

To Whom It May Concern,

I shifted from New Zealand to Australia half way through my first pregnancy. Getting information on my birthing options and finding continuous care was very difficult. I became upset and sought alternative support, which led me to Tammy.

Tammy was immediately sympathetic and supportive to our situation. I felt much better after talking to her. She was very personable and oozed with care.

My husband (Luke) and I learnt a lot from Tammy in the pre-birth sessions. We began to feel at ease with what was to come.

When I felt that Labour had begun Tammy trusted that I knew my body well and came straight over. She brought a very calm presence to the house. Tammy suggested some good massage spots and suggested new activities when the contractions slowed.

Tammy also helped us with decisions like: when should we call our family? And all importantly: when should we leave for the birthing centre? With her help we were able to labour comfortably at home for the majority of the labour.

When time came to leave for the birthing centre, Tammy gave me two juggling balls to bang together in the car. This allowed me to manage my contractions in the car. I was so grateful for this technique!!

Tammy provided so much support at the birthing centre:

- parked our car
- bought lunch for Luke
- when I asked if gas was available, told me "you don't need it!" (... and I didn't either! Thanks Tammy)
- kept telling Luke & I how well we were doing
- suggested getting in the shower and used the hot water on my back to give me pain relief (wonderful)
- called for the midwife to come check me at just the right time (the head was just a centimetre in)
- calmly told me how to focus my energy to push her out
- took a precious video of Julia's first hour after being born
- took me into the shower after the birth and gave me a gentle wash down

We felt loved and cared for and supported by a knowledgeable person. We absolutely credit the smooth-running and relatively quick first-time birth to having Tammy with us. I can't put into words what a wonderful experience it was having Tammy with us on this journey.

Angela, Luke & Julia