

Macsen's birth story – from Katie and Ceri

Dear Zana

As I write this email one handed, Macsen (my little boy who is 3 weeks old) has just fallen asleep in my arms...

I did say I'd get in touch after everything and let you know how it all went – this is an email to say a massive Thank You. Because of you and Natal Hypnotherapy I had a fantastic first birth experience that I will remember for all the right reasons. I went into labour two days before my due date, and had a long latent phase that lasted 3 full days. The techniques kept me calm, and I had an acceptance of 'what will be, will be' so it didn't bother me that things were taking a while. The hypnobirthing really did distort time for me and made my labour seem shorter than it was.

I also think the course gave me the confidence to write a birth plan that really outlined what I wanted from the experience; and once in hospital, the midwives stuck to the plan as faithfully as they could. Myself and the midwife can't believe that I managed to get to being fully dilated on the techniques, a TENS machine and a little bit of Gas and Air. I then got in the birthing pool, but I was so relaxed that my contractions slowed right down. In the end after getting out and wandering around for a bit, the midwife said they'd need to get things moving (Macsen was crowning at this point, but I'd run out of steam!) so I was put on the Syntocinon drip to get things moving again. I had one contraction and then he had arrived! Even at the end, the techniques kept me so relaxed and I was completely accepting of having to have a bit of help right at the end. Ceri also helped me immensely through the most powerful contractions by breathing with me and keeping me calm.

The biggest thing I think is that the course took away the fear of giving birth, and rather than dreading the approaching event, I had a calm acceptance that my body would get on with the job in hand (which, on the whole, it did!)

I then spent a few days in Ashurst benefitting from the support there (absolutely excellent facility).

So thank you again for such an excellent course and I hope more women benefit from hypnobirthing in the future.

Best wishes
Katie