

# Program for Early Parent Support

# NEWS

Celebrating our 20th year serving families and children

## The Difference a Doula Can Make

January 2003

by Rose Earl Kolev

We have all heard how a nurse can “make or break” a birth experience and how some labors last days while others happen in a matter of hours. While we all envisioned what kind of birth experience we wanted, complications ranging from emotional to medical may have altered what actually happened.

While there are an array of birthing options available to women, many parents are unaware of the tools to help ensure a shorter delivery, decrease the risk of cesarean, and the use of forceps. One such

option has been shown to enrich mother-child interaction and increase breastfeeding, according to “Mothering the Mother” by M. Klaus, J. Kennell, and P. Klaus. Best of all, it is widely accepted and available in our area. What is it? A doula.

The Doulas of North America Web site best describes a doula as a trained and experienced woman who provides continuous physical, emotional and informational support to a woman before, during and immediately following childbirth. A doula can play a critical role in advocating for a woman’s

comfort and desired birth experience. She plays a different role than a midwife, nurse or physician whose primary roles are to medically manage the birth. In addition, a doula does not to replace the woman’s partner; instead, she encourages the partner’s involvement and provides proven strategies to help the mother in labor.



Doula Kim Radtke and the author's first child, Claire.

Kimberly Radtke, a local doula who has attended nearly 170 births, shares how a doula makes a difference. Kim explains that a doula brings a wealth of techniques and knowledge to aid in the labor and birth process. In addition, she is available to

answer questions and deal with the emotions that arise before labor begins.

It’s a misconception that doulas are only utilized in natural childbirth. When medical intervention, such as an epidural, is desired or necessary, doulas play a pivotal role in reassuring women and providing emotional and physical comfort in this often-stressful situation. Kim says she has attended fabulous epidural births, and the appropriate use of an epidural can make a positive impact on birth particularly when it is the woman’s choice, and not an unwanted intervention.

Acting as an advocate experienced in different birthing strategies, a doula can help a woman navigate decisions during labor so she doesn’t feel pressured to make a decision that contradicts her wishes.

Kim emphasizes that a doula should leave her bias at the delivery room door. Her job is to understand what her client’s birth vision is and to help her achieve it.

Are doulas only for first time mothers? Actually, many of Kim’s clients are

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### Check Your Inbox!

If you have provided your e-mail address to PEPS, you will start receiving the PEPS News by e-mail. If you need to update your e-mail address or would prefer to receive the PEPS News by regular mail only, please contact Mairin at [mairin@pepsgroup.org](mailto:mairin@pepsgroup.org).

Visit our website at [www.pepsgroup.org](http://www.pepsgroup.org)

## From the Director ...

Jane White Vulliet, Executive Director

PEPS suffered, as did many other nonprofits nationwide and locally, a significant financial shortfall in 2002. We need your generous support, *now*, more than ever.

However, in the midst of that shortfall, PEPS staff achieved miracles through hard, grinding workloads, passionate belief in the value of families and children, and dedication to PEPS' wonderful strengths-based philosophy. *Excellence* was maintained in PEPS programs despite adversity. As PEPS participants and donors, you can be very proud of that fact.

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Here are some of our successes in 2002:

- PEPS added six PEPS en Español groups to our menu of services! Almost all are in new areas. They include:

Federal Way  
Auburn  
Burien  
Southwest Seattle  
Beacon Hill  
Bellevue

- PEPS added three drop-in teen groups. This new format will make the groups available to more teen parents.

- PEPS added Carnation/Duvall, Shoreline and Renton to the list of communities served by the Neighborhood program.

- PEPS reorganized its service delivery allowing us to meet a 20 percent increase in demand for Neighborhood groups.

- PEPS reduced and often eliminated waiting lists for new parents wanting to be in a PEPS group.

- PEPS' volunteer program has grown significantly. This growth has made the Neighborhood program growth possible. PEPS Neighborhood group leader retention is up seven percent and growing. This alone had been a significant source of growth for

the Neighborhood program.

- PEPS has enjoyed the addition of the first PEPS alumni program this year. The West Seattle Alumni group has organized and has lead to increased volunteer recruitment and fundraising opportunities for PEPS. We hope to add other alumni communities in the future.

Please take time to feel pride in the value and excellence of **your** PEPS programs. Then, please take time to support **your** programs financially. We need the financial leadership of each and every one of you.

For those of you who supported us in 2002, *thank you*. We hope you will support us again in 2003. We need you!

For those of you who are new to giving to PEPS, your donation will be greatly appreciated.

**PEPS would like to extend special thanks to Amy Friedland, Linden Rhoads and their entire PEPS Plus group. Together they raised a total of \$650 for PEPS. What a generous gift!**

## Is a Doula Right for You?

... continued from Page 1

second-time parents. These women are "educated" in birth now. Drawing a comparison to a marathon, if you've ever run one without training, chances are you'll seek assistance the second time around. Some of these parents are looking for a knowledgeable helper,

while others are looking for the assurance that they will have the birth experience they desire.

Many organizations recommend doing research to find the right doula for you. Below are some resources online that provide certification information and questions to ask before hiring a doula.

#### **Resources Available Online:**

Doulas of North America: [www.dona.org](http://www.dona.org)  
Pacific Association for Labor Support (PALS): [www.pals-doulas.org](http://www.pals-doulas.org)  
Kim Radtke: [www.birthways.net](http://www.birthways.net)

# In 2002, Volunteers Made it Happen!

by Matthew Swenson

This past year was a banner year for volunteering with PEPS! Just as so many people gave generously from their pocketbooks to support PEPS, over **4000** volunteers donated their time and energy this year to supporting new families in our community. Whether leading PEPS groups, helping at special events, translating documents for the PEPS en Español program, or serving

on our Board of Directors, volunteers proved once again that they are the “heart and soul” of PEPS!

Thank you so much for making the choice to volunteer. As a staff, we not only appreciate your generosity, caring and dedication, we know that without your help PEPS could not exist. Whether you donated an hour of your time or volunteered over several months, please know that your

contribution has made a difference. When you volunteer, you not only benefit PEPS, you enrich our community.

Special thanks to AT&T Wireless, who sponsored PEPS’ Luncheon and Volunteer Recognition Night in 2002 as well as a grant to PEPS en Español.

For a list of in-kind donors for this event, please see page 6.

## Recognizing our volunteers from Jan - Dec '02

### Neighborhood Group Leaders

Names in **bold** have led 2 or more groups.

|                         |                          |                          |                        |                       |                             |
|-------------------------|--------------------------|--------------------------|------------------------|-----------------------|-----------------------------|
| Michelle Agnew          | Lisa Cominetti           | Lynda Hautala            | Julie Mickey           | Grace Ryding          | Paul Toccafondo             |
| Jessica Anderson        | <b>Tammie Conder</b>     | Julie Hearne             | Laura Midgely          | Laura Sager           | <b>Laura Townsend Faber</b> |
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| Sarah Angiulo           | Amy Crocker              | Carol Hedly              | Kimball Mullins        | Heather Sandoval      | Heather Valentine           |
| Abby Baker              | Lee Culverwell           | Barb Heinen              | Nanci Murphy           | Sarah Sanford         | Julie Vaughn                |
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| Graham Black            | Lainie Dickson           | <b>Julie Howell</b>      | Andrea O’Ferrall       | Uzma Siddiqi          | Andrea Watson               |
| Jennifer Black          | <b>Brian Dightman</b>    | Heather Hughes           | Linda Ogden            | Jennifer Simon        | Kathy Whalen                |
| Corky Bohan             | <b>Michelle Dightman</b> | Janene Irish-Axt         | Wendy Ostenson         | Marcie Sims           | Lisa Wheeler                |
| Jodi Boone              | <b>Debbie Drake</b>      | Mary-Colleen Jenkins     | Sheila Page            | Amy Smith Bell        | Katie White                 |
| Gemma Borg              | <b>Janelle Durham</b>    | <b>Lori Jensen</b>       | <b>Joe Paperman</b>    | Tupper Spring         | Sharon Whitney              |
| <b>Betsy Boyer</b>      | Chris Dwight             | Colette Jobs             | Samantha Parent        | Tonia Steed           | Rachel Williams             |
| <b>Judy Brack</b>       | Ann Eacker               | <b>Theresa Johns</b>     | Jennifer Paris         | <b>Nancy Stillger</b> | Sharmila Williams           |
| Sally Brick             | Dawnita Ehls             | <b>Sandy Jones</b>       | Tanya Paszkeicz        | <b>Sarah Stone</b>    | <b>Catherine Wilson</b>     |
| Brigid Britton          | Kate Ellis               | Nadine Kato              | Dee Ann Perea          | Barbara Street-Rodi   | Sheila Wilson               |
| Patti Brooke            | <b>Michelle Enebo</b>    | Becca Knox               | Cindy Peschel-Hull     | Leigh Ann Taylor      | Nancy Woodland              |
| Karen Bullard           | Lisa Evans               | Laura Kohn               | Kristi Pickering       | Martha Tazioli        | <b>Darcy Wyman</b>          |
| Julia Buller            | Elissa Farmer            | Barb Korducki            | Robin Pinne            | Theresa Tenney        | <b>Myrissa Yamashiro</b>    |
| Kate Burdick            | Nancy Felton             | Kate Koszdin             | Clara Poole            | <b>Patty Thieme</b>   |                             |
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| <b>Tonya Cabral</b>     | Jennifer Fontaine        | <b>Sylvia Lago</b>       | Fiona Preedy           |                       |                             |
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| Krista Carreiro         | Cassandra Gardner        | Eleni Ledesma            | Ynema Reeves           |                       |                             |
| Pey-Lin Carroll         | Mary Gentry              | Terrel Lefferts          | <b>Chris Reibl</b>     |                       |                             |
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|                         |                          | <b>Peggy Mazzuca</b>     | <b>Mary Rowan</b>      |                       |                             |
|                         |                          | Andrea Menin             | <b>Karen Russell</b>   |                       |                             |

## Let’s Do Lunch!

It’s time to start thinking about  
PEPS’ 5th Annual  
*Stepping up for Families* Luncheon on  
**Tuesday, April 29th**  
at noon.

PEPS is now looking for  
**Table Captains** to invite friends and  
family to learn more about PEPS  
programs! See Page 5 for more  
details or to sign up.

Don’t forget to join us this year for a  
day of families, food and music!

### Community/Teen Program Volunteers

|                  |                      |                     |
|------------------|----------------------|---------------------|
| Marci Anderson   | Kristin Iannicello   | Kim Nguyen          |
| Sarah Armstrong  | Hilary Jebson        | Lorraine Pai        |
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### Luncheon Table Captains

|                        |                       |                    |
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| Patti Burke            | Holly Krueger         | Tamra Robinson     |
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| Kathleen Caro          | Michele Lowe Hyra     | Joanne Shellan     |
| Jill Carr              | Angie Lukens          | Kira Sorensen      |
| Tammie Conder          | Laura Midgley         | Erik Temple        |
| Mary Crandell          | Caroline Moran        | Patty Thieme       |
| Cesily Crowser         | Kimball Mullins       | Gwendolyn Thompson |
| Debbie Drake           | Dirk Muse             | Patrice Tolson     |
| Heiki-Lara Eigsti-Nyce | Sandra Nielsen        | Trina Torgelson    |
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| Michelle Enebo         | Ellen O'Dell          | Jane White Vulliet |

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### Admin Volunteers

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## Volunteer Recognition Night!

PEPS celebrated its annual Volunteer Recognition Event and Family Night at the Children's Museum on Oct. 19. Over 230 parents and children attended the event to share food and conversation and to play in the museum's exciting exhibits.

This event was made possible by generous sponsorships from:



Thank you to the many group leaders, co-facilitators, community outreach and administrative volunteers who have contributed so much to PEPS during 2002.

Our special thanks to everyone who came and made the event a night to remember!





Celebrating  
our 20th year  
serving families  
and children

## 5th Annual *Stepping up for Families* Luncheon

by Kim Serwold

Mark your calendars! The date is set for PEPS' 5th annual *Stepping up for Families* fundraising luncheon. The event will be held Tuesday April 29, 2003 at noon at the Meydenbauer Center in Bellevue.

2003 marks the 20<sup>th</sup> anniversary of this wonderful organization. The luncheon is a great opportunity to see friends and meet others who care about PEPS. This year there will be a Resource Fair showcasing our sponsors and providing information, goods and services relating to parenting and children. Please join us as we celebrate this milestone and look to the future. The event is free, however this is PEPS' primary fundraising event, and a donation will be solicited.

We are currently recruiting table captains for this event. Table Captains are responsible for assembling a table of ten friends to join them at the luncheon. Invitees can include anyone passionate about PEPS. If you are interested in being a table captain or need a complete job description, please call Kaarsten at the PEPS office 206-547-8570 or e-mail us at [luncheon@pepsgroup.org](mailto:luncheon@pepsgroup.org).

Being a Table Captain is a fun and important way you can make a real difference for PEPS! Please complete the form below and email or fax it to us at 206-633-2179.

### Luncheon All-Stars!

PEPS would like to thank Overlake Hospital Women's & Children's Services, the Spirit of Washington Dinner Train and *Seattle's Child* for signing up early to sponsor this year's luncheon.

If you know of a company that may be interested in helping families in our community by sponsoring the 5th Annual *Stepping up for Families* Luncheon, please contact Kaarsten at (206) 547-8570 or [kaarsten@pepsgroup.org](mailto:kaarsten@pepsgroup.org).



### Table Captain Sign-Up Form

- Yes! I want to be a Table Captain (tables seat 10) for the 2003 *Stepping up for Families* Luncheon!
- Yes! I want to attend the luncheon on April 29th at the Meydenbauer Center, but I can not be a Table Captain.
- Sorry, I will be unable to join you at the luncheon. I would like to make a donation of \$\_\_\_\_\_.

Name: \_\_\_\_\_ Company: \_\_\_\_\_

Day Phone: (\_\_\_\_) \_\_\_\_\_ ext. \_\_\_\_\_ Evening Phone: (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please send this form to: PEPS, Attn: Kaarsten Wisnock  
4649 Sunnyside Ave. N, #324, Seattle, WA 98103-6900  
Phone: 206.547.8570, Fax: 206.633.2179, E-mail: [luncheon@pepsgroup.org](mailto:luncheon@pepsgroup.org)

# Thank You to Our Donors!

We want to express our appreciation to our **Aug. 1, 2002 - Nov. 30, 2002** donors. If your name has been inadvertently left off this list, please contact Kaarsten Wisnock at (206)547-8570 or [kaarsten@pepsgroup.org](mailto:kaarsten@pepsgroup.org).

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best parents in the world  
Scott & Lyndee Belina  
Allen & Elizabeth Bellas  
Paul & Dana Bogel  
Kirk & Erin Brewer  
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Jeff & Vickie Cleator

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*Special thanks to Nordstrom's employees who donated gifts for 67 teen parent program participants and their families, and to the West Seattle Kiwanis Club whose members delivered the gifts this holiday season!*

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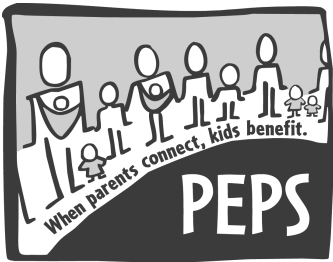
## Tools for Parents is a Gift for Teen Parents

PEPS would like to thank *Seattle's Child* and *Eastside Parent* for their support of PEPS. This is the second year that we have been Community Partners with the Tools for Parents Lecture Series. For more information on this exciting series of lectures please see the insert in this newsletter or visit their website at [www.toolsforparents.com](http://www.toolsforparents.com). PEPS would also like to thank *Seattle's Child* for donating lecture tickets for our teen parents.

Kris Woerner  
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**PEPS would like to thank Maria Denny and Jim Kodjabian\*, the newest members of the PEPS Sustainer's Circle. The Sustainer's Circle is instrumental in guaranteeing the success of PEPS by providing stable funding from year to year. Thank you to all Sustainers Circle members!**



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# Dr. John Gottman

speaking on the Transition to Parenthood

Join PEPS for an evening with John Gottman, world renowned researcher on couples and families, as he discusses his most recent research about the challenges and changes that accompany parenthood and offers fun and innovative solutions to maintaining a healthy relationship.

John Gottman, Ph.D., is world renowned for his research on relationship stability, involving the study of emotions, physiology and communication. Since 1986, Gottman has been a professor of psychology at the University of Washington. He also serves as the Managing Director for the Gottman Research Institute.

**Thursday, February 20, 7-9 pm**

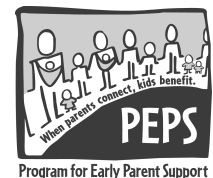
**Kane Hall, Room 110, on UW campus**

**\$10 / person**

**Registration is required to attend.**

**Please RSVP to Evva by Feb. 6.**

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