



Staying Positive
eZine no. 1
Birth Professionals

All rights reserved

Thank you for purchasing this eBook. It is for single use only. eBook may be printed and used only by the individual who bought it for personal use. Not to be duplicated or shared through email, social media, digitally/electronically, hard copy, or in any other format.

Published by Childbirth Professionals International

Email contact@thechildbirthprofession.com

Phone 916-525-7596

Hello from editor

Hooray! I am a firm believer in the best is yet to come. Just this week I chatted with Anna a follower of CPI for the last four years. She said that she's been impressed by our positivity. That is something we deliberately work on day by day.

I only see reasons to be positive; joining in with rants on social media or taking negative actions is a black hole. I am surprised in particular that many childbirth professionals are trapped in a network of colleagues or organizations where they are not thriving. Students and professionals have shared they feel bullied and locked into a system that's not working for them.

I too have experienced power trips, rude, and immature behavior -- which I have zero tolerance for. I will quit with no regrets, rather than be subject to that behavior. Life's too short. And I don't give anyone permission to make me feel bad.

So I/We want to pass on positivity! This is the first of many *Staying Positive* eZine issues that will offer narratives, advice, reflection, resources, and strategies to build up your positivity, to build your spirit, and help you thrive. In our first issue you will find affirmational reflections to encourage and provoke positive thinking.

Wishing you positivity


Donyale Abe, editor

Submissions

We welcome all types of submissions -- images, quotes, mini articles, etc. in alignment with positivity.

YOUR DREAMS ARE IMPORTANT

Your dreams will take you higher and enable you to soar reaching the stars.
What are your dreams; personal and professional?

YOU ARE DREAMING ...

of your family

of your community

to be happy

to be loved

to change lives

to change birth

to make a difference

to achieve

to build

of success

of peace and contentment

to leave this life satisfied

A quote by Walt Disney in a cursive font: "If you can dream it, you can do it." The quote is centered on a light gray rectangular background.

*"If
you can
dream it,
you can
do it."*
Walt Disney

Dream about accomplishing the impossible and realize that nothing is impossible for you. Don't let fear or failure squelch your dreams.

Dream big or small, but dream.

Your dreams will lead you to places and successes you cannot see or imagine in this moment.

W - Write down your dreams

A - Act upon your dreams

I - Invest in your dreams

T - Think about your dreams

And just WAIT!

Your dreams will come true.

FOCUS

One lesson I have been learning is to focus the work that I do. This has made me happy and effective. I use to serve on a professional board and I was editor of a peer reviewed journal. In addition I worked for two different hospitals teaching childbirth classes, prenatal yoga, and I also taught private childbirth classes in my home, while mentoring other childbirth educators.

It all became too much. I had to let some of my birth work go.

It was a process — and didn't happen overnight, but I finally am focused on birth work that both revives and challenges me.

You must be careful to do work that does not deplete you and burn you out. Narrow the work that you do. I now just teach small private birth classes in my home and I mentor birth professionals and I love my balanced life.

I don't shy away from saying no. I have learned with birth work that you can do too much. Staying focused keeps you fresh. And if you are not fresh then you are probably not focused.

14 WAYS BIRTH PROFESSIONALS CAN RECHARGE

1. GET INSPIRED

It is hard to give to others what you don't have. Take some essential me time and do whatever inspires you. See a concert, an art exhibit, or a Broadway Musical.

Take a hike or go to the ocean. Light some candles, play your favorite songs, and quietly reflect on the highs of your year.

2. WATCH A BIRTH MOVIE

There are so many great birth films that you can watch online. You learn so much about women's history and about the power of birth. See our list at <https://thechildbirthprofession.com/birtheeducationvideos/>

3. READ A NEW BOOK

Set aside time to read a book about childbirth and other parallel subjects that you've not yet read. It could be about technique, research, or a biography.

Here's a few good ones:

Laboring: Stories of a New York City Midwife by Ellen Cohen

Monique and the Mango Rains: Two years with a midwife in Mali by Kris Holloway

Heart and Hands 5th edition by Elizabeth Davis

Birthing From Within by Pam England

4. LEARN SOMETHING NEW

Take a training or workshop on a topic you don't know that much about. It's so refreshing and sometimes scary to pick up a new skill. Try it! For example: prenatal yoga techniques, placenta encapsulation, rebozo techniques, creating a web site, creating an app, photography, business skills, etc.

5. SHARE OR USE NEW INFORMATION

Evaluate the information that you share or use in your practice caring for expecting families and start sharing something new that you have never shared before, such as the latest statistics or facts about the amazing power of women's bodies to give birth. Or start to use a technique that you've never used before such as hypnosis, a rebozo, vocalization, etc.

6. WORK YOUR CONTACTS

Do some old fashioned networking. This might mean having coffee with other childbirth professionals in your community, or simply sending emails or contacting professionals and families through social media. Reach out! You will be surprised by what can happen. It is so good to stay connected.

7. WHAT'S UP WITH YOUR INCOME?

So are you satisfied with how much you're making? If not then evaluate how you can increase your income. Don't sell yourself short. If you are employed talk to your supervisor about a raise, or start searching for new opportunities.

If you work for yourself raise your fees. A 10-15% increase may really make a difference in your satisfaction and not dissuade clients from hiring you. If you don't ask for it, then you won't get it.

8. HOW'S YOUR WEBSITE?

So do you have a website? If not you really must get started on that. You are missing out on so many opportunities without a website.

And if you do have a website, have you updated it recently? A website is so important to communicate to the world who you are and what your business is about. It is crucial to keep it updated and it's overall look fresh and appealing.

9. HOW IS YOUR CAREER?

Are you where you want to be? Are you really doing the work that you are called to? Have you been thinking about going back to school, but something keeps preventing that. Then read the next tip...

10. WHAT DO YOU WANT?

As they say, there is no time like the present. What do you want to do, see, or obtain? Make a list of your hopes and dreams and pursue them. Sometimes the simple act of writing them down will bring them into fruition. Keep this list in an accessible place and read it from time to time. You will be surprised how things will come into being without your realization and you will soon be able to cross them off your list.

11. MENTOR SOMEONE

Every birth professional started out with the help of someone else. Take the time to help someone just getting started. If you are new to the field, then help someone newer than you. Share what you know so far. Don't let mentoring overwhelm you. All that someone may need is a listening ear. However, don't underestimate how much wisdom you have that others can benefit from.

12. WRITE

How about sharing your wisdom by writing teaching tips or doula advice. You can write these as posts to your social media accounts. We are happy to have you email us any wisdom that you wish to share with others, and we can include it on our blog.

There is also that elusive step of writing a book. Think about it. Start small and just write a pamphlet or ebook that be downloaded.

13. BE A SIMPLE ACTIVIST

We all know that much needs to change regarding childbirth health care practices. Be part of the change. Sign online petitions. Attend a meeting for your local birth collective. Join your state doula or midwifery group. This year plan to celebrate, wear a pin, or attend an event for World Breastfeeding Week, National Midwifery Week, or World Doula Week.

14. TRY NEW GADGETS

What is that birth tool, teaching supply, or tech gadget that you have heard about or not heard about? Okay stop with all the excuses and give it a try.

I keep seeing this head massager that looks interesting. I recently saw it at the office store for \$1.99 so I'm going to buy it and give it a go.

What have you not tried? Make sure to keep up with the latest tools and apps.