The Birth of Io Fox

That night, I had been having some sensations in my belly and had really thought I would go into labour, but they seemed to stop when I woke up. I felt that I really needed to think about opening up and welcoming this baby into the world and focused on that the entire day. The next day my Sister-in-law was arriving, and I knew that is what the baby was waiting for.

The birth of our daughter Luna Ru, had been smooth but I had felt I had not had enough time to really connect with my husband, Anders. This time I was hoping we would have more time, and so I had asked my Sister-in-law to come. She would support him with filling up the pool, keeping it warm, and help with postpartum meals afterwards. As soon as she arrived, that night I started to have more sensations that grew and grew. I slept on and off and when I awoke things still did not feel that intense.

We all had breakfast together and I remember it was one of the first really sunny days that spring. The sun was pouring through the windows, and Anders and I decided to go for a walk with our middle daughter, Ru, on her bike. I remember needing to pause at points as there was an intense sensation that would come over my body. I felt excited but patient.

Back at home, Anders began raking leaves in the garden and I started to prepare the lunch while doing a birthing dance in between, really willing the rushes to come and visualising myself opening up like a beautiful flower. I was not hungry at all and went outside and said to Anders that I felt things were getting closer.

My Sister-in-law started filling up the pool with water while I was taking a shower and tickling my belly to manage the rushes.

I came upstairs and me and my daughters got into the pool and had a little play and a swim while the rushes were coming. Then I felt that things were really getting close and asked Ru and Skye to climb out the pool. Skye went upstairs while my sister-in-law put Ru down for a nap.

Anders and I were kissing and smooching and he was rubbing my back while I was in the pool. It was all really delicious.

Then my eldest daughter must have sensed by the noises I was making that something was really happening, so she came down and got involved with rubbing my back. It all felt so good.

I was in a kneeling position in the pool and started to pant and knew the baby was crowning. I reached down and felt the soft hairy head but a fear, left in me by a midwife at my last check-up, arose and I asked Anders if the cord was around the baby's neck. He replied in an ecstatic way that everything looked great and I was reassured. During that rush I must have closed up a little, and Fox's head came out a bit slower. When he did come out I felt very calm and ecstatic. I watched him floating for a few seconds in the water and he looked so beautiful. I picked him up and held him to my chest. He was so calm and just snuggled into me. He was a little blue but I just knew he was fine. The sun streamed in through the window and I felt rays of lights shining out of us.

The midwives then arrived and I stayed in the pool till I started to feel a bit cold. Again one of the midwives helped me remove the placenta and showed me how beautiful she is, the tree of life. I just sat with Fox still attached for a while, the placenta in a bowl sitting next to me. Fox was very calm and in no rush to breastfeed so we just sat and got to know each other with Daddy, Skye and Ru. Time felt like it stopped, just for us.

Later, our eldest daughter, Skye, cut the placenta cord and Cayenne showed Anders how to prepare the placenta to freeze and eat for later.

Such a beautiful, healing birth. And our son, Io Fox, is the sun in our lives. Luna Ru is the moon and Alma Skye is everything in-between.