



Client Birth Story

When you're so chilled about being in labour that you make sure you finish your roast dinner before heading to the birth centre! This amazing birth story is written by Jenna, reminding us that baby's have their own time frame and will arrive when they are ready, but if you prepare yourself in all the right ways it doesn't matter when they decide to make their appearance!

"It was 4am when my waters broke, it was also 16 days before my due date but I didn't panic; I didn't even wake my husband. I felt relaxed and happy in the knowledge of what was happening to me and slipped back into bed thinking we could both probably do with the rest as it would be the last night in the household with just the two of us. We slept until 8am and on awaking I told my husband (much to his surprise and delight) the news. We spent the day pottering around the house, I decided not to inform the rest of my family that I had gone into labour because I was aware that it could last any number of hours and I didn't want the fuss, equally I didn't inform the midwife that my waters had broken because I didn't want to be induced if my baby took longer to arrive than 'they' wanted it to. So we quietly pottered on listening to my body whilst doing so.

I calmly breathed through all my contractions and being a Sunday we went to my parents house for a roast dinner as planned at 5pm. I still didn't tell them on arrival, just wanting to carry on quietly without any unwanted fuss, breathing through my surges as and when they came and I managed to get half way through my roast dinner before I broke the news to the excited grandparents to be.

I decided to finish my roast dinner before calling the hospital because I figured I might need the energy not knowing how long my labour was going to last or when my next meal would be. I then called the hospital to inform them that I was having 3 contractions every 10 minutes but they didn't quite seem to take me seriously, I guessed it was because I wasn't panicking or causing a fuss....why would I be? I knew what was happening to my body, I was well informed as to what to expect....they asked if it was my first child to which I responded "yes"....and then they told me to stay at home because it didn't seem like I was ready to give birth anytime soon!! But I knew what I was feeling and I knew my contractions were getting closer so I pulled out my trump card "my waters broke at 4am this morning....." to which they asked me if I had been seen by a midwife since then, which I hadn't, so they then requested that I came in to the hospital to get checked out but they would more than likely send me home....."Thank you" I said smugly "see you soon".

On arriving to the hospital half an hour later I walked to the reception and spoke to a lady who I informed I was having very frequent contractions and that I was practising hypnobirthing, it seems she also didn't consider I was needed to be looked at with any real form of urgency and directed me to take a seat or lie down in a little room and someone would be in to see me shortly.....I was left for quite a while.....I couldn't bring myself to sit or lie down, I felt more comfortable standing. It was a nice peaceful room though and I relaxed and breathed calmly

through the surges which were getting increasingly intense but still felt manageable; although the final couple before the nurse arrived did bring me lowering myself to my knees to deal with them.

The nurse came in and asked if she could check how dilated I was, this wasn't part of my birthing plan, I hadn't intended to find out because I had previously figured that however dilated I was would be irrelevant information because my baby would arrive when they were ready but seeing as nobody seemed to believe I was anywhere near having a child I let her check. "Oh! You're 7cms already! Hmmm, we better get the bath run for you because it takes 20 minutes to fill...." she then stated that I was one of the calmest mothers to be that she had seen in nearly 10 years....finally, I was being taken seriously, phew!

Up the stairs they 'walked' me and into a wonderfully calm birthing suite where I had nearly a full tub of warm water waiting for me. Having arrived at the hospital at 18:30 I slipped into the tub at 19:35 and gave birth to our beautiful baby at 20:11. I had no gas or air, to be honest I was so busy focussing and relaxing and feeling what was happening to my body whilst understanding what stage I was at all the while, that I totally forgot that I could have drug assistance to help me through.

Our baby was born into water and brought calmly into the world without barely a cry. I held our child close to my chest and without guidance or encouragement they began to nurse from me almost immediately. Five minutes had passed with my husband on the outside of the bath along side me, adoringly cradling us both, when he thought to ask me if we had a son or a daughter? In the joy of the moment we had completely forgotten to check....we looked to the midwife and she also shrugged her shoulders.....on closer inspection we discovered we had a beautiful baby girl, Annie, welcome to the World.

When talking to people over the next few days about our birth, I kept finding myself saying we were so "lucky" because everything had gone so smoothly....and it wasn't until a few days after when speaking to Terri I realised that the success of our birth wasn't entirely down to luck, it was mainly due to the preparations we had done to give us the best chance of having the birth we hoped for, with a little bit of luck mixed in. I thanked Terri at the time, saying that it was thanks to her that we had had such an amazing birth, to which she responded she had merely given us the tools to do so, we had made it happen. So true!

Any pregnant woman I pass by without mentioning hypnobirthing to I feel like I'm doing an injustice to. This is something we should ALL know about so we can all have the 'tools' required to have a really positive birthing experience. Spread the word one and all!!"