



Client Feedback and Birth Story

Jess and Nick birth story of their daughter Lottie.

We first heard about HypnoBirthing and Terri through friends who had completed her course and were raving about it! Now, having completed the course and gone through labour and birth we highly recommend Terri and HypnoBirthing ourselves!

I was definitely approaching labour and birth from a place of fear and the course really helped me to work through this. The breathing techniques, affirmations and relaxation meditation really helped keep me calm throughout the later stages of my pregnancy. During labour (48 hours of it!) I still had some fearful thoughts come into my mind but somehow was able to just accept them and move on quickly and get back to focusing on the baby and keeping my breathing calm - all the hypnobirthing practice was a huge contributor to this.

The way that hypno-birthing promotes support and involvement from the birth partner is also invaluable and my husband was an incredible support throughout pregnancy, labour and the birth. During the labour he kept reminding me to return to the breathing and to relax different parts of the body as he felt them tense up and stayed very calm himself.

Another invaluable aspect of the course was that it made us take the time to sit together and think and talk in detail about different aspects of pregnancy, labour and birth and life with a new baby. This helped us to become a real team and made sure we were 'on the same page'.

Through the majority of my the pregnancy we had been hoping for a minimal intervention and Active birth at the hospital, however 12 days before due date our midwife suggested we consider a homebirth and by this point I felt so much more confident that we put in a request for a home birth without becoming too attached to the idea and being prepared that it was most likely that we would be heading to Treliske. Incredibly Lottie was born at home with no pain relief apart from paracetamol - we had come a long way since before starting the HypnoBirthing course! The Community Midwives were just fantastic and were excellent at facilitating a calm and active birth at home.

While my labour certainly wasn't quick and easy or painless (it was long, exhausting and painful at times!) I strongly believe that various aspects of the HypnoBirthing, particularly the breathing, affirmations, visualisations and active birth positions really helped me cope with the pain and exhaustion and most importantly Lottie arrived safely and is just perfect! Terri is professional, supportive and non-judgemental and easy to feel comfortable with as you talk through different aspects of the course. We are so pleased we were able to access her support - thank you Terri!