



Client Birth Story

Rose outlines her birth experience below. This is a VBAC (vaginal birth after c-section), induction birth story and is so inspiring and empowering as it shows that even when nature needs a little bit of assistance, HypnoBirthing is there for you all the way. Big thank you to Rose and Ben for sharing their wonderful story and feedback.

My first signs of anything starting were when my membranes released at 3am Wednesday morning, two days before my estimated due date. I started to feel excited but there were no signs of any surges. After a c-section with my daughter I was really hoping for a Vaginal birth this time round and we had decided to birth in the delivery suite after considering our option.

After about 4 hours I rang the hospital and went in to be seen that afternoon. I decided to have a sweep and go for a long walk to get things moving, but still nothing was happening. We felt relaxed about this so we came home to rest and eat. We decided to go back to the hospital the next morning as by this time it had been 30 hours since my membranes had released. My husband and I talked though our options and we decided to start the induction process. This was in the form of a pessary.

After 10 hours I was 4 cm and ready to go up the delivery suite. I used my breathing in-between every surge and fell completely into the zone. My husband was amazing and reminded me of everything we had learnt from Terri. I had the pessary taken out and I then progressed on my own and by midnight I was 8cm open.

Feeling very tired but excited I felt I needed to change position and start pushing and breathing my baby down. Our midwife was amazing and so encouraging. After another 3 hours our beautiful baby boy arrived on his due date (2nd November) and was put straight onto my chest. What an intense but thrilling 48 hours, I got to have my VBAC birth and I couldn't be prouder. HypnoBirthing 100% helped me through my pregnancy and labour. Thank you so much Terri.