

## **Birth Story by Karenamanda.**

My first baby, Jasmine, was born last night at home in the pool with the aid of gas and air. It all hapenned very quickly. I was in active labour from 11pm till the birth at 2.30am. I was on complete automatic pilot and not with it at all so it felt like about 1 hr.

I was on dry land for most of it, on all fours and not really able to move far, using the gas and air and groaning very loudly. The contractions were one on top of the other and it was taking all my strength, I couldn't really talk but I could hear my mw guiding me through.

For the last 40mins I got into the pool (which my hubby had frantically filled. The tap and the hose didn't fit so he used kettles and hot water on the hob! I was completely unaware of this.) The contractions were still very powerful and I was groaning in a crescendo and ending in a scream (poor neighbours) but the water helped by giving me a bit of a break between contractions, which I wasn't getting on dry land.

Jasmine came out very quickly all in one go and surprised the midwife. (She was totally geared up for a 12 hr labour) I delivered the placenta naturally in the water with about 5 contractions (not so intense) and me pushing.

We all sat on the sofa afterwards to recover and breastfeed. I was feeling very dizzy and sore but otherwise ok.

MW checked me over after the birth and suspected that I had an internal tear ( I in quite a lot of pain down below) so we went to hopital but they decided it was just grazed and bruised so no stitches required. We returned home 12 noon, knackered but happy and with a very healthy little baby.