

## **Fall 2003**

Until I became a parent, I didn't realize how much unsolicited advice I would receive from well-meaning people, family, friends, even strangers. Separating the folklore from the truth is a challenge, and committing to a decision is even more difficult. As a parent, I sometimes feel as though I'm making it up as I go along. I second guess my decisions and wonder if I've made the right choice. Some of these issues have kept me up at night (so has my breastfeeding, co-sleeping baby), and have forced me to examine my beliefs about parenting and life in general. For me, it often boils down to one comment a friend made when I was struggling with yet another decision. The comment was "to do what feels right". This has gotten me through many emotionally wrought moments, when I'm not sure if I should do what the book says, do what my mother did, or do what feels right for me. I've learned that I don't have to defend my parenting choices, they only have to work for my family.

This issue of The Birth Vine provides insight on a few of the many difficult parenting choices. While many parents would love to turn these difficult choices over to someone else, we must each ask our questions, do our research, and make our own decision. We hope the articles we have included on co-sleeping, vaccination, and circumcision provide information to help you make an informed decision that will work for you and your family.

The editorial team – Sonya Jantz, Tracy Shibou, Kessa Edwards and myself – have pored over the issues and made many difficult choices in creating The Birth Vine. In this issue you will find 20 pages of articles on co-sleeping, vaccination, circumcision, choosing child care, art and poetry, a birth story (from a doula's perspective!) and much more.

Our next issue of The Birth Vine will feature DOULAS – who they are, what they do and why we love them. As always, we look forward to receiving your submissions – please forward them to: [birthvine@shaw.ca](mailto:birthvine@shaw.ca)

MACFE would like to thank Kessa Edwards and Lyne Morisette for their valued contributions to The Birth Vine – we will miss you!

Thank-you for supporting The Birth Vine and MACFE!

**Lori - for The Birth Vine Team**