



Client Birth Story

Jenna and Brad outline their surprise arrival, when their daughter Aroha made her appearance 4 weeks early! Jenna and Brad did some antenatal preparation classes with me and Jenna attended one of my Relaxation Workshops and went in to labour 12 hours later!

"Brad and I both woke up Saturday morning and said how amazing your relaxation class was as we both had the most decent nights sleep in ages- turns out it was a good job too! I'm not sure if it was being so relaxed or laughing so hard at Brad watching a funny video that made my waters go at 7:45am. We rang emergency midwife and before I knew it contractions had started and we were on way to Treliske.

By time I got to Treliske contractions were a bit all over the place but they did a quick examination and to everyone's shock I was 9cm dilated! I didn't have time to even think before my body was telling me to push, unfortunately I wasn't allowed to use birthing centre (because Aroha was 4 weeks early) so had to go with traditional hospital and just gas and air.

I used your breathing techniques which helped to calm me down and Brad counted through each breath for me. Aroha arrived safe and healthy at 11:29am weighing 5lb 13oz and came straight for skin to skin. So it was all VERY quick and unexpected but so worth it!"

Jenna also added – "Terri is fantastic, she made us feel so calm and at ease about our birth! Her sessions which taught us so much and really prepared us for how my body would change and some amazing breathing strategies for the birth - which we both use now if we're feeling stressed or anxious! We can't thank Terri enough for her expertise and friendly, professional attitude.