



Birth Stories

Emily's Birth Story, 2018

My partner and I originally planned to birth our second son at the Prairie du Chien Trillium Midwifery Birthing Center.

However, two days before my due date, my blood pressure continued to go too high, despite efforts to keep it at a safe level. This along with some other factors resulted in the decision to transfer me to the hospital. It was a hard pill to swallow initially and I shed a lot of tears.

Allison and Heather were along with us going to the hospital, and during the slow parts of my labor and through the night. Their support and advocacy during this most difficult transition made me feel comforted and hopeful that my birth would resemble more of what I envisioned. As labor progressed, I sat with Allison and later Heather, talking and feeling like I was among family. Their presence was relaxing and I attribute it to needing very minimal medical intervention.

They remained with me for the duration, coaching me and supporting me as well as my partner as we transitioned through the waves of labor and pain.

Allison caught my son and we were all able to celebrate his arrival together.

Although it wasn't what I originally planned, I do not feel as though I would have had such a successful hospital birth without them. I am forever grateful for their help not only at my birth but throughout my entire pregnancy.

- *Emily*