



# I Watched My Baby Being Born

By **TERRY MOORE**  
as told to Peer J. Oppenheimer

*A film star tells of how she dreaded giving birth—and how, through natural childbirth, a time of fear became a moment of "spiritual elation"*

I USED TO BE terribly afraid of childbirth.

I remember my mother describing how she was in labor with me for 36 hours. She had such a difficult pregnancy and delivery that she weighed less just before I was born than before she became pregnant.

I'd heard so many other frightening accounts of childbirth that, although my husband Stuart Cramer and I wanted a baby very much, I accepted the news of my own pregnancy with mixed emotions.

My conflicting feelings of joy and fear continued for two months until Stuart's secretary, Millie Sather, brought me a book by Dr. Grantly Dick-Read entitled, "Childbirth Without Fear." It deals with the principles and practice of natural childbirth, and shows how a mother can be conscious and enjoy the birth of her baby.

I was fascinated by the idea from the moment I picked up the book. As I read it, pregnancy and childbirth suddenly became beautiful to me. In simple language, Dr. Dick-Read explains the necessity of prenatal diet and muscle conditioning, describes each step of delivery and feeding the baby, and, most important, the causes of fear and how to overcome it by knowing exactly what to expect at every stage of pregnancy and delivery.

He tells how to adjust mentally and emotionally by knowing in advance how to aid delivery by special breathing and muscle-relaxing techniques. Natural childbirth enables the mother to actually participate in delivery without anesthetic in many cases and thus be fully conscious of the most beautiful experience in a woman's life.

When I first mentioned my desire for natural childbirth to my husband, he was as excited about it as I. On the other hand, no one else showed