

Written by Rachelle Metcalf

I've been hesitant to write about my son's birth story publicly since it was not a "normal" birth by today's standards but I feel like women need to hear more empowering and positive birth stories so here it goes. I had such an incredible, relaxing, and comfortable birth thanks to using Hypnobabies (it's not as weird as you think it is--just a method for teaching yourself how to deeply relax). My husband and I chose to have a home birth this time around after having a negative experience in the hospital with the birth of our first. We didn't tell many people (including our own families) because we didn't want them to worry and we knew we had done our research and we felt strongly this was the right path for us. Starting on Monday, June 19th, I went into early labor but was still able to go about my daily tasks and was walking and talking through the contractions which continued into Tuesday. At around 11:30pm on Tuesday night, the contractions were still not terrible but I started to have the shakes in between contractions. At 12:45am I texted my midwife (she is a Certified Nurse Midwife and worked in the hospital for 10 years in Labor and Delivery) and I let her know my contractions were still not consistent (I would sometimes have as much as 20 minutes in between contractions) but I was getting the shakes in between them. She said she would come right over. She arrived at 1:30am and checked my cervix. I was fully expecting her to say I was dilated to a 3 (I was still not in any sort of pain! \*Thank You Hypnobabies\*) but she said I was dilated to an 8! I couldn't believe it! This picture was taken about 10 minutes after she told me that (notice I'm still smiling!) Shortly after that the contractions started getting more intense and closer together. I asked my midwife, "So is this what they call transition?" She said, "Yes, except you're still smiling!" Then I got into the birthing tub where I thought I was going to deliver the baby. I labored in there for a few hours and then decided I no longer wanted to be in the tub and went to the bed. Shortly after that I started pushing and 45 minutes later all 9 lbs 2 oz of our baby boy entered the world at 4:45am still in his unbroken amniotic sac. The midwife broke the sac and handed him over to me. He cried enough to let us know he was alive but was very content and quiet after that. From having a 28 hour labor that was very painful with my first, to a short 6 hour labor that was nearly pain free with my second, I was ecstatic! I am grateful for the decision we made to have a home birth that allowed me to be as comfortable as possible and that allowed me to move around however/wherever I wanted to. It was an incredible experience and I would definitely do it again!

Side note: Since my midwife is a CNM she came to our home equipped with most things you would have in a hospital, minus the epidural. She brought pitocin, IVs, oxygen, etc. just in case they needed to be administered. And the whole time our goal as a "birthing team" was to have a healthy baby, not a home birth. So I was always open minded to the possibility of needing to be transferred to the hospital but Hypnobabies allowed me to relax so much, the baby was never under stress according to his heartbeat, he was always happy as a clam during my contractions and I think it was due in large part because I was so relaxed.