

DEVELOPING LIFE



Sheree & Sadrack Duclonat welcomed their daughter Anaya into the world during March 2006. They wanted to tell their birthing story but didn't know how to start the process so we decided on a Q & A scenario I do hope you enjoy their story and gain encouragement from it?

Was this your First or Second child?

No it was my second birth My son Javonte was 14 months old at the time of my daughter's birth in March 2006.

Why did you decide to take HypnoBirthing® classes?

I wanted this birth to be a more enjoyable experience. I felt out of control the first time. I was open to anything that allowed me to stay in control and to feel better about the whole experience and I had heard good reports about Developing Life.

What was your first birthing experience like?

I was in some discomfort whilst in the early stages of labour. Looking back now, I was coping pretty well under the circumstances, but ended up being convinced by the midwife that I needed pain relief, then it was a slippery slope from there on in!

What did you learn from this second birthing experience?

I learnt that I can trust myself, my body, my judgement. Other people can help, but only I truly knew what was best for me. It's easy to be 'bullied' (for want of a better word) in hospital whilst waiting to deliver. People want what's best..... but my body **knows** what's best!

Did you suffer from any special circumstances during your pregnancy?

I had Symphysis Pubis Dysfunction. This is where the front of the pelvis opens up too much causing a great deal of pain and discomfort. At worst I was unable to move in bed or lift my legs into the bed. At best I waddled like a duck to ease the pain!

What did you do or use to help with this?

Relaxation sessions with my Developing Life practitioner (Glynes Mewton) were amazing. I felt a real difference almost immediately after our first session

What did your husband think of HypnoBirthing®?

Sadrack was pretty sceptical when I introduced him to HB, but he was blown away by the results after we used the HB technique on the Symphysis Pubis Dysfunction and during labour.

How was this 2nd birth for you?

After a 14 hour labour, I gave birth to Anaya by caesarean section under a general anaesthetic. Although I did not give birth naturally and as I would have ideally wanted, I am sure that staying in control so I could make the best decisions for me and my baby and my fast recovery was due to the program. Some would say that my 2nd birth was more traumatic than the first, but I see the 2nd birth as a much more positive experience. I stayed in control, I made the necessary decisions, my husband knew how to support me and I had a wonderful baby daughter!

Did any of those around you notice you were using Hypnosis techniques?

If I'm totally honest, I was very wary of telling many people about it as I was aware of many sceptics and didn't want to have to defend myself or Developing Life to all the 'non-believers'. I didn't want their negative comments to affect me. Having said that, I did have some positive questions and encouragement by some of those who I did share with. There were comments made by some of the nurses who attended me about how calm I was in the circumstances!

What was the outcome of this birth!

After 14 hours (that didn't seem to be so long) I gave birth to a beautiful baby girl, Anaya Jamais Duclonat on Saturday 18th March 2006. She weighed 7lb 3oz and was born at 15:48. A sister for Javonte! I would definitely recommend The Developing Life Program to all couples who are expecting a baby .

It teaches you to trust your body which is something that I believe women have not done for a long time. It helps you to focus on the important things and keeps you in control of the way things are dealt with which can make all the difference to how you feel about your birthing experience. Glynes my Practitioner was great. She was understanding and positive, supportive and encouraging.

She was professional yet warm she enabled me to believe in me. If ever I felt like a failure, she helped me to feel good again. The sessions we had together were not only good for me physically, but emotionally and mentally. I believe I was a lot stronger than I would have been had I not done the Developing Life Program.

How much was your husband able to participate?

He came to be very open to The Developing Life program and did all that he could to support me and help me not only during the birth but also before and after. There are techniques that he still uses when I am tired, stressed or weary and they really do help, so Developing Life is not only for the birth but for life too!

If you were to have another child would you use The Developing Life Program?

Yes! The only change I would make is that I would start using it earlier in my pregnancy and practice, practice, practice!

What to you were the best bits of Developing Life?

The relaxation, breathing and visualisations that I did with my practitioner and husband

How often did you practise the breathing, visualisation etc?

I tried to do them daily, but often fell asleep! I can say that I did them at least five days a week

Is there anything else you would like to say about Developing Life etc?

I think it is easy for us to give over our bodies and our minds to others when we are getting ready to give birth. We believe that there is someone more qualified than us to tell us what is best for our baby when really the best person to tell me was me! Hypnosis gets us to tune back in to ourselves in a way that we probably have never done before and it's great!!! During my recovery in hospital, the nurses had to check on more than one occasion that I had had a c- section as they could not believe how well I was. My Doctor was completely stunned at my 6 week check and told me she would never have believed I had just delivered by looking at my scar and my body. I know all of it was due to the Developing Life program.

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Over time Sadrack became more and more open to The Developing Life program and did all that he could to support me and help me not only during the birth but also before and after. There are techniques that he still uses when I am tired, stressed or weary and they really do help, so Developing Life is not only for the birth but for life too!

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