

My Birth Story by Michelle Platen-Mills

I remember how frightened I was after reading the information on the Internet about being pregnant with identical twins, and also being warned throughout my pregnancy by all the professionals that I would probably need an epidural because it was highly likely that I would be having a caesarean. So I just wanted to tell my story about the birth of our beautiful little girls. It really wasn't scary and I felt very positive throughout the experience. Sometimes it's important not to listen to the negative comments about giving birth to twins. By the way Ethan is my gorgeous son and Ash is my wonderful husband who was taken over the edge after the girls were born, he had a vasectomy 4 months later!

My Diary 10th January 2005

Came into hospital last night at 8pm with Ash (he left at ten pm). They have given me an internal (not very pleasant) to check if my cervix is soft, the midwife really stretched my cervix and at 6am this morning I am 3cm dilated and they are going to break my waters - no inducement, which is great!

Was given a sleeping pill last night - fell asleep at 11pm and woke up 4am and couldn't get back to sleep. It is 7.30am and I should go down to the delivery suite soon. The midwife said she thinks they are girls - let's wait and see. Thinking about Ethan lots - he should be having his breakfast now - I really miss him. I am going to lie down now and try to get some sleep.

Slept for about 45 minutes. Went to delivery suite at 10.30 (Ash arrived at 9.30am) they broke my waters at 11am - a very strange sensation, then put me on a drip to start contractions at 1pm. Started getting strong pains about 3pm and I was 6cm dilated. Our midwife, Abbey, was fantastic. By 4.15pm I wanted to push but was only 8cm dilated so Abbey told me to breath through it.

By 4.30pm Sophia was born weighing 4lb 3oz then 14 minutes later Siena arrived at a hefty 5lb 14oz! To say I was surprised they were girls would be an understatement, but I was ecstatic. I had no pain relief, not even gas and air or stitches. I felt so proud of myself. The after pains were terrible (nobody warned me about them!) I felt absolutely awful. Ash was fantastic and he called me his brave little girl, he even showered and washed my hair for me afterwards. My best memory though is him looking so happy staring at his little girls; he was so pleased it was lovely to see.



Thanks Michelle for your story. If you'd like to share your experiences, email me at info@bournemouthtwins.co.uk