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## NewsBank Article Listing



### Experiencing the joys of a home birth

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I gave birth at home.

I had just put my toddler to sleep when I felt an intense contraction. I had to do more than be still and breathe. I began to mouth profanities and make loud, primal moans. Labor was in full force.

My sister and the midwife arrived. Within the hour I pushed my baby into the world, standing.

The midwife caught the baby and passed it up to my arms. I examined the baby and with joy I announced it was a girl. Then we got into bed together: my husband, my 2-year-old, my newborn, and I.

Donyale Abe had two home births with a nurse midwife and teaches childbirth classes. Send your 100-word essay to [scene@sacbee.com](mailto:scene@sacbee.com). All submissions become property of The Bee.

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