

Willow is born on a Spring Evening by Sokokis Lake

On May 4th at 8:30 pm, as I was getting Gabby ready for bed, I got hit with a pretty intense contraction. I continued to get her upstairs and rushes kept coming around every 10 minutes. After reading her a story and tucking her in I went to the bathroom. When I wiped there was a ton of bloody show. I knew this was it. After a few hours of contractions, I decided to check myself. I figured 4-5 cm dilated and 70% effaced. The rushes were starting to get more frequent, so I told A.J. that I was in labor. Of course he was excited but we decided it would be best to lie down and get a little rest while we still could. He, Gaige and I snuggled up into bed. I was able to sleep in between rushes until around 3am when they grew in intensity.

At around 4am I decided to call my midwife. She told me she would call the others and come right over. She got her about 4:30 am. She wasn't in the door more than 5 minutes and my contractions stopped. I knew it was normal and figured they would come back. I had a couple in the next hour and then the midwives' apprentice and assistant showed up. Then there was absolutely nothing for a couple of hours. I started having them again every 30 minutes. The midwives decided they would all go for breakfast and see if my labor would get going again. I decided to lay down and my contractions started again, but I was able to sleep in between. As soon as the midwives came back they stopped again!

At around 11 my midwife decided that they would all go back to her house for awhile. They were gone about 30 minutes and rushes started again! They started coming at about every 20 minutes....then 10 minutes

The midwives got back around 2 and my contractions again went to every 30 minutes or so and after weighing my options I decided to take Black and Blue Cohosh. It started working and we took a long walk to Lake Sokokis. It was so nice there; we sat on the beach and talked for awhile. My contractions started coming stronger and closer together. Kelcy, my midwife's apprentice started massaging my back(She is a Massage therapist and does an awesome job!) Brenda, my midwife and her assistant midwife Deirdre rubbed my legs and feet. After about an hour or so we decided to walk back. At this point my contractions were really on a roll. We got home and they got even stronger and closer together so I decided to get in the shower. It felt wonderful. AJ sat on the toilet until I was done. I got out and decided I wanted to be in my bed for a bit. I would doze off between contractions. Awhile later, my midwife came up and suggested I get upright to get pressure on my cervix. Reluctantly, I took her suggestion. I started feeling a lot of pressure and asked her to check me, I was 7 cm and 90% effaced. I was slightly discouraged but knew the contractions would not get much more intense. I decided to get into the pool to ease the pressure, I stayed there for awhile then went to the toilet to labor. I knew the pressure from her head would help/ I had tons of pressure and was trying to push with the rushes; it took everyone to keep me focused so I would not.

Brenda asked me if I wanted to have my baby in the pool or my bed....my bed sounded far more inviting. I spent the next few contractions hanging around Kelcy's neck while AJ rubbed my back. Suddenly, there was no stopping me from pushing! I broke away and got on my hands and knees on the bed. I had one push and felt my water bag, pop and gush. Second push, I heard Brenda say " I see hair" ,, 3rd push and I felt her head come out...4th push, out came her body. It was 7:58 pm on May 5. Brenda passed her underneath into my arms. It was amazing she was here. Her appgars were 9 and 10! What an amazing experience her birth was and looking back I wouldn't have wanted it any other way!