

To the Staff of the UC San Diego Birth Center,

My wife Rachel delivered our first baby Mara Grace in January 2013 and we wanted to share our story with you and show our appreciation to your staff for helping to make our birth story a great one!

After finding out that we were pregnant, my wife and I spent a good amount of time researching how to make our birth experience as natural and positive as possible. We heard so many great things about the UC San Diego Birth Center and attended a “meet the midwives” night. As first time parents, we wanted to have access to a totally natural birth, free of drugs and medical interventions, but still felt the need to have the “safety net” close by in case something did go wrong with Rachel’s delivery. The UC San Diego Birth Center met these criteria perfectly.

We arrived at the birth center at 2:30PM after laboring at home during early first stage labor. She had done a great job at home but now it was time to work through the rest of her labor. Upon arriving, our day nurse did a great job and helped Rachel and I calm down and get as comfortable as possible for the remainder of Rachel’s labor. Rachel was fortunate enough to be able to work through the remainder of first stage labor and into transition in a birthing tub. Our volunteer doula arrived shortly after Rachel entered the birthing tub and was just what we needed. We had taken Bradley Method classes and were as ready as possible for the process, but a reassuring voice and soothing touch was a real blessing.

Rachel started to push at 5:45pm on a very comfortable and homey birthing bed. Rachel and I later discussed how RIGHT this felt, surrounded by experienced women, invested in a successful outcome, and full of positive encouragement. We are sure for as long as births have taken place, this scenario is how it is SUPPOSED to be. As a first time mom, Rachel needed to learn how to effectively push in order to make measureable progress. After ~3 hours of pushing with the complete support and encouragement of the women surrounding Rachel, Rachel delivered Mara Grace. Our baby was immediately put on Rachel’s chest; new mom and dad were able to share this once in a lifetime experience with our new baby girl. The moment was beyond description, and all I kept hearing myself say was WOW.... Watching my wife work was incredibly inspiring and made me feel so much love for her.

The nurses and midwives present during pushing were incredible. At no point was medication or timeframe discussed. There was only encouragement and understanding. Mara came out wide-eyed and really aware. It was incredible being there to see my daughter come from my wife. It was beyond description.

From the bottom of our hearts, thank you so much for making our Birth Story a great one!!

Sincerely,
Luca, Rachel, & Mara Grace Brammer