# Emma’s Birth Story

Baby no.2 had a tough act to follow from my first born: fab pregnancy, born on his due date & an amazing positive labour. I wanted to ensure I had another positive experience & hypnobirthing had come highly recommended to me. I had seen lots of Leanne’s online presence & loved her approachable, kind nature so we invested in her course – over Zoom due to Covid!

My husband, Luke, was sceptical but we both really enjoyed the courses, they were concise, to the point and made sense. Leanne was amazing at explaining each stage and applying each bit to our specific pregnancy.
I planned a home birth, knowing we had a quick and positive experience with my first born I felt confident that home was the best place for us. Our care with the homebirth team was fantastic!

The day before my due date Eddie stopped moving. Completely. He was usually so active that we felt I should go and get him checked. Movement was fine and heart rate was fine, but the doctor was keen to get things moving. They recommended a sweep; I was really against this primarily as I was planning everything to be so natural. However, with reduced movement and my due date looming I decided to have the sweep and come home. Leanne was right at the end of the phone for me during this decision-making process, she was so helpful, reminded me of my choices and supported me.
The next day I had a phone call from the consultant at burton hospital who felt that a term baby with reduced movements was risky and advised that I should be induced.
My world fell apart. I had made a plan. I home birth plan. This wasn’t part of my plan. I was emotional. Tired. Gutted.
I knew deep down they were right: I had zero movements and baby wasn’t reacting to cold drinks, bouncing on my ball etc all the things he would have reacted to previously! Again, Leanne was there for us 100%, reminding us of our options. Asking questions, we didn’t think to ask. And supporting us 100%!

I went to Burton Hospital around 1pm & had a real in-depth chat with the midwife there who was really understanding. I had Pro-press at 3pm, Luke was sent home at 6.30 and I was put onto the postnatal ward. I was so exhausted, crying and so gutted my homebirth was out of the window. But I knew I needed to find my place of relaxation, so I put on my positive birth affirmations and relaxation tracks and tried to relax. Literally minutes later i was having contractions - 90seconds apart and lasting 30-40seconds. BOOM! I focused on my up breathing and staying calm and was moved to delivery at 7.30! Poor Luke just made it home when I text him to come back - quick!

I remembered my UFO birthing positions and stood lent over the bed for the most part of my labour. I used the gas and air alongside my up breathing - focusing on each individual contraction and visualising what was happening to my body with each contraction really helped to keep me focused.
The midwife burst my waters at 4cm to try and regulate my contractions as they were so strong but it just made everything happen so much quicker!
I was struggling to stay focused at this point - but Luke was really good making sure my tracks were on, he was asking me what I wanted or needed, being positive, smiling and knowing how informed he was I felt safer!

Eddie was back to back so the midwifes helped me to get into a sitting position holding my legs - I wasn’t pushing for very long before he literally shot out at 22.45 weighing 7lbs 6oz! I trusted that my body would do its job, I knew my breathing techniques would work and I felt in control as Eddie was born. I can honestly say that staying focused on my breathing and what I wanted my body to do took my attention away from the pain - Eddie was born into a calm, controlled environment. No screaming, shouting or panicked vibes - it was magic!

He was put straight onto my chest for skin to skin and had delayed cord clamping and natural delivery of the placenta as we had planned.
My birth was nothing like I had planned but I still feel like I had a positive birth experience and i can honestly say hypnobirthing made it so much easier, I felt in control and supported for the whole journey.

Forget epidurals, gas and air & your standard pain relief - hypnobirthing is what you need!!!