



I knew after a birth that included Pitocin, not being able to get out of bed, an epidural, episiotomy, and a vacuum assist, I wanted the birth of my second baby to be VERY different. So in the months leading up to conceiving my second daughter I researched EVERYTHING and decided I wanted a home birth. After discussing it with my husband and sharing what I found to my delight he agreed! So I googled midwives in my area and up popped Big Valley Midwives. Fast

forward a few weeks later I was 5 weeks pregnant and we set up an interview with Lucinda. After answering our 2 pages of questions I had written down my husband and I looked at each other and hired her on the spot! Throughout my prenatal care my husband and daughter loved being included on almost every appointment and I loved that my husband and I were able to be in complete control of our care, it was very empowering! A few months later my due date came.....and went. After weeks of contractions that never got closer than 5 minutes apart, I was beyond frustrated! Finally at 41 weeks exactly I had bloody show. This baby was going to come!! So my husband and I cleaned up, set everything out and sent my daughter for a sleepover. I had some cramps



but no contractions so we decided to go to bed around 10pm. At 10:30 I started having contractions, they were 3 minutes apart lasting a minute but weren't very intense. I waited an hour and then woke up my husband, we timed them some more and they started to space out a little. Next thing I knew I became overwhelming tired, like drop dead in a coma kind of tired. I told my husband I wanted to sleep so back to bed we went. My contractions spaced out to about 7-12 minutes apart and I would sleep in between them. Then



all of a sudden at 3 AM things started to really pick up. I woke my husband again and we started timing them and they were 3 minutes apart but they were lasting a minute and 15 seconds and were getting more intense. At 4:00 AM we decided to call Lucinda and tell her to head over, along with our birth photographer and family that we wanted to be there. I decided to sit on my birth ball and lean my head

against the column in my living room. For some reason the cold on my forehead helped me feel anchored in some way, it helped me focus. I remember my husband slowly rubbing my back and helping me breathe thru each contraction. Just knowing he was right there was such a relief. We had taken a Bradley method course to prepare which is all about having your partner as your coach and he did such a great job! After a few contractions on the ball I told my husband he needed to fill the birth pool. Shortly after that Lucinda arrived sometime around 4:30 AM. She came in quietly while my family helped unload her equipment and sat on the floor next to me and started charting and taking my vitals in between contractions. Not long after that Maddy arrived as well, I was so happy they both made it! After a few more contractions I felt like I needed to change positions so I decided to lay my chest over the top of my ottoman while on my knees. Maybe 3 contractions later at 5:30 am I jumped up and said "Something popped!" and a huge gush came a few seconds later. Lucinda came over to



check the color of the water and all I could think was "It's really happening!!" Things intensified pretty quickly from there. I got into the pool which felt like absolute heaven on earth! I preferred to kneel at the edge and lay over the side leaning against my husband. We worked thru each contraction together and not long after that I started to cry thru a contraction. I knew I had just entered transition, I was almost done! My contractions intensified beyond belief and the only way I could get relax thru them was to

moan. I remember Maddy sitting right next to my side and quietly giving me suggestions between contractions. Her voice and manner was so calm and confident it helped reassure me that everything was going ok. All of a sudden I felt this incredible pressure as my baby started to come down into the birth canal, it was so intense unlike anything I have ever felt and my body just started pushing! This was the part that shocked me the most, with my first pushing was such a relief and took away all the pain. But this time the pressure was overwhelming and I felt the ring of fire. I started crying and saying "I'm scared, I can't do it!" over and over.

Everybody kept telling me I could do it and I was! But all I could think is these people are crazy, they don't understand....I really CAN'T do it, it's just not going to happen!!! At one point Lucinda kneeled down to my

level and asked if someone said a prayer if it would help. I immediately said YES! And asked my husband to pray. Before the next contraction hit Lucinda told me I could put my hands down there so I could feel if I was making any progress. I took her suggestion and couldn't figure out what I was feeling. I thought



her head wasn't crowning at all and thought if it's this intense and she's not even crowning yet, I am



going to break in half! After feeling around for a bit I realized that WAS her head and she was right there! 2 contractions later I yelled "I think her head is out!" Maddy went to take a look, and sure enough her head was out.....with her hand crossed over her face! Maddy told me to stand up and I jumped up! I thought maybe I was drowning the baby or something but after the fact I found out that she needed to pull her arm out so I could deliver the rest of her. I pushed her

out at 7:46 AM, standing up with Maddy holding the top of her and my husband catching her bottom. I quickly sat down and they put her on my chest and started drying her off. I looked down at my beautiful baby girl, I had done it! And she was so chunky!! 9lb 7oz and 21 ½ inches of total perfection 😊

Lucinda helped dry off Avery while Maddy helped me deliver the placenta. My placenta didn't completely detach with the first contraction so I had a big gush of blood into the birth pool. Maddy immediately gave me a shot of Pitocin in my thigh and my placenta came out on the next contraction. They helped me out of the pool and onto the bed so they could check me out. I got another shot of Pitocin on the bed just to be on the safe side and they saw I only had a small first degree tear, I didn't even need stitches!



The rest of the morning is something I will always remember fondly. I did skin to skin while my family made a huge breakfast and we all ate and talked. To be at home surrounded by family and be able to crawl into your own bed after giving birth was awesome! It was so intimate and comfortable, not cold and harsh like at the hospital. And my recovery was so easy! With my first birth it took weeks for me to feel like myself and to be able to get around comfortably. But this time I was up and around feeling AMAZING the next day! I wish more people would consider doing a home birth. It is so amazing how our bodies know what to do on their own to get that baby out. I loved how I was allowed to move around and do whatever I felt like doing. It really taught me how to listen to my body, something I will carry with me from now on. I can't thank Maddy and Lucinda enough for helping my husband and I achieve the birth we had envisioned. And my awesome birth photographer for capturing the beautiful pictures to preserve the memories!

