



## Client Testimonial and Birth Story

“My 2nd pregnancy- my first pregnancy my partner and I did the full 1:1 hypnobirthing course with Terri and it was so valuable to us it completely changed the course of how my labour could have gone after a long 40 hour labour! I had a great birth unassisted and in the birth pool with just gas and air.

Coming through this pregnancy with a 1 year old I had little time to think and take time out to plan for the birth. I started to reread my hypnobirthing books and tools we got from the course a few weeks before I was due but all of a sudden, I had a looming fear that I would not be able to cope with labour. I am not sure really why as I had a great previous birth however the fear was getting worse so I contacted Terri and we did a refresher in preparation for my birth and it made a huge difference I began to feel in control and knew exactly how I wanted it to be thanks to Terri’s guidance and tools.

Saturday 23rd October I began to feel like my body was starting to get ready and had a feeling labour would be soon. Early hours of Monday morning 25th October (Kaiah’s due date) I started with mild contractions that I was able to sleep through. Around 8am my contractions were coming every 5 mins and lasting around a minute, I waited at home and prepared for my daughter to be looked after by her Grandparents while sitting on a yoga ball and bouncing in between contractions, having contractions and entertaining a 2 year old is a challenge. It got to around 9:30am and I called my midwife as I was due to see her at 10am for a previous scheduled appointment- she advised to go over to the birth unit as it seemed like my labour was progressing.

We got to Truro birth centre around 10:15am I was seen and waited in the triage room for around an hour where the midwife didn’t think I was in labour because I was so calm. We got moved to a suite around 12pm as I started to feel uncomfortable and needed to get comfy. There was an uncertainty if my waters had broken on Saturday evening obviously making me over the recommendation of 24 hours - however the midwife was great and supported us though this and made sure we wouldn’t have any interventions. Around 2:30pm my labour changed dramatically, and I knew she was coming, I asked to see how much I was dilated and was told I was only 3cm. I thought that this can’t be right I knew she was coming my contractions completely changed and I needed to bear down. I asked if I could get in the pool and usually they wouldn’t allow it as I wasn’t classed by dilation in active labour anyway our midwife could see the changes and said yes to get in I also asked for gas and air at this point too - but once I was in the pool couldn’t really use it as I was focusing on what was going on with my body so completely no pain relief. About 30 mins of being in the pool my waters broke (so they didn’t break previously) 55 minutes after Kaiah our beautiful little girl was born in the water happy and healthy at 15:56pm. My birth was relatively fast and my labour wasn’t long either - it really goes to show about trusting your body as it knows what to do from being 3cm dilated to 90 minutes later my baby in my arms. We were home by

8pm and all tucked up with our new addition. Again, my partner Patrick was amazing guiding me through each step and I really couldn't have done it without him he really had faith in me at every step of the way and I can't thank him enough. Thanks to Terri for reassuring me and giving me the tools to help me get through it as I did. Also, thanks to our midwife at Truro birth unit Claire who was incredible and allowed me to do what I needed to do without any issues the whole team who supported us were fab!"