



Client Birth Story

Natasha and Gareth share their wonderful birth story of their daughter Autumn. This birth story is so inspiring and empowering – a true testament to investing time, money and energy into the birth experience you want and deserve.

'At 9pm on the Saturday night (9 days after my due date) my waters broke. My partner, Gareth, and I remained calm, quickly ate some food, bought the birth bag downstairs and pretty much just sat and waited. But nothing. Needless to say it was a huge anti climax. Sunday came around and I was advised to visit a midwife who, although very kind and understanding, informed me I had to book in for an induction if labour hadn't started within 24 hours of my waters breaking due to the increased risks. I was gutted. This meant my whole birth plan of being at home for the majority of labour and then heading to Helston birthing pool would go straight out the window. After having a bit of cry, I was reminded by Gareth what Terri had told me. I have the power to say no, I don't actually have to agree to anything I'm not comfortable with. My baby was happy and healthy, I was happy and healthy, why not just wait and see what happens over the next few days? I contacted my incredible midwife Shannon who reassured me I didn't have to be induced and she was happy for me to wait, I also contact Terri who reassured me the risks are low and sent me various different articles to read. I felt informed, empowered and in control. I cancelled the induction and felt grateful that I had such incredible women supporting me in my decisions!

At 2.30am on Tuesday 13th October my surges started. I felt so excited; it had been a long wait and many hot curries, raspberry leaf tea and long walks later but I'm SO glad I waited for my little bubba to come when she was ready. I turned over to Gareth and told him my surges had started – he suggested we go back to sleep which we did. By 3.30am my surges were more intense. Gareth and I headed downstairs, put the fire on, fairy lights on, lit some candles and burnt some sage and palo santo. I listened to my hypnobirthing recordings from Terri and remembered the breathing techniques I learnt not only in my hypnobirthing classes but also in my pregnancy yoga classes with Michie. I was SO relaxed and felt so comfortable and safe at home. Gareth ran me a bath at around 9am and made me some food.

By 10am my surges were coming in fast so we called our midwife Shannon who came and assessed me at home. I was already 7cm dilated! I then had to make the decision to either stay at home or head to the birthing pool in Helston. We decided on the latter.

I cannot explain the joy I felt when I stepped into the pool. It was the first time in my pregnancy I actually felt weightless and so comfortable. I was so glad I made the decision to head to the birthing pool. The

room was dimly lit, filled with fairy lights, inspiring birthing affirmations, and was just SO relaxing. We put my birthing playlist on and I concentrated on my breathing techniques I learnt from Terri. I found that the 4 in and 8 out worked best for me and being on all fours and squatting in the positions I learnt in my pregnancy yoga classes helped me really relax and open up.

The next few hours went by so quickly. We had asked my best friends and family to write us short letters or words of inspiration for Gareth to read to me during the birth. These letters were amazing, they gave me so much strength and I felt so much love. We were both in tears for the majority of the letters as we held each other I've never felt so loved and held in my whole life.

Then came the transition stage...Terri had talked about this in the course. The part where you completely doubt yourself and every decision you've ever made for your birth. I turned to Shannon and Gareth and told them I'm not doing this anymore, I can't do it, I won't do it and they have to take me straight to Truro. Both of them reassured me and reminded me that I was just experiencing the transition stage. I didn't care; I wanted out, I wanted ALL the drugs. I remember thinking 'why did I have to be a fucking hero and opt for this natural birth?!' BUT...this moment was short lived and it did pass! I don't think Gareth would have reacted and dealt with me so calmly if we hadn't learnt all of this on the course. I mean who's going to argue with a fierce, roaring women mid child birth?! I can't thank Gareth and Shannon enough for supporting me through that transition stage. I would have been SO unbelievably disappointed if I'd actually transferred to hospital due to a moment of self-doubt.

I can honestly say the actual birthing part of labour was so enjoyable. It felt so primal, so natural and this overwhelming feeling of euphoria came over me. As I noticed the surges change to downwards I turned to Gareth and said 'I can feel her coming! We're going to meet her soon!' I loved this part, the breathing and actually working with my baby to breathe her out. At one point Shannon turned to me and said 'Tash, reach around and feel her, her head is half way out!' so I reached around and could feel this full head of hair! It was amazing! I laughed and cried all at the same time! Within minutes Autumn was born...the midwives told me to look down as she swam between my legs and I reached down and lifted her out of the water and onto my chest. Gareth and I held each other...we laughed, we cried and couldn't stop looking at this amazing thing we had both created. I couldn't believe she was finally here. It's like a love you've never known.

Autumn was born at 5:06pm weighing 9lbs 9oz and a quarter! I had a small 2mm tear which didn't need stitches. I did have to be transferred to hospital at around 7pm due to losing blood after the birth and I have to say everyone at Treliske were incredible. The nurses, midwives and doctors. It was such a positive experience and I can't thank them enough.

I feel so grateful to Terri, my midwife Shannon and yoga teacher Michie. Without these incredible, badass women supporting me through my pregnancy and birth I doubt I would be writing this positive birth story today. I also feel so proud of my body – carrying my beautiful baby for 9 months and instinctively knowing how to birth her. And last but not least my partner Gareth. For being 100% involved in absolutely everything during the pregnancy and birth and respecting every single one of my pregnancy and birthing wishes. For loving and holding me through the birth, for being understanding and never leaving my side and for, most importantly during labour...feeding me ALL the jelly babies on demand.

Terri, I just wanted to say thank you so much for your amazing course and the support you gave us after too. I've been recommending you to all my friends, it's the best decision we made.'