



Client Birth Story

This is an amazing birth story shared by Christine and Ross. A homebirth water birth and a very quick labour. Baby Sophie was born in water and 'caught' by her dad after a super quick delivery!

At about 11pm on Wednesday 29th November I was becoming a little uncomfortable and didn't want to sleep. By 11.15pm I'd had a few surges lasting over 45 seconds so hubby started to inflate the pool downstairs. Older children were collected by the grandparents and midwives we called and were on the way. I had started with a Rainbow Relaxation which slowed everything down and got me in the right place. I then bounced gently on the ball visualising and surge breathing. I decided clary sage was not needed at this time. By 12.30am surges were every couple of minutes and lasting about a minute, and with the arrival of the midwives got in the pool. We had turned down any internal examinations but my husband really had to reiterate this. I knew I was dilating quickly! The pool was like a bear hug and just wonderful. Hubby got in the pool with me and at 1.40am - I did 4 J breaths and Sophie Anneliese was born! She shot out and Ross just managed to catch her foot (we wanted him to catch her). My membranes only released on the first J breath. Just a fab chilled out birth. I nearly lost it in the last few minutes though - crumbs that was intense, but managed to stay focused and breathe through it! No painkillers needed and definitely 'hugs before drugs'!