

Emma and Phil's Homebirth Experience

Hi we are Phil and Emma and we now have a beautiful baby boy called Freddie.
Here is our journey.

We started talking about having a baby a year before we decided to try as we were very settled and happy in our 4 year relationship. I expressed my interest in a home water birth at this time. We then planned to try for a baby a month before I got caught pregnant. We agreed not to find out the sex of the baby and to keep this a surprise.



It was initially my idea to have a home water birth as I had heard that it was very relaxed and a more intimate birth for both parents and baby. My Partner Phil was not impressed about the idea, therefore decided to take him to some home birthing groups in order for him to hear from other couples how they found it and felt about it.

I discussed this with our first midwife who then transferred us to the Jubilee Team who deals with the home births. We had a Jubilee Midwife. She was a lovely midwife and didn't take any chances when our little baby's heartbeat kept going missing and sent us up to Derriford to get monitored which reassured Phil that she wouldn't take any chances when it came to the birth as well.

Our first couple of classes went well and he was a little bit more interested in the idea of having the baby in the home we own but obviously was worried about everything and thought of all the problems that could happen.



We did some research beforehand and started to look at some birthing pools, I initially wanted to buy one and not rent one just so then I could keep it for any future babies we will have. I found one for sale which was brand new and brought it straight away. Seeing it in the flat made it more real and exciting for me.

A week before our little man was due Phil was apprehensive about having the baby at home and wanted me to consider going into hospital. I stuck to my original arrangement to have the baby at home and said if there were any signs something would go wrong then I'm confident that our midwife would not leave this to happen.

Day before our little baby was due I had my show but no pains just yet, a couple of hours later I was having contractions which I wasn't sure were real as they weren't that painful, and if anything made me incredibly excited. After Calling my midwife to get some advise she asked to monitor the times and also report back to her, couple of hours later I text her advising they were getting quicker and longer to which she advised she would come out to us, by this time I told Phil he should start doing the pool which I must say was very funny watching him.



Our midwife monitored me when she arrived and monitored me when I asked or she felt suitable to do so. I managed most of the pain with the tens machine before I got into the pool and started to progress further. She made Phil keep busy with maintaining the temperature of the pool and ensuring I had a drink and ate regularly. She explained all of the stages to us both and was always helpful when we had any questions.

Once the contractions were getting stronger and faster I started to feel the baby pushing down and getting ready to come out, every contraction made me very excited and eager to meet our baby boy or girl. Once time was passing by and the baby was crowning I took some gas and air to help with the tiredness and pain. After a few good pushes and a lot of comfort from our Midwife and love from Phil the baby was out. He was our little baby boy which Our Midwife grabbed and lifted up to me. From the moment I held him I knew that the home water birth was the best decision we had made to introduce Freddie into the world in his home.



It was a very relaxed atmosphere and so peaceful. Freddie stayed in the water with me for a while which was amazing. I delivered the placenta on my sofa and had cuddles with my baby as soon as I had my shower and got dressed. Our Midwife helped me in the shower, helped me get my clothes together and with my aftercare. She helped Phil with the baby's bits.

I have to say without a thought I would have a home water birth for the rest of my children and I wouldn't doubt the support and capability of the Jubilee team as they were amazing.

My Partner Phil said after the birth how amazing it was and how the Jubilee Team made him feel part of the labour and involved him in everything. Phil is now converted and said he would never consider a hospital birth again.