



Client Testimonial and Birth Story

Sonny's Birth Story:

Born at Treliske Maternity department on October 17th at 12:33pm weighing 8.5lbs

Bringing Sonny into the world was the most incredible, emotional and empowering experience of my entire life.

Before we started our 1:1 sessions with Terri I was nervous of labour and birth. I had no idea when it came to my rights as a mother in labour and had very little confidence in myself to be able to give birth naturally. My birth went 99% to plan. And that's hugely down to what Terri taught me and my husband during our Hypnobirthing sessions.

I used my breathing techniques, relaxation recordings and affirmations from the get go and took my time before heading up to the birth centre. I did still get sent home but i decided to use the extra time to enjoy being at home in my own bath and to really try and relax.

When we were back up at the birth centre and I was in the pool there were times I began losing control of my breathing and the pain I was experiencing was getting More and more intense. My surges were back to back for some time which meant I struggled to stay focused. Luckily my husband was able to guide me through the breathing and remind me of the techniques we learnt together during the course. Had he not done the course with me things may have taken a different path.

We then had to deviate slightly from our plan and move from the birth centre to the delivery suite as little Sonny had gone to the toilet inside. This was realised when the rest of my waters went.

I was scared but really went deep within myself to remain as calm as possible. My husband and the midwives were incredible at helping me do so. The midwives were extremely respectful of my birth plan and helped me stick to it.

Sonny was born after 28 hours of labour. We had very little intervention, no drugs (just a bit of gas and air towards the end). I truly believe Terri's Hypnobirthing course gave me the knowledge and confidence to trust in my body and my baby. Things went pretty much to plan, and for the small parts that didn't Hypnobirthing gave me the tools to accept this and stay positive.

I would highly recommend Hypnobirthing with Terri, and having your birth partner on board as well.