

Zana saw Izabela for a private 2-hour antenatal session on a Thursday morning to help her with breathing and relaxation techniques for labour. Izabela was feeling pressured into accepting intervention she didn't want, in labour ward which she didn't want, for her second birth (due date in 4 days!) and was scared of feeling like she had in her first birth 6 years previously. She was hoping that breathing and relaxation would help her feel calmer and better able to cope, but when they met Izabela also talked to Zana about her concerns. Her first birth had involved a synthetic hormone drip (syntocinon), an epidural, instrumental birth and a partial retained placenta and she had felt scared, not listened to and out of control.

This is what happened after Zana's visit...

You will not believe my story :) which I believe you are a huge positive part of x

After you left on Thursday I started having contractions. Again, they were very irregular, all over the place. But they were stronger than previous so I called my husband to come home as I thought I may not be able to pick up my daughter from school. In the meantime I made up my mind about staying at home for the birth and I shared my thoughts with Andrew as soon as he arrived. He was not happy (more scared) but promised he will support me.

The contractions were gone by 3:45pm. I was tired so I went upstairs and fell asleep.

Got up around 5:30pm prepared supper for Emilia, helped her with a bath and tucked her in bed. I had something small to eat and went back to bed.

At 9:30pm contractions woke me up. I was not sure if I should measure them ... so many false signals incl those every 3 min. I thought I'll wait for a bit and see what will happen. I ran a bath but realised the contractions are very close to each other. I asked Andrew to call the hospital. Contractions were less than 2 min apart and very powerful. I did my breathing exercises all the time. Shoulders down, fingers loose. The lady from the hospital told us to get in a car and get to the hospital right now. I refused. She was extremely unhappy. She sent ambulance our way to get me to the hospital. She said there are no midwives to send to me. She was on the phone the whole time hearing my contractions and trying to guide me. I got stressed. I asked my friend to come over to look after my daughter in case they made me go.

By the time ambulance arrived I was on the bathroom floor, kneeling and holding the bath. The two paramedic ladies said they have to take me to the hospital. I refused. The paramedics 100% accepted my decision and told the lady on the phone we were not going. I knew my baby was coming. It was too stressful to get now anywhere, even to a different room, not to mention hospital. They confirmed the midwives were 15min away. I felt I may not last that long.

They gave me gas and air. I felt dizzy but could control my breath better. I felt my baby moving down. I thought I can feel her head between my legs. Midwives arrived. One of them sat next to me on the toilet and repeated like a mantra, "You have to go to the hospital!" I asked if we can first deliver this baby safely and then we will go? She said no we have to go asap. So I asked her to check

if the baby head is showing?? I think it was a shocker and wake up call. The top of the head was there!! I heard how fast and smooth they started preparing everything for delivery. No more arguments!

They just managed to get a lot of towels on the floor and with me holding onto the bath and taking gas and air, I delivered my baby girl with one of the breaths. They said later I breathed her out (not pushed) ☺ 11:10pm Thursday 10th May 2018, Lidia Iris xx

She was small and beautiful. I held her with the biggest smile and the happiest thoughts ever. I made it! It was all fine! My child was there with me, squeaking, nice, healthy and pink. I will never forget this feeling!

We moved to the bedroom.

The placenta was also beautifully delivered in one piece, within the right time! I did not realise it was so big! No injection needed!

Blood samples for the thyroid were taken with no problem from the placenta after 1 hour, and a 2 minutes cord clamping delay! It shows it did not have to be done from the cord at all!

Lidia started feeding without any waiting. She was feeding nicely for over an hour. And the midwives were patiently waiting. To be honest I was not 100% happy with taking my sleeping baby, waking her up to dress her and do some measurements. But I thought this is hopefully the smallest damage they can do with their 'procedures'.



Then they finished the procedures and they were off after 2am.

So the fear machine of the health system was all wrong!!
Woman intuition (nature) was right!!

I thought I would share this with you in case if you ever need such an example, but also to thank you for coming that morning and filling my heart and soul back with positive attitude and helping me to fight some of these horrible fears I was fed with over past few weeks (months).

Please excuse all the mistakes. My English is far from good. But I hope you understand it all.

If you are ever around please come over to see us. No need for notice or invitation. You are always welcome.

Sending you the biggest kiss and hug ever,
Iza and Lidia
XOXO

