



Client Birth Story

This is an amazing birth story shared by Kat and Lewis. A homebirth water birth and a very quick labour. Baby Madison (9lb 7oz) was born on the 11th January, 7 days over her estimated due date, and the midwife only just made it there for the birth by 10 minutes!

On the 10th of January, around 3pm I noticed I was getting some practice surges (Braxton Hicks) type feelings but just carried on as normal at home. Around 6pm the sensations started becoming more intense and regular, so I started thinking these could actually be the real thing. Lewis and I just relaxed at home and sat and watched tele for the evening and when a surge came I just breathed through it.

At 9pm I was convinced this was labour but because I was so relaxed I didn't really notice the surges getting stronger. We went to bed later that evening but I was unable to sleep, so we put on the Rainbow Relaxation track and Lewis massaged my back. Around midnight my uterine seal ('show') came away and I felt quite restless, like I needed to be up moving around so we headed downstairs. I got my birthing ball out and bounced gently on that whilst listening to the tracks. Lewis was busying himself getting everything ready for the home birth, getting the pool ready and making me a sandwich!

At this point I was timing my surges and they were nearly close enough together for us to call the midwife, but not quite. I got in the pool around 2.30am. We decided the time was right to call the midwife at 2.50am and I had 2 surges whilst Lewis was on the phone to her. I could feel the baby was moving down now and no sooner had I thought that, my membranes released, and she instantly dropped down even more – I could really feel this and it was almost like a 'clonk' in to my pelvis.

The midwife arrived at 3.30am and she was walking in door I could feel Madison's head crowning. The natural expulsive reflex was really powerful at this point and took over my body. I was on my knees in the pool and at this point we noticed that Madison was emerging with her hand up by her face. Lewis was brilliant at this point because I did start to feel a bit panicky as I didn't want to tear as I remember the sensation from the birth of my son – he reassured me and reminded me to relax and focus on my breathing. This was exactly what I needed to hear as being tense at this

point wouldn't have been useful. The midwife supported me with getting the hand through by directing me to push gently a few times. Once her hand was out she told me to just relax and follow my body's lead and Madison was coming out on her own. I didn't push!

At this point we had a clear view of her head and Lewis told me that she had hair! Lewis then got in the pool and helped to bring her up and out on to my chest – we hadn't really planned for Lewis to join me in the pool but due to the fact that the midwife still had her coat and shoes on as she'd just walked in the door it felt like the natural thing to do to support me. Madison was born at 3.39am, just 9 minutes after the midwife arrived. We were so relaxed and prepared that we didn't feel panicked at all, and we had actually made provisions in case the midwife wasn't going to make it and we would have to birth unassisted.

HypnoBirthing really helped us with our confidence and preparation. Lewis said the process of my birth was exactly how we had learnt about it in the HypnoBirthing sessions, so he knew what was going on and what was going to happen next which was so useful for him. He was such a great support, reminding me about my breathing and just being a calming influence on me. Madison's birth was so positive and empowering. My little boy came down from bedroom that morning and was greeted by his new little sister – it was perfect!