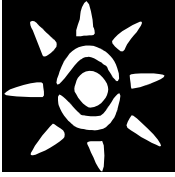


Summer 2005

Happy Summer!



Summer holds great memories for me – the thrill of the first day without school, running through sprinklers, riding bikes from breakfast till bedtime. Now that I am a parent, I get to delight in watching my sons discover the joys and secrets of summer that I have always loved. Having to carry my toddler into the house, smelling of sunscreen, hair slightly sweaty, sand between his toes, hands sticky from ice cream, after having fallen asleep on the way home in a truck littered with sand, toys, and napkins...is a sign of a summer day well spent.

The Birth Vine has evolved into a unique creature, with many hands and hearts helping it to take shape every couple of months. We have often joked that producing an issue is much like giving birth; it requires a lot of time, energy and a little pain, but when you hold the first copy in your hand and gaze lovingly at its pages, you think, that wasn't so bad, I could do that again. It's time for our baby 'Vine' to grow, and we can thank the newest member of our layout team, Belinda Friesen, for helping to nurture it along.

This issue of The Birth Vine features breastfeeding. I often think there is little I can say about breastfeeding that we haven't already heard. But in a discussion, a wise woman friend of mine recently said that giving people who have pre-breastfeeding worries a meaningless "oh it'll be fine, you'll see", response to soothe them is misleading. What we should tell women and families is that sometimes breastfeeding can be really tough, but with the right help and support you can get through almost anything. Perseverance and patience are the keys to getting through the tough times, which get you to the good times. I thank her for teaching me something new.

The next issue of The Birth Vine will feature -

CEASAREAN BIRTH

– share your story with us at birthvine@shaw.ca – deadline for submissions August 15, 2005.

A very special thank you goes to The Winnipeg Foundation for their financial support which has enabled the Birth Vine to continue to grow.

Have a wonderful summer.

Thank you,

Lori - for The Birth Vine Team