

Evie

Born: January 11, 2009

Time: 10:25 pm

Weight: 7 lbs 9.5 oz



Evie you are very fortunate because you have joined a really incredible family. Your Mom and Dad are awesome, they have so much love for each other and both are such sweet and creative people. Your big brother is really cool. He is very kind, generous and fun to be around. Even your dog is very sweet and loves to share her toys. I felt very honoured to be invited to share in your special day.

Mom called me in the morning on January 10th she had lost her mucous plug and was having some Braxton Hicks contractions. She didn't think labour was imminent. They were going to a family birthday party later that day. I said have fun and call me if anything changes.

The next time I heard from them it was Dad who called. It was Sunday January 11th at 12:45 am. He let me know Mom's water had broken, wow. I spoke to Mom for a bit to get some more information. She started having contractions a little after 12:00 am. After her second or third contraction she thought she should go to the bathroom, it was then that her water broke. She hadn't really been timing the length of them but they were coming about 5-6 minutes apart. I asked her to time the next five or six contractions and let me know how long and close they were.

She called back at 1:18 am. She said they were 5-6 minutes apart lasting 45-50 seconds. Wow, what a great start. Mom wanted to get some rest. I wasn't sure how much she would get but we discussed resting options anyway.

At 3:00 am Mom's contractions were 3-4 minutes apart lasting about a minute. Impressive, you and Mom work amazingly together. Grandma and Grandpa were coming over to stay with your brother. Mom said she would call me once they were ready to leave for the hospital. At 5:18 am they were on their way. When I got to the hospital at 6:07 am Dad was waiting at the door to let me in. I don't think he smelled me coming since I just had a shower. I guess Dad is just an intuitive guy.

He told me things were going well, and they just admitted Mom. The nurse asked Mom a bunch of questions. She kept calling Dad the wrong name. She let us know that a new doctor was coming on shift soon so they would wait until 8:00 am to check and see how Mom was doing.



At 6:55 am the doctor who was on shift came in before she headed home. Mom was 2-3 cm dilated and her cervix was tilted to the back.

Mom walked around the floor. We were limited in how far we could go this early in the morning. So we sat down for a bit to conserve energy. Later Dad went to grab some breakfast for everyone. He said the walk was nice.

I think it's funny Dad is sleeping with a coffee in his hand.

A new nurse came on at 7:30 am. She said, "How do I put this nicely, you're still in early labour". Our plan was to sneak some breakfast and get walking. The food helped energize everyone, so now time to get moving.



The nurse told us we could start wondering further than the labour and delivery hallway. As we walked Mom's contractions were 3 minutes apart and lasted about 1 minute. Mom had very cute slippers that your brother got for her for Christmas. While walking Mom's contractions were more intense and she felt a constant tightening. But she was managing them well.

Mom had such great focus during her contractions. Dad had just enough pockets although a tool belt may have been handier.



The nurse asked that we come back at 8:40 am to go back on the monitor. The doctor was coming at 9:00 am and the nurse wanted to be able to show her how you and Mom were doing. You and Mom weren't fans of the labour room. Anytime we went in there, no matter what we did her contractions slowed down. At 9:03 am the doctor came in. Mom was 4 cm dilated, 60% effaced and her cervix was still posterior.

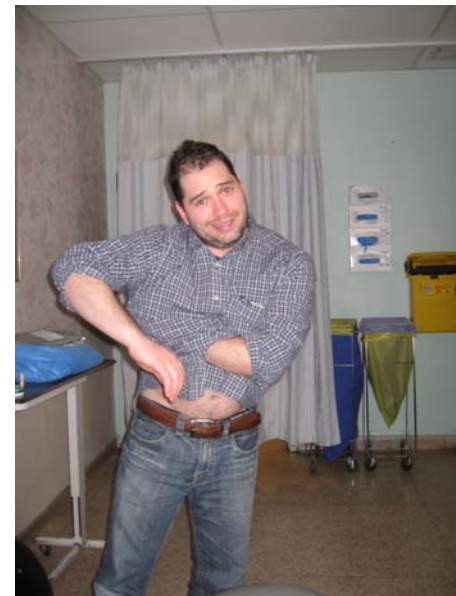


Look at your parents relaxing through a contraction. Dad was so attentive and in tune with Mom. The poor guy was even having sympathy back pain.

At 11:30 am Mom was checked again. She was 5 cm dilated and her cervix was starting to come forward. Mom decided to have a bath. It might help her relax her body, and allow her to get some rest, which would encourage more dilation. It

helped a little. Dad adjusted the jet so it would hit mom's back. It hit me too. I thought I told them I already took a shower. Maybe I need to buy new soap.

Mom needed to pee; tub time was over. She got a lovely long sleeve gown to help keep her warm. I decided to take the hint and re-dose with deodorant. I guess I started a trend.



Mom sat in the rocking chair to be more upright. Mom and Dad had a great childbirth educator who drilled into their heads the importance of staying active through labour. So we just kept changing positions.

Around 2:00 pm the doctor came in to discuss augmenting Mom's labour. Mom and Dad decided that it was a wise idea. So at 2:30 pm Pitocin was started, that meant no more roaming the hallways.

At 3:30 pm Mom's contractions were 3 1/2 minutes apart lasting 50 seconds. She was not ready to be stuck in bed, so her and Dad just hung out in each other's arms. Dad told Mom how cute she looked in her barrettes. "You're so beautiful", he told her as well.

Things were intensifying for Mom; it was harder for her to relax. Plus she was quite tired. Why is it that when we want to sleep babies get active and labour likes to begin? Dad said several times he would have given up long ago. Mom was ready for some much needed rest and relief.

At 5:25 pm the anesthesiologist came in and saved Mom's day. Hooray epidural.

Dad placed a food order with Grandma and Grandpa. Your brother would be the delivery boy. He arrived at 7:00 pm. It's amazing what the mind will do. Mom was having contractions every 2-3 minutes. As soon as your brother came in she didn't have another until the second he stepped out of the door.



After he had gone it was time for Mom to get some sleep. Once she was resting comfortably Dad and I went to the quiet room to eat. My goodness I couldn't believe the feast your grandparents sent. Amazing soup, sandwiches with the crust cut off, pop and tea, homemade pie (which was still warm), topped with homemade whipped cream, two Lindor chocolates, and a cute post it note with a heart on it. I was very impressed. The food was delicious. Dad and I chatted and watched the Food Network.

At 7:30 pm our nurse from the previous night came back on shift. By 8:04 pm Mom had progressed to 8-9 cm and 90% effaced, and you were at spines. Mom flipped sides she was on and began to feel more pressure. The nurse told us that is typical when Mom's are on their left side. She was concerned that Mom's water had been broken for almost 24 hours and thought she would develop a fever in the next two hours. Mom was having contractions every 3 minutes for 50-60 seconds. The Pitocin was increased to see what would happen. Mom started feeling anxious and was start to shake. Mom developed a fever. The nurse said she hates it when she is right. The goal was to bring the fever down so Tylenol time.

At 8:40 pm Mom was fully dilated. Wow, way to go Mom. She tried a trial push but was so numb from the epidural she couldn't feel where and how to push. So we waited. At 9:30 pm Mom started pushing again. The nurse got the mirror and Mom tried pushing in semi-sitting and a squat position

but she just wasn't feeling anything. The doctor offered a little help from below. And it was long before we saw your sweet face. Your shoulders gave Mom and the doctor some trouble but you were worth it.

Welcome Evie.



After waiting 40 weeks and one day Mom got to see her beautiful baby girl. Look how pink you are. The doctor said, "He looks good." "He?" we asked in an apprehensive tone. "No sorry, it's a girl" Phew. Dad gave Mom an 'I love you, I am proud of you, thank you, I am so excited' hug, all rolled into one.

It was late but your brother was wide-awake. He couldn't wait to meet you. Grandma and Grandpa brought him. What a gentleman kissing Mom's hand.



You and Dad had gone to the nursery but you came back just in time to meet your very excited brother. I know you two will be good friends.



With your arms all bundled it's hard to open your gifts so your brother helped you.

I feel so honoured to have been welcomed to be a part of your special day. You have an amazing family. The four of you are going to have so much fun, and so many happy memories. It has been a great pleasure getting to know your family.

