

Battams has baby at home, with midwife

BY DOUG HARRISON
The Acton Tanner

Giving birth to one baby in a hospital was more than enough for Denise Battams.

After enduring the awkward situation of having her first daughter, Courtney (now 2-years-old), delivered by an obstetrician she didn't know, and receiving less-than-convincing words of comfort from a nurse, Battams made sure it wouldn't happen with her second-born.

The 24-year-old became the first Acton resident to give birth using a midwife since midwifery was acknowledged as a profession in January.

Amanda Mae Battams was born May 28 at 2:14 am in the comfort of Todd and Denise Battams' Poplar Avenue home.

"It was nice being at home where I already knew the surroundings. And I made the room exactly the way I wanted it," says Battams, who was cutting grass two weeks after the birth.

Along with her decision to have the baby at home came some flack from friends. The most common remark was that people hoped that "nothing would go wrong" without the presence of a doctor, nurses and updated technology.

"When I had Courtney in the hospital (Guelph General) not one person said that," says Battams, still bothered by the comment.

"Even when I told my OB that I wouldn't be seeing him anymore

he yelled at me for 10 minutes straight, saying midwives were butchers."

Battams says that, just like under the care of an obstetrician, a woman gets her blood pressure checked regularly and is able to hear the baby's heartbeat. Also, the midwife carries neo-natal respiratory equipment.

Battams has no regrets with her decision. In fact, she wishes she could have gone with a midwife for Courtney.

"The midwife looks at your home life, asks you how you're doing and how things are with your other children.

"It's more personal and more of an equal position, rather than the doctor being superior," states Battams, whose main midwife was Ellen Pemberton, while Shirley Meltzer and a mennonite midwife also observed the birth.

"In the hospital you have no idea what's going on with your body. Nobody's explaining anything, because things are happening so fast. The OB for Courtney was someone I had never seen or met before."

Battams says one significant difference with a midwife is the absence of drugs to control the pain of contractions. She mentions alternative methods such as massage, a lot of hot and cold compresses and plenty of positive reinforcement helped her through the birth.

"When I was in the hospital

with Courtney I couldn't walk for a week after having her," Battams explains, "but with Amanda, I actually was out-and-about after the

fourth day. "I couldn't believe how well I felt. I won't go back to the hospital unless it's for health reasons."

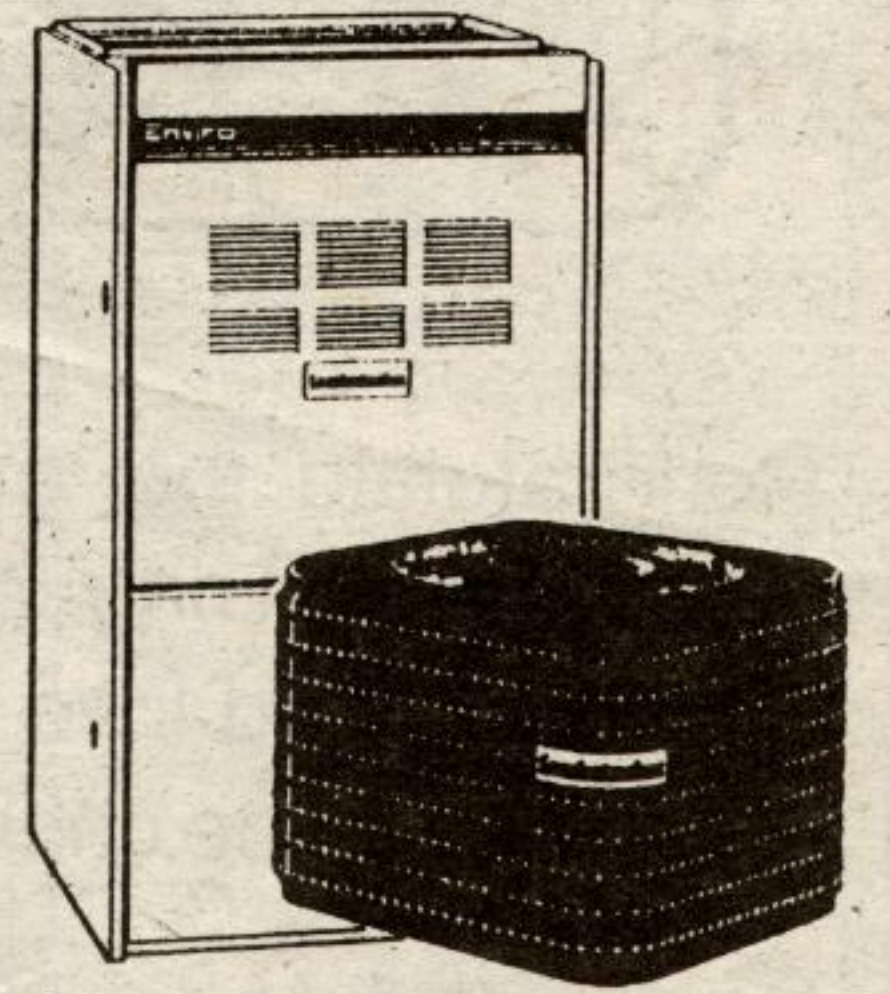


HOME BORN: Denise Battams holds young daughter Amanda, who will be one-month old on Tuesday. (Doug Harrison photo)

A System You Can Have Faith In.

Comfortmaker® Home Heating & Cooling Systems

- Remarkable Technical Innovations And High Energy Efficiencies!
- Outstanding Quality Backed By Excellent Limited Warranties!
- A Complete Line Of Furnaces, Heat Pumps, And Air Conditioners!



Models GUK/GDK, AJ

Comfortmaker®
Air Conditioning & Heating

©1994 Inter-City Products Corporation (USA)

CALL TODAY FOR A FREE ESTIMATE!

SHARP HEATING
HEATING & AIR CONDITIONING

Dean Sharp 148 Fall St., Rockwood
856-9494

PLUG IN

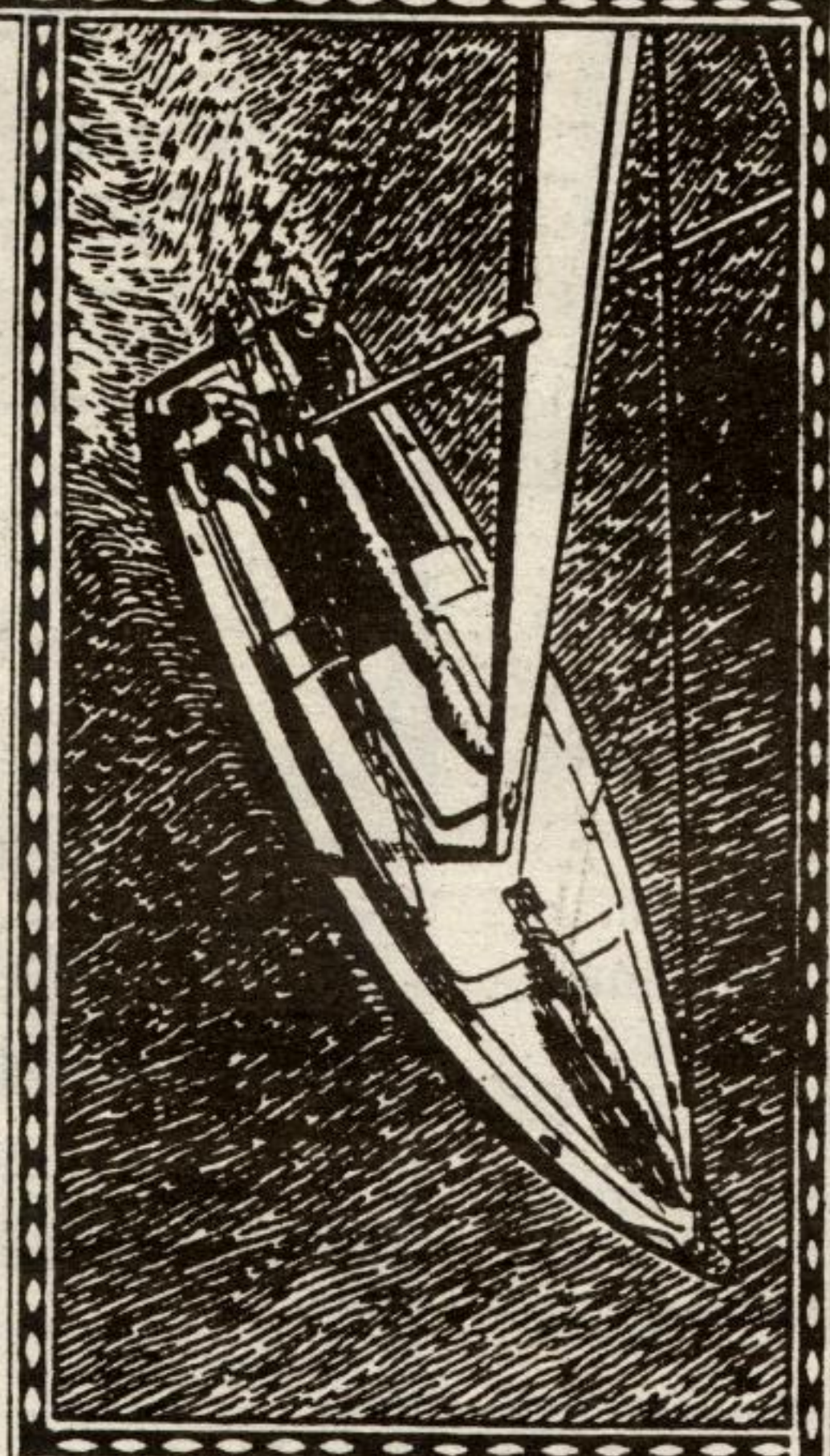
ALTON HILLS HYDRO

YOU COULD SAIL INTO TROUBLE BEFORE YOU EVEN GET INTO THE WATER.

When you're launching or towing your boat, be aware of overhead power lines.

With your boat on a trailer, the mast can reach higher than you might think.

If you're not careful, your mast or antenna could hit a power line. And that could be fatal. Even when you're on the water, watch for power lines crossing rivers or channels. Although



your hydro company has buried or rerouted many overhead lines near boat launching areas, there may still be overhead lines crossing the roads that lead to the water. So please sail safely. Even when you are on land.



a member of
EnerMark
The Electricity People

ENERGY HINTS

How to Keep Your Cool

Put Shades on Your Windows!
Keep the hot summer sun out by closing your drapes and blinds. Awnings or wooden louvers will provide further shading.



Insulate Your Attic!
The sun beating down on a roof during a summer day can heat the attic to an overwhelming 54°C (130°F). This heat is then radiated down into your home. A well insulated attic helps keep the heat in during winter and the heat out during summer.

Install Ceiling Fans!
Ceiling fans can make you more comfortable by circulating air. They are becoming popular as an efficient and relatively inexpensive way to make homes more comfortable.

For more free energy tips on heating, cooling, appliances, lighting and much, much more, just drop by our office today. Ask for your FREE Energy Tips Package!