



Client Feedback

Kelly and Phil's birth story of their daughter Evie. Born 29th October at 5.03pm 6lb 2oz

"It all started on the Wednesday morning about 8.00am when I woke up with a back ache. At first I just thought I had slept funny so I didn't think anything of it. It eased off a bit so Phil went off to work. Then about an hour later the back ache starting coming in waves, I thought this was odd but still didn't think too much of it until I went to get in to the shower and as I got undressed I had a trickle – not a gush as I was expecting – but just a trickle of water release. At this point I thought ok, this may actually be the beginning of something, so I rang Phil and told him not to panic but that I think things are starting. I was still getting backache in waves – nothing around the front at all – all in my back. I rang the midwife who recommended that I time the surges but not get too excited because it was no doubt early days in a long process! This was at 9.00am.

I then phoned Phil back and said not to rush home as I still wasn't 100% sure if this was 'it' plus it was probably going to be a long time anyway. I basically just walked around the house as normal but had a hot water bottle strapped to my back. By the time Phil came home (about 10.30am) surges were coming every 15 ish minutes and lasting about 30-45 seconds and I was feeling totally fine. We then started timing them properly and within the space of half an hour they went from 15 minutes, to 12, to 6, to 3 minutes apart. By about 11.00am the surges were pretty much coming one after the other and lasting between 30 seconds and 1 minute with no really pattern – they were just 'happening'. So I called the midwife again who said she was on a call out so couldn't come to us so recommended we head to Treliske (our chosen birth facility). At that point I thought it was totally ridiculous and believed that as soon as we got there they would just send us straight home again and it would be a wasted journey.

Despite me thinking this we thought it was best to go anyway as we'd been advised, so we headed to Treliske and got there about 11.30/11.45am. And in true typical style the surges stopped as soon as we got there! We sat there for 30 minute and nothing happened – not even one surge! The midwife concluded without examination that I wasn't in established labour (midwife actually said they don't like to exam unless they have to which was good) and advised us to go home for a few hours and that they'd probably see us at some point that evening. I knew this was going to happen so feeling slightly annoyed that we'd made the trip for nothing, we got ready to leave and just as we were about to go I had a surge. The trainee midwife said that they would examine me after all to be on the safe side and asked if it was ok for her to do the examination and then the midwife do one straight after. I was pretty chilled about it all to be honest so I agreed and off I went to be examined (twice!). The trainee midwife examined me and said I was 3-4cm open and said that she could feel bulging membranes, but concluded that she'd probably be sending me home as they like ladies to be

at least 5cm to stay in. The qualified midwife then came in to examine me and said something along the lines of 'firstly you're a good 7-8cm open and that's not membranes you can feel, that's the baby's head! You aren't going anywhere apart from upstairs to delivery suite to have this baby!' My first thought was 'oh good god – I wasn't expecting that' we still had the bags in the car as I was so sure that I was being sent home again we hadn't bothered to get them out! At this point it was about 1.00pm.

I sent Phil out to get the bags and they planned to keep me down stairs until the shift change at 2pm. However about 1.45pm I said to Phil that I feel I need to do something. I started to feel a real downward sensation and I found a comfortable position on all fours. The surges were all still in my back, nothing at the front, but they were more intense so used my breathing and got Phil to push down on my back quite hard to release the pressure. (baby was in the perfect position and not back to back) I remained totally calm and we used light touch massage in-between the surges which really helped. Our midwife was so lovely. She was a bank midwife and was so excited to hear that we were a HypnoBirthing couple. She took us upstairs and basically said that she was going to leave us to it but was there if needed. She stayed behind a curtain, allowed us to turn all the lights off and let us just do what we needed to do without distraction or disruption. We had a playlist playing in the background, I was leaning over the bed and just breathing through each surge.

The midwife would pop her head round every 20 minutes or so to check we were ok and the whole atmosphere was very relaxed and chilled. When it came down to the 'business' part of things Phil took a real hands on role and got really involved. I still had all the lights off so the only light the midwife and Phil had to see anything was from the torch on Phil's Iphone! I felt the need to change my breathing to the J breath so I knew that was the cue that baby was coming. I followed my body's lead and was putting a sound on the downward breath which I can only describe as mooing. Terri had mentioned that this might happen and sure enough it did. I was mooing my baby out! It really helped me to visualise the downward breath too. The midwife knew the baby was almost here as the 'blue line' had appeared at the bottom of my back. Phil saw this too and said it was so prominent it was like someone had drawn in blue marker pen down my back.

Baby's decent went unbelievably smoothly up until the very very end when baby was right at the opening and I was advised to give a few little pushes due to the babies heart rate rising slightly – however it was literally 2 pushes and she was out – no stress or panic. Once our baby was out the rest was a bit of a blur for me so I had to ask Phil about the details here – the cord was attached for about 40 minutes as the midwife kept coming over to feel if it was still pulsating, which it was, so she would leave again and come back. A while after the cord had been cut I delivered the placenta.

We had chosen to deliver the placenta naturally and it took about an hour after baby was born. The midwife suggested I got up and did a little cough to encourage it and out it came with no fuss. I experienced total time distortion at this point as I thought the cord was cut after 15 minutes! Good job Phil was paying attention. I didn't tear or need any stitches (I used the Perianal massage technique that Terri taught us) When my sister came to see our daughter she commented on what a lovely pink colour she was and we know that this was due to leaving the cord attached for as long as we did. To sum it up it all went perfectly! My family couldn't believe that HypnoBirthing actually worked, but we always knew it would! Next time around we would definitely consider a home birth or birthing centre. We are so pleased with how our birthing experience happened, it was so personal and intimate. Thank you Terri for everything. We recommend you to anyone who will listen!"