



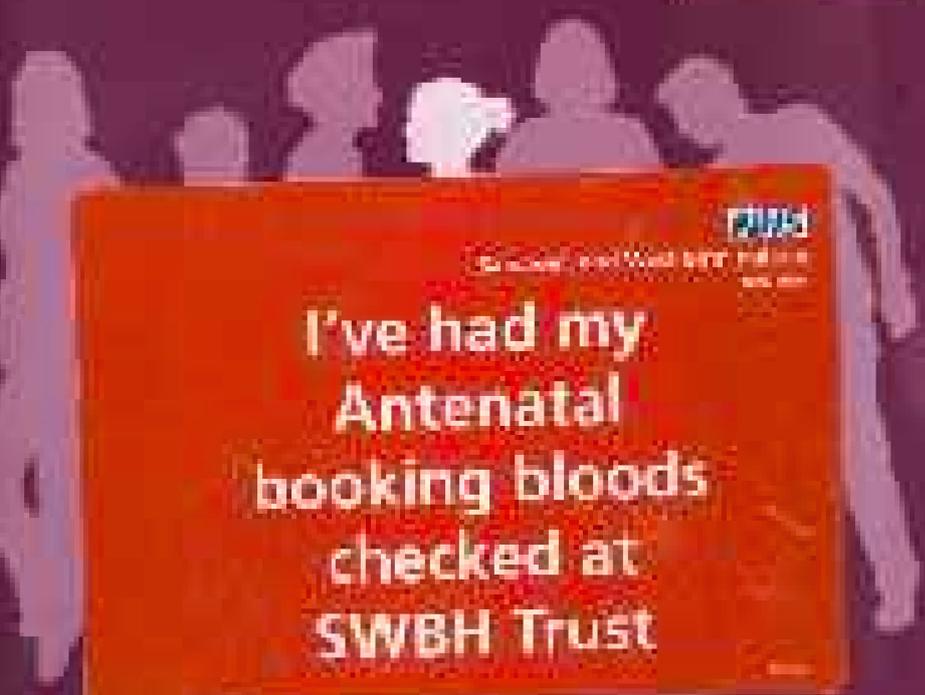
UNHEARD CONVERSATIONS
A Process Book by K'Zhayha James

**THATS
WHAT
HAPPENS**



Sandwell and West Birmingham
NHS Trust

Maternity Notes

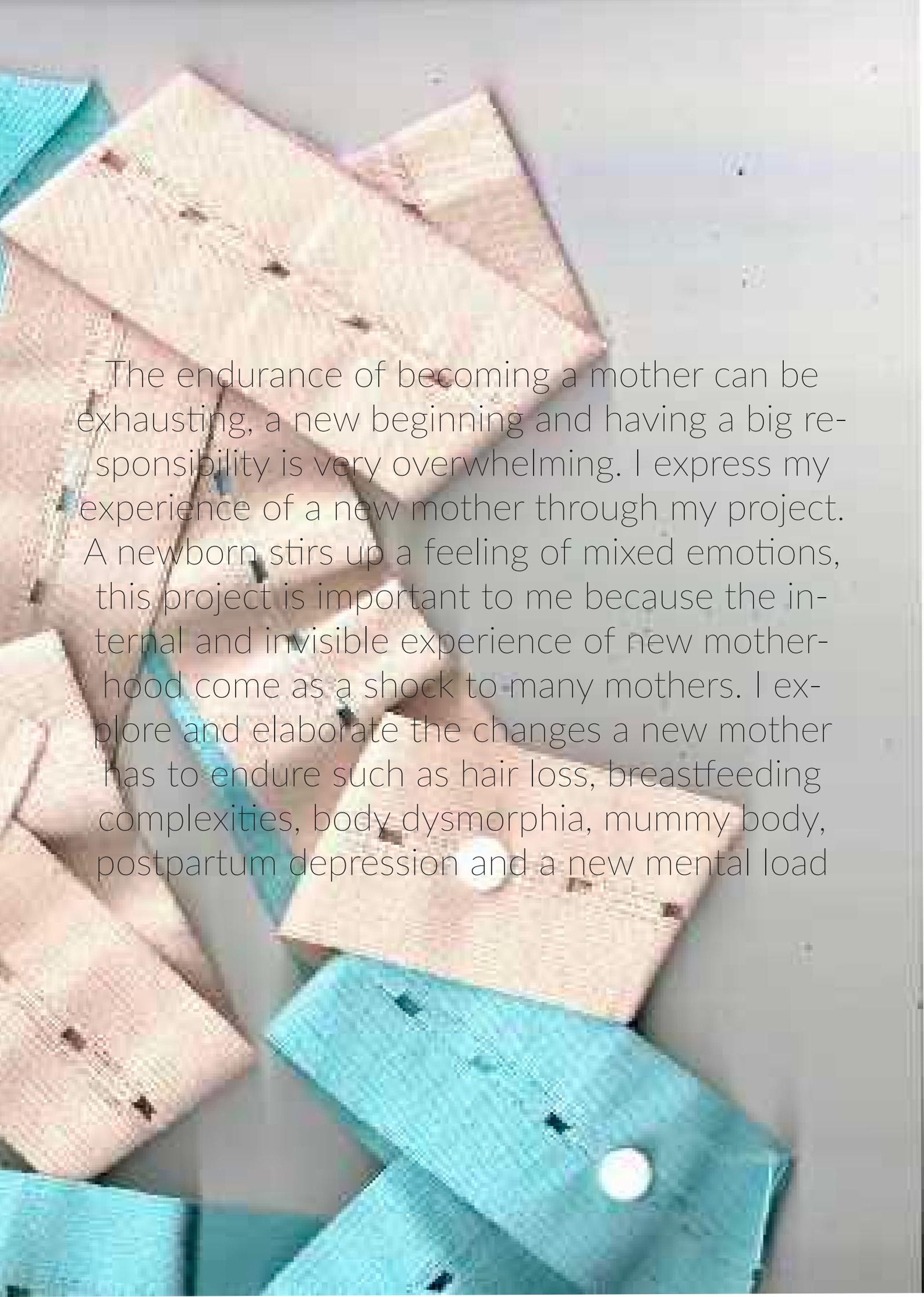



Sandwell and West Birmingham
NHS Trust

I've had my
Antenatal
booking bloods
checked at
SWBH Trust

Where
EVERYONE
Maternity





The endurance of becoming a mother can be exhausting, a new beginning and having a big responsibility is very overwhelming. I express my experience of a new mother through my project. A newborn stirs up a feeling of mixed emotions, this project is important to me because the internal and invisible experience of new motherhood come as a shock to many mothers. I explore and elaborate the changes a new mother has to endure such as hair loss, breastfeeding complexities, body dysmorphia, mummy body, postpartum depression and a new mental load

TRANSITIONING TO MOTHERHOOD

TRANSITIONING - shift, changeover, evolution, progress
MOTHERHOOD- Motherhood, Parenthood, Mothership

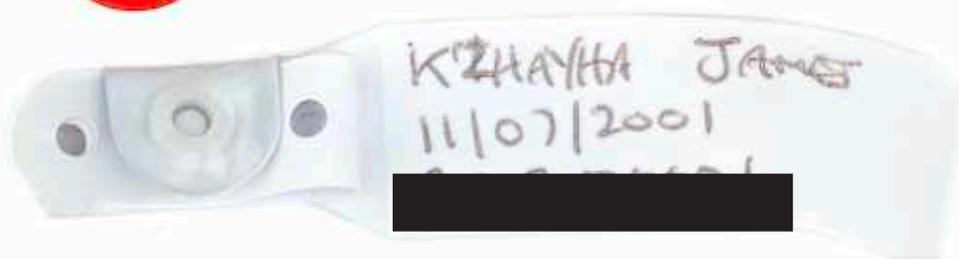
Australian Psychological Society >
InPsych2017| Vol 39

The transition to motherhood: Psychological factors associated with pregnancy, labour and birth.

Women's mental health

FACTORS INFLUENCING THE TRANSITION

- >Life circumstances
- >Social environment
- >Circumstances of conception
- > Level of support provided by wom



Outcome	Livebirth	Birth Details	Still-birth Indicator 1 (Livebirth)
Gestation at Birth	41+0	Gestation by Examination	41 weeks
Type of Birth	[REDACTED]	Presentation	Vertex OA
Mode of Birth	[REDACTED]	Birthweight (g)	3280
Ethnic Category	[REDACTED]	Sex	Male
Length at Birth	54.0	Head Circumference at Birth	34.0
Birth Place Type	NHS hospital - Midwife only	Place of Birth	Sandwell and West Birmingham NHS Trust
Place of Birth (Ward/Location)	Serenity	Town of Birth	Birmingham
Apgar Score at 5 Minutes	9	Abnormalities Suspected	None
Abnormalities Confirmed	Uncertain - further review required		
Registrar's Address	Birmingham Registry Office Holiday Wharf Holiday Street Birmingham B1 1TJ 0121 675 1000	Registrar's Office Details	
	Sandwell Registry Office High St		

IT AINT

NORMAL

INSTAGRAM: [Thebalanceafterbaby](#)

Can't seem to eat
Can't seem to sleep, no matter how exhausted
Feel like an imposter
Want to isolate
On the outside looking in
Feel like life will never be good again
Scared to go outside
Feel undeserving
Feel worthless

POST MOTHER REALNESS

Putting professional ambitions on hold or adjusting them.
No energy or time for me
Sensory Overload
I can't have fun the way I used to
Lack of time for self-care
Exhausting mental load
Needing to be everything to everyone at all times



WHY IS IT IMPORTANT..

It is important to me because I had experienced a lot during and after my pregnancy, how I felt and looked after giving birth which took a huge toll on my image.

I was very much concerned about my body image and had the urge to instantly snap back to my old ways and try to overcome my social anxiety

This will allow me to get opinions and emotions of other young mums.

KEY ARGUMENTS-

Raising awareness of how pregnancy massively affects women in different ways such as:

- >body image
- >post/pre depression
- > difficulties creating an attachment to new born or a lack of support and understanding

27th June 2021

- Feeling is overwhelming, skin to skin contact with the baby pain was worth it. No sleep during night, watching him all night. Frightened to change his clothes or nappy because he's very fragile, hearing his first cry.

2nd July 2021

- Sleepless nights + plenty of visitors, very overwhelming struggling to stay awake during the day up every 3 hours for a feed. Changed like 20 nappies in a day. Stomach is big + saggy

27th July 2021

- Can't believe my baby is a month old now! Time is passing by quickly and he's starting to develop quickly too.

7th August 2021

- Baby is starting to laugh and coo, bringing excitement to the family as he starts to recognise voices. Trying to lift his head up. Another sleepless night, Bobby's on demand hard to plan has to be around baby

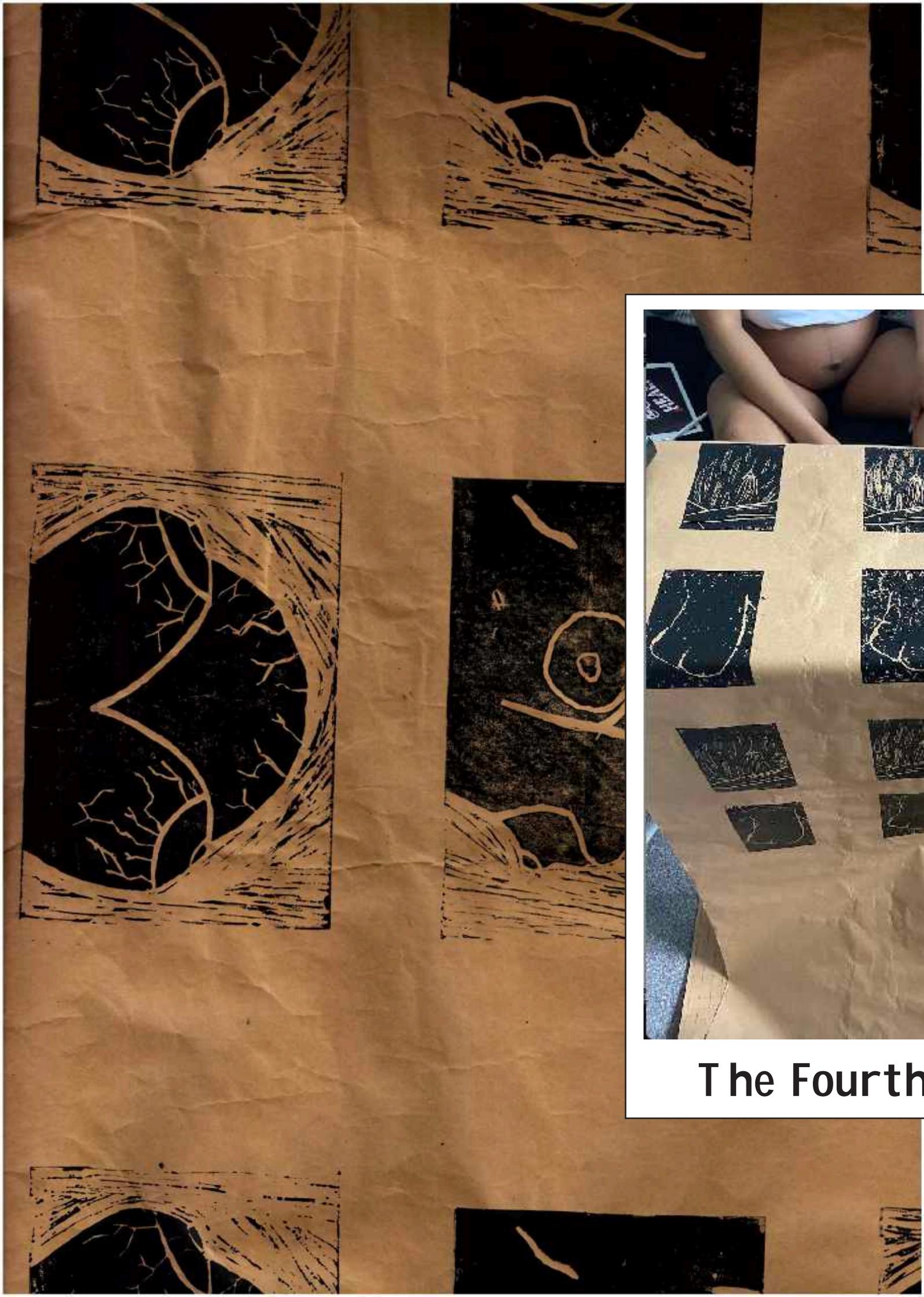
12th September 2021

- Overwhelmed starting education, can't do the things I loved before, tiredness takes over, don't manage to finish much.

7th November 2021

- Late and disturbed nights, early mornings are the most difficult trying to complete a single task baby is very active rolling over and talking much more.
mental state: burnt out.

Personal diary documentation of how I felt after giving birth to my son



The Fourth



Trimester





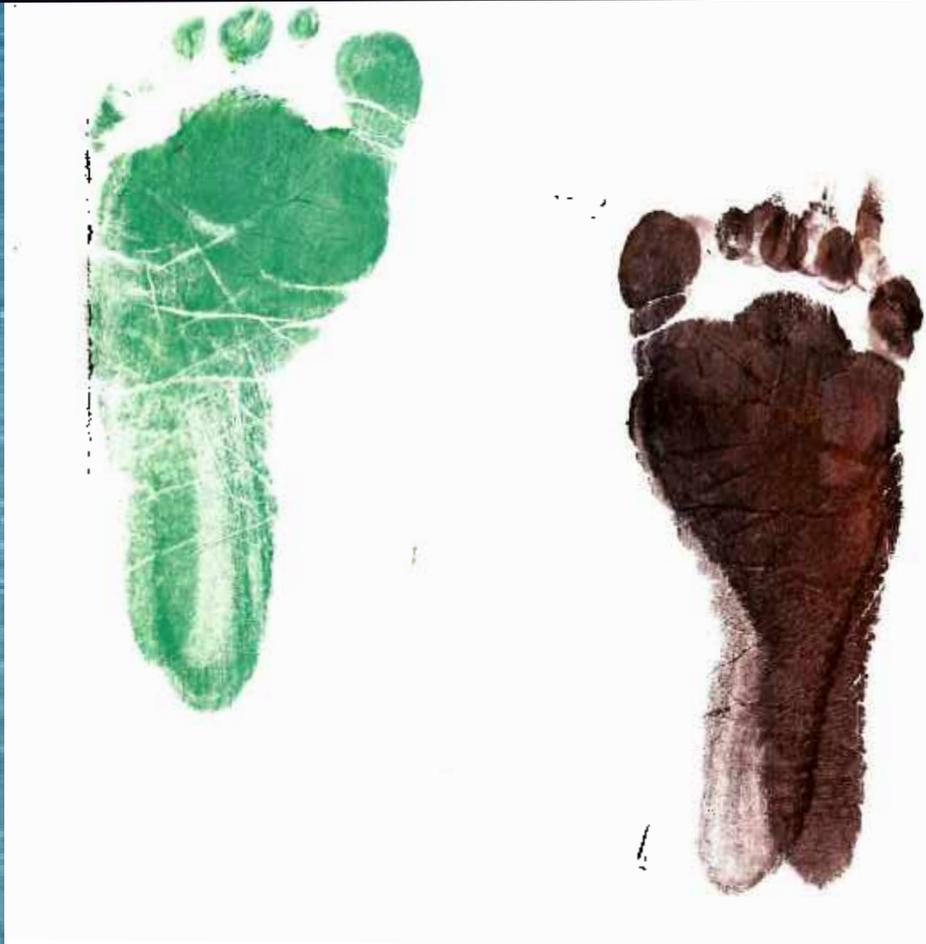




BABY

BOYS

ROCK.



Baby discharge summary by midwife

* Please place a sticker (if available) otherwise write in space provided.

Surname: _____



First N: _____

Sex: _____

James, Babu

27/06/2021

Male

Address: _____

3280g

M

Rank: 1/1

41+0 weeks

James, KZhayha

GP: _____

HV: _____



Birthweight: 3280kg Head circ:cm Date: 27/6/21

Newborn Bloodspot Screening Programme: Consent given: YES

Date blood taken: 2/7/21 (results and further details page 61): C

BCG indicated: Yes / No If YES please enter details on BCG page

Additional Hep B indicated: Yes / No If YES please enter details on

Vitamin K given: Date: 27/6/21 Route: IM

if YES:

Dose No.	Date due	Date given
2	<u>27/6/21</u>	<u>27/6/21</u>
3	<u>27/6/21</u>	<u>27/6/21</u>
4	<u>27/6/21</u>	<u>27/6/21</u>

Follow-up required: No Yes : GP Community Paediatric

Location/Clinic: _____

Reason: _____

Growth charts and other information

Bookstart your child's firsts screening & routine reviews

Immunisation

Information and advice

Baby discharge summary by midwife

Summary of examination on discharge Item	Condition suspected		Referred	
	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Hips If yes: Left <input type="checkbox"/> Right <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Eyes: If yes: Left <input type="checkbox"/> Right <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Heart: Oximetry done: Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Testes/gen: If yes: Left <input type="checkbox"/> Right <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Rest of examination: Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>

First milk feed: breast formula

5 NO Comment: _____

Card Serial No: [REDACTED]

Page 44

separate Hep B page

Further doses needed? YES NO

Midwife Hospital Other: _____

Date: _____



PRINT WORKSHOP



DRY POINT

METHOD





WORK IN PROGRESS



Umbilical
Cord NOUN
the tube that
connects an unborn
child to its mother
through which
it receives oxygen and
food



REFERENCE WORK



INK ON CASTED MATERIAL



LAZER CUT PLASTER WOPRK



IMAGE PRINTED ONTO PLASTER







C

CASTING MATERIALS







MARY KELLY

THE POSTPARTUM DOCUMENT

This ongoing project is an analysis and visualisation of relationship between mother and child. Kelly collected used liners from the inside of diapers, feed charts as well as documenting speech events of the artist. In the series we can observe as the artists adapt over time as a mother along with her new born child

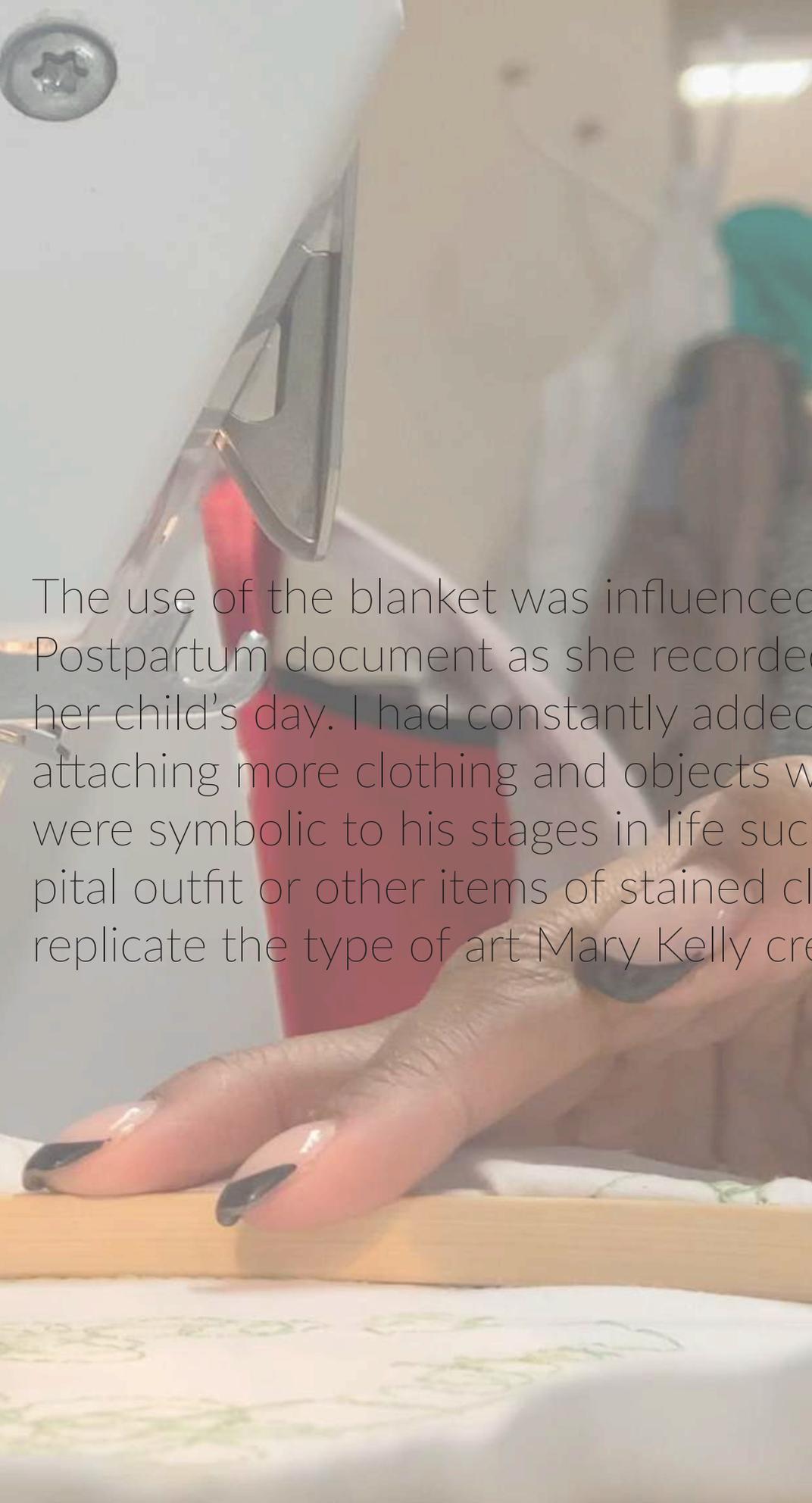


FEBRUARY 28, 1974

08.30 HRS.	4½ OZS. SMA, 1 TSPS. CEREAL, 3 TSPS. EGG YOLK
10.20 HRS.	2 OZS. ORANGE
12.30 HRS.	7 OZS. SMA, 4 TSPS. CARROT, 6 TSPS. BEEF
14.30 HRS.	3 OZS. ORANGE
17.30 HRS.	7 OZS. SMA, 3 TSPS. CEREAL, 12 TSPS. APRICOT
20.00 HRS.	2½ OZS. RIBENA
21.00 HRS.	8 OZS. SMA
TOTAL:	34 OZS. LIQUIDS 30 TSPS. SOLIDS



TEXTILES WORKSHOP



The use of the blanket was influenced by Mary Kelly's Postpartum document as she recorded every itinerary of her child's day. I had constantly added to the blanket, attaching more clothing and objects which I had found were symbolic to his stages in life such as his first hospital outfit or other items of stained clothes to try and replicate the type of art Mary Kelly created.

NOW







Reference Photos,2022
The First Outfit





NOCTURNAL
LIFE
MOMENTS
THE
DAILY
MOMENTS

ELIN



MOTHER-HER-IMAGES

STILL LOVE

Carucci captures the substance of daily life, inviting us to participate in the most tender interactions between mother and her children. Her on intimacy can be regarded as startling. the emotions revealed are universal , familiar to those who have experienced parenthood or spends time with young children .

OR CARUCCI

RINEKE DIJKSTRA



CAUGHT IN THE LENS

Inspired to make these portraits after watching the birth of a friend's baby. Dijkstra photographs new mothers at a time where they do not have everything under control. To allow the audience to pay attention to things they wouldn't pay attention to. The contrasting selection of new mothers, in their raw state

A baby

will be

too

much for

you.

have you
thought
about
your fu-
ture?

IT'S BAA

ARTISTS

Howard Carlton
Mexian Cassidy

Lily-May Priest
Connor Ron

K'Zhayha James

Emma Fossick
Suzanne Fraser
Claudia Guratto
Dugan Gill
K'Zhayha James
Atlanta Jade Jeffers
Henry Jones
David Nalepa
May Nacher
George Peckham

Olivia Smith
Tracey Sutton
Shea Vaidyama
Katie Walker
Molly Walker
Zhuqi Wen
Olivia Whitworth
Ashley Wilson
Hannah Winfield
Adam Wynn

SPECIAL THANKS TO

Carrie Proskourine-Barnett
Jared Whippo
Catherine Baker

Esther Windsor
Daniel Salisbury
Charlie Bentley-Beard

TIMETA

Opening Time

Tuesday
Wednesday
Thursday

TUESDAY - MARCH 1

Opening Night
18:00 - 20:00

WEDNESDAY - MARCH 2

Film Screening
15:00 - 16:30

THURSDAY - MARCH 3

Creative Workshop
11:30 - 12:45 in F03

This workshop facilitates an exploration of therapy methods that focus on self-expression through mediums.

In Conversation: Stories from
14:00 - 14:45 in F03

Humble beginnings, resilient outcomes. In conversation we discuss our hopes and help us understand ourselves.

WAD THAT



GLOSSARY of TERMS

ACTIVIST
A person campaigning to achieve political and social changes.

ARCHIVE
A collection of historical information, documents and records that provide insight into the past and others lives.

COLLECTIVE

FEMINISM
An ideology or movement that advocates for equality and empowerment of all genders.

HISTORIAN
Someone who studies and writes about history, typically with a particular focus on a certain period, region, or topic, or a specific professional.





04:35 16 10:14 50



1:00

2:00

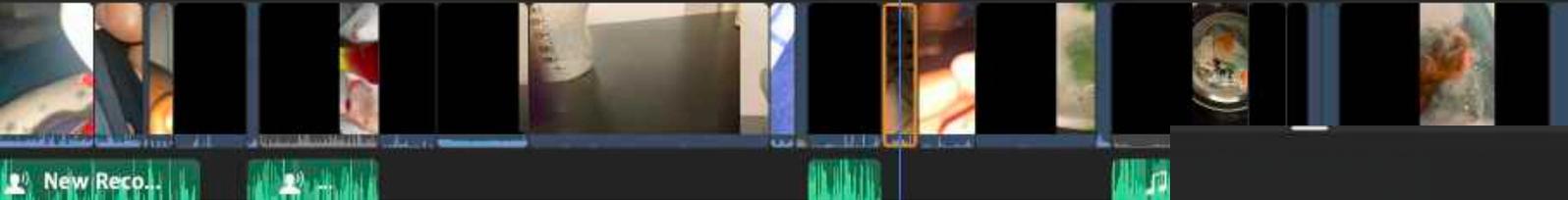
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4:00

5:00

6:00

7:00

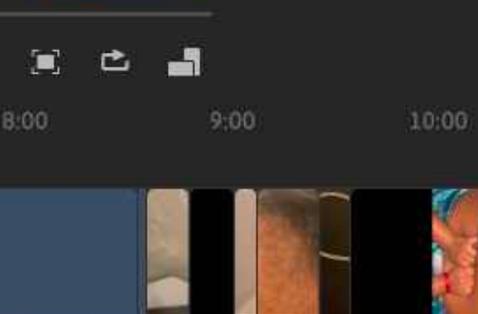


Video document about the complications of becoming a new mom. I researched about the body image of mothers after birth. The mental state of women, how they coped with issues such as body dysmorphia, hair-loss, complexities of breastfeeding and post-partum depression.

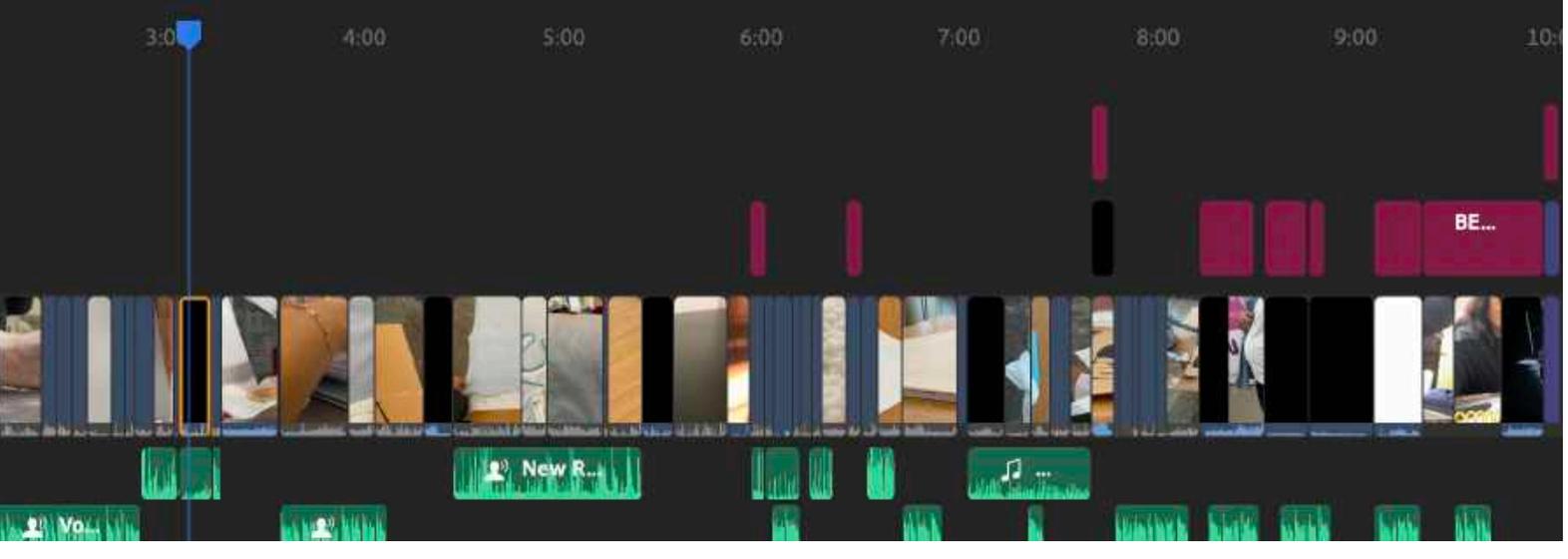
1:00

2:00





PINCHES AND PULLS



it's called

being a

mom



Through my 9 month journey to giving birth to my son I can say it was the best experience of my life but there is much more to pregnancy that doesn't get spoken about enough I believe. I've always had a flat stomach and being more or less the same weight throughout my teenage years, currently 12 weeks postpartum my body doesn't look the same, my stomach having that extra "mommy belly" has been hard for me as I always watch Instagram stars snap back and think why can't that be me? I'm currently 10kg more than what I weighed before I was pregnant which is new for me. Another big part of my pregnancy was the comments about my bump size and that affected me the most, I was certain my baby boy was fine, these comments on how I looked "small" knocked my confidence I would always ask my midwife if I was doing anything wrong and she would assure me everything was fine. Despite the lows I endured, I would surely do those 9 months again because the result is a blessing!

that's

what

happens

[REDACTED]

when I had my first baby everything changed mentally, physically and emotionally. when she was born I was kicked out of a toxic household when she was 2 weeks old. This affected me a lot because I had just become a new mom, this lifestyle was new to me. living at my mother-in-law's I would refuse the help given to me and try to do everything myself knowing that I needed the rest, I thought that if I had accepted the help I would be labelled as a bad mom. I completely lost my appetite, which hugely affected my supply of breastmilk, I started to break out in spots. The hair at the front of my head became very thin. I found it really hard to accept the changes with my body. I would isolate myself from my friends and wouldn't meet up because I would feel bad leaving my little girl. After a few months of getting used to motherhood I started to do workouts in the morning and night which really helped me.

*“THE IMPACT OF THE COVID-19
LOCKDOWN ON THE EXPERIENCE
AND FEEDING PRACTICES OF NEW
MOTHERS IN THE UK”*

Reported change, only one parent (birthing partner)
allowed during labour.

Online vs face-to-face support. Use of online support currently uncertain and not accessible to all women
11% reported their mental health

9% highlighted lack of control/ support from family and distress that they had missed seeing the baby.

8%/9% contacted a mental health professional

‘ I think the most unexpected thing I’ve found in breastfeeding is down to Raya’s personality. The images of breastfeeding I have seen always show the baby lying peacefully in mums arms feeding away serenely. Other mums in my antenatal group say their babies will feed for 45 minutes to an hour at a time. Raya does not feed like that. She always wants to be up and active and we often feed just a few sucks at a time, here and there as she clambers over and around me, milk spraying over everything in the vicinity as she pulls away just as my milk lets down’

SOPHIE TAYLOR

M



THE
BRE

MILK



E COMPLEXITIES OF
EASTFEEDING

Today, breastfeeding is coming back into favour. It is officially encouraged by doctors and public health organizations. What is unique to our own time, however, is that a majority of mothers now begins breastfeeding, but most of them do not continue for more than three to six months. Public health authorities have tried to understand why the rate of breastfeeding falls off so quickly. Some people refer to the pressures on working women. But the same phenomenon has been observed in women who do not work. Women are given plenty of advice about this post-partum era in their lives, but nobody dares to suggest that sharing their bed with the baby is the key to overcoming many difficulties they may have encountered.

Odent, Michel. *Birth and Breastfeeding : Rediscovering the Needs of Women During Pregnancy and Childbirth*, Rudolf Steiner Press, 2007.



Postpartum rage: after giving birth, feelings of frustration and fury took me by surprise

Gabrielle Innes

I felt all-consuming love for my daughter - but small discomforts like the heavy footsteps of an upstairs neighbour left me fuming



📷 'I was obsessively Googling things like: should breastfeeding hurt? Can sleep deprivation hurt you? Why am I always so angry?' Photograph: Paulo Sousa/Getty Images/EyeEm

me by

Early postpartum looked nothing like what Instagram had suggested it would. I wasn't lounging in a neutral-coloured linen pyjama set, eating a bowl of congee while nursing my always-contented baby as my equally put-together friends looked serenely on. I was in a constant oscillation between joy and despair and anger. I was down on my hands and knees in my underwear, smelling rancid with sweat, feeding my daughter like a cow her calf in the hope that she would suck free the blocked milk duct that was making my entire body quiver in pain. I was obsessively Googling things like: Should breastfeeding hurt? Can sleep deprivation kill you? Does my baby have colic? Will the Australian dollar go back up? Why am I always so angry?

At night, so long those nights were, I struggled the most. As I fed my daughter, teeth clenched against the pain of yet another blocked duct, all I could hear was the gentle snoring of my boyfriend next to me. "He's only breathing," I'd tell myself, "he's only keeping himself alive." Occasionally I'd move violently to stir him, other times I'd ask him to get me something, a glass of water, a tissue, pretext to wake him up. But when, with eyes still closed, he'd say to me, "Just give me a couple of minutes to wake up," my rage didn't feel irrational at all.



ivation kill

NHS pilots pregnancy may cut racial dis

reduce r



Br
m

Can
Eng

Maternal health

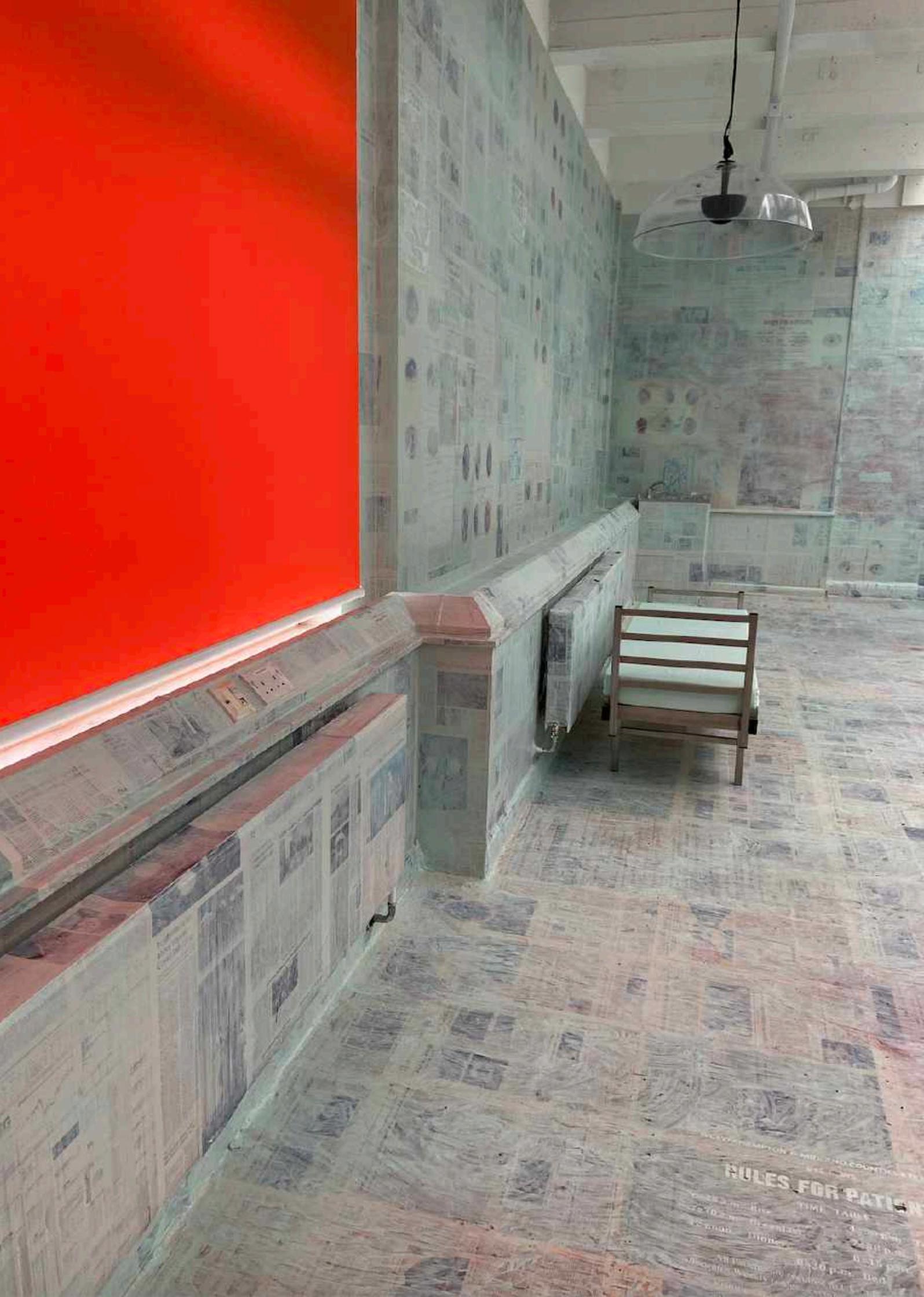
ancy screening that
parities in baby deaths
acial disparities in baby death rates.

Republic of Parenthood Children

breastfeeding support services 'failing
others' due to cuts

ampaign group finds at least 44% of local authority areas in
England affected by recent cuts to breastfeeding services

h must be prioritised



RULES FOR PATIENTS

Time	Breakfast	Lunch	Dinner
8:30 a.m.	8:30 a.m.	12:30 p.m.	6:30 p.m.
9:00 a.m.	9:00 a.m.	1:00 p.m.	7:00 p.m.
10:00 a.m.	10:00 a.m.	2:00 p.m.	7:30 p.m.
11:00 a.m.	11:00 a.m.	3:00 p.m.	8:00 p.m.
12:00 p.m.	12:00 p.m.	4:00 p.m.	8:30 p.m.
1:00 p.m.	1:00 p.m.	5:00 p.m.	9:00 p.m.
2:00 p.m.	2:00 p.m.	6:00 p.m.	9:30 p.m.
3:00 p.m.	3:00 p.m.	7:00 p.m.	10:00 p.m.
4:00 p.m.	4:00 p.m.	8:00 p.m.	10:30 p.m.
5:00 p.m.	5:00 p.m.	9:00 p.m.	11:00 p.m.
6:00 p.m.	6:00 p.m.	10:00 p.m.	11:30 p.m.
7:00 p.m.	7:00 p.m.	11:00 p.m.	12:00 a.m.

BRITISH ART SHOW 9



The British Art Show Exhibition was helpful in the case of presentation and design for our own final exhibition

'enjoy it

whilst

you can')

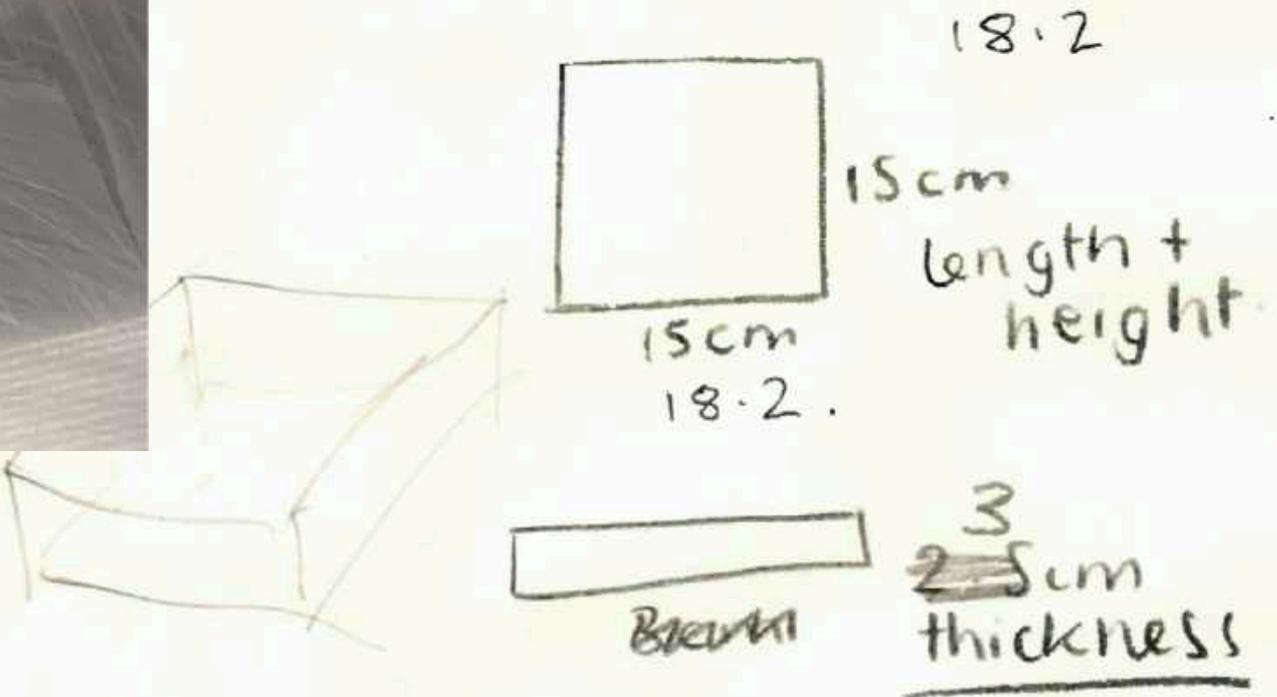
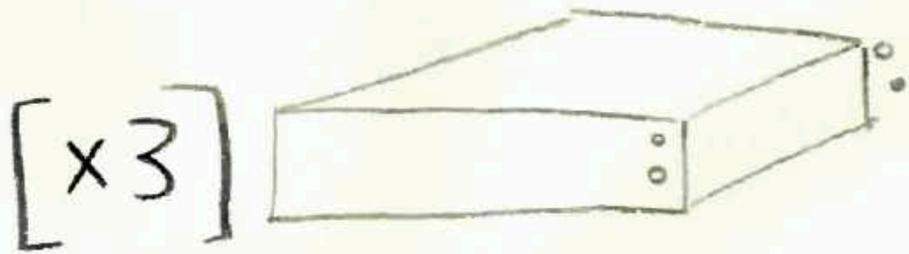
what

did i say

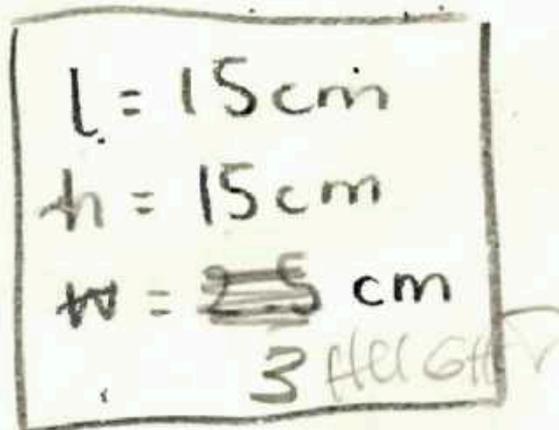
again?



MEASUREMENTS



3 Blocks made.



KEZIA

REFINEMENT





WORK IN PROGRESS, 2022





WORK IN PROGRESS, 2022

FINAL OUTCOME



UNHEARD CONVERSATIONS, 2022





What
was
saying





