



Client Birth Story

This is a truly amazing birth story shared by Hayley and Edd. An unplanned homebirth due to a very quick labour. The baby was delivered calmly by Dad and a friend at home without any medical professionals.

It was about 11pm and I started to get some tightening sensations which I just assumed were practice surges so I took myself off to bed. At 12am I thought that I needed to go to toilet however when I got up I realised that things had started for real. I started using my calm breathing straight away – I used 2 in and 4 out as it worked the best for me. As the surges came I slowed my breathing right down and really focused on making each surge count. I used my birthing ball but soon felt like I wanted to get in the bath to relax more.

At 1.15am we called our friend Terri (who just so happens was our HypnoBirthing practitioner too!) saying not to rush but we think things are well on their way and asked her to head over and look after our 2 older boys whilst we head to the birthing centre. I ran myself a bath but soon found that my surges were too close together for me to enjoy it. I got out and stood bent over on the sink – at this point it was quite handy as I was experiencing quite a bit of sickness.

Terri got there at 1.35am - the house was in silence, I was in the bathroom, in darkness, with my Rainbow Relaxation playing, standing/leaning on the sink and swaying - so calm and controlled as at that point in my mind I still had loads of time.

After about 10 minutes Terri had been timing my surges and commented on how close together they were. My husband Edd thought it was a good idea to call the midwife and get some advice as things had progressed very quickly and we were unsure if we would make the journey.

I continued with my breathing techniques and found a comfortable position on all fours on the bathroom floor. The next thing I felt was an extremely intense bearing down feeling so I said to Terri "I think the baby's coming". I was still totally calm and quiet. Edd decided we should call for an ambulance, not to take me to hospital, but for back up as it became obvious that we weren't going anywhere now and the baby was going to be born at home!

Poor Edd was on the phone to the ambulance in one ear and to the midwife on another phone in the other ear! He was really calm too which helped me so much. At this point I think I was still in a bit of disbelief that the baby was actually coming as I said that I'd feel bad if the ambulance turned up but I'd wasted their time! However Terri was in the bathroom with me and she had a look and said she could see the baby's head starting to emerge! I let out an uncontrollable grown type sound which I knew was my natural expulsive reflex kicking in – my body was doing everything automatically – all I was doing was breathing and staying as calm and relaxed as possible.

I repeated "the baby's coming now" and with that his head slowly emerged. Edd was by my side on the floor at this point telling me how well I was doing and Terri was at the business end ready with a folded up towel watching the baby slowly and gently emerge. Edd supported the towel as the baby gently came out on it and then passed the baby up through my legs.

We think the baby came out at 2.05am which is a rough estimate as we all forgot to look at the exact time when he was born. He let out a little noise to tell us he was ok and then quickly settled in my arms – he was so chilled.

The paramedics tuned up about 5 minutes later. They gave him a quick check over without taken him from my skin to skin hold which was great practice and I was really impressed with them. I delivered her placenta shortly after whilst baby's cord was still attached. The paramedics cut the cord once it stopped pulsating - again the paramedic knew all about this which was great.

10 minutes later the midwife turned up. She was brilliant too. She did all the checks on the baby and on me (due to how slowly and controlled his birth was and the fact that I learnt the Perinal massage technique during the HypnoBirthing session I didn't have even the slightest tear which was amazing). Within an hour or so I was bathed, dressed in my Pajama's and snuggled in bed with my baby. He started to breastfeed like a champ about 3 hours later when he was ready.

We were and still are completely stunned, shocked and over the moon. And to top it all off both older brothers (3 and 1 year old) woke up moments after the birth and we went and got them out of their beds to meet their new brother!

Our HypnoBirthing course, along with our positive attitude towards birth was invaluable. We would have never have planned a home birth but when it happened we were so happy. Having a supportive and informed birth partner makes such a difference too. I was lucky enough to have 2 totally calm and in control people with me.