

Beautiful Thea was born on May 12th 2022 but let's go back to the beginning when I first met with Brenda and Acadia at Brenda's home/office overlooking the serene Saco River with sweet and timid goats around the yard. Straight away I knew I had found my people for my birth, apart from the obvious river and goats, Brenda and Acadia had very calm energy and were very interested in my previous birth story and my wishes for the labour ahead. The ongoing consults were much the same, very relaxed and stress-free. The day I went into labour at around 5 pm I reached out to the team and they came around within an hour. I had the tub set up and just waiting to be filled, the fire roaring, candles lit and relaxing music lulling me through my contractions. I used a TENS machine (which delivers small electrical pulses throughout the lower back to reduce pain) and I really thought it helped for the beginning part of the labour. The whole labour felt like a mirror of my first, only I wasn't as surprised/scared through the stages and I was in the comfort of my own home. Brenda, Acadia and Grace would come in every hour-ish to check on me and the baby, check on our vitals and then retreat giving me more quiet time to focus on breathing. A couple of hours in I decided it was time for the tub, I loved the sensation of warm water during labour which helped some of the discomfort. My partner was part of the dream team giving me back rubs and keeping me hydrated and navigating most dialogue with the midwives. I had a brief period of calm before the dreaded transition began and I started to feel intensified feelings of discomfort and shaking legs and an urge to go to the bathroom constantly. I got out of the tub and swayed holding onto my partner for about 10 minutes. Shortly after that, I was in the tub and ready to push. Thea was out in two pushes. I remember Grace was so encouraging with me right at the end and I really needed that last boost of confidence to see me through. We waited to know the gender and I felt as though I instantly knew she was a girl when she arrived. My postpartum experience the second time around was a much better experience. I didn't have any tearing and my breastfeeding started without a hitch. The team checked all my vitals and got me up to my bedroom where I showered and got into bed. My wonderful partner brought me a delicious breakfast of scrambled eggs, avocado and toast and said goodbye and tried to get some sleep. I cannot be happier with the experience of my labour as well as the compassion, knowledge and immense experience received through Sacopee Midwives.