

Kenna

Born: September 29th, 2008

Time: 12:48 am

Weight: 6 lbs 14 oz



Kenna I was very lucky to be invited to attend a pretty awesome birth. The dad was so hands on, it was incredible to watch. The mom was so strong and her endurance was incredible. And the baby was so sweet and well behaved, not to mention extremely cute. I am so happy I got to witness and share in it. You were there, and so was Dad and Mom, and almost every midwife from the Peel practice.

Dad called first on Friday September 26th at 9:22 pm. He wanted to let me know Mom had four contractions in the passed hour. Mom said they were 30 seconds long. Hooray soon baby Goulbourne would be on its way.

Dad called the next morning at 7:41. Mom was having some spotting that they weren't sure about and her contractions were now coming every 4 minutes for still 30 seconds. I assured them the spotting was normal and was glad to hear they got some sleep. I told them to keep me posted, get some more rest and have fun.

When I hadn't heard from them by 4:00 pm I was getting anxious. So I called to check in. Mom's contractions had slowed down, which I hoped meant she could get more rest. I didn't think labour would be stopping. The ball was rolling and you were ready to shine.

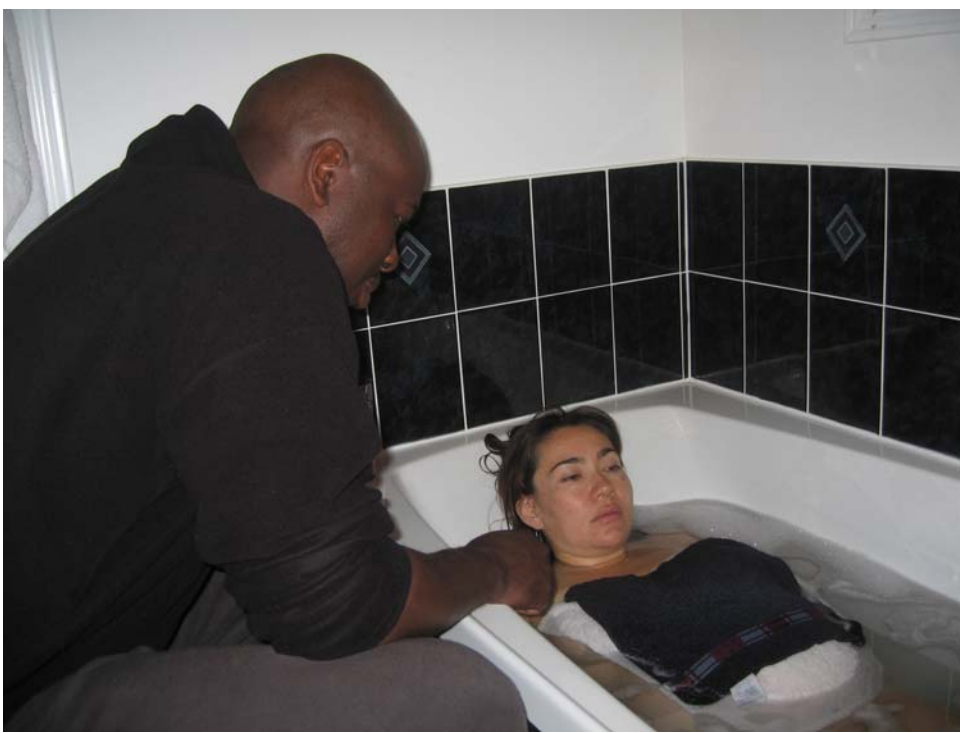
It was 11:30 pm and I decide to hold off going to bed, which turned out to be a good idea, since Dad called at 12:30 am telling me Mom wanted me to come now.

I arrived at 1:05 on Saturday morning. Mom was upstairs in her room. She was doing "okay" but felt she could be better if she could just get comfortable. So we tried a few things. She found her

contractions were easier since I came. Mom was in need of some rest so I had her try side lying on the couch. While she was resting/snoring her contractions became a bit irregular but she was resting so I was happy.

Dad put on some TV but it didn't last long before Dad was ready for a nap too. He went upstairs to recharge.





When Mom woke up we did some walking. Time to pick up tempo. She showed me the cool light they got from Vegas.

Time to try something new. Dad drew a bath for Mom and prepared her some tasty snacks. He is such a fabulous guy.



Things had picked up and Mom wanted the midwife to come. Another midwife was on-call. Mom talked to her on speakerphone through a couple contractions. She was breathing and coping beautifully she just couldn't talk and contract anymore.

At 5:30 am the midwife arrived. Mom got out of the tub so we could find out how things were moving along. At 5:38 am the midwife said Mom was 4 cm dilated and 85-90% effaced. That was great news. Effacement is what takes the longest and the first four centimetres are normally the longest. Onward we laboured.

The midwife was very impressed that Dad got perfectly ripe nectarines for the day of your birth. Dad definitely knows how to pick the best of everything.



The midwife was a little concerned because she was having a hard time picking up your heart rate. It seemed lower but she couldn't tell if that was you or Mom or a blend of the two of two. She suggested heading to the hospital. Mom and Dad decided to have some breakfast first. Dad went downstairs to make some breakfast for us. He is an "egg"cellent cook. At 9:00 am we headed out to the hospital. The midwife that was with us didn't have hospital privileges yet so she said goodbye and wished Mom luck. Another midwife would be meet us there.

Though we separated to park we arrived at labour and delivery at the same time. The elevator doors were opening as I was walking passed. Mom told us we were in room 6 because that's where they often put the midwives. However Dad and I wanted to check. We should have listened to Mom; she is a smart cookie. So back down the hallway to room 6 we went.

At 9:45 am the midwife arrived. Mom was already on the monitor. Her contractions were every 4 - 5 minutes, lasting about a minute. Mom was 4 - 5 cm dilated and feeling tired. A bath might help her body relax even more and let her sleep. The midwife got the tub ready with some romantic mood lighting.

Once again Mom was snoring. So Dad decided to use Mom's empty hospital bed to get some rest.



Though the tub was very relaxing Mom's contractions were beginning to intensify. It was time for some helping hands to ease the tension.

Time came to try something new. Mom got out of the tub for a change of scenery and the midwife decided to check and see if there had been any changes. At 12:45 pm Mom was 5 cm dilated and 90% effaced. You were still up high and the midwife wondered if you were posterior.

Mom's cervix was opening with a contraction however you kept rocking back up in between contractions so the cervix wasn't staying open. We discussed various reasons why you may not be descending and what we could do about it.

Good things come to those who wait. You were content and Mom was doing great. She still needed more rest so your parents decided to try some medicinal options.

Dad helped the midwife set up Mom's IV pole. At 1:30 pm Mom got some Morphine while waiting for her epidural. It helped Mom get some rest and tolerate her contractions better.

At around 3:00 pm Dad and I were kicked out so Mom could have her epidural. We went to go get some fresh air. In the elevator with met a man with ice cream. It was already starting to melt and Dad didn't think it would keep. He told me Mom loves ice cream. We sat outside and chatted for a bit. It wasn't long before we could go back up to see Mom. As we were walking back we saw a brand new set of twins. They were so sweet, Dad just had to stop. He is so sweet and loving, you are very blessed. I guess Dad isn't the only one who knows a great thing when they see it.

When we got back Mom was much more comfortable. The midwife examined Mom to get an idea of where Mom was. She was still the same. It was decided to call the doctor on-call to discuss using oxytocin to help regulate and intensify Mom's contractions since she wasn't feeling them anymore.

Now that Mom was comfortable, you were happy, and contractions were becoming more regular it was time for some sleep. Dad made himself comfy on the cot with a blanket and your parents got some rest.

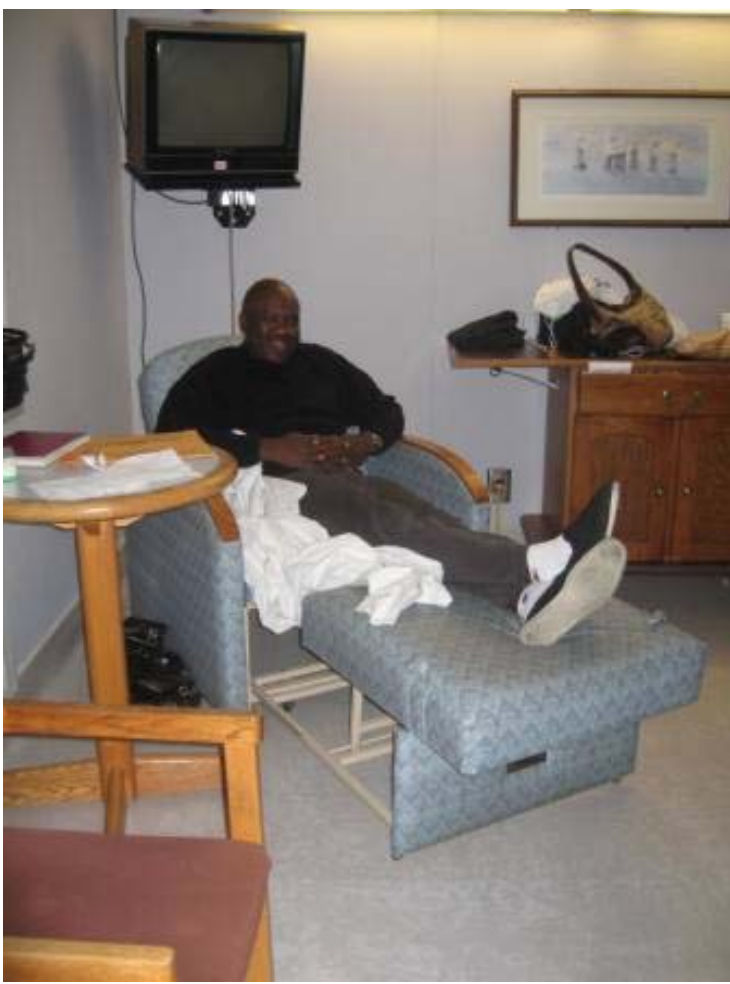
At 6:00 pm Mom's contractions had progressed to 3 - 4 minutes apart lasting one minute. Dad was doing such a fabulous job taking care of Mom and watching out for you. He kept a close eye on the monitor, checking to make sure your heart rate wasn't getting too fast.



He kept Mom hydrated, and clean. I am sure it was because it is a devoted, thoughtful, loving man, though he did mention something about documenting it so he had some leverage for when he wants to get a bigger boat.

Dad went down to get some dinner, while Mom and I got some rest. He remembered how I had mentioned on several occasions how great the cafeteria was there. Unfortunately all they had was burgers and onion rings. I am sorry Dad; they had pork chops at lunchtime.

At 6:30 pm the midwife thought Mom might have to go to the bathroom. She sure did. She drained one litre of fluid from Mom's bladder. Wow. Mom's cervix hadn't made much change but it was starting to get swollen on one side so it was time for Mom to roll over onto her left side. Unfortunately Mom's body didn't like that. Her blood pressure dropped very low. Once back over on the right side it became normal.



Dad looks pretty comfy in his slippers and fold out chair, doesn't he?

At around 8:00 pm you were still high, Mom's cervix was swollen on all sides, but it appeared you were starting to turn and were now transverse. Hooray.

The doctor used an internal monitor to get a closer view of how well you were doing.

Mom's body wasn't contracting while the doctor was present. I guess it is true what they say a watched pot doesn't boil. She suggested the oxytocin be increased and she would check back in an hour and see how everyone was doing.

There was discussion that you were too big and that was why you weren't descending, time would tell. I started doing acupuncture to help encourage you to descend.

At 8:15 pm the midwife checked again. You had turned to anterior, Mom was 7 cm dilated and you were lower in the pelvis. This was great news.

At 10:00 pm we were still waiting for the doctor. The midwife said you were lower and in a good position. She thought the cervix was probably out of the way.

Now your primary midwife came to relieve the midwife who had been with us. I was amazed how many midwives I got the pleasure of meeting that day, three so far and soon three more. The midwives went to chat about how things had progressed so far.

Mom, Dad and I continued to chat as we waited for you to descend even further. They are such a fun, sweet couple. You are so blessed to have such wonderful parents.



The new midwife was very sweet and encouraging. We were all pretty excited that very soon we would get to meet the star of the show.

At 12:20 am Mom was feeling the urge to push. Yippee. It didn't take long. She was strong and did a fabulous job pushing.



Within a few pushes the midwife told Dad to put some gloves on and come help. It was so cool to watch the excitement on his face.

After only 28 minutes of pushing a beautiful, healthy baby girl arrived into her father's loving hands and her mother's awaiting breasts.



Happy birth day Kenna.





Now the room is full. Four midwives, Mom, Dad, me, and of course most importantly sweet little Kenna. But your parents don't seem to notice. They only have eyes for you.



Skin to skin with Mom is great...



but now it's Dad's turn.

It was amazing to watch the birth of such an incredible family. Your life is going to be filled with many wonderful adventures. Thank you for letting me share in your first.

Love,

Marcus