



## *Birth Stories*

### Abby's Fourth Pregnancy, 2025

Helllooo!!!!

My fourth pregnancy started with me suspecting I was pregnant and not even being late, but asking Heather to do a quick blood test. We were actually working a birth together (I was assisting) and at that exact time there were three moms in labor, Alison was out of town, Eliza was still a student, and Tabitha hadn't moved back to Wisconsin yet. It was a fun day. In a moment of calm Heather did a blood draw and about 15 minutes later she confirmed it was positive!

I was able to assist through most of my pregnancy, and the whole time I planned on my birth at the birth center in Prairie. The last two months I changed my mind and we started planning a Homebirth. We only live 5 minutes from the Prairie birth center so I knew if I needed to, I could still go there.

My third baby I was induced for Choleostasis at 36 weeks and he came easily. Even though I was induced I thought "oh, I'll definitely have this baby early." So every week past 36 weeks I lost my mind a little bit more every week. The midwives would just gently appease my dramatics and Pat me on the head (Eliza even gave me a foot massage one visits because I was being so whiney and wallowing in my misery). Every night for about 3 weeks I had toning contractions and thought "this is early labor" which it very well could have been, but my son needed to cook a bit longer.

At 40 weeks on the dot, unbeknownst to the midwives, I self prescribed some castor oil for myself. Now, I'm not recommending this for everyone, but this is just what I did.

I had the usual symptoms for an hour and then nothing! At that point I was so annoyed I just gave up. I would definitely be pregnant forever (I wasn't even passed my due date!). Into the afternoon I had the same toning Braxton hicks, this time I was more angry and uncomfortable. We put the boys to bed I remember struggling to bend over during on the cramps and I was like "ooh that's different, this might actually be labor." So I began to time them, they were consistent and 8-10 minutes apart at 8 PM. I texted Alison and Heather and they said to call as soon as they changed, even if they weren't quite 5 minutes apart. So I shuffled around the house cleaning, organizing snacks for the birth team, my husband got the pool blown up and ready to go, and then we tried to go to bed. I could not sleep. At 10:15 PM I timed them again and they were 3 minutes apart (oops, should have timed them before that) and I called Heather. She said she would come over to check on baby and I said "no, no, it's too soon, I'm over thinking this, it's too early. I don't want anyone staring at me." And she said "oh that's fine, I'll just listen to baby, leave my bags, and sleep at the birth center down the road. Go wake your husband up."

As soon as I knew she was coming it was like my body felt it was time. We went downstairs and I began moaning and closing my eyes during contractions, the clothes came off, and then I started to grunt at the peak of my contractions. Around 10:40 PM I was pushing so my husband called Heather and she said she was 5 minutes away. I remember hearing her bags drop in the hallway, she threw chux under my feet, she helped walk my husband through helping catch the baby, I had a few more contractions and then my son's head began to crown and my water broke all over my husband! He was born at 10:52 PM!

Alison and Eliza came in shortly after and I loved the women surrounding me, laughing as they made sure baby and I were transitioning well.

Their postpartum care was unmatched and I am grateful for my pregnancy, birth, and postpartum care with Trillium!!! They truly love you through all stages and support you where you need it. Thank you Trillium!!!

*- Abby W.*