

Mother Who Was Told She Had a Big Baby

I just thought I would send a quick note and tell you about the birth of our baby boy. He came to us on 30th March, 2 weeks early, weighing 3.7kg and measuring 54 cm!

We had an amazing birthing experience. My waters broke at 4.30am on Sunday morning of 30th March. We went to hospital at the recommendation of our midwife who did all the routine checks and sent us home to wait for further developments.

My surges started at 2.30pm and he was born at 6pm the same evening, so all in a 3.5 hour amazing labour. I can't stress enough how helpful the hypnobirthing course was for us. We used the breathing, relaxation and visualisation techniques throughout and it really worked for us.

By the time we came to hospital at 5pm I was already fully dilated, the midwife couldn't believe that we had to move straight into the second stage! Apart from a few puffs on the gas and air I had a completely drug free labour and with the help of hypnobirthing techniques a great and positive experience. I would also like to stress how important it was that my husband was there for me as my birthing partner. He prompted and reminded me of the plan just at the right moments and we really worked as a team throughout the birthing experience. I really could not have done it without him.

So many thanks for a great course. I will definitely be recommending hypnobirthing and your course to my friends!

- Kinga