

## Tim's story of Toby's birth



Jo and Tim decided to take the WOW! Hypnobirthing course run by Zana to help Jo feel calmer and more positive about labour and birth and to give her skills to help her cope with pain and tiredness. Tim hoped that hypnobirthing would help him feel more confident in clinical environments as he was worried about his tendency to faint and wanted to feel sure as possible of being a supportive and capable birth partner.

After the course, Jo and Tim continued to practise all the techniques they had learnt and they listened regularly to their WOW! Hypnobirthing downloads, so when Jo's labour was induced they knew exactly what to do to help them both cope at every stage of the pathway that unfolded.

### **This is their birth story from Tim's point of view...**

"I wanted to let you know that Joanna gave birth to our son, Toby Charles on the 23rd September. Jo and Toby are both doing well and he was a healthy 8lb 7oz.

I also wanted to say a big thank you to you; the hypnobirthing techniques you taught us were invaluable. Jo was induced, and during the early stages of the induction we used a lot of the massages and breathing exercises with the hypno music track playing. Jo also listened to the birth rehearsal hypnosis track.

Jo's contractions became much more powerful when she went onto the syntocinon drip. We used "3, 2, 1, release" more in this stage. Jo opted for an epidural after a few hours when it became apparent that the induction was likely to be a long process. You may remember that one of my greatest fears was not being able to fully support Jo at all stages of the labour because clinical



procedures often make me feel faint. I was able to use “3,2,1 release” and focussed on my breathing to keep myself calm and stay with Jo while she had the epidural.

After 24 hours of being induced, things weren’t progressing so we considered options and decided that a c-section would be the best way forward. Throughout the pregnancy I had been prepping Jo that I didn’t think I would be able to be in the room if she needed a c-section. When the time came, I was determined that I would do everything I could to stay by her side and to see our son be born. I used hypnosis while they prepped Jo for theatre to get myself relaxed and ready. In theatre, I was able to stay with Jo the entire time and had no feelings of being faint. I was able to focus on Jo the whole time and we used “3, 2, 1, release” to keep both of us as relaxed and calm as possible.

Toby was delivered and handed to us by the midwife for some skin-on-skin bonding time with both of us. These were precious moments that I am sure I would have missed had it not been for the WOW! Hypnobirthing course and I am eternally grateful to you for this.

Jo has been getting excellent support with breast feeding and I’m looking forward to bringing them both home tomorrow.

I hope everything is well with you and you have lots of people doing the course. We will be sure to recommend you to others.”

