

To whom it may concern,

I am a mother of two beautiful children. My first born was an emergency Caesar . I had planed to birth naturally, however my daughter was in breech position and even though I was given twenty four hours to try and deliver a natural breech , my daughter was not ready to come out , and we ended up having a caesar. I recognize that this saved her life and mine. It was a necessary operation.

However I found it very difficult to reconcile with the fact that I didn't give birth. My daughter was removed from my stomach and presented to me. This just did not feel right to my system. The trauma I experienced both emotionally and physically impacted on how I approached mothering. I love my daughter and breast fed on demand , and co slept, however I felt That everything was difficult for me, I hadn't yet had the experience of pushing a baby out of my vagina, and feeling like the most powerful woman alive. That was yet to come. Because I have had a Caesarian I can not birth at a birth centre because I am seen as high risk, therefor I can either birth in hospital or at home. I have done alot of research on this topic as it is close to my heart and I am well aware that it is very difficult to accomplish a natural birth in the hospital system after having a Caesar.

I met my midwife Helen Brown a month before i conceived my second child. She renewed the confidence in me that I could have a natural drug free birth. That I could have the basic right to feel my baby coming out , to experience a right of passage that is every woman's right. We worked together to help me achieve a natural birth. It was hard work, mainly emotionally believing that I could do it.

On the 25th of august 2009 I gave birth to my 9.4 pound son Noah within three hours of labour. This was a safe uncomplicated birth. during my pregnancy I was monitored closely and told how to make sure baby would be in an optimal position for a safe birth. This happened. During the labour I was monitored after every contraction. the midwives had a mini hospital set up and were prepared for any immediate problems. I have ambulance cover and also a back up booking at a near by hospital all pre- requisite for a planned home birth.

Having the home birth changed my life and has given me strength I didn't know I had. It makes breast feeding easier and the transition into mothering easier, because it is natural. I am angry and deeply upset that woman like my self might miss out on something so fundamental. I will be marching in september.

Thank you for your time in reading my story.

Lindy Spanger