



Client Feedback

Below Amy and Martin share their story about their Daughter Flora's Birthing Day. Amy was presenting Breech during her HypnoBirthing sessions so I used the specially designed Breech Turn script with her, and sure enough her baby turned which allowed for this truly wonderful birthing experience.

“On Friday 29th August I woke up just feeling really uncomfortable so got up and got something to eat and drink and settled in the nursery with a book. About half an hour later I realised I was getting tightening's regularly so kept half an eye on the clock and they were coming every 10-15 minutes. I was doing my calm breathing and they were completely manageable. They continued throughout the day. I did everything as normal with our 2 year old but spent as much time on my birthing ball in between. As it got to the evening I was having to concentrate on breathing through what I now thought were gentle surges. I had a bath and about 9 o'clock decided to go to bed to rest.

At 10pm my membranes released! Rang the hospital who asked lots of questions and told me to call back in a couple of hours. The surges were far more intense after membranes released. They came every 5 minutes and started lasting 30 seconds but very quickly progressed and lasted a minute each time. I rested my hands on the banisters and swayed through each surge, whilst breathing steadily and Martin rubbing my back each time. In between each surge I walked and we chatted and watched episodes of Friends! I rang hospital at 11:30pm as intensity was increasing and was very aware we had a 30 minute car journey to get to hospital. I kept my breathing going and listened to my relaxation music all the way up.

I refused the first examination they offered as wanted to get into my zone! Martin was there rubbing my back at every surge reminding me to breathe and telling me how well I was doing. He did all the communicating with all the staff and stepped in when they tried to speak to me and get me to do things!

I'm not sure of timings from here as had my eyes closed and was repeating the affirmations in my head that I had listened to daily leading up to birth throughout. I remember the main thought going through my head was 'every surge I have we are closer to meeting our baby'. The triage midwife would not move us to a delivery suite

until I had been examined. I was 3cm so with a sheet wrapped around my waist we walked down to delivery stopping for surges along the way!

Once at hospital I was on a birthing ball leaning on the raised bed. At one point I had a real urge to bear down but when examined I was only 6cm. They think this is when baby went back to back, and it was also when I was starting to come out of my relaxed state as pressure in my back had really built up. As per our birth plan we hadn't been offered pain relief but we asked for gas and air so we could carry on in the same vein. I am told this was about 4:30am.

From when I was fully thinned and opened I did have that urge to bear down like we had discussed in our Hypnobirthing sessions. I got onto the bed, with the head of the bed fully raised supporting my back I was in the squatting position. It was only about half a dozen surges before our beautiful daughter Flora Rosina was born at 7:32am weighing 9lb 2oz. There was no crying and she was put straight onto my chest. We waited until the cord had finished pulsating and had some amazing skin to skin time with lots of tears and smiles. Flora latched straight onto the boob during this time and was so bright eyed and alert. Flora had some skin to skin with daddy, then she fed twice more before we were discharged.

Having got to the hospital at midnight, at midday we were on our way home as I had had no drugs and in their words was a simple delivery! I have had two positive birth experiences but two very different experiences, a c section and natural delivery - both HypnoBirths. I felt every proud of how we dealt with both experiences. I cannot stress how important a good birthing partner is. Martin was absolutely amazing and I could not have done it without him. We are really grateful to Terri for giving us the tools to have such a positive birthing experience.”