

behind celebrity lines



SHELLY HORTON, KRISTIE LAU, CHRISTINE SAMS, KATE WATERHOUSE



Calm in a crisis . . . Jacinta Tynan with Jasper, who was delivered by emergency caesarean. Photo: Anthony Johnson

48-hour labour and Zen came Jasper

Here's your first look at newsreader and author **Jacinta Tynan's** latest project - five-week-old son **Jasper Jerome Pep Timms**.

The 39-year-old went into labour while she was reading the news on Sky and that was the least dramatic part.

"I had a 48-hour labour and then an emergency caesar," she says.

"The doctors tried forceps, suction caps and even manually turning his head but he didn't want

to come out. I was actually fine about it. I'd done a Calm Birth course so I was meditating and practising my breathing and I was able to cope with all the changes."

The doctors prepared her for the baby to be whisked away by saying that after such a long, traumatic labour the infant would be greatly distressed and need intensive care.

"But he came out as a Zen baby," she says.

"The doctors were amazed how calm Jasper was. I was meditating twice a day throughout the pregnancy and I really think that made a huge difference.

"I'm so in love with him - I just don't care how he got here."

Tynan's partner, **Liam Timms**, is equally smitten.

Jasper was given Pep as a middle name as it's the name of Timms's boat, on which the couple met.

SHELLY HORTON