



Hi I'm Hannah!
I'm 29 years old, scaling a good 4 feet 11 inches,
weighing in at 90lbs, and this is my birth story!

Fall of 2016 my husband and I found out we were finally going to be parents.



I LOVE PREGNANCY!

Its the most amazing thing I have ever experienced. Throughout my pregnancy I kept a positive head on my shoulders, not letting anyones comments get to me.

Comments like -

"Your the size of a 12 year old, you don't have the birthing hips."

"Your so tiny there is no way you can have a natural labor!"

"You will for sure have a c-section"

"Your so small, that kid will come out the size of you!"

These among many others was something I heard often. Not quite the positive feed back an expecting mother wants to hear.

I would just smile and sometimes give a polite laugh, while inside telling myself, "You can do this, your body is made for this!"



JUNE 27, 2017

The first signs of labor happened on the morning of my due date. Around 4am some of my mucous plug came out. Frantically I contacted my doula Kara Jo, and she reassured me it was all normal and to just go about my day as usual.

9am - Felt like my water might have broke at work but it was just the rest of my mucous plug coming out.

10:30am - I decided to head home just in-case labor started.

11:30am - While waiting for signs of contractions to start, my husband and I went out to lunch.

1:30pm - We decided to take a walk to see if we could get labor started.

3:00pm - Kara Jo calls and suggested that I try doing the stairs & then to rest and take a nap. I followed her instructions and did the stairs a few times, then crawled into bed, put on a movie and began to lay down and take a nap.

Suddenly! "Wooshh! Felt like water broke.

There was a totally different feeling from the mucous plug coming out.

4:50pm - My husband called Kara Jo to discuss our next move. Contractions had now started and I had not felt normal baby movement for a while now, so we decided to head to hospital.

5:00pm - headed to hospital

5:50pm - Kara Jo arrives. Baby started having some slight decelerations with contractions. After changing positions and sitting up baby was better in 5-10 min





6:00pm - I was dilated to about 6cm

6:45pm - Salt-N-Pepa Jam session.

I rocked out to "push it" while nurses changed shifts.

Lots of videos were taken.

(Clearly sign that I was in the early stage of labor when I could dance around the room)





7:10pm - I said my first swear word through stronger contractions

7:30pm - New nurse came in to double check on my dilation and that's when I found out I was not dilated to 6cm but only 4cm! No!





7:45pm Bath Tub

8:20pm - Out of tub. I was not comfortable

9:40pm - Contractions on top of each other

9:55pm - Finlay dilated to 7cm

11:10pm - Water breaks (Felt like I needed to uncontrollably go #2)



JUNE 28, 2017

12:30am - I jokingly started asking for an epidural

(I told Kara Jo that I was mostly kidding, but was seriously considering it!)

Kara Jo new that I wanted to try for a more natural birth plan, so the nurse offered me Nitrous Oxygen . Kara Jo said I would still feel everything, but that it help take the edge off.

Immediately I said YES!

1:33am - I was dilated to 8+cms

(hard time consistently tracing baby - belly band on for 20 min while side laying)

2:05am - I started pushing a bit involuntary - Nurse called Dr. Hartung in



2:25am till 3:25am - more involuntary pushing

3:30am - I was fully dilated to 10cm

3:45am - Active pushing on my side

4:00am - Bathroom break then back to my nitrous

4:47am - Baby shifted lower. Meconium showing in fluid

6:30am - Dr Hartung feels anterior lip. Very soft. He said I could wait or try pushing past with his help holding lip out of way.

I decided to try pushing, and I did it! Baby then moved a whole station too! (+1 or +2)

6:55am - Nurse shift change. I also changed positions to a semi reclined position.

7:40am - Bathroom break and tried birth stool position

7:55am - Decels (low fetal heart rate)

8:00am - Hand and knees

8:40am - Internal fetal monitor

9:50am - Squat bar

10:15am - Bathroom (no go)

10:40am - Straight catheter to empty bladder was put in.

(very tiny cord goes up into urethra to empty bladder, then taken out once bladder is empty)

I was told I needed to use restroom to empty my bladder but I couldn't find the strength to get out of bed or even talk. I never knew or felt them even put it in.

I found out I had this done a week later when my doula gave me the notes to my delivery!

Then started pushing on side holding ankles

12:11pm - Our son Maverick was born!



12:18pm - Husband Cut the cord

12:20pm - shot of pitocin

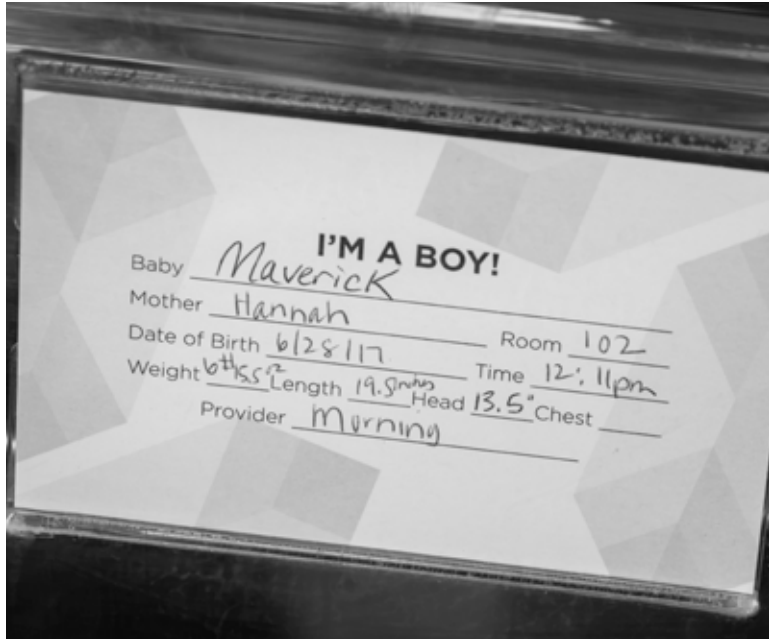
(I'm terrified of shots and I barely felt this, once baby was in my arms pain and any other discomfort truly washes away.) Unreal!

12:25pm - I delivered the placenta

(Minor 1st degree tear, got 2 small stitches)

1:00pm - Maverick made his way to my chest and started "investigating" the milk factory







If you believe in yourself and you have the right support team (doula, nurses, doctor, husband, family, etc.) you CAN do this!

Whether you do it naturally, with an epidural or cesarean, be proud of yourself and your body! You will make and delivered a baby who is going to learn and grow from you! Its the best and hardest thing in life, to be parents, but worth every laugh, cry, or angry moment that come with it. Parenthood is . . . amazing, exciting, challenging, messy, scary, emotionally & physically exhausting. Being a parent is many things, but most of all its totally worth it! Its the most rewarding thing in the world.



THINGS I TRIED IN 3RD TRIMESTER

As many other mothers have done...
I researched natural things to try in 3rd trimester that may help out labor.

(Please check with your doctor if you have a high risk pregnancy)

#1 WATER

One of the most important things before and after pregnancy is water!

#2 Dates

Dates are highly recommended for pregnant women as they can reduce the risk of anemia, help cope with morning sickness, regulate blood pressure and blood sugar levels, get rid of toxins, boost immunity, and maintain healthy calcium content in the body. There are many benefits to eating dates. I found it the easiest to chop them up and put into my oatmeal.

#3 Prenatal yoga

(You can check with doctor to make sure its safe to do certain stretches)

It felt good to stretch out at end of the day, and to practice my focus on breathing.

#4 Medicine or yoga Ball

I heard that if you sit on a stability ball and rotate hips as well as rock them side to side, it will help the baby get lower into position and inevitably help your cervix efface and dilate.

I did this throughout pregnancy and 3rd trimester.

#5 Chiropractor

(I did this from 1 week pregnant up until 39 weeks pregnant. I also continued after baby going once a month for myself and baby)

I have 3 chiropractors in the family so I have naturally always gone a few times a year to get adjustments. Once I was pregnant my cousin suggested that I get adjusted 1-2 times a month or as needed, to keep my back in proper alignment for labor.

#6 Raspberry leaf tea

(Please talk with your doctor before trying this)

Red raspberry leaf tea has been used to strengthen the uterus, improve labor outcome and prevent excessive bleeding after childbirth. (I have factor 5, a blood clotting disorder.)

It is recommend starting with a cup a day around 32 weeks, then gradually increasing to three cups as you approach your due date. If any condition classifies your pregnancy as high-risk, red raspberry leaf tea is not for you.

I tried this only a few times around 38 weeks, but I think I got an upset stomach from it so decided it wasn't for me.

#7 Hire a Doula!

We found Kara Jo at our birthing class. I instantly felt a connection with her. Having her by my side through labor was one of the best decisions we made. She help me and my husband through all those hours of labor and we will defiantly be having her by our side when baby #2 comes along!

TIPS AFTER BABY

1 WATER

Drink lots and lots of water! I cant stress this enough. I breastfed and needed to be drinking more, unfortunately I was laking in water and rest. I ended up 4 months later in ER getting fluids for dehydration.

2 Keep up with pain pills

I forgot to once I got home from hospital. I was in excruciating paid from my pelvic floor. It was week from my long labor and It felt almost worst then actual labor. TAKE PAIN MEDICATION REGULARLY if doctor says to keep doing so.

3 Take Help

I know everyone says this, and I wasn't very good at doing it. My husband would agree, I should have let him help me more then I did. I was so wanting to be with our baby every second of every minute of the day that I didn't allow my husband to help me when I needed it.

4 Rest

Along with getting the help from husband or family, take the time to rest and take care of your body. If your not healthy and strong its hard to take care of baby.

5 Breast Milk

I was good at breastfeeding , but unfortunately forgot to keep up with pumping after each feeding. My milk supply went down and I was so stressed when I when back to work since we didn't have a large supply of breast milk built up. After the dehydration episode and the lack of milk I was producing I was major stressed but finally realized that I needed to not only focus on baby but on myself as well. I then turned things around. I also started setting goals like, if I can breastfeed till he is 6month I will be proud that I made it that far, and I reach that goal. I made it all the way till he was about 9-10months old. But then I decided due to my hydration health and the care of my own body I slowly stopped. Mamas! each month that you can produce milk is such an accomplishment and be proud!.. don't push yourself and if breastfeeding inst for you thats totally fine!

Every mother will make there own perfect decision in feeding there baby.

(One of my best friends tried breastfeeding for a few weeks and didn't enjoy it, and my sister in-law wasn't able to produce what she needed for her first born so stopped after a month. He is now a happy 6 year old running around full of energy and grew up perfectly fine with formula milk.)

#6 Chiropractor

My back and neck was constantly sore once my son was born. I think a lot of it was from breastfeeding and sitting in a position supporting baby, as well as looking down at him all the time. Felt so much better after every adjustment. Remember self care! It doesn't have to be a back adjustment. You could go get a massage, or whatever you like that makes your body feel refreshed.