

## **Sarah & Miles' Story of Lleyton's Birth**

Brief preamble on what drew us to Natal Hypnotherapy:

Due to an operation during my pregnancy I was labelled as "high risk" and had to take cortisol medication. As my due date came closer I began to question how I would be able to remain calm and allow my body to birth my baby naturally when I would have to take a high level of artificial cortisol.

I researched several different hypnobirthing companies and Natal Hypnotherapy, and easily decided that this approach sounded more comprehensive and would give us "tools" to use during labour.

Dear Zana and Barbara,

I just wanted to say thanks again for training us in August and to let you know of the arrival of our little baby boy who we've called Lleyton. He was born at 1:01pm on Wednesday 1st October (40weeks and 6 days) and weighed a healthy 8lb 1oz.

I had seen the consultant the week before and she had wanted to induce at 41 weeks but you had both given me the confidence to ask for monitoring between 41 and 42 weeks so that I could be treated "normally". We had agreed that I would have cortisol IV during the active stage of labour and Miles and I had been practising the positive affirmations Zana had written for me. We had been listening to the Effective Birth Preparation CD every day and had created a folder with our mind map and other resources so that Miles was very familiar with all the "tools" he could call on.

I started to have contractions at 5am on Tuesday 30th September about 8 -5 minutes apart. We spent the day together watching comedy films, baking a chocolate cake for the baby (!) and using the TENS machine during contractions. My waters broke at 1pm.

At 12 midnight we went to the hospital to be assessed to have the disappointing news that my cervix was thinning but was still far back and couldn't be reached. We were sent home to take some paracetamol and get some rest.

The contractions were very intense and I tried numerous positions and the visualisation techniques but finally gave in to going back to the hospital at 6am. I had another assessment on arrival and was 1cm dilated. I accepted an injection of diamorphine and the hospital found me a bed in the corner of the (empty) c-section recovery ward.

At 9am I felt the contractions returning and asked for another assessment where I was told I was 4cm dilated and that I needed to get up and move around. The Natal Hypnotherapy techniques really came into their own at this point. We had the relaxing birth music mp3 playing on the iPad and every time I had a contraction (now only 1-2minutes apart) Miles would put his hands on my upper and lower back, he was also able to use the script to focus me and helped me with my breathing.

About an hour later I had a strong urge to push and the midwife who kept popping in said that I would bruise my cervix and to focus on breathing. They kept saying they would get us a room upstairs in the labour ward but clearly they were very busy and we were finally transferred at about 11:30. I

was so grateful that Miles and I had had the training with you as we both felt so confident and rehearsed that labouring in the wrong place hadn't fazed either of us!

On examination in the labour ward I was told I was fully dilated and could push when I wanted to(!). We had an adrenaline spike in the room when, because of the cortisol IV cannula, they had put a monitoring strap on me (and unfortunately then confined me to the bed) and every time I had a contraction the monitor lost the baby's heartbeat. After the room filled with doctors to check the equipment they asked if they could put a clip monitor on baby's head. I was so grateful that Miles had embraced the training because although he couldn't make the room very baobab tree like, he was able to put on the adrenaline track from the Labour Companion and calmed the tension in the room down.

We then returned to the relaxing birth music CD and massage techniques as I pushed the baby out. Lleyton didn't cry on his arrival in the world and as he laid on my chest (skin to skin) he just gazed at me for about 20 minutes and scored a 9/10 on the apgar test. I do believe our calm demeanour influenced his calm arrival to the world and can wholly credit this to our confidence and preparedness through having hypnotherapy training.

Although I laboured in the wrong place and we didn't get access to the birthing pool, I had an extremely positive and enjoyable birth experience and we both felt equipped to deal with the issues thrown at us because of our confidence that had developed by learning so many fantastic techniques.

Thanks again for all your support and advice re supervisor of midwives etc.

We have an extremely calm and relaxed baby who continues to enjoy listening to the relaxing birth mp3 at bedtime!

Keep up the good work,

Thanks again,

Sarah and Miles

