



Client Birth Story

The wonderful birth story of Baby Toby. Born to proud parents Louise and Tom on the 10th of July. Louise stayed at home right up until 9cm open using her HypnoBirthing techniques to keep her calm and relaxed, when she had to transfer to hospital because baby had done a poo in his membranes. Baby Toby was born within 20 minutes of getting the Treliske.

"When my labour started I was at home and so excited and chilled about it. We were planning a home birth. Tom went off to work and I stayed at home pottering as my labour progressed. When things started to pick up I called Tom to come home and we started getting the house ready for our home birth. When we first called the midwife she came out and examined me and my body was doing what it didn't to, but I wasn't in established labour yet (only 1cm open); the midwife said she doubt anything much would happen any time soon and that she was going to head off and then we should call again when things picked up – she said it could be 24 hours! Within 5 hours I could feel that everything had stepped up a gear and I was really needing to focus and concentrate on my breathing. The midwife was a bit reluctant to come out again so soon as she didn't believe I could have progressed so quickly. However, when she came back to examine me I was 8 cm open! The midwives were so shocked and kept commenting on how calm and in control we both were. I was in and out of the birth pool at home and Tom was such an amazing support during the whole process. Unfortunately, when my membranes released Toby had done a poo, so we had to be transferred to hospital as precaution. Although this wasn't what we originally wanted the HypnoBirthing was amazing and got me through. The big thing that really helped us both was the informed decision making. It kept us more in control of what was going on and we had the confidence to question things.!

I felt so confident and Tom was such an amazing support and like you say we just totally went with what my body was doing. The only time I can say I was in pain was when we were in the ambulance and all my body was wanting to do was push and I was being told I couldn't. On the arrival at hospital the midwives again couldn't believe that I was ready to push, and Toby was born within 20 minutes of arriving!

HypnoBirthing was amazing and I am so so glad that we made the decision to do it, I had such a fantastic pregnancy and up until the last hour the birthing was amazing and I can happily say I really enjoyed the whole experience. Toby is a little star and is so chilled."