

**Suggested reading prior to entering the Wintec Bachelor of Midwifery programme.**

Coney, S. (1993). *Standing in the sunshine: the history of New Zealand woman since they won the vote*. Auckland, New Zealand: Penguin Books

Donley, J. (1992). *History of New Zealand Homebirth Association*. Wellington, NZ: Domiciliary Midwives Society of New Zealand.

Kedgley, S. (1996). *Mum's the word*. Auckland, New Zealand: Random House

Public libraries have many of the above books, and second hand – book stalls can be good sources of inexpensive books. 'Trade me' etc. may also be useful. Parenting magazines and books written for pregnancy and parenting may be worthwhile.

**Suggested websites:** Midwifery Council: <http://www.midwiferycouncil.health.nz/>

NZ College of Midwives: <http://www.midwife.org.nz/>

NZ Home Birth Association: <http://www.homebirth.org.nz/>

Women's Health Action: <http://www.womens-health.org.nz/>

La Leche League : <http://www.lalecheleague.org.nz/>

Blog sites you might like to subscribe to: Midwife thinking (Rachel Reed); Sarah Wickham

**Suggested activities:** become involved in consumer and birth organisations, such as Parents Centre, Homebirth Association, La Leche League, The New Zealand College of Midwives. (NZCOM) Consider joining NZCOM as an individual consumer member – the cost includes magazines and a peer-reviewed journal which are both worthwhile reading.

Your local birth centre may need help running/hosting birth preparation classes. A midwife locally may be happy to spend time speaking with you about the profession. There may be a new mother's support group running through a helping agency, church group or women's group that would appreciate some assistance in hosting playgroups or chat sessions for parents. Any activity that gets you thinking about, and involved in, parenting and birth issues is worthwhile.

Drug calculations are a part of midwifery practice: if you have not considered any math for a long time, perhaps give your mental arithmetic a brush up, and check out: <http://www.testandcalc.com/quiz/index.asp>

**Purchases/must-haves:**

- reliable car and the means to run it
  - cell-phone or pager, with professional answerphone message
  - easy access to computer (with broadband internet connection)
  - Watch with second – hand (for clinical practice)
  - Stethoscope and Sphygmomanometer (for blood pressure measurement)
  - Digital thermometer
- These last items can be purchased from midwifery / medical supply stores (look online). A basic sphygmomanometer and stethoscope costs about \$60-130
- Comprehensive First Aid Certificate: to be kept up to date throughout the programme
  - Medical Health Declaration/Tests.

A dose of common sense, an ability to multi-task, support for children and other responsibilities, a commitment to self-directed learning and a sense of humour are also very useful in midwifery.