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Aviva News

The Monthly Newsletter of Aviva Institute

What's Happening at Aviva?

Aviva Institute and Eagletree Press are excited to announce that we will be sponsoring the 2010 Midwifery and Maternal-Child Health Educators Conference, on March 25 through 29, in Portland, Oregon.

Speakers from around the globe, including many Aviva Institute faculty will be on hand to present a wide variety of topics. Three different tracks will be offered: Educators, Midwifery, and Maternal/Child Health

Topics will include:

Educators Sessions:
Distance Learning, Adult Education, Faculty Development, Lactation Education, Student Success, Curriculum Development, Innovative Teaching Techniques, Student Retention, Clinical Teaching, and Doula Education.

Midwifery Sessions:
Birth Emergencies, GBS Updates, Placenta Medicine, Postdates, Second Stage, Fetal Monitoring Updates, Pregnancy Loss, IV Therapy, Neonatal Resuscitation, Suturing, Evidence-based herbal medicine, and Practicing in developing or low resource areas.

Maternal-Child Health Sessions:
Postpartum Mood Disorders, Marketing your Birth Profession Business, Lactation for Special Needs Babies, Promoting Natural Birth, Multicultural Teaching, and Aromatherapy.

Are you interested in presenting a workshop? We are interested in completed research papers, abstracts, in-progress reports, case studies or ideas

for future research. We are particularly interested in issues or research related to teaching or innovative instruction related to midwifery or maternal-child health. We are also interested in topics of interest to the practicing professionals that present current evidence in midwifery, lactation and maternal-child health. If you would like to offer a presentation, please see <http://educatorsconference.com/speakerform.html>.

The conference will be held in beautiful Portland, Oregon. Portland is a vibrant city known for it's focus on sustainable living, arts community, and regional natural beauty.

We will be posting venue information soon, but the hotel we chose will have free airport shuttles, as well as numerous amenities and access to Portland shopping and recreation.

Go to <http://educatorsconference.com> often for updates!



FACULTY SPOTLIGHT



Regine Marton, MS, CNM, RN

Regine is our Faculty Spotlight of the month. Regine received her MS in Midwifery from SUNY Stony Brook NY. She was born in France, knew about her passion about Midwifery and Reproductive Health since she was about 7 years of age. However, before becoming a midwife and a perinatal consultant in the US, she chose another path, adult learning, and started teaching French and English as a second language for multinationals in France and Brazil.

She has been a doula, continues her training as a Watsu provider and is a certified Aquanatal coach. She became progressively interested in Global Health as well as religious anthropology linked to health practices in various societies, and started networking with midwives from various backgrounds, from France, Mexico and Brazil. She is also partnering with several Brazilian NGO's where she teaches online for the Humanization of Childbirth in Brazil.

She currently lives in Recife, Brazil, and has three grown children. Regine teaches Basic Conversational Spanish and Spanish for the Birth Professional, along with some midwifery courses, and has assisted in the BEST course.

AVIVA NEWS: Regine, can you tell us a little about your upcoming

course Spanish for the Birth Professional?

REGINE: Sure, This course is very innovative, since it is designed to help birth professionals not to gain anymore fluency if any, but to design a structures conversational frame where they will be able to communicate with their clients according to their own needs and the client's needs. However one of the requisites to get onto this course is to have some basic grammar structures and vocabulary in order to get along and to get as much as you can from the course. Midwives, Doulas, Lactation Consultants, and Perinatal Educators will find what they need in the course and will be able to adjust what they learn to what they want from the material.

AVIVA NEWS: What makes this course unique?

REGINE: I do not think that there is any other course online which offers Spanish for Healthcare providers and Aviva is proud to be the first to do this and we hope that we can be a reference in the field. Practically speaking the course is organized around prenatal period, intrapartum and postpartum (including lactation) in four modules lasting 1 week each. There is a lot of material to read and the use of audio video material is intense so the learner can tune up to different accents and speeches. This may seem overwhelming at first but the student will learn how to fish the right answer, or key points necessary to complete the case studies at the end of each modules, which in turn will be the final tool helping the professional to communicate with her client. The other unique feature of this course is that we will be communicate interactively via Skype in order to role play and practice what we learned. This is a lot of fun and not only it will help us break the ice and it will also help the student to loose her inhibitions.

AVIVA NEWS: Some people may be nervous taking a course online if it's the first time they've done it, what would you like to tell them?

REGINE: In order to study a language and acquire new skills in the language may be challenging at first. Take it one day, one step at a time, stay In touch with the instructor, establish a plan of study according to what your time is, Ask questions and don't lose touch!! And take the time to breathe. Adults learners can be sooo self conscious and learning a language is not like studying Midwifery. It is another ball game.

AVIVA NEWS: If potential students have questions about the course, how would you like to be contacted?

REGINE: Please email me at regine.marton@avivainstitute.org

AVIVA NEWS: Is there anything else you'd like to add?

REGINE: I am very happy to be part of the Aviva team and to provide not only language skills but cultural sensitivity in the course. I have been working for a long time with Latina migrants and they are very special to my heart. They deserve the best and students at Aviva deserve the best as well.



STUDENT OF THE MONTH July 2009

Aviva Institute is pleased to present our July 2009 Student of the Month, Eileen Roberts. Eileen is a member of the Group 1 Cohort and is pursuing the Bachelor of Science in Midwifery.

AVIVA NEWS: Tell us about yourself (your family, your interests, where you come from, your favorite color, favorite food, etc.):

EILEEN: My name is Eileen, and I live with my husband on a mixed farm in Saskatchewan, Canada. We have two daughters, our eldest will be four in September, and our youngest will be a year old on the 22nd of this month. She was the first student baby at Aviva, and to my knowledge is still the only girl! :) I am currently a stay-at-home-mom, midwifery student, birth doula, teacher assistant, President of Aviva Student Council, member of the Aviva Admissions Committee, one of the leaders of a local birth group, a moderator of an online forum for mothers, and I sit on two committees that deal with midwifery and doulas in Saskatchewan.

AVIVA NEWS: Was there a defining moment when you decided to pursue midwifery? What was that moment?

EILEEN: I had my first daughter in a University hospital, and it certainly caused a shift in my thinking. I didn't buy that labour and birth were always terrible, and that the only good part was that in the end you have a baby. I connected with a woman, who was a doula, through an online support site for moms. After reading my birth story, she made the suggestion that I really could have used a doula. This led to a conversation of what a doula was and what they did. I decided I would think about this doula thing. I thought it was a great idea, but something in me felt that something was still off. A few months later, once my daughter learnt how to climb, she would go to my book

shelf, and pull off the same book... several times a day. The book was 'The Natural Pregnancy Book' by Aviva Jill Romm. One day in handing it to me, I dropped it, and it fell open to the back pages on midwifery education. I didn't know that 'official' midwifery education existed... I was only familiar with the apprenticeship model. In a matter of 30 seconds it became all very clear that I had been moving on a path that led to this moment. I just needed the wisest (and climb-iest) teacher to point me in the right direction.

AVIVA NEWS: What made you choose Aviva Institute for your education?

EILEEN: In researching midwifery education, I came to realize that I currently live at least a province away from any Canadian midwifery program. For this reason, I looked into distance options almost immediately. I looked at three programs very closely, and I chose Aviva for two reasons. One, Aviva was the only 'internet-based' program. The rest were 'distance' programs. I knew I wanted a set schedule... I wanted to know when I started a course, when that course ended, and what my graduation date would be. Aviva was also the only option with a cohort. I knew I wanted to be amongst other women who were in the same proverbial boat. I am highly social, and I knew that those interactions would be what would carry me through.

AVIVA NEWS: What would you tell people about Aviva Institute?

EILEEN: I tell people to check it out. If midwifery is what you are meant to be doing, you will do it. You have time to evaluate which path of education is the 'best for you at this time'... so just check it out.

If you decide that a rigorous schedule, an environment of high interaction, and in-depth education with attention to evidence-based care is what you want, then you have come to the right place. My cohort is swiftly becoming walking midwifery-encyclopedias... capable of facilitating the normal process of

pregnancy, labor, birth, the postpartum, lactation, and mothering... and equally as capable of recognizing when there is a deviation from normal that warrants more investigation, a treatment, or another care providers attention.

AVIVA NEWS: What is your favorite course at Aviva Institute?

EILEEN: I have really enjoyed every course at Aviva on some level. Even when I have been really challenged and have had some struggle, I have always been able to connect the material to practice. My very favorite course was certainly 'Fetal Surveillance' with the incredibly talented Kim Perry. There is a lot of misinformation about what can and cannot be done with intermittent auscultation... Kim was able to lay out the evidence for us in a way that was easy to understand and apply. I learnt so much and unlearnt so much. This is one course that I have had at least a half a dozen women from other midwifery programs show interest in. I think that this course, and an instructor with Kim's level of experience, is a real gem at Aviva. I wish CPMs were legal in Kim's State, I'd be down in a heartbeat. :)

AVIVA NEWS: What has been your favorite experience at Aviva Institute?

EILEEN: My favorite experiences have been the interactions I have had with the faculty and the student body. I think Aviva becomes 'alive' to students in a way that is somewhat unexpected. We learn about each other in the academic environment, and we also learn about each other privately. We push each other. We are also building connections that will move beyond this stage of our lives and into the next.

AVIVA NEWS: What are your goals for the future?

EILEEN: My goal is to graduate with a Bachelor of Science in Midwifery and write the NARM exam. I will then be applying to one of the Canadian programs that assess 'foreign-trained' midwives. After completing that process

I will be taking the Canadian exams, and then I will be a Registered Midwife (RM.) I would like to bring midwifery to my health region, because as of now women do not have access to care. This may mean that I become a health region employee, but I would prefer to have a private practice. (This means that I have to work with other midwives, students, doulas, and women to change the current law so that independent practice is allowed in my province... and we are starting now.) Once midwifery is available in my area, I would like to build a birth center because the rules are pretty strict about 'distance from hospital' here. I think that women and babies who live out of town (Saskatchewan is a very rural province) deserve the option of out-of-hospital birth as well. Lastly, I want to travel to areas that are really lacking in maternity care and make a contribution there. I plan to do this by not only being present and providing care, but also teaching and learning skills from women in these areas. It would be a win-win-win-win-win situation. The state of maternity care in most places on this planet is really shameful... whether it is over-medicalized or non-existent... This is an area that I am excited to see Aviva graduates take on.

AVIVA NEWS: Do you have any advice for fellow students?

*EILEEN: *If you are in the midwifery*

*program... doula. It gives you a chance to learn without being responsible for clinical tasks, and every birth counts. *Create a local birth group... start creating a change now... while you have time, and are years from graduation. *Connect with your cohort. *Create a group of like minded individuals around you to support you. Your cohort will certainly help, but you will also want a non-competitive group as well. :) *Try to make sure you have a day or two off a week. I do this by working very seriously early in the week... this means that if I have a computer issue, internet issue, moodle issue, its likely the assignments are in. And I have weekends off! :)*

US Breastfeeding Advocacy

US Representatives Carolyn Maloney (D-NY) and Senator Jeff Merkley (D-OR) hosted a news conference Thursday, June 11, 2009 at 10:00 a.m. to reintroduce the “**Breastfeeding Promotion Act,**” which would protect the rights of breastfeeding mothers who return to the workplace after childbirth, and the health and well being of their children.

The **Breastfeeding Promotion Act** would:

- [Protect breastfeeding moms from discrimination under the Civil Rights Act of 1964](#)
- Provide tax incentives for employers that establish private lactation areas in the workplace
- Establish minimum safety standards for breast pumps
- Allow breastfeeding equipment to be tax deductible for families
- Afford working breastfeeding moms with the time and privacy they need to express milk

Ask your Representative and Senators to support the Breastfeeding Promotion Act to provide a unified national policy to keep mothers, their children, and their communities healthy!
Log onto http://org2.democracynaction.org/o/5162/t/6359/campaign.jsp?campaign_KEY=1697



✓ CHECK IT OUT – Upcoming Conferences of Interest

Lamaze International 2009 Annual Conference

Celebrating the Magic of Normal Childbirth

October 1 – 4, 2009 Orlando, FL

<http://www.lamaze.org/ChildbirthEducators/WorkshopsConference/2009AnnualConference/tabid/147/Default.aspx>

Birthing, Breastfeeding and Bonding Conference 2009

Movement Towards Positive Change in Present Practices

October 2 - 3, 2009 Lethbridge, Alberta

<http://www.birthingbreastfeedingbonding.com/index.html>

2009 ICEA International Convention

October 15 – 17, 2009 Oklahoma City, Oklahoma

<http://www.icea.org/content/2009-convention>

MANA Conference

Midwives Alliance and the California Association of Midwives present Midwives Alliance 2009

October 22 - 25, 2009 Asilomar, California

<http://mana.org/mana2009/>

Midwifery & Maternal-Child Health Educators Conference

March 25 – 28, 2009 Portland, Oregon

<http://educatorsconference.com/>

Upcoming Open Courses

Postpartum Doula

August 10, 2009 – September 20, 2009

<http://www.avivainstitute.org/ppdoula.htm>

Birth Emergency Skills Training (B.E.S.T.)

August 29, 2009 – August 30, 2009

<http://www.avivainstitute.org/best.htm>

Birth Doula

September 21, 2009 – November 20, 2009

<http://www.avivainstitute.org/birthdoula.htm>

Orientation & Study Success

September 21, 2009 – October 4, 2009

<http://www.avivainstitute.org/prereq.htm>

Breastfeeding Counselor

October 2, 2009 – December 14, 2009

<http://www.avivainstitute.org/breastfeeding.htm#0201LACT>

Anatomy & Physiology I

November 2, 2009 – December 6, 2009

<http://www.avivainstitute.org/prereq.htm>

Spanish for Childbirth Professionals

August 17, 2009 – September 13, 2009

<http://www.avivainstitute.org/spanish.htm>

Childbirth Educator

September 21, 2009 – November 15, 2009

<http://www.avivainstitute.org/childbirth.htm>

Breastfeeding Educator

September 21, 2009 – October 28, 2009

<http://www.avivainstitute.org/breastfeeding.htm#0201LACT>

InFACT

September 26, 2009 – September 27, 2009

<http://www.avivainstitute.org/InFACT.htm>

Medical Terminology

October 5, 2009 – November 11, 2009

<http://www.avivainstitute.org/prereq.htm>

Anatomy & Physiology II

January 4, 2009 – February 14, 2009

<http://www.avivainstitute.org/prereq.htm>

Announcements

Scholarship for CPMs

Aviva Institute is offering a limited number of scholarships for CPMs wishing to take the Bachelor of Science in Midwifery program but who otherwise would be unable to afford it. Scholarships will cover up to 50% off tuition, as well as a full waiver of enrollment and advanced placement fees.

Eligibility:

1. Be a currently registered Certified Professional Midwives (CPM)
2. Complete the Advanced Placement process.
3. Meet computer guidelines.
4. Meet income guidelines.

Not available to currently matriculating students.

Please contact Melissa Kelly, Business Director, at Melissa.kelly@avivainstitute.org for more information.

Midwifery Program Important Dates

Fall session begins: September 14, 2009

Application deadline: June 15, 2009

<http://www.avivainstitute.org/midwiferycertificate.htm>

Lactation Consultant Certificate Program Important Dates

Winter Session

Application deadline: September 21, 2009

<http://www.avivainstitute.org/breastfeeding.htm#lactcert>

Aviva Institute Store

Check out our store where you can find great shirts, jackets, hats, baby items and office supplies with Aviva's logo. It's a great way to show off your Aviva pride!

<http://www.cafepress.com/avivainstitute>