



Hi Lyn

I just want to say a huge thank you for all your love and support in helping to bring our baby into the world in a calm, safe and natural way. After an amazing 5 hour labour (which is what I asked for☺) Elijah George Walsh arrived at home in a birthing pool at 8.30pm on 18/6/12. I can honestly say that up to 8cm I was very comfortable and was sat/ laid on the settee eating carrot sticks and watching a movie. At 8cm I decided to get into the pool as the surges were getting a bit more intense, however I think I only had about 3 more surges then I knew I was ready to start with the J breathing. The midwife arrived when I was 8cm I think she was shocked when she examined me as judging by how clam I was I'm not sure she realized how far along I was, she then urgently phoned the second midwife to get her here in time for the delivery as she realized baby Walsh was about to make it's entrance into the world.

I found concentrating on the breathing really helped keep me comfortable during the surges and Simon counted for me with his hand on my bump to ensure that I was directing the breath downward and therefore maximizing the surges. It was heaven when I got into the pool as I found the warm water was a natural relaxant. The midwife was brilliant she stayed in the background and just let Simon and I get on and do our thing, Simon explained we were a hypnobirthing couple when she arrived and although she had never seen one before she was very respectful of our wishes. She was also instrumental at getting me to do the whole delivery naturally, after an hour of beautiful feeding and bonding once Elijah had arrived my placenta still hadn't delivered and instead of giving me the injection which I was toying with she got me up and about which worked and 5 minutes later the placenta was out as well! The midwife commented that it was the calmest birth she had ever been to and on subsequent visits from midwives they all asked about hypnobirthing as they had been told what an amazing birth experience it was!

I also want to thank you for your help in turning Elijah into the right position for delivery, he really is such a clever boy and I knew once he had turned from being back to back into the optimal birth position it wouldn't be long before I'd be able to meet him.

I rave about hypnobirthing to anyone who asks me about my birth, after my first delivery this was such a positive experience, I even had someone come up to me at a childrens party and say – you're the one who had the amazing birth!