

Just dropping you a little line to let you know that we had our little boy, S J, on 9th September. I want you to know what a difference you made to my experience and how grateful I am to you for that. S's birth was everything I could have hoped for. It was hard, hard work, and there were points at which I doubted my strength to carry on. The positive affirmations you introduced us to were the things that kept me going.

After the [Natal Hypnotherapy] workshop, I did for the first time since then [previous birth], start to feel more optimistic and less fearful about labour.

To tell you a little about it: I stayed at home until about 6cms then went to labour ward at PAH. Used the pool until the actual delivery, which it had been agreed I would do out of the water because of the risk of shoulder dystocia. I didn't need any pain relief this time round, other than the pool. It was all very quick. I got to experience the pushing stage this time which was scary but pretty amazing. The midwife we had couldn't have been lovelier. She allowed us to stay in the room for hours after, ran me a bath in the birthing pool, brought me toast, S fed lots. He arrived at 2343 and I was home the following morning by 1100. All a very different experience to last time!

Jon did feel more involved and useful this time, I think because things didn't escalate out of our control. I think he was quite in awe of the whole thing! It was a really positive experience for him too.

It's left me feeling so passionate and positive about natural birth, even more so than before. I've also realised how passionately I feel about breastfeeding and being afforded the best chance of that being successful. It must feel special to play a part in helping people achieve that. Thank you again for all you did for us.

Hope this finds you well, and thank you once again.

Very very best wishes
Fiona.