**Postpartum Tips From Sarah**

Hello guys. Good morning. This is Sarah coming to you guys during my baby's first nap. So I'm hoping I can get through this full episode while he is sleeping. And while it's still quiet in my house, because we are currently going through a renovation and it is loud for about nine hours a day. so you can imagine what two toddlers, a newborn and a renovation.

[00:00:26] The noise is making my brain want to explode. But I'm here and I'm trying to survive. I wanted to take a minute to go through my postpartum experience. I'm about three and a half weeks postpartum. So almost hitting that four week Mark. And provide some tips and expertise that I've accumulated over the past three babies.

[00:00:45] I hope you find this useful. My big disclaimer is that every baby and mommy is different and what works for me and my babes may not work for you. It doesn't make either of us better or worse. We're all just here trying to survive. So let's get into postpartum for the first month, my first piece of advice and something that really absolutely knocked me on my feet.

[00:01:08] My knocking on my butt for me, my first baby was how hard postpartum vaginal recovery was. Like. I had always dreaded having a season cause I from experience from my friend's experience hard, it was, but I just don't think I was prepared for how tough the vaginal recovery could be. And, and just like how time consuming every time you went to the bathroom could be.

[00:01:31]so my first piece of advice, especially for a first time, mommy's is having like a postpartum care set up. And this is, this is, I mean, I think too, if you have a C-section you'll want the same thing, like for, for scar. but I, I have not had a Csection so my, my caveat here is this is, this part is for vaginal recovery.

[00:01:49]but having like a little box, I had like a, like similar to a, like a. Oh, my God, my brain is fried. I'm getting two hours of sleep, but just like a little tote that has all of the things that you needed for postpartum care. So for me, it was, I had, perennial foam perennial, like. But like care, hemorrhoid creams, all of that.

[00:02:12] I had my, disposable underwear, which I would change every time I went to the bathroom, I had my peri bottle. I had, the ice pack, pads as well. And every time I went to the bathroom, you kind of have to like, change this whole thing out. And so I think preparing for like, every time you go to the bathroom, it's like a 20 minute thing because you just have to like, Do your whole setup.

[00:02:33]but having all of that in like one little tote, is really useful in the bathroom. beforehand, cause you don't want to be like scrambling, every time you go to the bathroom. so for this last postpartum, I had a grade one tear, each time before I had a grade two. So this one was a little bit, not as bad.

[00:02:52] I would, I would change out my ice pack every two hours. I used the freedom mom kit. Mo freedom on postpartum care kit, which I, I do really recommend, I think the perennial foam, the perennial Pat, like all of that was so soothing, especially in that first like four to five days of recovery and definitely helped what swelling.

[00:03:13]yeah. I had a very, very bad case of hemorrhoids for my first and third babies. and I went back and forth between dr. Butler's and annual saw, With like every single change I would do. Sitz baths every few hours. I did a lot more of them with my first baby. Cause I didn't have much else to do while he was napping.

[00:03:34]it's much harder when you have other kids around, but the sitz bath really helped. I also had, you know, fishers, which is. Fantastic. and was on a channel calcium blockers, just like a little cream that basically relaxes your muscle. And that really helped, but like, I, when I, I tell you, like, I couldn't, I was in agony and like, could not.

[00:03:56] They I'm 10 out of 10 pain, went to the proctologist three days after delivery and was like, do something. And that was what he prescribed me. He would not Lance the thrombose hemorrhoids because he thought it would make it worse. and told me that at two weeks after using the channel calcium blocker that I would, I would have be at like 50% less pain, which like.

[00:04:21] I just thank you for the, thank you for managing my expectations, but like 50% less pain meant like, to me, it was like, I'm still going to be out of my mind in pain. That was not true. After, about, after a week, I wasn't in total agony and after two weeks, like I was able to like move and take long walks and it just felt, felt.

[00:04:41] I would say, like I was at like a two out of 10 and now at three and a half weeks, I have zero out of 10 pain. so it did help. It just like required some patients. I had my baby in the bed with me for the first three. Maybe it was four days, in the DACA top, just cause getting. Up and out of bed, even like reaching out of bed and say the into this new life was just too painful for me.

[00:05:05] And I'm sure that also that for AMC section mama's might have the same experience. So it was just much easier to know that he was like safe next to me in the . and you know, we were still practicing, safe sleep, even though he was, you know, in the bed. and then at four days we moved him into his, Bassinet, which is we use this new, breastfeeding, let's talk about breastfeeding.

[00:05:30]my milk came in the very first day. He was a very good Latcher. I think a lot of, why breastfeeding came so easy this time around was just because like, I've had three experiencing like three experiences of breastfeeding. My first baby for 13 months, my second baby for, Oh my God. 18 months. And then, you know, I could just, it came so naturally even just like holding him, like getting the right latch.

[00:05:54] Like it just, it felt so much easier than the last two times. And I w I want to say that's more experienced than less the baby. I also like in the first two days, like every time he didn't have a great latch, I like would just immediately pop them off. And that was something I learned with my second, because with my second, she was a much, she, I, she also found out she had a lip tie, but she just would.

[00:06:18] She was a little bit lazier. And so, and I was just like, well, she's finally on. I'm just gonna like let her nurse, I don't feel like going through this whole exercise of like getting her back on to latch. And I had so much nipple damage within the first three days that it was just, I mean, I was destroyed and, and the nipple damage came at the same time that I became very engorged and it was just so brutal speaking I'm in Gordman's.

[00:06:41]That happened for me around day three or four with this baby. It happened earlier with my previous two, I think is he is a much better nurse. I just didn't get to and gorged. how I dealt with that was, I have these things called booby tubes, which like they can all, they can be heated in a microwave if you have any clog ducks and they can be, frozen in the freezer for engagement.

[00:07:06] And I would just keep them in the freezer. Put them in my bra and it like really helps. I also use the house. So, I, with my first two babies experienced over supply and, And so when I was my first one, I experienced oversupply and overactive let down. And at two weeks I had my, I brought in a lot of time consultant.

[00:07:28] She was like, your baby is so distressed at the boob. And I was like, yes, I know don't, don't tell me that. Like, I know I can tell it's this terrible, a couple of things that I did for dealing with over. And I didn't deal with me. Bear with me here. I'm kind of all over the place, but. a couple of things I did for overactive let down with my first was I would nurse laying down to help with the letdown.

[00:07:51] Other times I would let him nurse until on my let down and then I would pop them off, let my, like, basically let down and do a towel so that it didn't like all just shoot in sprain to his face and then I'd pop them back on. so he wasn't choking and, That seemed to help a lot the, what, what was exacerbating that is like, because I was so in gorged, I was like, I would pump and I'd pump like an ounce or two.

[00:08:17] And that was just the only exacerbating the problem. Cause I was telling my boobs, you need to produce more milk, but I had waned. Might not enough milk with my second. I was like, I'm not going to use the pump at all. And just, how am I going to deal with this? So I would use the Huck hop on my opposite boob.

[00:08:33] I did block feeding from the very beginning. So I would only nurse from one side to help regulate my boobs because I knew overproduction was going to be an issue. And I would just use the hookup for comfort on the other boob I'd take like essentially like half a day bounced or whatever it was out that made me feel a little bit more comfortable.

[00:08:52] And then at the next feeding, I would do that on the opposite side. so both with my daughter and Levi, my, my last, I like the overactive letdown was not an issue over supply was not an issue. I, I kind of like was able to regulate and I'll talk about regulating, and a little bit, but regulate my boobs to, to like stop pressing so much milk.

[00:09:14]And that was super helpful. the one thing, yeah, I will say about regulating is like, I'm almost a month in and I'm, I'm still going through that. Like I, and I forgot that each time you, you know, it's not just like the initial encouragement, like at three days you kind of go through it. There's been a couple more periods, like at week one and a half where like, I'm like, Oh my God, my boobs are so full.

[00:09:38] Like. What's going on. I feel like he can't take the milk out soon enough and that that's happened. I would say like two or three times it was like 10 days. And then it was again at like two and a half, half weeks. and just, just hang in there cause like, and, and don't. Like, I think like resist the urge to pump if you're really focused on regulating for what you need.

[00:09:59] Like, if you're like, Oh, I need to build up a stash of money. Well, like, you know, by all means, do what you need to do. But for me, making sure that my boobs are producing the right amount of milk for my baby, so that I'm not just creating so much more milk has been my priority. So I'm just, I'm avoiding the pumping, until, until, it's more necessary, which is, going to be, you know, probably around six weeks, like after my milk has more regulated.

[00:10:29]Postpartum. Just want to talk a little bit about postpartum symptoms. So your, your, I, you know, this was something that was really shocking to me the first time I was like, why am I cramping? And, you know, contracting after this baby is out. And then with each subsequent baby that postpartum cramping got so much worse.

[00:10:49] And I mean, just like, like so much worse. So if, if you're on your second baby or third baby, just, you know, obviously be on the lookout for that. what I did was, I took Advil and Tylenol every six hours, which also helped with my hemorrhoids. the, the cramping is much worse while you're nursing. because you're, you know, when you're nursing, your body's pumping oxytocin NDU, which is what is making your uterus contract.

[00:11:17] So if you're noticing it when you're nursing, that's, that's why, that's just kind of, part of it usually lasts, you know, Two to four days. And then, and then it's a distant memory. So just know it's only a short period of time and that it's getting your, your uterus back down to size. the, the night sweats.

[00:11:36] This was something that I with my first baby, I had no idea what was going on. I thought, Oh my God, am I just like leaking milk everywhere? Cause it was really. Really bad in my chest, like my, my chest and because just like covered like soaking, soaking wet, and, I started putting a towel down on my bed every night.

[00:11:57] Cause it was just so intense, but I really didn't know what it was. I thought it was milk and then figured out that it was not milk, that it was just sweating and that my body was just trying to expel all that extra fluid that it accumulated during pregnancy. So with my second baby, I. Made it a point to always put a shirt on, have pants on.

[00:12:17] So that was like also soaking up this wet and I put towels down on my bed and my pillow, so that I didn't have to change sheets all the time. And then with this third baby, I wear shirt. I wear pants and I used receiving blankets instead of a towel. Cause like towels are just kind of rough. And, using the receiving blankets was much nicer for me this time.

[00:12:41] And I would just. Chant, literally swap them out at every feed. So like whenever I woke up to feed the baby, I would, I would swap them out cause they were soaking wet and that started two days posts. Pardon? And I'm three and a half weeks postpartum and I am still. Dealing with the night sweats. So I made a point to tell a friend, I was like, okay, okay.

[00:13:02] This has started on June 20th. Like I'll let you know when it stops so that I could give a more accurate assessment of how long the night sweats last, or at least the night sweats for Mila. And I don't know if part of it, my night's wets are so terrible because I, I drank, Like 120 ounces of water a day, or if like, this is just this, this is night sweats or just this terrible.

[00:13:24] So I'd be interested in hearing from people how long their night sweats last, breastfeed eating hunger. I should have covered this in the breastfeeding section, but, there is no hunger. That you will feel like the feeding, like the hunger you will feel when you are breastfeeding. It is just like ravenous is kind of an understatement.

[00:13:44] Like I there's, it's like an empty pit in my stomach and I just like want to stuff things in it. I am so hungry. All the time. And I don't know if it's just like, we don't have enough food in our house or the food I want is just like pretzels and chips and nuts, like, or I, I, it's just, my recommendation is to have like nutrient dense snacks.

[00:14:06] Like I will have like dates and bars and all that kind of stuff that I had towards the end of pregnancy. Like on my bedside, especially when we wake up in the middle of the night, I'm starving, I'm eating. Like, you know, if you can try and eat small meals like that satiate you throughout the day. I think it won't be as terrible.

[00:14:25] I haven't with this last baby have not had as not enough time to like, be eating small frequent meals. I, you know, it's, it's just been, it's kind of an, a shit show over here, but, excuse my language. But I think if I had been more prepared for, With our house and with, you know, I mean, again, I mentioned we're undergoing renovation.

[00:14:48] Like our, our, our house is just, you know, in, in dire straits right now. And so having prepared meals for each meal is not been, has not been happening. And so I think that's probably contributed to why I'm so hungry. Like all of a sudden that's a lunch and I haven't. Yeah. And I'm like, Oh my God, I need food.

[00:15:09] All right, moving on. You get the point when you're breastfeeding, you're very hungry. want to talk a little bit about infant care? Not that I am an expertise, but just kind of, what we do with our babies. We didn't bathe, Bathe our son, our late OSTP son until, yeah. I just, you know, it's about two weeks.

[00:15:29] Like we, cause first he had the umbilical cord, which you can't get wet. So you kind of can just do like sponge bath thing. babies don't get dirty, you know, like it's just, you know, wipe up the milk when they spit up. But like there. Do you know, their skin is super sensitive, so there's no need to really bait them with soap.

[00:15:45]and then we also circumcised Levi at day eight. And so we went essentially another seven to 10 days where he was still, Or he was still needing, to not be wet. so talking about cord care, we, we basically would put a diaper on and then fold the diaper under so that it wasn't rubbing on the cord.

[00:16:06] And then we also used this, Oh, baby's stirring. we also used there, like, midwives, powder, that we would just kind of like grab on with a toothpick. it was like the art of birthing center or bowl. Great. It was a yellow, I don't know. I don't actually know what was in it, but it did. It did speed up the, like how fast the cord fell off with both Kyla and Levi.

[00:16:34] Although interestingly, like Luca had a very thick cord. And so did Kyla. And I know I like noticed it when we saw the umbilical cord and the placenta and Levi had a very thin cord, which I didn't even know this was a thing. It was like very thin cord and his umbilical cord came off much faster than both of them.

[00:16:55]so that might play into it as well, but we just use this little powder, put it on, and it would like dry it out. and then we also didn't get his cord wet. We would protect it from the diaper, rubbing on it. And, you know, you can use those like little, Like half shirts, the Komono shirts that it's not rubbing, but like, that was never a problem for us.

[00:17:16] Like we would put him in his like little, like onesy things and, and they were all fine. The circumcision care is like, I think for me as a female, them, the scariest, I don't have a penis. The scariest things in the world. Like I, you know, I was so concerned with both Luca and Levi about like, making sure it healed.

[00:17:39] Right. And I think like I've never been consumed by something for two 10 day periods, as much as I was being like, overly cautious about how it was healing. but with Luca, we used Vaseline and would put, A gauze pad over it and annoying thing with the gods is that, which is like, I, I feel like Luca peed out his diapers all the time, which we did not have that experience with Levi.

[00:18:02] And I think it had to do with the gauze pad because our doctor that did it this time said just Vaseline over the, over the head of the penis. While, you know, while it's healing, don't use the gauze pad. So, and we didn't have any problems, so not know, always follow what your doctor, what your doctor recommends.

[00:18:21] Cause it might have something to do with the way that they, they cut it. But, but the gauze pad can, can make it annoying to keep PB in the, in the diaper. Also when you're putting the diaper on. I wish I had creative as I may do this for Instagram, but, when, when you're putting like a diaper on, I think like my husband and I still get into arguments over this.

[00:18:39] Cause I'm like, you need to make sure that the they'll look little flaps on the, on the bottom of the diaper are all completely out. Cause that's what keeps PN. and just like you kind of like rub your finger along the thigh to make sure that it's, it's all like. Correct. And that will keep PN as well.

[00:18:59] So just making sure about that and then, Oh, on the last thing on the second decision, it's usually around 10 days that it heals, it was kind of exactly around 10 days with both Luca and Levi, where it was just completely healed and we weren't looking at it anymore. When I talk a little bit about, Hormones and mood, disorders, postpartum mood disorders.

[00:19:22] So with my first baby, I had definitely had a little bit of baby blues. Like I remember in the first week or two, I was in a you're in a lot of pain recovering too. So it can, that can like add to the baby blues, but I just remember, With my first postpartum poop, which I should have covered already and I did not, but it was a terrifying experience.

[00:19:42] I was, I had had been 10 days for me with my first baby and it hurt more than anything in the world. And. I thought I had busted a stitch. And so I decided to take a look at my vagina in the mirror to see if I busted a stitch. And if I have one piece of advice it's to anyone, it is, do not look at your vagina 10 days postpartum because you can not make heads or tails of what's going on in there.

[00:20:11] And, I got very sad because I was like, what has happened to my body? And I just remember sobbing while nursing Luca and being like, I can't, I have no control over my emotions. And so that was like my experience with the baby blues. And I, it kind of after about two and a half, three weeks, like the veil lifted, I definitely had postpartum anxiety with him.

[00:20:32] I didn't know that that's what it was, but I just had like, These like deep fears, like leaving the house. I felt like someone was going to steal my, my baby. If I was on a walk with him, like just really, really anxiety. And I just didn't know that that was what it was I with. My second also had postpartum anxiety, that was more related to work.

[00:20:54] Cause I went back to work really quickly. And I just remember after every feed in the middle of the night, not being able to get back to sleep because I was just like consumed with work thoughts. yeah. And with, with Levi, I think like I'm, I'm just overwhelmed, between the pandemic. Between the pandemic between, hold on, I'm just going to grab my baby real fast.

[00:21:38] Between my baby and me, we were in my hair, some baby queuing, but I'm hoping he will fall back asleep. but I don't know. I just don't think, I thought the pandemic was going to affect me as much as it has. Cause it had been four months, like we'd been dealing with being, you know, kind of locked up. But I think like I have just felt so.

[00:21:57] Caged in, it's really hard to find routine. we have a kid we have during the week with our, for my toddlers, but like on weekends it just feels like we are totally drowning. And like my, you know, like we have, we have like construction going on in our house. It feels like all like, you know, like our house is a mess because we have all of these things, things that were in our laundry room and in the kid's bathroom that are now.

[00:22:23] Displaced. And there isn't a place for them to go until these rooms are finished. And so I think there's just like a little bit of chaos last going on, and that is making it much, much harder for, For me to kind of like, feel like myself and then not to mention that, like, you know, we're just not, we're not seeing friends the way that I would normally see friends during this period.

[00:22:44] And I think that has definitely contributing. I can't, I can't imagine being a first time mom being postpartum, during this pandemic, because I think like I found so much comfort in. The mommy groups that I was in, and connecting with new people that I just, you know, like I have so much empathy for first time moms who are, you know, undergoing this experience for the first time and feeling, locked up in their home.

[00:23:14]want to talk a little bit about night's sleep because like the not getting sleep is the key can contribute to all of the terrible things of postpartum is you're just, you're so overtired and you're, you're just so under slept and it. You're exhausted and it's just awful. I think with my first I was kind of like, Oh, you know, like, this is just like a Rite of passage and I'm going to be awake in the middle of the night.

[00:23:37] And I'm fine with that. And I remember like with my son, with every feed, I would take out my iPad. I would. I put in my headphones and during a feeding, I would watch an episode of gossip girl. And I went through the entire series in the first two months. That's how much I was awake. And it took so long to settle him.

[00:23:57] He was just like, it was just really hard. And I felt like I was all the time. And, I, you know, I think that was the, my first mistake was like having this like blue screen in his face, or next to his face that would just like wake him up. with my daughter, I, I was like the exact opposite. I was just like, I'm not doing it anything.

[00:24:17] I'm not turning on a single light. I will change her in the dark. I will nurse her and I will put her right back down and she was, Much easier. And I thought, Oh my God, you're you really learn so much as a parent. And this is, this is so easy. You've got, you've got it, Sarah. And then I had my third baby and tried to do the exact same thing with him.

[00:24:37] And he's just much more like my son, Luca is like very hard to put down. He will grunt in the middle of the night for three hours and he's very upset, just like, well, It had nothing to do with me as a parent. It had everything to do with my job. so if that's not an, a piece of it, right, it's like, just know that like what you're it's, you know, it's your baby and it's not always you.

[00:25:00] It's not like if you can't settle your baby, it's not because you're not doing the right things because your baby just might not settle. And, Right now we're going, you know, I'm going to cover this on Instagram too, but like what I call there's like the witching hour. And then there's what I call the grunting hour.

[00:25:15] And it's from 1:30 AM to four 30 game. I think it's just like, all the gas has accumulated in your baby and they're just not like Levi. They poop all day. And then. We don't really get that many poops at night. So it was just like kind of accumulated and they're very set from one 30 to four 30. And so for the last week, I would say, Every night from one 30 to four 30, I am awake with him trying to settle him, bouncing him, swinging him, swirling him, you know, whatever it is just doing whatever I can to get him back down.

[00:25:48]and sometimes it works and sometimes it doesn't and I get all this like PTSD right before I fall asleep at night. because I know I'm going to be awake in the middle of the night and there's nothing worse than that. One 30 to 4:30 AM stretch of time where you're awake and everybody else is sleeping except your baby.

[00:26:04] And you. so just like, hang in there. I think like, you know, all you can do is be consistent. Like figure out the different things that you can do to like settle them. Like for me, it's, it's a pacifier. Sometimes he won't take it, but I swaddle him up. I swing him and I just try and get him as happy as I can without going insane myself.

[00:26:28] Oh, Yeah. That's that's the most I can say about night's sleep. Oh, the other thing, yeah. Is it in the first two weeks? Like if you're, if you're like, Oh my God, this is so easy. And I, I, we went through that with our son to where he just, he just was so easy in that first two weeks he would sleep and he was, you know, Going to nap, so super easy.

[00:26:50] And then it's two weeks. What we call, wake up, woke up and Levi has been the exact same. Like he just woke up at two, two weeks and has been a totally different baby. And now I think like a more accurate representation of the baby that he will be rather than in that two week. Like really sleepy period. I just want to touch on three things that gave me a lot of stress with my first baby and that, you know, we're not stressful the next three times or the next few times, but dressing my baby was really stressful.

[00:27:19] Like babies don't have any control. Over their limbs. And I don't think I realized that with my first, I was just like, I thought everything I did annoyed or hurt him. And so whenever I'd be like trying to put a one's Yana kind of put clothes on him, or even just as diaper and he's like kicking and thrashing, I like thought I was doing something that he didn't like.

[00:27:40] And so it was just like super stressful for me. One of the things I will say is like my, my friend has a clothing brand is called Lark adventure wear. And I love her kimono bodysuits because like the, the heads are really like, you unbutton the top to like, make it really easy to put their heads on.

[00:27:56] And that gave me a lot of stress when I had my first baby. So check out their Komono bodysuits cause they're amazing. They, then they also have really great footies, but Like better rate for changing the fabric they use is there's bamboo tech. And I it's just like the softest. Softest material in the world and it breathes and it's just like, check them out is my, is my piece of advice.

[00:28:22]then the second thing that gave me a lot of stress was leaving the house. I had so much anxiety over leaving the house with, with Luca that it just like, it felt like a Herculean and effort. And I was just like, I'm not going to do it. I didn't. I felt like, I didn't know how to like set up the stroller.

[00:28:41] I didn't know how to get him in his car seat. I didn't know how to take the car seat out of the car. And I like all of these things that just require practice, like were so intimidating to me. Like I, like, I. There's a splint, the maxi cozy, there was like three different way, like three different buttons to unlatch them.

[00:28:58] Yeah. The car seat to unmatch them in the stroller. Like whatever. Like there was like just these different attachments that needed different buttons. And I just like never could figure it out, especially when I was under slept. Okay. And I remember being like, if I had just practiced this before, like figured out how to do it, like, I wouldn't have felt so much stress.

[00:29:15] And so. Obviously, I had lots of practice doing it with my second. And so that wasn't really a, hurdle for me. So my advice is like, practice that stuff. Now, if you're pregnant or just like practice it at home, just like learning how to put them in and out of the straw. Like, cause, cause those are things that will keep you from doing, like from just getting out of the house, which you need to do in a safe way.

[00:29:39] Obviously I know we're in a pandemic, but. In a safe way, but you, you need to get out of the house and, putting them in the car or putting them in the car seat or putting them in a stroller, like are all things that you just need to practice. and I think that was, That's kind of, it, it was like, so yeah, I just wanted to cover going out.

[00:29:58] So yeah. Oh, I guess car seats and drillers was what I was covering, but then the other thing is, is like learning how to feed your baby on the go. like I, you know, the first. Month, especially with my first child, I just was like sitting on the couch without a top on completely naked, just nursing my baby.

[00:30:19] And the thought of being out of the house was crazy. I didn't really feel comfortable breastfeeding in public. Like I, and Luca, like none of my kids will feed under, under something under a breastfeeding cover. And so I just like that was going out was like a nonstarter for me. I found like a couple of tops that I just like that are perfect.

[00:30:39] They're not breastfeeding dumps. Like, they're just like, they're just like loose things. Like, and I would wear a breastfeeding tank top underneath it. And I like learned how to breastfeed with like, like without showing my boob, which by the way, there's nothing wrong with showing your boob. It's just what you're comfortable with.

[00:30:54] Like, I just. This, like, I couldn't just whip my boob out for me. and so like these tops, like were really helpful in going out in public and I would practice at home so that I would have the comfort of. Knowing that I could do it out in public. and that my baby also knew how to feed this way too.

[00:31:13] And so I think like my, my number one piece of advice is to practice all these things like that you need to do to go out and feel comfortable in the world. Like dressing your baby that like feeling comfortable with that is only going to come with practice. And you'll only just get used to it going out and breastfeeding or feeding your baby in public, having all the things that you need to, even if you're just bottle feeding, like it may just not feel that comfortable and, you know, learning how to do it is just what you know, practice.

[00:31:43] And then, the car seats and strollers, Getting practice with these at home so that you will feel comfortable going out into the world. for second time moms, your life, what cars, seasons rollers is so easy. And it's like, yes, but like the first time you did it, it, wasn't not like I remember leaving the hospital with Luca being like, I have no idea.

[00:32:00] I had to strap this kid into straw into, into, into the car seat. and I YouTubed it. But, anyway, that is, this is it for me. This ended up being a little bit long longer, and that's probably because I, Rambled and don't have a working brain right now, but I hope it is helpful. I want to mention that if you had a C-section, you should check out the C-section podcast.

[00:32:20] I have, where we talk about a lot of the things that you can do to prepare for the postpartum experience with a C section. I have not had a C-section, so I cannot provide firsthand advice, but that episode, is definitely super helpful. Anyway, this has been my month one to postpartum. I'm sure I'll do another one.

[00:32:38] When we hit my PO PO the second month of postpartum, hopefully things will have gotten a little bit easier for me and my baby will be sleeping more and I will be a little bit more well rested, but anyway, thank you for listening and we'll see you next week.