

## Transcript

**Helena**

*Child of Our Time: Turning 20*

**Helena:**

People did not think I was going to live to this age.

I was an IVF baby.  
I was born premature.

I was a triplet - one was named Barry and one was named Millie and they, both of them did not survive. But I did.

**Dad:**

You didn't know when the phone was going to go and say your child's dying. It was like that, that's how near it was and you were warned about this. You know, we don't know the hour, the moment or the day when something's going to go right or wrong.

**Mum:**

You spend hours and hours looking at your little baby and willing them to survive.

**Dad:**

They said, right, you know, your daughter's really ill; chances are she's going to be seriously handicapped; she'll never be right.

**Mum:**

Two days later they're asking to turn her life support off and my overwhelming memory is, why did I bury Millie and little Barry when Helena's gonna die?

**Helena:**

My parents told me later on that they were going to terminate my life support at one point. But my mum has told me this and she said um, "I was going to and then you like, you had your eyes open and you were looking at me." She said, "You can't kill someone that's looking at you." So here I am today.

I think they were just happy I was like, alive to have a future.

People did not think I was going to live to this age. Like I had doctors telling my mum, like she's not going to live past 18.

But here I am age 19. I'm fine!

**Dad:**

Just for safety's sake, we'll put it on.

I make no apologies for being over cautious.

Let's fasten it up.

**Mum:**

You can jump up as high as you want in there. All the way round.

**Dad:**

You can't fall off because it's all the way round and you'll only fall into it.

**Mum:**

Look, it's all the way round.

I think that Helena is very cautious because we probably wrapped her up in cotton wool when she was little.

People call Helena the Health and Safety Officer, she's a ultra-safe girl.

I mean she goes on a plane, she reads the information about whether or not planes...safety stuff and then she practices the brace position.

**Helena:**

I don't like saying I'm the sole survivor of triplets.

And I used to like think about like what my life would be like if they were still alive.

For a long time I felt like I owed them something.

But you can't spend your whole time focused on what didn't happen as opposed to what did. You should be known for being yourself.

**Dad:**

It's always been her ambition to be a journalist of some sort and she watches journalists and she reads, she reads a tremendous amount.

**Helena:**

I write fan-fiction; I'm obsessed with it. It's usually sad things because sad things are easier to write about, let's face it.

**Mum:**

She can be successful in life whatever it is that she chooses to be.

I want her to just take every experience and make the most out of it and enjoy it

**Helena:**

I'm 19 years old, I'm attending University at the moment. I just finished my first year in English Literature and Creative Writing.

I don't really think there's certain Rites of Passage to becoming adult. I think that's... I think it's more a mindset.

I'd like a job that pays my bills. I'd like to live on my own. I'd like...I'd like to be able to support like a cat or something, not baby but like a cat, that'd be nice.

Frankly, I'd like to live as long as I can, as best as I can.

You can't live in the past your whole life.