



Client Birth Story

Iris and James were planning on delivering their baby by planned C-Section due to baby being breech presentation and quite conformation not waiting to turn. Iris did a wonderful job of accepting this and had got her head around the fact that she was going to birth her baby via c-section. She continued with her breathing and relaxation practice and looked in to gentle c-sections and did her research to make her birth experience calm and positive. There baby girl had other plans though and Iris went in to natural labour before her planned c-section. You'll see from her story that she didn't even really think or believe she was in labour until the midwife said she was 8cm!! This is her story!

I got the surprise of my life on Tuesday morning when at about 03:00 I started having surges. They were really quite manageable...so I just thought I had trapped wind or an upset tummy! Everyone has since laughed at me about that!!

I rang the on call midwife at about 05:30 because it actually began to feel quite painful, but she didn't think it was that bad and said it might be the early stages and to just bring my notes and come to Treliske to get checked. My surges didn't have a set pattern at this point either so although they weren't feeling good, I thought it was more like practise sensations.

We got to Treliske at 06:30 because I decided to wash my hair and clean the kitchen before we left...well that almost came to bite me in the butt! I just assumed nothing was going to happen and the shower helped with pain relief and being a bit calmer!

Anyway we did some monitoring at Treliske and I kind of forgot about all the birth plan thoughts we had, as I wasn't expecting anything to come of the feelings I was having. I thought they would just send me home. But then the midwife said my contractions were quite strong and that I could have some gas and air. I'm so glad I tried that as it really helped me. I really struggled with my breathing as I couldn't inhale enough without it really hurting...that was a bit of a shock as I thought I had nailed my breathing practise. I also couldn't get beyond one of my birth affirmations as it was so all consuming...and even if I had one to say I kept getting lost saying it, sounds so silly but again I didn't realise how all encompassing

it would be. Again though, I have to point out that I didn't utilise the skills I had learnt enough because I didn't think it was the real thing! Probably a bad way of looking at it at the time!

The midwife examined me and let me have the gas and air...thank God because the examination was really uncomfortable. And then I thought I heard her utter the words 'she's 8cm dilated' but I thought no, I must have misheard. Unfortunately not! They asked me if I wanted to deliver breech vaginally as we were almost ready to go and I said I wasn't keen...at this point I got quite overwhelmed as I couldn't believe it was happening.

The surgeon said he could attempt the c section but that it might not be possible but he was happy to give it a try if I had an injection to slow my contractions, which seemed to work well. But that did mean I was on edge. I was scared that it might not be possible or that the anaesthetic wouldn't work...the woman with me when that was happening was great as I said 'I'm scared the pain relief won't work' and she smiled and then said 'don't worry they've already started'!!

The procedure itself however was very positive and everyone was so supportive and helpful but it was very very fast and I didn't have time to think about the things I had previously wanted such as gentle c section, our music, it being a calm space etc. I even forgot to give them my birth plan so they were completely just doing things as they normally would and it was only afterwards I realised. But luckily it was positive despite not doing things in the way I had hoped. We got to do skin to skin and because of how nervous I had become, I don't think I could have done a gentle c section and watched as I felt a bit odd. But i definitely don't feel like I missed out on anything.

I know it doesn't sound like a great Hypnobirthing example / story...but that whole relaxed approach could be why I was at 8cm and didn't think it was anything significant the whole time. I definitely wasn't fearful of what was going to happen prior to my contractions starting as I had accepted what was going to be a planned c section and all the Hypnobirthing really helped with that. I still use my breathing now and like I've repeatedly said, the skills I learnt have been utilised in other ways. Hypnobirthing definitely helped me despite things not going quite to plan."