



## *Birth Stories*

### Kelsey's Second birth, successful VBAC at home, 2019

This is what home birth looks like!

Many people think the idea of a home birth is bizarre but people aren't educated about home birth and most women don't even know that it's a birthing option for them.

Why did I choose a home birth?

I chose to have a home birth (x2) because I trusted my body and knew that I was capable of this because of God's divine creation. With that being said I also believe in modern medicine and am so grateful for it.

My first birth, Kyla, ended in an emergency cesarian section due to her not coming out of the birth canal after 25+ hours of labor and a very distressed fetal heart rate. We now realize that this birth experience was linked to Kyla's diagnosis of craniosynostosis (premature fusing of the plates in her head).

My second birth, Karlina, I chose to have another home birth and people thought I was insane, especially after I already had a c-section, but I still trusted my body and wanted to give it a fair chance.

Well...GOD IS GOOD!

My labor was three hours and she was born in the comfort of our home on a beautiful winter morning assisted by the most amazing midwife team I could imagine, Heather and Alison of Trillium Midwifery.

Moments after giving birth to our beautiful new baby, drug free in our home, she nursed and I held her closely with no interruptions until she was happy.

My wonderful husband made me the best grilled cheese ever and I ate while our beautiful new baby was finally weighed and measured.

Having a home VBAC (aka HBAC) was even more profound and finally getting the birth outcome I had hoped for the first time was so healing to both my husband and I since Kylah's birth did not go as planned.

I didn't have to leave our home for weeks while I bonded with my baby and we got used to being a family of 4.

The important part is to choose the birth setting you want and will feel most relaxed in. For me that was my home.

- *Kelsey*