

Tyler

Born: March 20<sup>th</sup>, 2008

Time: 4:38 am

Weight: 7 lbs 3 oz

Tyler let me say that you have two amazing parents. From the first time I met them it was apparent how devoted they were to you, and right from the start they wanted what was best for you.

As your due date approached your Mom was getting many labour warning signs. She e-mailed me on February 25<sup>th</sup> to say one of her doctors did an exam and was amazed how low you were in Mom's pelvis. Mom was 80% effaced and 1 cm dilated. That was great news since effacement tends to take a long time. It should be smooth sailing for Mom. Other than the discomfort in her back and gluts. She was having some cramps, but they weren't patterned. You seemed to be most happy when Mom was walking or lying down. It was driving Mom stir crazy. But she was going for a massage and for an adjustment so that should help relax her.

On March 3<sup>rd</sup> I heard from her again. She had seen another doctor who did a stretch and sweep in hopes that things would progress. Mom a little nervous about the side effects she noticed but Dad was very excited. He had told everyone at work that you would be making your arrival in the next few days. Sorry Dad, not yet. The doctor booked your induction for Sunday March 16<sup>th</sup>. Mom was desperately trying more natural options to avoid the Pitocin. However her clever little boy came up with a plan of his own. Mom called me to tell me that her back had gone out and there was no way she wanted labour to be induced until she could move again, what a smart lady. So as a consolation prize she got numerous trips to the hospital for non-stress tests, which you did brilliantly on. You were very comfy in Mom's womb.

Mom called me on March 19<sup>th</sup> to say they were given the day off from visiting the hospital; however she wasn't sure that they would be able to stay away. She had been up through the night with contractions. She wanted to take a shower and wondered whether to send Dad to work or have him stay home. Dad's job is quite flexible and close by that we figured it should be fine. So Dad went off to toil while Mom got clean and cozy.

I didn't hear from her again until 10:15 that evening. She was having contractions that were 4 - 7 minutes apart and lasting a minute. They were closer when she was walking and seemed to slow when she tried to rest. Hooray, it was show time at last. I suggested she try having a bath, telling her it would make her break her contractions. I had no doubt it would help intensify things so I started gathering my things.

Mom called again at 11:48 pm. The bath worked very well. Mom was having contractions that were 3 - 4 minutes apart. She was letting Dad get some sleep, how sweet of her. Mom decided it would be best for me to meet her at the hospital since she figured they would be leaving around the time I would arrive.

At 12:45 am on March 20<sup>th</sup> your parents called to say they were heading to the hospital, how exciting. I was pretty excited too and arrived before they did. Your parents looked pretty good considering how little sleep they got. At 2:00 am the nurse checked to see how far along Mom was. Wow, Mom was 5 - 6 cm, that's incredible. Mom was very comfortable lying down and it was restful. Dad took out the banana blueberry muffins Mom had made as her labour project. Your parents really absorbed all my pearls of wisdom.

I encouraged Mom to be more upright as it helps babies align better in the pelvis and helps labour progress faster. We tried roaming the halls but Mom was very uncomfortable and began to feel sick. We stopped in one of the postpartum rooms so Mom could borrow their bathroom. It was getting to be too much for her, Sergeant Doula Haché had pushed too hard. My goal is to keep Mom as comfortable as possible not cause her too suffer. So back to the room we went.

Dad was right at Mom's side, when he wasn't nosing around the room. He was wondering how come they had pink blankets. Don't worry Dad, the outside is be blue.

Dad was poised to lend a hand whenever needed. Mom totally relaxed and let go in between contractions. She was amazing.

Around 3:00 am Mom was adamant that she needed something. She felt she could not continue any more. I suggested she try a bath but Mom did not want to move. Dad suggested that the nurse checked her to see how things were going. Great idea Dad.

While we waited and in between contractions Dad and I whispered back and forth about Mom's previous wishes and how she might feel if she deviated from them. At 3:10 am the nurse checked and Mom was 8 cm dilated. Wow. It was time to focus and relax because you would be here in no time. My guess was no later than 4:00 am.

Mom did a great job breathing through her contractions. She would hold Dad's hand and stare into my eyes as I tried to breath my sweetest breathe on her. All that heavy breathing made her quite thirsty, and me too.

It was 3:30 am when Mom's water broke with a contraction. I was positive you would be here by 4:00 am at this rate. Mom had such great control and was doing so well avoiding the urge to push that the nurses didn't realize she was ready to push for a while. Mom was so good in fact that it was difficult at first to figure out how to bear down, plus you were such a pro at making your way down so effortlessly. You were so low that by the time Mom started pushing we could already see your head. I kept looking at the clock as 4:00 am neared. I hate being wrong. With a few minutes to spare I asked Mom if she wanted to play Tug O' War. This was something new for the nurses and the doctor, but they were very pleased with the results. It did the trick because within 3 - 4 more pushes you arrived, a healthy and handsome baby boy. Happy birth day Tyler.

Dad cut your umbilical cord, but no matter what the tie that binds you and your Mom can never be broken. The three of you make such a wonderful family. It was such a cool moment to witness.

At last it was Dad's turn to hold you. He looked as if he had been made to be a super father, and now it was coming to fruition. Mom sat back and got to enjoy the fruits of her labour.

Your birth was incredible. Your Mom was so strong, controlled and dedicated. She knew exactly what she needed and accomplished all her goals. Your Dad was absolutely incredible as well. He is loving and devoted, and will make a wonderful role model for you. I know your family will share many happy moments together. I feel truly honoured that I got to share in this one with you.