**Phoenix’s story**

**Visual**

**The video begins. The screen is a white background. In the middle of the screen is the word ‘Listen’ in large letters. Each letter is a different colour. Underneath that is a line, under which is written in smaller blue letters ‘Phoenix’s story’ and smaller again is written “A positive experience of culturally responsive maternity care”. This has another line under it.**

**Visual**

**The screen changes to show two people walking along a beach. The beach is a crescent, with stones and large driftwood on it. There are gentle waves. The person on the left has long dark hair in a ponytail and has a dog on a leash. The person on the right is carrying a baby on her hip. The image changes to show them sitting on a log, then to a closeup of the woman and her baby. The woman is wearing black, and the baby has on a flowery coat with a hood.**

**Visual**

**The screen changes through images of the family on the beach – a closeup of the black dog, the baby laughing with the parents, the mother lifting the baby up in the air, and then back to her grinning at the baby.**

Audio

I was super excited. I did not wait to take the test. I was, you know, you’re supposed to wait until you miss a period and I was like, nope, I’m going to take the test, and it came back with the little faint line and I was so excited.

**Visual**

**The screen changes to a woman talking. She has long dark hair and is wearing a black top. The baby is sitting on her lap. They are in a black leather armchair, with windows behind it. In white letters in the bottom left of the screen is written the words Phoenix Ahomiro. The screen changes to show Robyn Maude holding the baby in the chair. Robyn is wearing a grey top with black spots, and the baby is in her floral top. It changes to a close-up of Robyn stroking the baby’s cheek and hair.**

Audio

I always knew I was going to use Dr Robyn Maude as my LMC, um, but because I opted for a home birth you have to have two midwives, one to watch you and one to watch the baby.

**Visual**

**The screen changes to show a close-up of Robyn’s hand on the baby’s hand. The baby is clasping Robyn’s little finger. It changes to a close-up of the baby laughing over Robyn’s shoulder. The scene changes back to Phoenix and her baby in the chair.**

Audio

And so with my second one I actually asked if she could help me find a Māori midwife, which was really important to me, um, just to have someone of my own culture and background, who understood tikanga and the way I like things done.

**Visual**

**The screen changes to show a poster with te reo Māori words, and then back to Phoenix holding the baby, who is wearing a feather cloak. It then shows Phoenix putting a bone carving necklace on the baby, then Robyn holding the baby and a close-up of the baby asleep on Robyn. It then shows Phoenix and the baby again.**

Audio

With both my LMC’s it was really easy to have conversations about the cultural things I wanted. They were both really understanding, one of them actually had the greenstone, we tried to source our own, yeah we did, we tried to source our own, but we just couldn’t, and she had the perfect pounamu cutter with its own base.

**Visual**

**The screen changes to a close-up of the baby clasping a feather on the cloak, then back to Phoenix. The scene changes to show Robyn holding the baby.**

Audio

At the end of the day you put your life and the baby’s life in their hands, and so to have trust and open conversation and easy conversation with them makes that whole process so much better for someone who had never done this before.

**Visual**

**The screen changes to show Phoenix walking along the beach carrying the baby, with the man and the dog beside her. It is a sunny day. There is a close shot of Phoenix and the baby, and then it goes back to Phoenix in the chair.**

Audio

I actually had her down as a homebirth at my in-law’s house. I had a water birth, so I laboured walking backwards and forwards, pacing up and down the hallway and the kitchen. (*eh,* Āiorangi *she says to the baby)* It was the calmest day and night ever that we’ve had in this valley.

**Visual**

**The screen changes back to the three of them walking along the beach with the dog, then back to Phoenix in the chair. The scene changes back to the beach – they are walking away from the camera. There are two houses nestled against the hillside. It then shows them sitting on a log looking out to sea, then back to Phoenix in the living room.**

Audio

So, there was absolutely no wind, the turbines that are usually moving the entire time, they were completely still. I could actually hear my second midwife driving down the road right as I started to need to push. My partner was in the pool with me, because I started getting too tired to hold myself up, so he was in the pool holding me up until I needed to start pushing, and then my Dad came and sat on the side of the pool and held me up from the front which was awesome.

**Visual**

**There is close-up of Robyn holding the baby – Robyn’s fingernails are painted green. It then changes back to Phoenix**

Audio

I could hear my Nana muttering karakia in the corner, and I could see her, the lights were all dim, there was candles and salt lamps on which was quite nice lighting cause, again, giving birth overnight. The three pou in my family, in my life, are my grandmother, my mum and my dad.

**Visual**

**Phoenix is standing holding the baby and kissing her, the baby is grinning. It goes back to Phoenix in the chair**

Audio

One special moment of the three people, my three pou holding me up and my partner catching was just a feeling I don’t think I’ll ever be able to explain.

**Visual**

**Phoenix is standing lifting the baby up and down in the air and kissing her, the baby is grinning. It goes back to show Phoenix in the chair.**

Audio

Part of tikanga is my nana wants the whenua returned to the ground that day, and so we did, and it was after we planted her whenua that we were like oh, so she’s actually got a name. Her name is Āiorangi, which means ‘peaceful or calm skies’.

**Visual**

**Phoenix is at the changing table with Āiorangi lying on it. It goes closer to show Phoenix changing her onesie, then back to Phoenix on the chair with the baby.**

Audio

My message to midwives would be, the small little details that someone want, that will make that journey better, mean the absolute world to someone looking back. So, me looking back now I don’t remember the pain, I don’t remember the stuff I was going through, wandering backwards and forwards, all I remember is seeing my Nana’s face in the corner. I remember my dad holding me up. I remember the muka ties that my grandmother had woven and gotten herself being used and tied by my mum. Those are the things I really hold on to, and I had those because I had two midwives who listened to me

**Visual**

**The video ends with images of Phoenix, her baby and partner sitting on a log and then walking along the beach with their dog. Credits roll and the video ends.**