

Hi Arlene & the Girls!!

Ava Mia Kellinger was born on Tues 8th at 8.12pm weighing 6lb 12oz after a start to finish labour of 28 mins!! The 'plan' was for a home water birth with my independent midwife – Mal & her co-midwife Amelia.

On Tues morning I had a few period-like cramps which didn't stop me getting on with my day but were quite irregular and not timeable. Mum popped in after work to help with Aimee and when Marc came home from work he asked her to stay and went to get Chinese for dinner.

Marc went to get the food and within a few mins I felt tremendous pressure in my bottom and thinking I was constipated took a magazine and went to the bathroom. After a couple of 'waves' of this pain I thought labour might be starting. Marc walked in at 7.45pm and I told him it was starting. I laid down on the couch and he called my midwife at 7.50pm. He just had time to put the TENS on which really helped me. We didn't have time to time any contraction but when I tried to speak to midwife she knew the baby was on the way (and later told me I was straight into Transition stage)! My waters broke at 8.05pm and I wanted to push but had to try and wait for my midwife!! (Not easy!!). Mal arrived at 8.08pm and after calming me down I 'breathed' the baby out after 2 contractions!!

We then put Ava to my breast and waited for the placenta to be born naturally (took an hour). Mal then helped me into the best bath in the world ever with Ava. It was lovely and calming.

It was an incredible experience to have Ava at home and very different to Aimee's birth (vontouse & nasty episiotomy). We had hoped for a water birth however as you can see there wasn't enough time to fill the pool – maybe next time ☺ !!

Points for the girls which I found invaluable:

- The breathing is just invaluable and focussing on the bubbles really helped
- Blowing on my fist really, really helped me stop panicking and gave me the focus I needed
- I actually gave birth over the birthing ball as I found this most comfortable
- Breastfeeding is hard (even second time around) however if it is something you are keen to do then get as much support as possible as you may need it.
- YOU CAN DO IT AND YOU WILL ☺

Thank you Arlene for all your help and support and looking forward to joining post-natal yoga & baby massage as soon as possible.

Good luck Girls!!

Love Rachel, Marc, Aimee & Ava xxx