# Winter 2006

On January 23rd, 1995, before I became interested in birth, I was blessed to witness my nephew's birth. I had no knowledge – I was one of those people whose presence at births I now secretly question – a spectator, who asks the nurse a lot of questions, but has no apparent value to the woman giving birth. I stood on the sidelines and got to watch him enter this world. I will never forget mentally digesting his new presence, turning the idea over in my head, again and again - minutes ago there was *one* person, and now there are *two*. How would fate make sense of a new person – how would the world shift to make room for him? How many people's lives would be impacted because he exists?

This issue of The Birth Vine is dedicated to that time in our lives when we allow our own universe to open up and accept a new soul into it. The Fourth Trimester – that special time after our baby is born, and we are no longer one person, but two sets of eyes watching each other, trying to learn each other, but somehow already knowing each other. That weird and wonderful time when minutes can seem like hours, yet weeks pass in the blink of an eye. Whether you struggle through it, or savor it, the fourth trimester deserves at least as much attention as the first three, and sometimes a little more.

We hope you enjoy this issue of The Birth Vine, and all the wisdom contained in its' pages.

The next issue of The Birth Vine will feature SLEEP. Zzzzzzzzzzzzzz. Please send us your stories, rants, pictures, wisdom, anything that has to do with sleep.

Thank-you to SERC for financially supporting this issue of The Birth Vine.

Happy Winter,
Lori