



Client Testimonial and Birth Story

The birth of my second son was beautifully calm and supported I am forever grateful for the information, advice and nurturing I got from Terri as our hypnobirthing instructor and doula.

My waters broke around 7am and my surges followed about 30 minutes later. My mother took my 3 year old and my husband and we went to a hotel overlooking Fistral beach for a drink to enjoy the sea view and relax. During that time my surges became stronger but irregular so we went to the shops to make a nice vegan big breakfast 😊 After breakfast we prepared the room I was giving birth in, my husband set up the pool and I got my music together and essential oils.

Later that morning as I felt things would take much longer to progress we decided to take my son out for a bit so he wasn't stuck in the house all day. Not long after going out my surges got stronger and closer together. I had been in contact with Terri throughout, she had been tremendous support answering all the questions we had helping us to feel calm and excited. Terri arrived a little while after we got home and while my husband hurried to fill the pool she supported me through my surges which took the pressure off my husband to get on with the practical things and look after our son.

The midwife was contacted and I was keen for the pool to be ready as I felt we would soon be meeting our baby. Once I could get in the water it felt amazing and Terri and my husband took it in turns to help me be in the best position to birth my baby. My son was with us but mostly in a different room but was able to be apart of it as much as he wanted.

The midwives arrived and I breathed out my baby 20 minutes later. I didn't get the same experience with my first son and couldn't believe how you truly do work with your body and breath. Every exhale felt amazing and powerful and when my son was in my arms he was calm. Given the right knowledge the experience is nothing like you are brought up to believe.

Every woman needs the support of a Doula, they are worth their weight in gold! Terri was there for me and my husband every step of the way and truly made our birth experience what it was. My husband is

as grateful as I was to have her with us and felt we were truly lucky to have met her. He was able to take care of our son and the things I needed him to do knowing I was in great care and not feeling the pressure to be everywhere at once which kept him calm thus keeping me calm. I also really appreciated the nurturing gentleness of having another women supporting me and cheering me on. She was very discreet too! Taking pictures throughout and I didn't notice one single picture! Until she sent me an amazing video of them a few days later which was a beautiful surprise. I would recommend everyone able to have Terri's support do because it is invaluable.