



An inspirational review and birth story from Anna and Olly - showing that estimated 'due dates' are merely a guide and that sometimes birthing doesn't always go to plan. But as you will read, everything you learn during your HypnoBirthing sessions will prepare you for whatever turn your birthing may take. Well done to you both and thank you.

"After raving to a stranger for half an hour in Newquay the other day about Terri and her Hypnobirthing techniques, I realised that I had never emailed over my birthing experience. Well here it is, a mere 8 and a half months on! My husband and I had been trying for a baby for years. Four years later we had IVF at Exeter and it was successful! During that four years I had suffered terribly with stress related illness and depression.

To aid the IVF I sort help in the form of a hypnotherapist and an acupuncturist that specialised in fertility and IVF cycles. My hypnotherapist on hearing the news that we were finally to become parents suggested that I do Hypnobirthing -I found Terri! I made contact with Terri before we had announced that we were expecting- close family knew at 12weeks and everyone else at 16.....Facebook never got a look in!

Meeting Terri was one of those moments that you know if you hadn't had met that person things would have turned out very differently! Terri has a great sense of humour and is very easy to get on with. She totally got my husband and I. Before we could even ask a question she had already answered them all-it was like she was reading our minds! There are no click your fingers and cluck like a chicken moments, but there are moments when you open your mind and see the world of pregnancy and birth in the correct light. The two and a half hour sessions fly by. We had our sessions in the evening until 9pm and I slept so well after them!

The book you use is really refreshing, easy to read and informative. Olly and I read it separately and together. We couldn't put it down. Also, Terri doesn't mind dogs and my two pups definitely put her to the test with their constant 'smells'- let's just say Terri had a very calming and relaxing effect on them both! Hypnobirthing definitely brought Olly and I closer together, we were so in tune. I believe some men would find a few points a bit odd to talk about-perineal massage, visualising birth canal (on the cd) but after a giggle or two you move on.

We were calm, prepared, birth plan written, CD listened to religiously every night, hospital bag packed, music for birth all set on the iPad. We were ready to meet our baby. I worked up until two weeks before my NHS 'due date' I felt really well and was still walking the dogs twice a day and driving.

I won't go into details but our relationship with a certain hospital in Cornwall meant that I no longer had faith in their capabilities. We did however have faith in the team at Exeter and this is where we had planned to give birth. The date came and went which didn't worry me in the slightest but sadly it seemed like the world around me erupted into meltdown. Please don't be pressurised, scared or bullied into believing you have to be induced. We held off pressure from the NHS and others for 18days! It was a battle all the way but I felt strong, confident and empowered by my body. After long yet informative discussions with a wonderful team at Exeter hospital we planned to be induced the morning of May 16th which was a Saturday. They had very kindly offered a monitored water birth if I accepted induction (yes, they black mailed me).

I wanted a water birth more than anything and normal practise is no water births over 11days as you are seen as high risk! So on the Saturday we took ourselves in and the pessary was popped in. Olly left the room to get a drink and the nurse disappeared leaving me alone in the room with a bump, a monitor and a pessary!

Out of the blue my bump violently moved. The most it had moved in months. It felt like my baby had rotated and the monitor stuck to my belly slipped off! Just at that moment Olly re-entered the room, he tried to re-attach the monitor but couldn't and so we buzzed for our lovely nurse. On reattaching the monitor she couldn't find the baby's heartbeat. Without a crazed panic she called for help and we were rushed upstairs.

It was at this time on reflection that Olly and I both feel that Hypnobirthing really took over and guided us. We didn't fret, stress, panic, sob, or scream at the doctor to tell me what had happened.....I just breathed. It felt like an eternity. Because I stayed calm the doctors took less time to assess, analyse and inform us of what was going on. The baby had experienced a negative reaction to the insertion of a pessary which had caused the baby's heart to stop beating.

We were being prepped for an emergency C-Section. Olly and I were still calm. Whilst I did cry-it was silent and there were no sobs-my heart rate remained steady and this was all thanks to Hypnobirthing. I knew my baby was in trouble but I needed to reassure my baby that everything was okay by staying calm. Suddenly the doctor said they had picked up a heartbeat. They monitored it. It was getting stronger and stronger.

The surgical team were fantastic. They came and sat with us in our private room and explained what had happened. They explained that they wanted to get baby out now but that being induced was no longer an option. Breaking my waters was impossible as there had been no softening and 'drawing up' of my cervix. So we were left with one option - a C-Section. It actually brought a smile to my face hearing how and when my baby would arrive. I wasn't worried in the slightest about having this type of birth. Because the baby's heart was beating strong and steady now and because I was so calm and happy, the scheduled the birth for 6pm as they were experience one of their busiest weekends to date!

We had with us music - a bit of Bob Marley to give birth to and the team put this on for us along with some classical music for when we initially arrived in theatre. We were taken to theatre at 17.30 and I was given my epidural-hypnobirthing techniques helped both Olly and I stay calm with this and the team were professional, not rushed or stressed and took their time. I don't really remember much else despite being awake. Olly sat by my head and stroked my hair, the surgeon complimented our taste in classical music and they got to work. I didn't feel a thing and when they said they were about to get the baby out and that I might feel some pulling and tugging, I found myself going into a deeper state of relaxation.my hypnobirthing breathing techniques and all our homework was working and paid off. I didn't know my baby had been born. I ask if everything was okay and the surgeon said oh yes your baby is just been checked over. There was no crying or screaming, my baby was calm, relaxed and happy. I hadn't noticed but Olly suddenly appeared saying we had a baby boy!!! We were elated! He was healthy- 8lb 13oz which was pretty much what I had been expecting weight wise as I had been this weight. Olly cut the cord after it had stopped pulsating which took about a minute. Before I knew it we were in our room having lots of skin to skin - he also wiggled himself on his own accord to have his first feed!

We had an incredible journey! Thank you Terri for providing us with the knowledge and tools that ensured a positive birth-if we hadn't met you and believed in hypnobirthing it could have been a terrible experience!

Thank you thank you xxx

Anna, Olly and Austin Alan"