

Hello,

Below is my homebirth story, I have had 2 hospital births before this one and both with midwife care, I knew my body and I was low risk, we decided to have our 3rd child at home to save a hospital bed and to be the comfort of our home as well as miss that hard transition of bringing a baby home to adjust with their siblings. We spent a time with our midwife to get to know her and I was very happy to not to have to get to hospital and have a midwife I didn't know like the previous 2 births. We paid for our own homebirth and would do in the future if homebirth with a midwife is still available, she brought everything with her and was fantastic!

Reflections of Evie's Birth

On September the 12th 2008, at 2.14am I awoke with what felt like a contraction, it came and went so I decided to lay there and see what happens, again at 2.17am it happened this time a little longer and painful, so I got up and went to the toilet. I tried to get back into bed but it was too painful, so I got up and walked around the house, the contractions happening every 3-4 minutes for about 45 seconds. At about 3.30, I thought I better wake Dan, by telling him he won't be going to work, who told me to get into bed and try and sleep, I got into bed but it was too painful. So got back up and pelvic rocked through a few contractions, still at 3 minutes apart, and still lasting 45 seconds. It was so cold in the house and the wind was blowing outside.

At about 4.30am I asked Dan if he could get up and just re-pump the pool, as it must have had a slow leak, which he did, while I rang our midwife, telling her they are still 3-4 minutes apart and don't rush, she was here just before 5am (without having a shower!, she knew!)lol. Spencer had woken at this point tried to go to the toilet and didn't make it, so Dan had to sort Spencer out, but it was good Spencer was up, and very excited, Dan made him help fill the pool. The cat jumped onto Darcy's bed so he was now awake, but not wanting to stay Dan rang his mum to get them both, and then got them dressed.

I started to feel hot, so took off my pj's and put on my birthing T-shirt (worn the same one with the boys too, it is an old t-shirt of my mum's). Went to the toilet before climbing in the pool, there was a little blood which we think was the mucus plug. Got into the pool, the midwife grabbed me a ice cold face washer, it was so nice to be in water, every contraction slowed down and I had time to focus and relax, Dan had put on the music which was a very clever selection when we think back over it, all the songs were so worth it, and played at exactly the right time.

Dan's parents came and got the boys, his mum came in to say hope all goes well, but I was to focus to respond. With the boys gone, I could feel that pressure in the bowel, and knew she was going to here very soon. With the next contractions, now about 6-7 minutes apart I started to push, and told the midwife I think she is coming, (but in my head I felt I hadn't been in labour long enough to push and it can't be happening yet) she said go with it. Dan decided to go to the toilet just as her head was about to come out, which did partly come out but went back in, the midwife called him to come quickly and as soon as he was back, I felt a contraction and pushed the waters broke and, the head popped out this time all in the one go, I felt her shoulders turn and with the next contraction I reached down to grab her as she came out, I pulled her above the water and onto my chest, she let out a loud cry. I said "Hello Evie". She was born at 6.26am, just as sunrise happened, we covered her in a towel and the midwife continue to pour water in the pool, I was so relieved and happy at how it all went, and how calm and easy it was, I had a quick look between her legs to make sure she was a girl, and yes

she was!

I still was waiting for the placenta, but felt I couldn't deliver it while holding Evie, as I had a bit of a back ache, so the Midwife gave Dan the clamp to clamp the cord and then he cut it. He got to have a cuddle while I waited for the next contraction to push out the placenta (which we are going to plant). All was healthy with that, so I got out, had a shower, sat down and gave Evie a cuddle and feed, and got to relax for a few hours on the couch with her, while Dan drained the pool, and the midwife did the paperwork.

The reason I stated about it being a windy day was, that a few week before I had a dream that she came out on a windy morning, with her hand next to her face, and dark hair, all of this happened, and helped me to stay focused and relaxed. I would highly recommend a homebirth to anyone, it is so worth it!

Please consider homebirth and homebirthing midwives in your thoughts as you prepare to pass this bill, I will be going to Canberra on the 7th of September with my husband and daughter to fight for the right to be able to homebirth in Australia, if not for me, but also for my daughter and future daughter-in-laws if they are able to have this choice.

Regards,
Roanna Gray.