



## Client Birth Story

After a pretty traumatic labour with my first-born child and a few unfortunate baby losses in my family, I spent most of my pregnancy really anxious and actually suffered with some antenatal depression. If I am completely honest, I struggled to feel any emotional attachment to my bump in any way for the first 3-4 months.

After doing some research I came across Terri and her business 'Cornwall HypnoBirthing'. We booked in for some intensive sessions with Terri and after just the first session, me and my partner were both ready and (dare I say it) even excited for the birth!

On the 12th April (baby's due date) I started having consistent surges from around 7pm after a day of attempting (and failing) to eat pineapple cores, walking and drinking raspberry leaf tea.

We had initially planned to have a really quiet labour listening to calming music in a low lit room but, as it often tends to do, life got in the way a little and we actually ended up having the early stages of the labour in a room surrounded by friends and family. Which I wouldn't change for the world. It kept me calm and I happily bounced on my ball for around 4-5 hours surrounded by my nearest and dearest whilst they excitedly timed my surges for me.

Midnight came and I craved a little quiet time so I went into my room with my partner and listened to my Rainbow Relaxation and other guided meditations to keep me calm as my surges got closer together.

At around 4am we made the decision to head to the birth centre in Truro. My partner, my best friend and my mother in law (turns out I like a big crowd?) arrived at around 4.30am and I pretty much jumped into the pool as soon as I could. We put on a Fleetwood Mac playlist (I'm a big Stevie Nicks fangirl) and I felt like we were all set.

(I'd just like to point out that at this stage, I hadn't once felt remotely anxious or nervous in anyway... not only was this amazing after my last experience, but just generally out of character for me as I'm someone who pretty much always lives life on the edge of anxiety).

On arrival at the birth centre I was told that I 'had to' have a vaginal examination! These were not in my birth preferences and I knew I didn't want one, and thanks to Terri educating and us empowering us to make the choices that are right for me, we knew that we didn't have to have one, so I politely declined!

The surges got more and more intense with every Fleetwood song that passed but I remained calm remembering all the breathing techniques that Terri taught me and surprisingly kept my sense of humour throughout, laughing in-between surges! The midwife was really respectful of the birthing plan we wrote (with help from Terri) and pretty much left us all to it right up until the end.

It got to about 6.30am and I made the decision to have some gas and air to help with the intensity as my body began to naturally push baby out. I remember feeling a massive sense of pride at this point that I had got this far without any real intervention, any help from the midwife and no internal examinations. I really did trust the process and it did not let me down... After around an hour of pushing and breathing with my body, and some serious mooing (anyone who has had a baby will understand), our beautiful Dusty-Moon came into the world at 7.34am, weighing 7lbs 15 1/2oz and it was the most empowering experience I've ever had.

Since meeting Terri, me and my partner have not stopped raving about HypnoBirthing and everything Terri taught us. We cannot thank her enough. To anyone thinking about HypnoBirthing my advice to you would be to STOP THINKING and get in touch with Terri. I promise you won't regret it.