Hi, so we’re going to deliver a baby today.

So we have our mother Anna here, who’s been expecting now and she is officially 39 weeks and 2 days pregnant, and she is going to push her baby out. Anna here is coming to the end of second stage labour, and to the birth of her child.

Okay, big push, we’re nearly there, we’re nearly there, you’re doing so well.

Come on. Good job, good job. Alright now, breath, breath, breath, little breaths, little breath little pushes, and we’re going to birth the head.

The head has now been born and what is going to happen naturally is that the baby’s shoulders are going to rotate, so it’s lying on its side, so its easier for the shoulders to be birthed.

Okay so the acushers role now is to birth the placenta, but I’m now going to change into the role of the second midwife, and take care of the baby.

As the second midwife, I’m now going to clean off the baby, and wrap it up nice and warm, and give it back to mum.

Here you go Anna, it’s a girl. Are you thinking about names?

I think I’ll call her Laura, after my midwife

A lot of people don’t consider midwifery as an option but hopefully after today I haven’t put you off too much, but also I really hope you consider it as a career.