



The~Daisy~Chain



The termly newsletter from The Daisy Foundation

Ipswich, Central and East Suffolk

In this issue.....

Our New Venues, New Classes & New Timetable, Osteopathy with Ned Wombwell, Pilates with Victoria Hayden, Jenny's Birth Story and Essential Oils for Springtime.

New Venues & New Classes

We are delighted to be expanding our timetable and offering more new classes in more locations! We now have Daisy classes running every day of the week across our whole area and have plans to start baby classes in Stowmarket & Saxmundham or Leiston by the beginning of June.



Our Monday Daisy Baby classes will be moving to The Suffolk Food Hall (www.suffolkfoodhall.co.uk) in Wherstead which has exceptional catering facilities and the wonderful bouncy cushion for our little ones to play on after classes. It is also a great place to shop for special foody treats and gifts.



We are also starting a brand new set of Wednesday classes at Inspire Suffolk (www.inspiresuffolk.org.uk). Inspire Suffolk is a locally based organisation and uses education and sport as a way of making a difference to the lives of people living in and around Suffolk. The organisation is based on the site of Holywells High School so has an easily accessible location and fantastic parking.

Following the success of our Movers' classes we have decided to create new classes for babies who can crawl and toddlers who can walk.

As with all our Daisy classes the new Crawlers and Walkers classes will be multi-sensory and promote children's natural development as they reach their next milestones.

More info on pages 2&3



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Daisy Classes - what are the choices?

There is a Daisy class suitable for you from 14 weeks of pregnancy until your child starts school



Daisy Birthing

Our all inclusive Active Antenatal™ method is a ground breaking, effective and all encompassing pregnancy class helping you to learn your antenatal education and active birth techniques in a truly effective way – anchored to your breath, your body and your movement – exactly where you will need it on your baby's birthing day. It is suitable from 14 weeks of pregnancy and suitable for all birth choices- for those planning a natural homebirth or an elective C-section (and all the birth plans in between) . We also run Couples' Workshops to enable you to prepare for your labour and birth with your birth partner.



Daisy Crawlers

Multi-sensory fun and education for your moving baby. This class is designed to help your little one move more independently as we repeat the same actions, yoga poses and songs to allow them to watch and mimic, stretch, grow and play. This class is about your child exploring their environment, developing their self confidence and social awareness.



Daisy Tinies



Tinies' classes will take you on a lyrical, calming, relaxing journey through soothing full body baby massage routines, baby reflexology and gentle first-step baby yoga. Impartial

education helping you learn to understand your baby, their cues and milestones, suitable from 4– 20 weeks (we are guided by your baby as they are all so different)

Daisy Wrigglers

Daisy Wrigglers' is suitable from around 15 weeks until your baby begins to crawl. Wrigglers classes are a colourful, bright and lively baby yoga based class which incorporates movement, music, sensorial stimulation, listening exercises, vestibular activities, rhythm work which aids language development and social baby time. Every session is different yet familiar and revolves around "What's in the Box?".



Daisy Walkers



Once your child is on their feet, there is so much to explore and do. Our Walkers' class appeals to different learning styles, designed to keep your walker engaged and participating as much as possible progressing into the world of imaginative play (or what we call imagi-movement).

Daisy Tots

Daisy Tots is a fabulous story-based class for children aged between 3– 5 years. We use Imaginative stretch and movement routines using story and rhyme. Breathing and relaxation for calming and soothing your child. You can watch and join in as your little one develops their confidence, social skills and imagination. The class offers total freedom for children to observe, participate or just explore. This class is currently only available for pre-schools and nurseries to run within their own premises. We hope to run public sessions again in September. **If you would like to book any of our classes or would like more information please contact Jo via**

jo-cresdee@thedaisyfoundation.com or call 07944 070 362

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Timetable

Jo, Josi, Alona & Rachel now run Daisy Birthing and Baby classes every day of the week in a huge variety of locations around Suffolk. We wish to start more classes in June in Stowmarket, Felixstowe & towards Leiston, Aldeburgh and Saxmundham and we are currently looking for venues. Please contact us if you have any suggestions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Suffolk Food Hall	Woodbridge Youth Centre	Inspire Suffolk Ipswich	The Kesgrave Scout Hall	The Richards Rooms, Martlesham		
9.45am - Walkers (Jo)	9.45am - Walkers (Jo)	9.45am - Walkers (Jo)	9.45am - Walkers (Jo)	9.45am - Walkers (Jo)		
10.40am - Crawlers (Jo)	10.40am - Crawlers (Jo)	10.40am - Crawlers (Jo)	10.40am - Crawlers (Jo)	10.40am - Crawlers (Jo)		
11.30am - Wrigglers (Jo)	11.30am - Wrigglers (Jo)	11.30am - Wrigglers (Jo)	11.30am - Wrigglers (Jo)	11.30am - Wrigglers (Jo)		
12.30am - Tinies (Alona)	12.30am - Tinies (Jo)	12.30am - Tinies (Jo)	12.30am - Tinies (Jo)			
		Hacheston Village Hall		Abs Toning, Martlesham		
		11.00am – Tinies (Rachel)		10.30 – Wrigglers (Josi)		
				11.30am - Tinies (Josi)		
Inspire Suffolk Ipswich	St John's Hall Woodbridge	Stowhealth Stowmarket	Cedarwood Primary School Kesgrave		Birch Farm Hintlesham	The Tennis Club Felixstowe
7.00pm - Birthing (Josi)	7.00pm - Birthing (Jo)	6.30pm - Birthing (Josi)	6.00pm - Birthing 7.40pm - Birthing (Jo)		10.00am - Birthing (Alona)	7.00pm - Birthing (Alona)
Meadows Children Centre Saxmundham			The Village Hall Hacheston			
7.00pm - Birthing (Rachel)			7.00pm - Birthing (Rachel)			

We aim to keep all our classes affordable and accessible to all who wish to attend and we provide fully funded places on a referral basis for women and children who would not normally be able to attend for emotional, social or financial reasons.

We operate as a Social Enterprise which means that we are a non-profit making organisation.



Prices:



Birthing classes are £54 per six week term (RRP £72 in other parts of the UK) which is £9 per class

Baby classes are £35 per six week term (RRP £54 in other parts of the UK) which makes each class just over £5.80

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Articles from our friends:

Every month we publish guest articles from therapists or organisations who operate locally and might be of service to our families. This month we are pleased to include information from Ned Wombwell an Osteopath who works with babies and children as well as adults and Daisy mum Victoria Hayden who is a Pilates Instructor.



Osteopathy for babies and children

People are often surprised to hear that osteopathy can treat babies and children, and of course children are different from adults. They not just smaller, but have different anatomical proportions, nutritional requirements and functional and pathological problems. They are like new buds bursting into the world, but can experience significant problems in the process. Despite the differences between adults and children, musculoskeletal and mechanical issues are very important in determining health.

Osteopathy works by understanding the interdependence of structure and function in the body. This means that if the relationships between the parts are good, the

structure will perform well, and if it performs well the structural parts will be in good order. It's a very simple idea, and very important for our health. Manipulative treatment can resolve the stresses and strains of coming into the world to allow a normal growth process. As the twig is bent, so the branch will grow.



Osteopaths often use Cranial Osteopathy to treat infants, a gentler type of

osteopathic treatment that encourages the release of tensions throughout the body, including the head and is particularly effective for children. Gentle pressure is used to align the bones and relax the muscles and ligaments. Osteopaths assess the involuntary motion of the body, and use it to create a therapeutic change. The involuntary motion is a subtle wave of movement, orientated through the midline of the body.



Birth can be a very stressful event. The baby is subjected to compressive forces as the uterus pushes the baby against the birth canal, twisting and turning as it squeezes through the bony pelvis. To an extent, the baby's head can absorb these stresses; the soft bones

overlap and the chin is normally tucked down towards the chest to reduce the presenting diameter of the head. This process causes the moulding of the head, which naturally reduces as the baby grows, cries and sucks. In situations of difficult births, or where ventouse or forceps are used, the unmoulding process can be incomplete. The resulting tension in the head may be well tolerated by the baby, or it may cause significant discomfort.

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Osteopathy can go a long way to help symptoms of a difficult birth such as a sensitive head, difficulty latching-on or digestive problems. A careful treatment of the musculoskeletal system reduces irritation on the nerve pathways, thereby affecting the complete function of the baby's body. Osteopathy treats patients, not conditions, and no two babies are exactly alike. The assessment and treatment are gentle and can make a huge difference for the health and happiness of your child.

Ned Practises at Albany Villa, Melton Rd. Woodbridge.

Visit www.wosteopathy.com for more details.

Victoria Hayden~ Body Control Pilates Teacher



"To neglect one's body for any other advantage in life is the greatest of follies"

Pilates is complete mind and body training method. Quite simply, it is mindful movement.

Pilates strengthens the body from the inside out, creating a strong stable core, lengthened and leaner muscle tone, improved posture and the most incredible way to banish aches and pains.

Victoria taught pre and post natal Pilates before having a baby of her own and true to her word she practised what she preached. Victoria continued her regime throughout her entire pregnancy - still performing Pilates squats 12 hours before labour. She had no back ache during pregnancy and now

with a 7 month old baby boy she is still going strong with her Pilates regime and no back ache from carrying her heavy bundle of joy.



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The main principles of Pilates include Concentration, Relaxation, Alignment, Breathing, Centring, Co-ordination, Flowing Movement and Stamina - these are all skills we need during pregnancy, labour and motherhood!

Antenatal Pilates will increase your body awareness, keeping you in tune with your own changing body and growing baby. Our posture changes quite dramatically during pregnancy and along with the weight gain, the back and pelvis muscles can become very stressed and Pilates can reduce the stress on the joints.

A pregnant woman's hormones will change and this affects the laxity of our joints - we can be very prone to injury and Pilates will keep your core muscles strong to minimise this happening.

The pelvic floor plays a very crucial role in Pilates. Understanding the pelvic floor allows you to regain the tone of these muscles after birth. Especially with any stress incontinence. A perfect method to tone those tummy muscles and knit any separated muscles back together whilst helping to close those flared rib cages down.

Motherhood is very demanding - bending, carrying, kneeling, lifting. We are sportswomen in our own right and need Pilates to keep us as balanced, strong and as flexible as possible!



Squatting during pregnancy sounds demanding but as well as opening up that pelvis ready for labour it keeps those thighs and buttocks in good muscle tone.

Being a Pilates princess and Super Mum isn't as challenging as it would seem!

Once you understand the principles of Pilates they can easily be applied to every day life and Victoria's 8 minute Pilates Yummy Mummy workouts keep the back and core strong, chest muscles open, shoulders relaxed whilst helping those joints to regain some stability.



For further information please visit www.victoriahaydenpilates.co.uk. She can be found on Twitter and her Pilates Mummy blog with all tips, hints and videos for pre and post natal Pilates will be up and running shortly - until then the blog section on her website is loaded with info! Join the revolution and become a Pilates Princess whilst still being Super Mum.



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People we like.....



One of the main aims of The Daisy Foundation Ipswich, Central & East Suffolk has always been to provide and create a network of skilled and knowledgeable people that families can trust. Below are the details of some more of our friends whose services we have used and trust.

Doula

Roz La Fevre
07904 187 137
roz.doula@hotmail.co.uk
<http://www.suffolkdoula.com>

Placenta Encapsulation/Massage/Doula

Melanie Barugh
07899 942 760
melanie@vitalholistics.co.uk
www.vitalholistics.co.uk

Massage

Amiee Barden-Beatty
07843 528 896

Rob Lambert
www.roblambertmassage.co.uk
07916137516

Acupuncture

Ann Taylor
ann.taylor-acupuncture@ntlworld.com
<http://www.acu-life.co.uk/>
01394 388234

Breast Feeding Support

Marlene and Jacqui
01728 831882 / 01394 548274
info@arrivalbreastfeedingsupport.com
www.arrivalbreastfeedingsupport.com

Aromatherapy & Reflexology

Alona Ochert
07970 834 949
www.alonatherapy.com

Reflexology

Elizabeth Johns
07974880615
www.just-bea.co.uk

Photography

Sarah Holmes
sarah@treefrogphotography.co.uk
07738974985
www.treefrogphotography.co.uk

Baby wearing, Slings, Bras and Real Nappies & Sacred Pregnancy

Rosie Dhoopun
rosie@natureandnurture.co.uk
www.natureandnurture.co.uk

Homeopathy

Dawn Waterhouse
dawn.waterhouse@yahoo.com
www.dawnwaterhouse.co.uk

Rainbow Apothecary

Jules Button
info@rainbowapothecary.co.uk
www.rainbowapothecary.co.uk
01394 386 777

Fitness instructors/classes

Aqua Aerobics

Nina Parnham
ninalou22@hotmail.com

The Fitness Unit

Rachel Bond
01473 715243
www.thefitnessunit.co.uk

Childcare

Nicola Cannon
Melton Day Nursery
01394 388995
www.meltondaynursery.co.uk

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Jenny's Birth Story



So many of you have attended Birthing classes with our wonderful Jenny Fairburn. Jenny is currently on maternity leave after the birth of her second daughter Leila Poppy (but we still see them every week in Daisy Tinies!) Jenny's wonderful Daisy Birth story is below:

Three and a half years ago, I had my first daughter Ella Rose. I was always one of those people who wasn't afraid of birth and said that my body would do what it needed to do, and after a long labour just using gas & air, Ella was born. I now know that this is the best attitude in which to approach labour and why.

Following the birth of Ella, I became a Lazy Daisy (now The Daisy Foundation) teacher. I have taught hundreds of women how they can try to have a natural active birth, and ways in which they can use their bodies and breathing techniques to hopefully have the birth experience they desire. The feedback from my clients over the three years has been incredible, and I couldn't wait to put into practice what I taught ladies, when I had my second baby.

After a long and difficult pregnancy, I couldn't wait to give birth, and on the 28th December 2014, 10 days early, my second daughter, Leila Poppy made her appearance into the world. I think my body just wanted to get Christmas & Boxing Day out of the way, as my labour began on the 27th December! That morning Ella got into bed with me, and I remember looking at her thinking how much I loved her, and I truly believe she raised my oxytocin levels up enough to kick off labour!



I had the perfect Lazy Daisy birth. It couldn't have been better and I couldn't believe it! Shortly after getting up, I started having what I thought were Braxton Hicks but super strong ones. I'd had lots throughout my pregnancy and knew I was getting close to my due date so just thought the intensity of them had increased a bit! Out came my birthing ball and I was forward leaning onto it, breathing and rocking through each one,

wondering if it was the real thing. By early afternoon they had stopped, so we decided they were strong Braxton Hicks and not real contractions.

I went to bed about 10pm and had the best nights sleep, even though real labour started shortly after! At around midnight, I was vaguely aware that I was having contractions, and in my sleepy haze I just breathed through each one and then went back to sleep! I didn't really give it another thought as I was sleeping so well and hadn't slept well for months! At about 4.15am I woke my husband and we chatted for a bit through my contractions which seemed to be every 4-5 minutes apart. He then got up and I asked where he was going and he said "I'm having a shower to get ready". It was happening!!!

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Whilst he was in the shower it all got very fast with contractions suddenly being 2 minutes apart! I was on all 4s and using the resting position

for labour through each one and focussing on my breathing. I called Iain to get out of the shower and call my mum as Ella was still with us, and I called the hospital who told us to go in. Contractions were every minute now and I could hardly get my hospital bag finished and down the stairs! It was all so quick! We zoomed to hospital and I went straight up to the delivery suite while Iain waited in the car park for my parents to come and take Ella! I was on the padded bench in the resting position, contracting, and looking out of the window for Iain and my parents! The midwife said "um, is anyone else joining you"?!!! Well, within two and a half hours Leila was born. When we went into hospital it was 5.25am and I was 6cm dilated with contractions 1 minute apart. I couldn't believe it! I'd been so relaxed at home and just focussing on my positioning and breathing that things had progressed really well. Mum and Iain both said how much Lazy Daisy helped me and changed my labour compared to with Ella. I laboured entirely on the bed in hospital on all 4s and in the resting position and had just a bit of gas and air. There is no doubt Lazy Daisy gave me more

confidence and control over my body and emotions, and I felt like I knew what I was doing and was working with



my body. It was fabulous and my perfect birth. Just perfect. Now not only can I teach ladies how valuable the Lazy Daisy techniques are from the theory, I can also teach them with the experience of having used it.

My family is now complete and I am thrilled to say that Lazy Daisy played such an important part in completing it. I've spent 3 years helping ladies through their birth journey, and now I can be even more passionate about it than I was before, if that's even possible!!!

Lots of love. Love Jenny, Iain, Ella & Leila xxx



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Celebrating Springtime with Essential Oils

Alona Ochert our Daisy teacher who is also a reflexologist and Aroma therapist takes a look at the ideal oils to use during the next few months

Spring is a time of new beginnings and new growth. Following the rhythms of nature and developing harmony with the ways in which nature cares for itself, we can also create balance within our own lives. Trees, plants, grasses and seeds that have laid still throughout winter finally emerge once more. Buds develop and grow into new leaves and flowers. It is such a time of optimism. I love blending floral oils in the Spring – they blend so well with citrus oils which are great any time of year.

Jasmine: Jasmine is a bold sweet scent. One of the greatest aphrodisiacs of all. These night blooming flowers are picked at their height to bring out of the most heavenly scent. Associated throughout history with the compassionate Goddess of the Moon and the Egyptian Mother Goddess who held the secret of fertility, magic and healing. It was grown along the River Nile in ancient Egypt.

Neroli: Neroli is distilled from the flowers of the bitter orange tree. It has a refreshing aroma and is known for its deeply soothing effect. It is named after the Princess of Nerola who scented gloves with it. Orange flowers have been traditionally used in weddings to calm the nerves. Neroli oil is emotionally unifying and soothes with harmonising effects. Both sensual and spiritual, it helps to re-establish the link between a disconnected mind and body.

Rose: The Mother of All Flowers, the Rose has

amazing powers of love, trust and self acceptance. A gentle tonic of the heart, its psychological properties lie mainly in its calming effect on the mind, the centre of our emotional being. Rose oil calms and supports the heart and helps to nourish the soul.

Patchouli: Patchouli is a sweet, earthy scent. Its smell is intense and spicy. Energetically it is warm and yet anti-inflammatory in action. It is calming yet with a gentle, stimulating effect that lifts the spirit. Patchouli is a sweet and grounding, harmonising fragrance. In Eastern cultures it has a long history of medicinal use in skincare.



Try blending these oils in your burner:

- Patchouli (2 drops) and grapefruit (4 drops) for a grounding yet energetic aroma
- Neroli (3 drops) and orange (4 drops) essential oils for an uplifting and refreshing aroma
- Jasmine (1 drop), ginger (2 drops) and grapefruit (3 drops) for an uplifting and heavenly scent
- Rose Otto (1 drop) and orange (3 drops) for a divine blend of an energetic yet comforting scent

(Please note Jasmine is contraindicated during pregnancy in the first trimester but is a very effective oil to use if overdue and is an excellent analgesic for labour)

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Recipe of the month



Not entirely healthy this month and still contains lots of sweeteners and gelatine so not vegetarian but this is still a lower calorie version of Haribo sweets so good for Mummies on a diet even if not ideal for our little ones!
Thank you **Lucy Parker** for the idea!

Sugar Free Haribo

Ingredients:

2 sachets of sugar free jelly
2 sheets of gelatine or 1 sachet of powdered gelatine
1 pot Muller Light yoghurt

Method:

- Mix the jelly and gelatine in $\frac{1}{2}$ pint of boiling water
- pour 2 thirds of the mixture in to the mould and put in the fridge to start to set.
- Mix remaining jelly with the Muller light and pour on top of the mould.
- Put it back in the fridge to set.



Enjoy!

Contact details

If you would like more information on any of our classes or if you would like to submit an article or a recipe or any other details please contact Jo via

Jo-Cresdee@thedaisyfoundation.com

Or by calling or texting

07944 070 362

Have a lovely Easter - don't forget we have special Easter themed baby classes next week, if you have time please bring your baby to classes wearing an Easter Bonnet (if you don't just bring them wearing any hat)



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