

Christina's story



Kate Audrey is my fourth baby, fourth home-birth, and third water-birth in four years! I am truly blessed with four beautiful and healthy babies.

I have had the care and support of four midwives and back-up midwives, and it has been a joy and privilege to have been part of the Community program. What a wonderful and invaluable service - how lucky we are in Perth.

If you are contemplating a homebirth and are unsure if it's for you, these questions may be worth asking: what is your inner-voice telling you? What is your gut saying? And what does your heart want? I encourage you to tune in and really listen.

I knew nothing about homebirths, I didn't know anyone who'd had one, but I knew that some family members thought they weren't 'safe'. After some hospital tests during my first pregnancy, I was overwhelmed with a sense and feeling that 'I *shouldn't* be here, this feels *so wrong*'. I listened to it and trusted it, and homebirth was presented to me. I did a little research, one thing led to another as it does, and for me, it felt *very* right.

I wanted homebirth to be an 'authentic' experience. I wanted a relaxed atmosphere, I wanted control, I wanted to feel safe, and extremely important to me: I wanted my husband to be able to be one hundred percent hands on and involved. I achieved all of this. The connection I had with my midwives too is quite indescribable, like birthing itself it was a unique and personal experience.

I hope to inspire and empower women I really do, I really want you to know that you can do this, your body is designed for it! And it's an opportunity to relish what makes the female body so amazing. Trust and believe that you can do it. You deserve it.

I watched 'The business of being born' by Ricki Lake and found it enlightening to say the least. Seek out the information you need, try to resist the negative attitudes of others until you make your decision. Be true to yourself, and above all, do what feels right for you and your family.

I cannot imagine birthing any other way. Thank you for reading my story, I hope it helps.