

My Birth Experience at Shady Grove Hospital with a Midwife

My pregnancy was generally very smooth and without complications all throughout. This was my first baby and I did not know what to expect, but it turned out to be the most amazing experience. Going natural was not a popular option for many around me, but I knew this is what I wanted for me and my baby. As I neared my due date and then passed my due date, the suspense just grew. I ended up getting acupuncture to induce labor. I heard about this method of induction first in my Bradley Class and my midwife confirmed that it was safe and was very happy to say that I should try it if I wanted to. After 3 sessions of it, I went into labor about a week after my due date. For me, labor started before I could even feel it. I had gone into a midwife appointment to monitor the baby's heartbeat and to check for contractions and I was found to be having contractions every 10 minutes or so, but I could not feel anything. The next morning was when I started to feel mild contractions which felt like gas cramps every 10-15 minutes or so. This lasted for a little over 24 hours and I was able to do pretty normal activity around the house and continue to eat meals as usual. I was able to fall asleep that night, but awoke around 2am feeling more intense contractions. I waited until they were 3 minutes apart, lasting 1 minute long and then we were off to the hospital. As I labored, I used ALL the techniques I learned in my Bradley class to RELAX. I paced the halls, I sat on the birth ball, I dipped into a warm tub, I used different positions of standing, squatting, leaning on objects, etc., all with the wonderful support of my husband and Bradley instructor. It turned out that I was VERY fortunate to have these 2 people come in with me, because my midwife coincidentally was delivering 2 other babies at the same time, so the extra support was great. I also had soothing music playing with dim lights and I took sips of water after EVERY contraction. Each of these components was crucial to getting me through. After about 8 hours of laboring in the hospital, my water finally broke and I was about 9 cm dilated, but the head was too high to start pushing. We waited about 3 more hours, and I was still at 9 cm, so my midwife just flipped the rim of my cervix and I was at 10 cm. It was time to push. I thought that meant the baby would be out in no time, but it ended up taking 4 more hours of pushing in every position known to man (squatting with a squatting bar, all fours, sideline, classic, etc) before the little one made his entrance into the world at 9lbs 6 oz and 21 inches long. Although it took a very long time to deliver this baby, my midwife was so patient and pleasantly supportive throughout the entire time and not once did she make me doubt my ability to deliver the baby naturally. Thank you midwives!

I.K.



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