

Smart Choices for a Green Pregnancy

Pregnant. The word brings images of abundance, fertility, life, anticipation...and, sometimes, an excess of "stuff." Beautiful things everywhere seduce our senses and our need to provide the best for our children; and yet we wonder, "Is all this STUFF really necessary?"

Babies' needs are pretty simple: love, milk, touch, attention, and a safe place to sleep. A dry bottom rounds out the list, though this can be an elusive goal...

Pregnancy is an ideal time for earth-friendly, stuff-free living. Here are some tips to get you started:

■ **Choose a midwife!** Slow down and enjoy the journey as you explore pregnancy, birth, and babies with expert guidance and support. Your

BC CareCard fully covers midwifery care.

■ **Eat whole, organic, local food.** Eating with the seasons lets you savour the beauty of whole foods which are best for you and the baby. For the ultimate local and organic feeding experience, breastfeed!

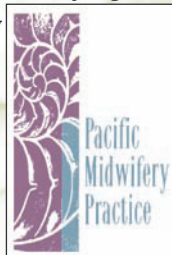
■ **Have a blessing way.** Blessing ways are essentially gatherings without goods: friends bless the soon-to-be new mother or couple, offer words of wisdom, and share stories. Guests can organize a 'new parent support tree' for after the birth.

■ **Consider home birth.** This may not appeal to everyone, but it's worth some thought. Birthing at home lets you create your own experience, produces less waste, and has less impact on our health care

system. Learn more at cmbc.bc.ca.

■ **Go low-impact.** Carry your baby in a sling. Choose cloth diapers. Consider no diaper at all - many laugh but it is possible! Check out diaperfreebaby.org.

Pacific Midwifery Practice provides holistic pregnancy, birth, and newborn care in False Creek, Vancouver. We offer the choice of home or hospital birth. For more info see pacificmidwifery.ca or call 604.874.7999.



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