

## My Hypnobirthing birth story

Yvonne and Sam attended HypnoBirthing classes with Justina O'Leary, [www.simplybirthing.org](http://www.simplybirthing.org) 01753 859120 / 07808 159531.

I had been having period type pains for 3 nights running just lasting 3 - 4 hrs in the middle of the night, nothing major but enough to sometimes keep me awake so i used my breathing techniques and usually fell asleep! On the 4th day the period type ache returned at about 4pm in the afternoon. By 5pm they were coming more frequently so i put on my tens machine and rang my husband. He returned home at about 6ish and tried to explain to me that he didn't think that Braxton hicks come every minute or so and last 90 seconds but i was convinced i was still not in labour but agreed to call our birth support partner. She got to us by 7.30pm and by this time i had had a show and finally believed i was in labour. The surges were now coming every minute but i was still coping well. There did not seem like there was a rest in between surges but with my breathing and my CD on i was coping well until i felt one of the surges and turned to the birth support and said 'if this is only early labour that was uncomfortable and i don't think i can cope without drugs, i am not in the zone and i don't think the hypnobirthing will work!!' she explained to me that we would wait for the next surge to end then she would help me relax again because i had been doing so well. I then didn't have another surge for a few minutes then i felt the urge to push! She turned to my husband and told him to ring the hospital and the birth was very close. I had to pant most of the way there in the back of the car but made it in time and our beautiful baby boy Willem Max was born with 3 mins to spare, the down side was i didn't get the pool because they couldn't fill it up quick enough!

I enjoyed every part of my labour and because i laboured without any drug's, my baby was so alert when he was born. I laboured mostly at home where i was very relaxed, so relaxed i had convinced myself it wasn't labour! I was able to bond with Willem so quickly and because my labour was so quick i wasn't tired and was having a glass of champagne with my husband only 1 hour later.

I think maybe i am one of these rare women or some might say i am mad that i would love to go through my labour all over again because it was the most amazing experience! I am so glad that by learning the hypnobirthing techniques it made my experience of birth so amazing.

Yvonne and Sam Murphy