



Lotus Summer Newsletter 2009

"Our Best Christmas Present ever..."

Today is December 10th, Evie's due date! It's amazing to think that she arrived over two weeks early on the 26th November. How blessed we feel to be holding her in our arms. The evening before she came we had been at Kobi's twilight picnic at school. I'd been telling all the mums that she could come any time after Max's birthday on the 6th, which was also the date of my yearly exam for the three year Paediatric Diplome course I had enrolled in (before finding out about our 'surprise' pregnancy of course). Naturally, our girl had other plans.....



We had just moved in to our new extension a few days earlier and had the toilet and shower connected the day before. Though we had no electricity yet, it was lovely to go to bed by candlelight...

Our midwife Colleen had organised a birth planning meeting one week before, thinking we had a month to go. Fortunately this inspired us to get prepared early and to discuss where in the house we wanted to have the birth. We decided on our old bedroom. My wonderful Mum gave everyone lists of what they needed to do. We organised the birthing pool, hoses, medications (just in case), resuscitation kit and a birthing space with old pillows, doonas and a mattress. We had the best birthing team, with midwives, Colleen and Jane, my girlfriend Lisa who is a paramedic, my mum and my 3 boys.

I woke at 2pm with very strong Braxton Hicks contractions. Mikey woke and started timing them as I was in denial and couldn't believe I was in labour. Thank goodness for the newly connected toilet! By 3.30pm, I needed to breathe and move around with the contractions as they were progressively getting stronger. At 4pm, my waters broke, on the bed fortunately, not the new beige carpet!

Mikey called Colleen and my mum and like magic the team arrived within 20 minutes. As we were officially 37 weeks, Colleen was deciding whether we would stay at home or go to Frankston Hospital. When she examined me at 4.30am and I was 7 cm dilated, she decided that home was the best option.

Max and Kobi wandered out of bed and were very excited that their sister was coming. The contractions were stronger all the time and I was feeling a bit transitional and out of control. I wasn't sure where I wanted to be. Evie's heart rate was strong so I knew she was fine, but I was having trouble finding a rhythm. When Colleen suggested I needed to empty my bladder, I moved in to the ensuite and that's where I stayed until she was born. My team made sure I had pillows under my knees and arms and I leaned on the toilet seat where I felt much more grounded. We didn't even put up the birthing pool, so much for the water birth I had imagined.



The pushing stage was longer than with Kobi's birth, but I guess that was 8 1/2 years ago. Eve Amelia was finally born at 6.55am with the sun up and the birds still singing.

Her brothers were there to see her birth, as well as her Daddy and her Nana and Grandad Max, quite a few people to fit into a little ensuite. She cried loudly when she was born, her lungs were strong and she didn't look premature at all. She weighed 8lb 9oz or 3900 grams and was a healthy looking baby with lots of black hair.

Shannan and Lacey came over to celebrate at 7.30am. After a shower for mummy, we all got into bed together, all 5 of us and had a long family cuddle to welcome our baby girl and the best early Xmas present ever!

Love Kimberlie, Michael, Max, Kobi and Evie x

Lotus Christmas Break!

The holiday season is a time to celebrate, to reflect on the year that has been, socialise with family and friends and look to the year ahead. For some it has been a wonderful year, for others it's been a tough one. No matter what 2009 has brought to you, we wish you an abundance of health, happiness and love in 2010. Go easy on yourselves as you try to meet the expectations of the perfect Christmas day, the best New Years Eve and a happy holiday period.

Remember that you can't please everyone... so look after yourself and your family, realise that expectations can have an impact on your stress levels and health and that true joy is found in the simple things in life. Take a few minutes to figure out what truly makes you smile, let go of impossible expectations and enjoy a simply happy holiday period!! *Merry Christmas from Dr Jo...xxx*

Our lovely Lotus will close for a little rest over Christmas and New Year. Our last session will be on Thursday 24th December during the morning from 7.15am - 11.30am with Dr Caroline Risby. We will also open for emergency bookings on Wednesday 30th December and Wednesday 6th January from 9am-11am. Please call Lotus on 9787 8288 and leave a clear message if you require an adjustment during these times. We are back on Monday January 11th 2010.



Lotus Kid's Christmas Party....

Wow what a Wonderful Day! On Saturday 12th December we celebrated Christmas with many of our Lotus families. Thank you to everyone who supported us and gave so generously to the Salvation Army, with presents and school supplies. Hopefully these gifts will brighten the lives of many less fortunate children on the Peninsula.

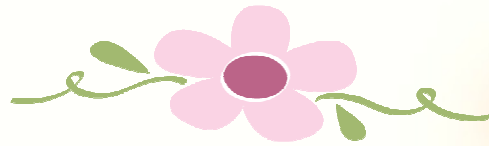


Santa himself arrived at about 10.00am and after handing out lots of presents and having photos taken with our Lotus kids, he had an adjustment from Dr Kimberlie. Even Santa needs his regular adjustment! All of our Lotus Christmas elves had a beautiful day celebrating with our practice members and Santa! We wish you all a safe and well adjusted Christmas...

Dr Caroline's 1st Lotus Christmas!

What a fantastic few months I've had! I've really enjoyed getting to know many of you and your spines of course!! Lotus is such a warm and friendly place and I feel blessed to be part of such a great team. For those of you I haven't met yet, I look forward to adjusting you and helping your body express it's true potential in the new year. **Happy holidays and thanks for making me feel so welcome!**





Lotus Babies...

May 2009

Sarah and Scott Gray are happy to announce the birth of beautiful **Erin Gray**. Erin was born on the 13/05/09. Megan and Xander are so pleased to have such a gorgeous little sister.

June 2009

Beautiful baby boy, **Joel Draayers**, was born into this world on the 6/06/09. Mark and Marie are thrilled that their gorgeous boy arrived safely, happily and early!

Welcome to the world, **Sophie Treverton**. Lovely Sophie was born on the 11/06/09 to Karen and Ross. Fantastic big sisters, Celina and Rosie, are very happy to have a new baby sister.

Natasha and Nick Claringbold were very excited to welcome their first baby into the world. The very healthy and happy little boy, **Jock** was born on the 13/06/09.

July 2009

These two beautiful babies are cousins; they will have lots of fun growing up together! Baby girl **Isabella Irene** was born to Lani and Michael Birks on 18/7/09 at 5.23 pm. Just one week later; baby boy **Elliot Donald** was born to Meghann and Andrew Birks on 25/07/09 at 5.09am.

We are happy to welcome **Jake Gill**. This gorgeous fellow was born on the 26/07/09 to proud first time parents Hayley and Ben. Congratulations!!

August 2009

Congratulations to Alexandra and Adam Faull on the birth of gorgeous baby **Cristian Faull** on the 3/08/09. He was born 7lb 11oz at The Bays Hospital. Welcome to the world little man, you are so precious!

Deanne and Terry are very excited to announce the birth of their first child, **Corben Hipkins**. This cute little one was born on the 4/08/09. Congratulations Deanne and Terry!

On the 6/08/09 Debbie and Mike Brown welcomed sweet **Keira Brown** into the world. Kai now has a little sister to play with. Welcome Kiera!

Sienna Palma, a beautiful baby sister for big brother Ben was born on 03/08/09, proud parents, Jenny and Paul are over the moon with joy. We all look forward to watching her grow.

Welcome to the world, lovely **Jaeda**. Jaeda was born on the 29/0/09 to Michelle and Peter Gourdouros. Tyra is very excited to have a new little sister to play with.

September 2009

Parents Xavier and Damian Royal welcomed sweet **Julian**

into the world on the 18/09/09. Leah now has a new baby brother. Congratulations to the whole family.

October 2009

We are very excited to announce the birth of beautiful baby girl, **Olivia Grace Natoli**. Olivia was born on the 22/10/09 at Peninsula Private. Congratulations to proud first time parents Elisa and John. Welcome to the world beautiful Olivia!

November 2009

Congratulations to Marisa and Joe Sinopoli on the birth of their first child. Beautiful **Sofia** was born the 3/11/09. We are so excited to watch her grow.

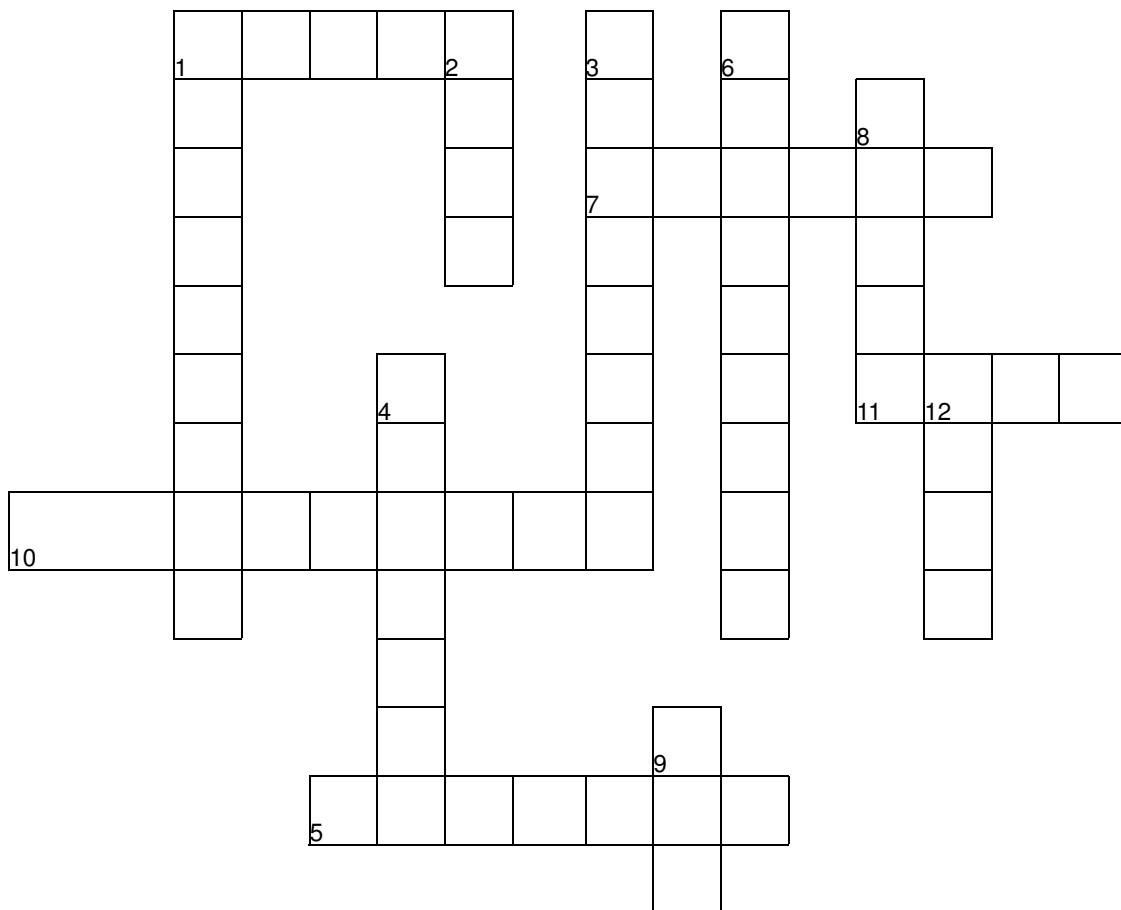
There was huge excitement on the 26/11/09 as Kimberlie and Michael announced the early but safe arrival of little **Eve Amelia**, a beautiful little sister for Max and Kobi to dote on.

December 2009

Congratulations to Audrey's son Shaun and his wife Ellie on the safe arrival of their first child, a beautiful baby boy; **Cliff Alexander** born at Frankston Hospital on Thursday 10/12/09 at 1.30am by Caesarean. He weighed 8lb 71/2 oz and 54cms long. We are sure he will bring much joy to Mum and Dad but especially to his Nonna. Welcome to the world little man.



Cara's Christmas Puzzles !



Down

- 1. Day after Christmas
- 2. Santa Travels in this
- 3. Month of Christmas
- 4. Red-nosed Reindeer
- 6. Where Santa lives
- 8. Santa's Helpers
- 12. We decorate this

Across

- 1. These jingle
- 5. Santa comes down the...
- 7. Christmas songs
- 9. Colour of Santa's suit
- 10. Santa has 12 of these
- 11. Goes on top of the tree.

Lotus Hours...

Dr Caroline Risby

Monday	7.15am- 11.30am 2.30pm - 7.00pm
Wednesday	2.30pm - 6.30pm
Thursday	7.15am-11.30am 2.30pm - 7.00pm
Saturday	8.00am- 12.00pm (fortnightly)

Dr Joanne Dobson

Tuesday	8.00am - 11.30am 2.30pm - 7.30pm
Wednesday	2.30pm - 6.30pm
Friday	8.00am - 11.30am 2.30pm - 7.30pm
Saturday	8.00am - 12.00pm (fortnightly)

