



Client Birth Story

Jess and Greg share their second Hypnobirth experience. I worked with them doing a refresher Hypnobirthing session as they already had done a course for their previous pregnancy a few years previous, before they moved to Cornwall. I love Jess' honesty when she said that her unborn baby made dig deep for patience she didn't know she had! A classic case of body and baby knowing exactly when the time is right – all mum had to do was hang on in there and trust the process!

Baby Lorcan arrived at 00.46 on 20th March, weighing a chunky 8lb 5oz!
Here is the outline of his birth story...

After 2 loooooong weeks of on / off surges with 2 trips to the Birth Centre, a back to back baby and a false alarm on waters going (thanks Gogglebox) Lorcan finally made his appearance at 00.46 on 20th March 💕 Those two weeks really showed me patience I never knew I had! I spoke to Micheline who I've been doing yoga with and she gave me some handy movements and yoga poses to do to help!

We arrived at the Birth Centre about 10.15pm on Tuesday night (his due date!) to be told I was 3cm and as I was being examined my waters went which ramped up the surges. About an hour later I asked if it was time I could go in the pool as the surges were about a minute apart and feeling very intense.

I asked for some gas & air to help but couldn't get on with it (made me lose feeling in my arm which then made me feel really sick!). Golden thread breathing / visualising melting an ice cube with my out breath really helped at this stage and I'm so thankful for Greg keeping me calm and counting my breaths for me whenever I started to panic / lose my breath.

At 00.46 after a short (very intense) time pushing, Lorcan was born in the pool, I 'caught' him and we waited until his cord had stopped pulsing before I cut it. We were left to have a quiet & dark hour together, just the 3 of us before getting him weighed etc. Thankfully, no stitches needed and he's feeding really well, back up to birth weight and we're discharged from the midwife now. His older brother Bert is utterly obsessed with him and wants to be next to him all the time!! Thank you for your help 😊