

Afrikan Holistic Parenting

<http://www.afrikanparenting.com>

Turn Off the Television

Reasons to reduce and eliminate television watching for our children:

- For every hour spent watching educational TV, infants 8-16 months understood an average of six to eight fewer words than infants who did not watch.
- TV has no educational value
- Children burn fewer calories watching television than just sitting still. Television seems to put a child's body in a hypo-metabolic state, a state many people enter during meditation where the heart rate decreases and breathing slows down.
- Our children are trading in physical activity and imagination for television watching.

Here are some ways to redirect your children's activity as well as charge your own creative energy:

- Wear your baby and toddlers as you do your chores and talk them through what you are doing.
- Enlist the help of your older children in caring for the home.
- Create regular craft, storytelling, and music time for the children to create. Allow them to suggest activities for parents and siblings to participate in.
- If you do choose to allow your children to watch television watch it with them, hold discussions with them and avoid commercials.
- Continue reading the Afrikan Holistic Parenting newsletter and buy [Holistic Parenting from the Pan-Afrikan Perspective](#) for ideas on how to nurture the spiritual, intellectual, and physical development of your children.

Mothering is by no means easy; for that reason the Yoruba proverb states that "Mother is God number two." We are blessed with the responsibility and honor of determining the fabric of our children's universe. Channel the goddess Nut, and enjoy freedom and creativity. You have to set stars in your children's skies.



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Pregnancy Tea

This tea is full of nourishment. It contains iron, calcium and many more vitamins and minerals. Mothers like to drink this tea warm, however, it can be taken cooled. This tea is also great for the postpartum period as it aids in milk production.

4 TB - Red Raspberry Leaf - Vitamin and mineral rich, tones uterine muscles, high in iron so it is said to prevent hemorrhage

4 TB - Nettles - High in protein, vitamins A, D, E, B6, K, calcium, iron, magnesium, phosphorus, trace minerals, and digestive enzymes. High in chlorophyll and carotenes.

2 TB - Oat straw - Rich in calcium and magnesium. Relaxes nerves, helps manage pregnancy discomforts

1TB - Alfalfa - High in protein, vitamins A, D, E, B6, K, calcium, iron, magnesium, phosphorus, trace minerals, and digestive enzymes. High in chlorophyll and carotenes.

1TB - Rose Hips - High in vitamin C, boosts immunity and circulatory system

1TB - Red Clover - Red Clover also contains vitamin A, vitamin C, B-complex, calcium, chromium, iron, and magnesium.

1TB - Spearmint Leaf - gives relief to your digestive system and eliminates gas from the system. Also, it tastes good.

If you are not going to use the dried herbs immediately, mix all of them in a large airtight container and store it in an area that is away from heat and light. If you are ready to enjoy your tea, mix the herbs in a quart sized jar full of boiling water, cover and let it steep for at least 30 minutes but no more than 2 hours. Strain the herbs, sweeten if desired using agave, honey, or other natural sweetener and sip on this tea during the day. If you find the infusion to be too strong for your liking, add more water. Enjoy!

SciHonor Devotion is a certified Labor Doula, certified Postpartum Doula, certified Childbirth Educator and Homebirth Midwife Assistant. She is a homeschooling mother of two children. She's a co-founder of the Uhuru Homeschool Hut in NYC. She is a member of the International Center for Traditional Childbearing (ICTC), Doulas of North America (DONA), and the Childbirth and Postpartum Professional Association (CAPP). She is also a board member for Sistahs for Better Birthing which is a local chapter of The International Center for Traditional Childbearing (ICTC) www.blackmidwives.org providing education, service, and networking to those interested in childbirth, and parenting, specifically reducing premature births, infant mortality, promoting breastfeeding, and assisting women who want to become midwives and practicing midwives. SciHonor Devotion - (212) NY-MOM-01.



Swine Flu

Influenza can cause death in the young, elderly, malnourished, and people with weak immune systems. Whether it is the common flu or swine flu both can be avoided or less severe.

Easy Tips:

- Make sure your family washes their hands.
- Fresh fruits and green leafy vegetables daily
- Avoid too much sugar it weakens the immune system
- Include liquid Vitamin C , Multi-Vitamins , Astragalus, and Garlic into your family's diet. Garlic Lemonade (Google for recipe) and garlic orange juice (cloves and orange juice blended) can be made to make garlic more palatable.
- Exercise and Play
- Eight hours of sleep boosts the immune system. The body needs rest.

Raet

The Journey to Birth Empowerment



As a mother of 3, I can honestly say that I have learned something valuable and important from each of my birthing experiences. With my daughter's birth nearly seven years ago, I learned that regardless of whether you are birthing for the first time, labor can progress VERY quickly. Hospital staff may say "you will never make it without drugs", "you will be in labor for hours", however our bodies are uniquely designed to birth our babies without unnecessary medical interventions. My daughter was born natural two and half hours after I arrived at the hospital. I pushed three times!

My first son, born in 2005 was also a hospital birth and also progressed very quickly. My labor with him was two hours from the time I arrived at the hospital. While I was able to have a natural, drug-free labor and delivery again, this birth was not without unnecessary "routine interventions". Despite the fact that I did not labor long, they performed an amniotomy (artificially ruptured the amniotic sac) with an amniohook (a long, crochet-hook like instrument with a hooked end). I was not allowed to get up and use the bathroom, so they put a catheter in, and when it came time to push, I was forced to lay flat my back, which I believe prolonged this part of my labor. While I did not push for a very long

time, I found it considerably harder to birth my son in this position, which works against gravity. After this birth, my husband and I decided if we were going to have more children in the future we would look into finding a great midwife and opt for a home birth.

When we found out we were expecting our second son, we began searching for a home birth midwife in our area. I came up with nothing. I was extremely disappointed at the lack of resources in my immediate area. I did not let this deter me. Eventually we found a wonderful midwife in Teaneck, NJ, by the name of Sakina O'Uhuru. We had to travel to find her. We are in Westchester, NY. But I was adamant on having a positive birth experience this time around. The limited resources and information in my area led to me to take a course to become a certified childbirth educator. I found that the hospitals in my area had very high C-section rates and I attributed this to unnecessary medical interventions. I took the childbirth educator course on-line through the Aviva Institute during my third trimester of pregnancy and all of the information that I attained was a God-send.

On August 18th, 2008 we had our home birth with my midwife, husband, and mother in attendance. My two older children were sleeping in their bedroom. This labor lasted longer than my previous two, about 12 hours. I realized that if I had been in a hospital setting, without the comforts of my home, the freedom to move around, get in the shower/tub, eat and drink with the support of my midwife and family the experience would have been a profoundly different one. Most

women get to a point in labor when they feel they just "can't" anymore. Birth is going to happen regardless. Having my mom by my side supporting me and my midwife affirming that I was doing great job, made all of the difference in the world! This is when I became aware of the importance of having a doula attend your birth. While my mom is not a "doula", she has birthed four children naturally. She provided excellent support with life experience because she had been there before.

Currently I am taking a course to be a certified birth doula through the Aviva Institute, because I feel it will be a great addition to the childbirth education courses that I am offering in my community. My main goal is to arm women with knowledge and empower them by reaffirming their faith in their body's abilities to birth their babies naturally, in a comfortable setting, surrounded by supportive, attentive, and positive people. The moments after your baby is born, holding them in your arms, having the option to breastfeed right away, and bond are priceless. These factors make all the difference in the birth experience for the mother and the ultimate outcome of the baby.

Nubia Earth Bowman
 Certified Childbirth Educator
 Certified Birth Doula (In-Training)
www.birthfromtheearth.vpweb.com

Holistic Parenting from the Pan-Afrikan Perspective will **be going out of print**. I have maybe 120 copies left. I am not sure if/when the book will be back in print, so get it today.

The book will make the perfect Mother's Day gift!

Order today at <http://www.afrikanparenting.com>. If you need to pay by check or money order please email me at iyaraet@yahoo.com.

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