

February 2011

Dear Tammy,

Time seems to have flown by so fast – little Greta is now 7 months old believe it or not!

I was reflecting this week on the amazing 12-18 months we have been through. One of my team just gave birth to a stillborn baby boy last week at 7.5 months – also an IVF angel. It is just so unbelievably tragic, and that kind of thing really forces you to celebrate your own blessings in life – even when you haven't slept for days and feel like crap!

Andy and I never had the chance to tell you how grateful we are to you for your support in bringing Greta into the world so beautifully. To be honest we had such a perfect first birth experience in Japan with Mia 8 years ago, and never thought we could match it all these years later. But Greta's birth was just as wonderful in no small part because of your wisdom and support before, during and after the birth.

I am still in awe of how quickly you assessed our labour and worked your magic with pressure points and homeopathic goodies to kick us along into serious ten out of ten contractions. I never thought I would have the energy at 40y.o. to stand (much less elephant walk) my way through so many hours of labour – and still be able to give birth upright as I had hoped. Your support for Andy and quiet confidence as we laboured really gave us the courage to stay at home until transition.

It was wonderful to have the benefit of your insights on the Aussie hospital system ahead of the birth so we could properly plan our birth, not to mention your calm and kind support in the delivery room with the midwives who were understandably a little anxious at having to deliver so quickly and without a doctor. To be honest, it all happened so fast that I'm sure Andy could not have managed juggling the hospitals needs and mine without you there. We feel like we not only got the natural drug free birth experience we wanted, but also that the first hours and days with Greta were just as we wanted it – with minimal intervention.

You know, I could not have survived day 4 at hospital without you there. I have enough distance from the horror of my engorged breasts to have a little chuckle about it to myself now. I still laugh at that enormous cabbage coming in on the room service trolley for us to use! What I appreciate most is that you knew instinctively that my situation was beyond your own experience and you were able to quickly get Anita, the most wonderful Lactation Consultant in Melbourne, in to see me. I am so pleased you referred me to her - she became a regular fixture in our home in those early months as we battled to get little Greta to take the breast.

I still listen to Greta's cries for those Dunstan words but they are all gone I think – she may have just said her first real intentional word today – I was giving her water and she said afterwards “W”. I was so surprised!

Tammy, I am sure you a busy with the next mum and your own wonderful kids, but I often think of you and am really so grateful for your professionalism and friendship over the last year. You will always have a special place in our hearts!

Big hugs and thanks
Tiffiny