

SUBSCRIBER COPY

OCTOBER 2009

VOL.2 ISSUE 6 RS100

# Mother & Baby

India's No.1 pregnancy & baby magazine

Inside the mind of your  
**FUSSY EATER**  
+ TIPS and RECIPES  
to get your toddler to eat  
**TODAY!**

Sure-fire tips on developing your tot's  
**FINE MOTOR SKILLS**

0-18 months

**GOO-GOO  
GA-GA**

...and all the other  
wonderful ways your  
baby communicates

**PREGNANT?**  
How to take care of  
yourself perfectly  
**24/7**

*Diwali*  
**2009!**

This year, celebrate your  
fave festival responsibly &  
traditionally!

**NEXT  
GEN**  
PUBLISHING

**AUTISM: EVERYTHING YOU NEED TO KNOW ABOUT IT**



Happy HypnoBirthing mum, **Jaya Shetty**, 30, terms her VBAC experience as the greatest celebration of her life. Married to restaurateur **Ashok**, she lives with her two daughters, **Deeva**, four, and **Tiara**, 11 months, in Mumbai, and has recently earned certification as a HypnoBirthing practitioner. As Jaya shares the secret behind her indomitable spirit, M&B celebrates the festive season with her incredible birth story

**Words** Subarna Ghosh

**Visuals** Akshay Kulkarni

**Make-up & Hair** Baban Kharat

■ simply followed the aroma of freshly-made *sambhar* to reach the door that led to the Shetty home. I knew that I was about to meet a woman who had proved her courage and grit by pursuing the dream to birth naturally after a Caesarean. But a delicious Mangalorean welcome with hot *neer dosas*, *idlis* and *sheera* was way beyond my expectations!

# Birth

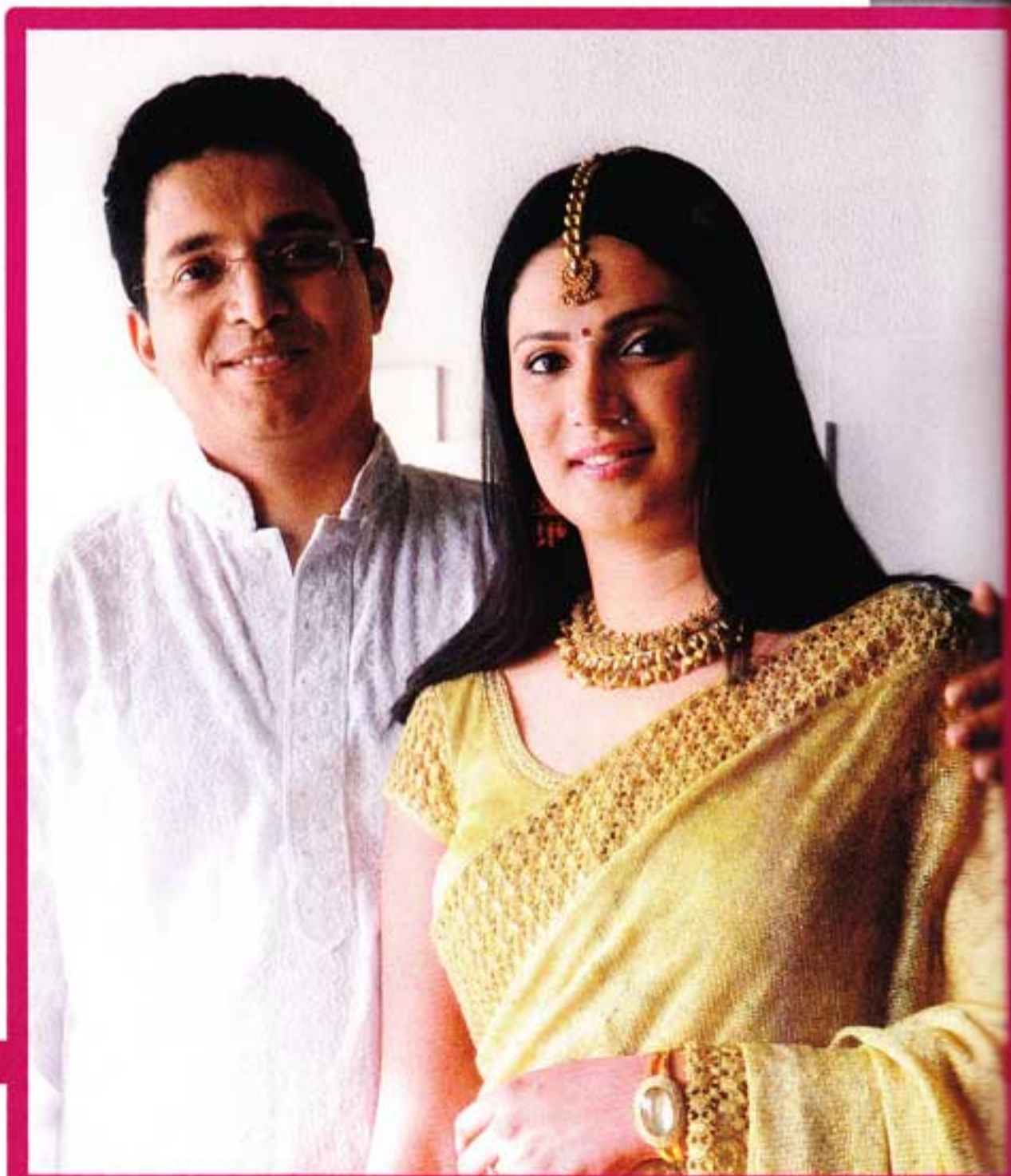
# beautiful





Ashok and Jaya are strong believers in a natural way of life and prefer home remedies and minimal medication. Though it may come as a surprise to many new mums and dads, they have exercised their right to choose, especially when it came to vaccinating

Jaya and her husband Ashok had lived in the US and even had their first baby there. They moved from South Carolina to a far-flung suburb of Mumbai only to be close to their parents. In spite of having pursued a degree in engineering, marriage took precedence for her, says Jaya and explains, "Our family is deeply rooted in tradition and wanted me to marry within the community. My parents ensured an early marriage by arranging a meeting with Ashok and his family when he was visiting India for just a week," says Jaya. Though she had heard that Ashok was a family-oriented, soft-spoken person, Jaya had not expected that she would be so lucky as to find her perfect match through an arranged marriage. "I remember, we found a good excuse to go out for the first time – some visa work had to be done and both of us were required to be present. There was no courtship as such and just within a few days of the marriage, I was off to the US to live with him," Jaya tells M&B, recalling how she started a new phase in her life.











The couple was blessed with a beautiful daughter, Deeva, in 2005. Jaya will never forget the experience of having a baby in the more 'developed' world. She confides that she has never felt so out of control. "I was only 25 years old and very fit. My labour progressed perfectly. In fact, the baby could also be seen as I dilated. But then suddenly, the doctor announced that we had to go for a C-section. Both Ashok and I were taken aback but there was no time to argue and so we simply went on with what the doctor said," Jaya recounts. But after the surgery, she did ask the doctor to explain and according to her, "His explanation was that the baby had suddenly turned and it would not be safe but somehow, I'm still not convinced."

Ashok and Jaya are strong believers in a natural way of life and prefer home remedies and minimal medication. Though it may come as a surprise to many new mums and dads, Ashok and Jaya have exercised their right to choose, especially when it came to vaccinating their second baby, Tiara. "We feel that Deeva suffered from plenty of health issues due to the routine vaccines that she received in the US and it made no sense to us. Deeva was so small and the vaccines simply made her weaker. Ashok made it a point to get informed and he now strongly believes that such chemical preventives are best avoided. We simply need to live a healthy life and take natural precautions," explains Jaya. Eleven-month-old Tiara has not received any vaccines since birth. "She is hardly ill and while I see other babies her age visiting the doctor every month, we have only been there twice or thrice. She is gaining weight well and apart from my feeds, she has started enjoying semi-solid food.

When this proactive couple conceived for the second time, after moving to Mumbai, Jaya was determined to handle this one differently. She made the



birth of her second daughter a truly special one by making it one of the first hypnobirths of India. Her husband Ashok, HypnoBirthing practitioner Kasia Wierzbicka, midwife Caroline Duncan, gynaecologist Dr Ameet Dhurandhar and the staff at Chryssaliz Hospital, Khar, Mumbai, came together to provide her a beautiful birthing environment and an experience to cherish forever. Jaya shares her story in her own words...

#### FINDING MY WAY

My second pregnancy and delivery were amazingly different from the first one. Deeva, my firstborn, was a breech, which necessitated a Caesarean section delivery that I neither expected nor wanted! This time, I knew for sure that I wanted to have a normal delivery and was hoping that my gynaecologist would ensure it. But she was a little apprehensive about trying a Vaginal Birth After Caesarean (VBAC), even if the baby was in the right position. As time went by, I remained hopeful since my second baby was cooperating, position wise. Meanwhile, an article on HypnoBirthing (HB) appeared in the newspaper – Sarojini Alva's HB practitioners' course had taken place in Mumbai.



One of my dear aunts brought this article to my notice and my husband Ashok further investigated about the programme and e-mailed Sarojini. Her prompt reply provided the list of practitioners available in Mumbai. Ashok insisted that I get started with the HypnoBirthing sessions. Kasia, my HB practitioner, explained the technique in brief and informed me about the importance of the birthing partner's role in childbirth. I decided that my mother would be my birthing partner as Ashok was travelling to the US for two months. But eventually, Ashok took over.

#### PREPARING TO BIRTH

I started my sessions with Kasia and she was kind enough to take an extra class for Ashok as he had missed several sessions. I decided to change my obstetrician during the eighth month and on Kasia's recommendation, visited Dr Ameet Dhurandhar, a HB practitioner himself. The check-ups with Dr Ameet continued through the following weeks. An ultrasound was conducted to determine if the baby was in a head-down position and, much to my happiness, the head was exactly where it was supposed to be!!



I just kept up the deep breathing and was happy to imagine my baby coming into this world peacefully and lovingly

My baby was due in mid-November and as there was no position problem this time, I was told that the likelihood of a C-section was low. I continued with the meditation and relaxation routine and kept rehearsing the breathing techniques. Since the seventh month, I used to get pre-labour warm-ups where nature indeed provided me with the opportunity to rehearse relaxation and deepening techniques, preparing for the childbirth.

### SOOTHING THE SURGE

On November 21, 2008, I started to get mild surges every half hour from 11.30 pm on. I did not tell anybody until it was one am, when the surges were exactly 10 minutes apart. Ashok called up my doctor and he asked us to leave home immediately as it would take us 45 minutes to reach the hospital. I maintained my calm by simply focussing on my breathing. While comfortably seated in the car, the surges came and I just kept up the deep breathing and was happy to imagine my baby



coming into this world peacefully and lovingly. Meanwhile, Ashok co-ordinated with Kasia and my midwife Lina.

When Dr Ameet checked me, I was two centimetres dilated. He encouraged me saying that I was doing well and asked Ashok to take me to one of the rooms where I would comfortably go through the progressing labour. Ashok gave me some gentle touch massage and between surges we would take a walk and discuss the baby. Later, Kasia arrived and she read out the relaxation scripts to me. I was so relaxed that I even drifted into deep sleep for 10 or 15 minutes in between. Lina inflated the exercise ball for me and kept the birthing stool ready. I was on my side, breathing through the surges, then standing up by the bed and in a supported squat position with Ashok against the wall. Hours were passing but none of us were aware of it. My surges kept coming two to three minutes apart and I could feel some kind of pressure. So, I asked my doctor to check on me. I was seven centimetres open and after 10 minutes, my membranes released while I was lying down in the side position. I continued to breathe and remained calm. Soon it was time to breathe down my baby.

#### WELCOMING MY BABY

Then I decided to lie down on my back. Kasia and Ashok elevated my upper body with pillows. Then Ashok and Lina were by my side giving all the support that I needed and Kasia was behind me, by my head, whispering the HypnoBirthing scripts in my ears. Hearing Kasia was very soothing and she kept giving me a cold towel compress on my forehead. With every surge I took a breath and nudged the baby down. I am thankful to Lina who was monitoring the baby's heartbeat without getting me tied down to any kind of apparatus and avoiding the routine medical interventions.

My baby finally came at 8:30am on November 22nd! She weighed 3.8 kg and was immediately placed on my chest. She was so alert, calm and ready to greet us and the world. Ashok cut the cord after it stopped pulsating around four or five minutes after the birth. My baby was breastfed immediately which helped the placenta to come out easily and quickly. I just needed one stitch since it was a small tear. Ashok looked ecstatic and said that every dad should be there to witness the baby's coming into this world! M&B

