

TRACARAS'

BIRTH

EXPERIENCE

Having had an induced labour and difficult birth the first time, I was determined to have a wonderful experience with the second child. I hired a Doula with hypnobirthing skills - Suzanne, a very special lady. On 21/3/2007 at 4am I awoke having mild surges, slept for awhile longer and then awoke my husband and Mother, saying this is it - it is "baby time". I rang my Doula and left her a message, then rung the hospital Addenbrookes - 'The Rosie' - they told us to wait until the contractions were 3-5 minutes apart coming regularly for an hour. After dropping off my 5 year old son at a neighbours house, we made the 35 minute trip to the hospital in Cambridge arriving at 7am.

I was taken into a room and introduced to my midwife who would attend the birth. At 9am I allowed the midwife to examine me, she said I was 6cm dilated therefore the actual labour time had begun.

My Mother had dimmed the lights, closed the curtains, and was playing my favourite ocean CD, she was getting me into a calm relaxed state by using the hypno-birthing techniques that my Doula had taught us, one weekend, a month ago.

Mum & I had ~~had~~ practised these techniques every day for 40 mins for 4 weeks, so my mind was well conditioned and I relaxed easily into my birthing body.

My husband gently stroking my hands, arms and back, during each contraction, then giving me sips of water through a flexi straw. Suzanne, arrived at 11am and commenced massaging my legs with geranium/lavender scented essential oils.

The midwife had often asked to examine me to check the dilation - totally empowered and in control of this situation each time I replied, "no thanks I'm fine". So then the midwife would take my blood pressure and doppler the baby's heart beat, each time she was so surprised at how relaxed and normal my baby and I were. I drifted

off to sleep at one point, and had lost <sup>(3)</sup>  
all sense of time, with the hypno-birthing  
technique of "time distortion." My favourite  
hypno-birth technique-visualisation was of  
a beach and being sprayed by each  
"rainbow colour-mist," and also the  
"silver glove." My mouth and hands were  
so relaxed, no grimacing or clenching,  
as each surge rippled through my body  
I was literally breathing my baby down.  
At the 2nd stage of labour at about 1pm  
I told my Doula that although I felt  
relaxed, my pelvic area was tightening  
with each surge, so Suzanne gave  
me a bum-wobble which helped a lot  
and then I climbed onto the bed  
on my knees in prone position, <sup>swaying my hips</sup> my  
legs wide apart, using the "J breathe"  
and then just at the right moment  
Suzanne speaking with confidence  
quietly in a low voice told me  
I could do it — it is time, just let go!

At 2pm, <sup>and with</sup> ~~the~~ I did, ~~at~~ the next surge, then a puff, puff, puff, the baby's head came out. Suzanne on my left, my husband on my right, the midwife ready to catch baby assisted by opening the intact membrane over baby's head.

My Mum with the camera capturing every precious moment of the birth.

Then with the next surge the baby's body came out in a gush of the waters, My husband helped me turn around to lay in the semi upright position on my back. The midwife handed my child to me, placing her on my stomach. My husband helped to lift her to my chest and with such happy tears I announced to all "IT'S A GIRL", Oh Thankyou We've got a little girl. A short while later, my husband cut the umbilical chord. We all shared in this euphoric moment, such a blessing.

My little girl weighed 9lb 5ozs, a beautiful Spring baby.

Suzanne had advised me to do daily perineal massage with evening primrose oil and I truly believe that because of this I received no tears.

Within moments of birth, lying on my chest, my baby lifted her head and we gazed into each others eyes. She appeared so alert and when shown my nipple - latched on straight away.

She is truly a calm and content little baby.

Birth Blessing.

(Bless me Mother for I am your child)  
SELF-PRAYER.

Oh Gracious Mother  
Bless this child

Blessed be her eyes that she may see your path

Blessed be her nose that she may breathe your essence

Blessed be her ears that she may hear your sounds

Blessed be her mouth that she may speak of you

Blessed be her chest that she be faithful in her work

Blessed be her womb (loins) that bring forth the lives of women & men, as you have brought forth all creation. BLESSED BE.

BEFORE



Swish Swish Swish

You are a little fish

Swimming in the waters

Baby son or daughter

Growing as you oughta

And birthing very soon

I wish wish wish

By the full moon

to meet you my darling

very very soon.

NOW

same

little granddaughter

Were glad you came  
so soon

to see you my darling