



## Client Testimonial and Birth Story

*Debra and Alex got in touch for some Hypnobirthing refresher sessions. They had previously learnt Hypnobirthing online, but after the birth of their first baby not going quite to plan (very long, drawn out labour resulting in interventions), they decided to book some face to face Hypnobirthing with their second pregnancy, to help them feel more prepared, educated and empowered.*

*Debra tells her story below:*

“The whole thing was much quicker than last time, about 12 hours in all, very regular surges started about 2pm on Sunday while having Sunday lunch at my mother in laws! They quickly became longer and putting my toddler to bed proved interesting! By about 10pm they were pretty long and strong but I was managing them well and just took a couple of paracetamol. Alex thought we should ring Penrice and I think because of last time, I was a bit less convinced of how far along I’d be. But after he spoke to them they asked us to come in straight away as they knew how things can progress much more quickly second time.

I didn’t have much appetite for food but managed some bites of protein bars and a dextrose tablet and we were at Penrice by about 11:15pm. The surges became very strong and it took a lot of strength to hold onto my breathing. I laboured upright most of the time, finding any kind of lying down or bent over position much more uncomfortable. At one point I thought I could feel the head but it turned out to be my waters! They came out separately in tact which I think even surprised the midwife!

I got in the water about 1am and immediately felt a great deal of relief. I was comfortable on my back and just floated for about 1hr 15mins getting steadily louder with my surges! I actually thought of you as a surge came on about 2:15am as I suddenly threw myself around and clung to the edge of the pool, knowing that something was about to happen and took reassurance from the ‘stages of labour’ that we’d been through. Baby’s head came out in three (very loud) surges and then one last one for his body. It was crazy and much much more intense than I thought. Not sure how anyone does it quietly!!!! :) I’m so unbelievably grateful to have experienced it and to hold him in the water having fully experienced the power of a pain free birth was beyond amazing, I felt so happy.

Alex was great, doing whatever I needed and spending most of the time fanning me in the water to keep me cool! Our midwife was an amazing silent observer and did nothing except quietly encourage me when she could see moments of doubt. He was 7lb 10oz, born at 02:33 and we've called him Remy.

Thank you so much for your help and refresher of my hypnobirthing, I definitely took lots of it with me and the knowledge that comes with it helped me get through it, I'm sure of that. Hypnobirthing all the way - be informed, know your rights and learn what your body is doing so you can trust it fully."