

# Calm mind, happy birth

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HEALTH REPORTER

ALICE Springs Hospital midwives will next month be given an insight into dealing with women who present and go through labour showing fewer signs of pain and being calmer than most.

This is because the expecting mothers would have taken a five-week course in hypnobirthing – a technique so popular around the world, rumour has it that it was used by the Duchess of Cambridge.

The full-day workshop will be given by the only hypnobirthing trainer in Australia, Marilyn Colvin Boon.

“The way that women give birth in our program has little to do with how normal women give birth – they’re very calm,” Ms Boon said.

“It reduces the need for chemical anaesthesia, epidurals or any other intervention,” she said.

“A midwife may possibly get anxious that the woman isn’t showing more signs of tension or fear.”

Ms Boon was invited to Alice Springs by local hypnobirthing practitioner and registered nurse Joanne Gordon.

“The interest is slowly growing here but it’s only early days,” Ms Gordon said.

She said she had worked with four couples since she



Childbirth educator Joanne Gordon, with mum-to-be Julia Brouwer, holds hypnobirthing sessions with pregnant women who want to have a birth where they are calm and work with the mind for a less painful experience.

Picture: JUSTIN BRIERTY

started the program in October.

Ms Boon teaches the Mongan Method of hypnobirthing, devised by American Marie Mongan after she suffered some negative birth experiences.

Ms Boon said the method taught women to “breathe their baby down”, which reduced the risk of pelvic floor damage.

“And the end result is that babies are better adjusted,” she said.

“They’re happier and not screaming babies.”

Ms Gordon recommended hypnobirthing for all pregnancies.

“It’s quite amazing how powerful the mind is,” she said. “You can either go with it or

against it, and with hypnobirthing you’re going with it.”

Some 850 babies are born in Alice Springs Hospital a year.

To register for the June 24 workshop, call 0415 493 778 or email [info@thealternativecentre.com.au](mailto:info@thealternativecentre.com.au).

## Liberals trumpet crime reversal

CRIME in Alice Springs has declined in all its forms during the period April 2013 to March 2014 compared to the same period the previous year.

Sexual assaults have dropped a massive 24.7 per cent while assaults have declined 1.5 per cent.

Domestic violence related assaults decreased slightly at 1.7 per cent and alcohol related assaults 0.8 per cent.

House break-ins declined 42 per cent followed by motor vehicle theft at 34.5 per cent, commercial break-ins at 33.7 per cent and property damage at 27.6 per cent.

However Chief Minister Adam Giles said assaults have dropped 32 per cent and house break-ins 30 per cent when comparing the March 2014 quarter to the March 2013 quarter.

Attorney-General John Elferink pointed out similar figures with property offences down 17 per cent, house break-ins 30 per cent, commercial break-ins 27 per cent, and motor vehicle theft and related offences 14 per cent in the March 2014 quarter compared to the previous.

“Alice Springs residents are safer under the Country Liberals ...” Mr Elferink said.

## BUDGET 2014-15

Securing Our Children's Future



## Sports vouchers boosted to \$200 a year

Great news for families, with the Territory Government increasing its highly successful Sports Voucher scheme from \$75 to \$200 per child a year.

This initiative is another way the Territory Government is helping the family budget by easing the cost of living on families and ensuring all Territory kids can participate in their favourite sport or recreational activity.

What’s more, the scheme is also being expanded to include more activities such as dance, music lessons and other artistic and cultural pursuits.

Parents will also be able to use the vouchers for learn-to-swim lessons for children aged up to five years not enrolled in school, who have completed the Government’s Under 5 Water Safety Awareness Program.

Budget 2014 is getting more Territory children off the couch and into organised sport and recreation activities to help them lead healthier lives.

For more information visit: [www.sportvoucher.nt.gov.au](http://www.sportvoucher.nt.gov.au)

