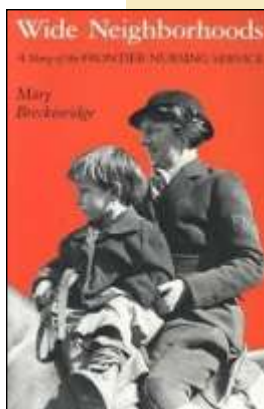
The setting is the turn of the century. The book begins with a narrative of Mary's growing-up years. (This part might seem long. Keep reading!) She also shares briefly about her own marriage and children. Without giving too much away, she eventually decides to

train as a nurse. She travels to France after the war with her focus on helping the children of this war-torn country. At one point, I found a unique parallel to our situation here in Nebraska when Mary works to establish better training for nurses in France's hospitals but is met with opposition by the "nurses" who are already an established force there. They don't want anyone moving in on their "turf." It is also interesting to better understand the history of midwifery.

Mary explains that in France the midwives were not nurses and in America the nurses were not midwives. I expect that Mary's plan is to combine the best of both worlds. Come along and let's find out!

Editor's Note: Wide Neighborhoods is the first for our NFoM book club. Every two months we will read and discuss a new book. Check out the Education thread in our forum to join us.

<http://tinyurl.com/29v8o9>



How you can help

Legislative

Lori Hack and I are heading the legislative committee and welcome you to join us. We are striking up our grassroots lobbying efforts by working on making NFoM known to those who represent us.

Feel free to join us at the Capitol in Lincoln as we hand out M&Ms to senators and their staff. Check the calendar on page 4 for dates.

See you there! -[Heather Swanson](#)

Fundraising

The Fundraising committee always needs volunteers, and especially now as we work to grow NFoM.

We are in the beginning phases of planning for a large scale garage sale sometime this spring. Please start collecting items to donate now! If you have any large items that we can tease in advertisements, please let me know.

Thanks! [Patty Maring](#)

Education

Join us for educating through...

📖 a bi-monthly book club (threads on the web forum).

🗣️ Parent Topic Nights (organize these in your area!)

🎭 the BOLD movement including a production of *Birth: A Play by Karen Brody* and hosting at least one Red Tent event.

It'll be a great year! -[Holly Fix](#)

Public Relations

We are forming the PR committee and looking for a volunteer from each of four areas across Nebraska. We need help regarding materials and publicity needed by your region for upcoming events.

If you live in or near Omaha, Lincoln, the tri-city area, or anyplace in Nebraska, you can help us! Contact me with any questions.

Thanks! [Camilla Whitman](#)

Committee Contacts...

Legislative: nfom.legislative@gmail.com

Education: nfom.education@gmail.com

Fundraising: nfom.fundraising@gmail.com

Public Relations: nfom.pr@gmail.com

Do you enjoy reading birth stories?

Count It All Joy
Birth Stories With Lessons for Life
by Judy Kay Jones

Contact Judy at 605-263-3043
29525 442nd Ave., Irene, SD 57037 or judycpm@iw.net
Cost is \$12.50 plus \$2.00 for postage and handling.

Nebraska Friends of Midwives

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Contact Us:

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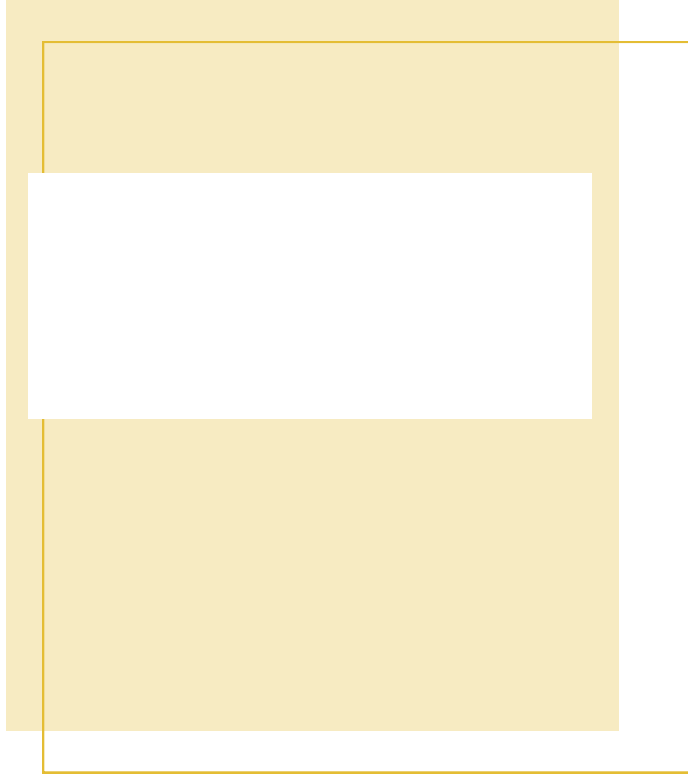
Secretary—Rebecca Wingeback:

nfom.secretary@gmail.com

Treasurer—Laura Leggott:

nfom.treasurer@gmail.com

(committee information on page 5)



NFoM members and friends gather in the birthing tub room at Gentle Beginnings Birth Center November 17.
Photo by Lynisha Weeda



Friends and supporters gather in the Gentle Beginnings Birth Center lobby for snacks and raffle tickets.
Photo by Lynisha Weeda

Gentle Beginnings Open House

By [Rebecca Wingeback](#)

On November 17, 2007, midwifery supporters from around the state converged on Gentle Beginnings Birth Center in Norfolk, Neb. to raise awareness of the restrictions placed on Certified Nurse-Midwives and free standing birth centers in Nebraska.

More than one hundred members of Nebraska Friends of Midwives, citizens, and midwives turned out for the event. The Nebraska Friends of Midwives were especially honored by the attendance of Kitty Ernst, President of the American College of Nurse-Midwives,

who spoke with the group privately as well as giving a short talk during the press conference. Other speakers included Heather Swanson, CNM and Autumn F. Cook, Chair of the Nebraska Friends of Midwives.

One of the day's highlights was the documentary showing of Ricki Lake and Abby Epstein's acclaimed film, *The Business of Being Born*. This powerhouse documentary vividly portrays the differences between the midwifery model of care and the medical model of care. It served as a poignant illustration of why the members of the Nebraska Friends of Midwives are so compelled to

work toward providing the citizens of Nebraska with greater access to midwives and other birth options.

The open house and press conference were a great success for the Nebraska Friends of Midwives. Members collaborated on a tremendous effort to prepare a delicious buffet. A varied raffle with many generously donated prizes earned \$252.00 for the organization. Educational materials were distributed to the public, and most importantly a message was sent to the community expressing the wide-spread desire for the opening of Gentle Beginnings Birth Center.