

Alora

Born: August 3, 2002

Time: 11:48 am

6 lbs 15 oz

This story was written by Alora's mom. Michelle's notes are in blue font.

It was two weeks after the 3rd due date I was given. I begged my Doctor to do something. I was so uncomfortable, it was so hot, and we didn't think my Mom was going to be alive much longer, so he agreed to induce me.

On August 2nd at 4:40 pm they used Cervidil to ripen the cervix, and after an hour we were allowed to get up and walk. We walked and walked just so they wouldn't hook me up to that awful monitor again.

At 9:00 pm we decided to try and get some sleep, but by 10:30 pm the unexpected contractions had started. (No one had expected contractions to start, usually Cervidil will only help to soften and prepare the cervix. Once the cervix is more favourable they will either break the bag of waters or start Pitocin)

Mom was feeling a lot of pressure in her back. I had her sit on the ball in the shower, directing the water on her back to help relieve some of the pressure. It helped a little but wasn't enough. Michelle stepped in and took on the unimaginable job of applying backpressure constantly!

By 11:10 there were no breaks between contractions, so the Cervidil was removed. We hoped the contractions would calm down after it was removed so we could all sleep, but 'Bubba' had other ideas.

Mom was starting to feel very tired. The baby was coming down, but mom's cervix was still tilted to the back. We had a lot of work still to do, and it's very difficult for the body to relax and do what it needs to when Mom is so exhausted. At 11:40 pm I asked for something to take the edge off and I was given Nubain, it helped to give me some sleep, if only in between contractions. Mom managed to fall asleep around 12:20 am; we hoped it would be for the night, but no such luck. Alora was determined.

At 2:28am, a strong contraction came and they kept coming every 5 minutes, which was great progress. The Nubain did help her rest and accomplish so much. We were all very pleased with this turn of events. Some times medicinal pain relief can really help a labour along.

By 3:00 am her contractions were 3 minutes apart. Things were moving along very well. I remember trying some gas in there somewhere, but it did absolutely nothing! It actually slowed her contractions down.

By 7:10 am a nurse checked me and I was 8 cm and completely effaced. Wow! It was very uncomfortable now, and we thought the Jacuzzi would help. The warm water was nice, but I felt helpless when a contraction came and I couldn't relax. [This is a normal reaction during transition, which meant soon we would get to meet Alora.](#)

Michelle could see how exhausted I was and was able to sneak me in some granola bar and a special little straw ([honey stick](#)). I had Gestation Diabetes and I needed something to keep me going, ice chips weren't cutting it. The doctor was coming to check me so I had to get out, which was not very easy! The baby was so far down I thought she would fall out, if only I was so lucky!

At 9:34am he checked me and right then my water broke. Clear fluid, good sign and lots of it! He gave me some more Nubain but it didn't really kick in until after the birth.

At 10:20am, Michelle went to get the nurse because I felt like I had to push. Sure enough, I was 10cm. The nurse applied warm compresses and did perineal massage so I wouldn't tear, but in the end the doctor thought an episiotomy was in order.

When my legs were pulled back to push, it put enormous pressure on my back and it hurt more than the contractions. So in my clouded labour brain, I choose to try and ignore the contractions for a while.

My hubby managed to stay upright through it all, which was surprising, and was even supportive when things got bloody. At 11:49 am I gave a last push and thankfully, a beautiful little girl came out, unfortunately breaking my tailbone in the process. [The things we do for our children.](#)

NOW the Nubain kicked in and I passed out trying to eat lunch. I decided then, I would never give birth without Michelle. Unfortunately Michelle met the man of her dreams and had to move away, but the experience with her made me not want to do it without a doula-ever! Even though my hubby was hesitant at first, he was really happy that someone with that much experience was there with us, to guide us through it all, help translate what the doctors and nurses were saying, to try and keep us focused and stick to the birth plan as best as possible. She was so warm and helpful, beyond words! She really did care!

[Mom and Dad worked so beautifully together. It was a great honour to be invited to participate in their birth experience.](#)