



## Client Testimonial and Birth Story

*Maiken and Cal booked a series of private antenatal sessions with me on the build up to the birth of their second baby. They wanted to feel fully prepared due to their experience with their first baby's birth not being the empowering journey they'd hoped for. They were determined that this time would be different!*

"I woke up at 3:30 in the morning & felt a little pop and my water broke. Cal & I both felt really excited as the birth had started naturally this time. I wasn't having any tightenings so we decided to go back to bed, but 5-10 min later I felt a little and my waters were going again, that happened a few times & I decided to get up and have a shower. Had a lovely shower and the tightening started, but the were mild but coming every 4 minutes so we decided to call for Nana to come and look after William. I got ready & backed my bag and about 4:30 I phoned Penrice, and as tightening even though mild were regular about 3 in 10 minutes. The midwife said not to rush but to make out way in. We felt pretty relaxed, so had some food and got packed, and made our way to penrice.

I was listening to the hypnobirthing tracks in the car, which made me more relaxed & we got to Penrice at 6. We were welcomed by a lovely midwife who got us settled in the big room. She checked baby and me and then left us to just get settled and be us in the room. The next two hours went really well, I was able to move around, eat & drink. Things were moving along, tightenings were getting stronger, but I could continue to breath through them.

Just after 8 the staff changed & my new midwife & student came to introduce themselves and checked in. I asked if I could have a listen to baby and all sounded fine so they said as long as I have ok they would come back in an hour.

Shortly after about 20 to 9, the tightenings picked up & I felt a bit sick. So Cal checked in with the midwives and asked about the pool. I decided to try and sit in a comfy chair for a little and listen to hypnobirthing track to keep in control of the now strong tightenings. Midwife and 1 year student came to check and started filling the pool, but fairly quickly realised that things were suddenly progressing a lot quicker and after about 8 very strong tightenings my body was ready for the last phase and put baby wanted to come

out. We moved to the bed as the pool was going to get ready in time. I was able to kneel and stay upright which felt comfortable and at 10.09 Olivia Luna was born 8 pounds 2 oz. Olivia came straight on my chest and was feeding not long after.

We were offered to stay for as long as we wanted, but we decided to go home a few hours later as the feeding was off to a good start, Olivia pretty much wouldn't stop and I felt really well.

Cal told me after that it was the student midwife that delivered Olivia with great guidance from the experienced midwife. I felt even more special to be able to give her the opportunity and she did extremely well. I felt so well looked after the whole time. The experienced midwife was incredible and made me so calm and the student midwife was so lovely and sweet.

Your sessions and educations made a massive difference, I am sure it would not have been the same if we haven't done the sessions with you. Having the better knowledge made me a lot more calm and knowing how to do the breathing to stay in control. I am sure my tightenings didn't feel as strong (apart from the last few before pushing) because I was able to relax through them. The last stage of labour was a lot better as well. Using the J-breathing, it felt like I was able to use each one more efficient and even though I am not sure how many I used, it didn't seem long at all, plus I didn't need any stitches. Thanks again for all your support - we really did have a great experience."