



## **Claire's homebirth/hypnobirthing/water birth story**

**4 days past my due date, and 2 weeks of pre labour pains, passed. I was fed up. To keep my spirits up. I booked in things to do to pass the time- nice meals out, weekly massages. (I didn't get to my pregnancy massage booked for 23rd!)**

**I woke at 2am on Thursday 22nd with surges every 5-6 minutes lasting 45 seconds. I woke Tom at 6am, excited that we would be soon meeting our baby!**

**So, the day passed, we watched TV, went to M&S to buy some post birth treats, and nothing changed. The surges stayed the same, no stronger no weaker. At 2pm I was sobbing and so fed up. It had been hours and nothing had changed.**

**Tom took over. He made our front room all lovely with closed curtains, favourite songs play list, our hypnobirthing tracks, and a nice smelly candle. He gave me a lovely massage with clary sage oil- and within the hour we were well on our way, strong surges coming every 3-4 mins.**

**My sister and daughter came round at about 5pm . They helped, rubbing my back, reminding me to be calm and breath while Tom was busy with the pool. My daughter put up some fairy lights and attached cards we had made with affirmations on.**

**By this time my surges were really ramping up and my tribal instincts took over- I wasn't humming, but making deep groaning noises. It felt right so I went with it.**

**I got in the pool at 5pm, and what a feeling! I felt a wonderful calm come over my whole body and I was able to rest in between surges. I was crying and telling everyone that this was the nicest place I had ever been in my life!**

**My hormones must have got flowing again because next thing transition hit, "I can't do it...I need a break". Because of the Hypnobirthing I knew what this was, and was excited- but couldn't stop the panic - thankfully Tom, my sister and Niamh were there to reassure me and help me to use the hypnobirthing techniques we had learnt together.**

**The midwife arrived at 7.00pm , and as she walked through the door she called for a second midwife, and told us it won't be long.**

**The second midwife arrived at 7.30pm. The surges at this point were relentless and tough. I started with an almighty urge to push, and went with what my body told me, and three mighty pushes later she was born in the water, I slowly lifter her out of the water. Tom announced that she was a girl!**

**She was calm, no crying- eyes open looking around at her new world. The room was dark, warm and calm. She was here.**

**Thanks so much for your help while we were pregnant, the hypnobirthing course and materials really helped.**

**Feel free to share this-we had such a positive experience. Thanks sooooo much again . We can't thank you enough.**

**From Claire, Tom , Niamh , and Olive xx**

**My thoughts:**

**What an amazing birth story! There are so many elements to this that make me a proud hypnobirthing teacher.**

**Claire did her research and found the best place for her to birth would be at home. Her research told her that birthing at home resulted in less intervention, less tearing, and resulted in a quicker birth, due to the fact that oxytocin (the hormone needed for your surges to get started and keep going.) flows when you are feeling most relaxed.**

**I love how Claire made her labour seem like it was going quicker by keeping busy in those early stages. Pottering about, picking up food, spending time with her friends etc. Sitting at home, clock watching, would have made her frustrations start up much sooner.**

**Tom did a great job of being “protector of the birth space”, by setting up the room to enhance Claire’s feelings of calm and safety with all the little things they discussed, as well as dimmed lights to make sure adrenalin never interrupted the birth process. Tom and her family also used massage to release extra endorphins-Claire’s natural pain relief and what a lovely bonding exercise to create the affirmations. A lovely way to include Olive’s soon to be big sister!**

**What a lovely moment, when Claire announced she was in the loveliest place she’d ever been!**

**She dealt with transition beautifully, staying calm and trusting her body and going with what felt right, which resulted in her little girl entering the world in a calm way ready for skin to skin and meeting her new mummy.**

**I am so happy for you guys, you did a great job!**

**Claire and Tom had a private course in their home, and it was an absolute pleasure to work with them and have their huge dog sitting on my lap during most of our sessions!**

**Private course start from £240**

**You can do a private course in your home, (area dependant) in Mellor, face to face or on Zoom. In the day, evening or at the weekend.**

**You pick the days and times to suit you.**

**Olive Josephine Evans was born at home in water at 8.01pm 22nd August.**

