



Client Feedback and Birth Story

Grace and Chris' birth story of their daughter Iris.

This was my second pregnancy. I gave birth 3 years earlier by emergency C-section after being induced at 42 weeks. I was very unprepared for labour with my first pregnancy, which I felt to a degree, led to the traumatic labour that followed. I was apprehensive about my second pregnancy's labour even before I fell pregnant but had seen a hypnobirth on television. I was mesmerised by it, so as soon I was pregnant I knew it was something I wanted to do.

Terri was brilliant. She was patient and thorough, guiding us through all the techniques. For me, who I would describe as quite anxious when I started the course, helped me to feel empowered that I had the right to make choices about this labour and how I wanted to bring this baby into the world. By thoroughly explaining and demonstrating how to use the various breathing techniques and when to use them – along with visualisation, I would practice what I had learnt from Terri most evenings whilst relaxing in the bath, listening to the affirmations and going through all the techniques and skills Terri had taught me.

I worked right up to my due date, fully expecting to be overdue but comfortable in the knowledge that if that was what was going to happen, I was more than happy to enjoy waiting for my baby to arrive. The morning after finishing work I had woken from a wonderful relaxing night's sleep to some mild sensations. I was not even aware of them really, until they started to become regular. We had planned to go out for the day to the cinema with our son, before the baby arrived. We were going into the cinema at 12noon in Truro, when I mentioned to my Husband I was experiencing these sensations. He was shocked! However, I felt so comfortable I thought if this was it – then what a great way to sit comfortably and practice breathing through each one. At the end of the film, the surges were coming fairly regularly (so after a quick trip to Boots – despite my Husband being keen to get home) we got home at about 3.30pm. My Husband took our son to his Grandparents and I took the time to relax and spend time on my birth ball and focus my attentions on my surge breathing and occupying my mind on things between surges such as painting my nails, and generally relaxing. When things became slightly more uncomfortable I felt it was time to get into the bath and put into use the practice I had prepared for most evenings. The warmth of the water was comforting and whilst listening and focussing on the affirmations I was familiar with and, along with my surge breathing I ENJOYED this time. I used the visualisation techniques Terri had taught us – it helped me to imagine each surge was a wave within a sunset background. As a surge reached its peak I was at the top of the wave. I also focused on my baby – passing this oxygen to her and really enjoyed this time focusing on her.

My Husband frequently checked on me but I was quite happy to be left on my own. He enjoyed a meal and the FA cup but at about 8pm I thought we had better ring the hospital as they were coming approximately every four minutes and lasting at about a minute and twenty seconds. Because of my c-section I was advised to go to hospital, so I had to get out of the bath which disturbed my zone momentarily. I wanted to get back in and relax but quickly got dressed and with a hot water bottle on my back to still give me the warm sensation –

I travelled in the car to the hospital and was quickly able to return to my zone and breathing. After walking slowly from the car park, stopping frequently to be able to fully focus on my breathing and my baby, using my wave visualisation and all the time listening to my music through a mobile speaker – I was able to maintain my environment despite it being quite different.

When we arrived in the maternity unit the midwife didn't see me straight away, as I think she didn't feel I was urgent as such due to my calmness. When she came to examine me, my waters suddenly broke before she had the opportunity to do so. I quickly experienced the natural urge to push, this change took me out of my zone momentarily but my Husband calmed me and Terri had gone through the process of birthing in so much detail he reassured me this was perfectly natural which eradicated any fear and enabled me to trust in my body and gain my serenity again within seconds. The Midwife examined me and I was fully open and my baby was on her way. I adjusted my position on bed – hanging over the top, again a position Terri had suggested worked well and then I just trusted in my body and just breathed my baby out.

The birth plan Terri had helped us to write helped the midwife – who had not witnessed a hypnobirth before, to understand our wishes and was able to speak to my husband with any questions. The midwife was great and commented she had never witnessed anything like it before. We were transferred to the ward upstairs and just over an hour later our baby arrived. I needed no stitches and was able to leave to go home a couple of hours later.

I can honestly say I enjoyed every single minute and could have done it again in a heartbeat. I have never experienced such a close connection to my body and how it worked together with our baby, was incredible. Our baby was born without crying, she was calm and happy and now at ten months old is still a calm and happy little girl and I do think her birth contributed to her nature.

My Husband, who before our course was a bit sceptical, had the most enjoyable experience. He felt empowered with knowledge and was able to enjoy witnessing the birthing and be part of its process in a relaxed and calm manner, with no fear or apprehension.

I whole heartedly recommend Terri and HypnoBirthing and sincerely feel there is no better way to bring your baby into the world!