**baby-planning**

hi, I'm Sarah Kuhn. Welcome to the JUNA women podcast, where I sit down with mamas to talk about their health, their work, their parenting, and all the different ways that they're keeping it together. Juna is a fitness and nutrition app created to help guide you through your pregnancy and motherhood journey.

[00:00:19] Everything we do is to empower and support you through one of the most incredible and challenging times of your life. Today, I'm talking to Nina Spears, the co-founder and CEO of baby chick. Nina is a professional baby planner, birth and postpartum doula, as well as childbirth and newborn care educator and an infant massage instructor to say, Nina is a wealth of knowledge for all things, pregnancy and postpartum would be an understatement in our conversation today, we talk about all things, doula, what they do, why you want one, and the difference between a birth and postpartum doula.

[00:00:49] Nina also provides us with some of the must have baby product recommendations. And gives us some incredible newborn baby care tips. This episode is absolutely filled with some of the best tips for any new mom. So I hope you enjoy.

[00:01:04] Thank you so much for joining me today. I'm really excited to have you on. I feel like your expertise is going to be very, uh, important for our audience. So why don't you start by introducing yourself and telling us a little about you and your name? I appreciate it. Thank you, Sarah. Yes, I am Muna Spears. I am a baby planner, a birthday.

[00:01:26] Doula postpartum doula, childbirth educator, newborn care educator, infant massage instructor. And I have been helping families for the past almost nine years, uh, doing all of those services and I've helped over 500 families have attended over 260 births and I, with all of that experience and seeing. What women go through and the lack of support that women receive during pregnancy birth and postpartum, I just wanted to be able to help more.

[00:02:00] And that is why I started baby chick, which is our digital media site to provide information for moms during those times of their lives. So. Yes. And I had been doing it, like I said, nine years, but I have only been married since 2015, so only four years. And I've only been a mother for two years now. So people are always shocked that I've been doing this even before.

[00:02:27] Well, before I was a mom, but I've just had an interest in helping others and serving others. And when I recognized. And saw women not having that support. I actually, how it all started is I was working in sales in corporate America, and my sales partner didn't have any. Well, she, I was actually just more fascinated with what she was doing.

[00:02:58] She was, you know, preparing for the baby shower and her baby registry. And I was actually in the room when her doctor and her husband were on speaker and they announced you're having a boy and I was just fascinated by it. And I decided to quit my job and work at a baby boutique and see, you know, what this whole baby thing is about.

[00:03:18] And I just fell in love with it. I fell in love. With the whole, you know, stage of pregnancy and postpartum. And then I, that's how I became a Baden planner and a baby planner is someone who helps a family prepare and plan for, for their babies. So just like you would. Potentially hire a wedding planner, help you plan everything perfectly for your big day.

[00:03:43] We are helping you plan for your big day of becoming parents. So, yeah, and make that smooth. So rather than like, okay, what car seat should I get? What strollers should I get in? Taking days of doing that research, we've done the research for you. We, we just need to know like your lifestyle and your budget and really understand what your needs are.

[00:04:03] So then that way we can help, you know, help you narrow down what we think would be best for you. And then you ultimately decide what is best for your family. So, but I could go on and on. So I hope that gives you a little bit of an idea of who I am. No, it does. I find that so fascinating that you got into this.

[00:04:21] Business prior to even kind of having family as a glimmer in your eye. I love that. It's a it's, it's like the opposite of me. Like I that's the opposite of most people. I find that a lot of people tend to get into this line of work. After they have a baby and it's sincere. Yeah, exactly. See the need or they have like the best experience ever.

[00:04:47] And they want all women to have that, or they have the worst experience ever, and they want to help women avoid. Yeah. But no, I just, I totally. I, so I come from a line of people who help one another. Um, my dad is, uh, as a surgeon and my mom is an ER nurse. And I was like, Oh, I never want to get into the medicine field.

[00:05:08] But, um, but working in sales just wasn't, you know, working for me, I just, I didn't feel like I was. Bettering the world or doing something with my life. I don't know. I mean, if that's works for other people, that's great, but it just wasn't for me. And, um, and I've always been like, women are amazing and I just.

[00:05:30] Always, I don't know, rooting on other women and just total girl power kind of thing. And when I saw other people going through pregnancy, I just was fascinated by it. And I love babies. I always have been like, you know, the babysitter or whatever. Um, and so that's what just started me into it. But yeah, mostly people are like what I would have never even thought about that.

[00:05:52] Um, when I did that have a child, but no, I've just always been so interested in fascinated and have loved it ever since. And so you started, you started on the baby planning side, like that was your foray into, I guess, the world. And it's such a, um, you know, there wasn't a lot in my first pregnancy that stressed me out about like, you know, all of the, like, I didn't, I wasn't nervous about birth.

[00:06:16] I wasn't like these things that like. Typically scared people like, um, wasn't, wasn't even on my radar, I guess. And then I remember walking into buy, buy baby and them giving me like that booklet of all of the things that needed to be on my list. And we like did the full search. We were like, you know, using the gun and getting, you know, shooting at things and being like, Oh, these are the things.

[00:06:38] And I remember like getting to the very end of it. And like, it was like, Oh, you have, you only have 18% of the things that you need complete meltdown in the store and was like, it was like Eric. Oh my God. I don't know. I'm like, I mean, I don't, I think he seen me cry like a handful of times in my life. And he, like, I was just like, I was beside myself and I don't know, like, w what was it?

[00:06:58] It was just the overwhelm of being in an industry in like the wedding industry where you're like, I have to get up to speed and everyone else is working and living and breathing this. Now, all of a sudden, I need to know about this industry because I'm planning a very expensive ordeal. It's the same for babies.

[00:07:14] Like you're now, like you've never been in this world. These are all new products. You have no idea why one is better than the other, and you're supposed to make a decision. And so every single product is like, You know, especially on the high, like the, like, so a stroller, a car seat, a crib, all of those things.

[00:07:28] You're like these are big purchases. They each deserve a level of research and intent for what I'm going to be using it for. And that can take forever. I wish I knew that baby planters existed because. The research I spent, like, I mean, it was incredible how much research I did exhausted from it and, and overthinking things because that's what we do.

[00:07:53] We're, we're so good at that. And it's just to have someone who makes that whole process just easier for you and say like, instead of here are the 300 items that you can choose from. Saying like here are the five items that really work best for your budget, for your style and for your lifestyle and this, you know, then look at those five and decide what's best.

[00:08:15] It just makes it so much easier for people. And that's just one part of it. Then having a baby planner say like, okay, have you. Thought about like childbirth education. Like, is this something that you think is important to you? And let's talk about all the different options because, you know, there's, I CA and then there's broadly and then there's hypnobirthing or hypnosis then.

[00:08:35] I mean, there, it goes on and just determining what is best for you and like what you want your birth to be like. Um, it's, it's important to know all of your options and that's really what it comes down to is just making sure that parents. You know, all of their options along the way, without having to, you know, them do all of that homework and research on their own.

[00:08:56] It's just nice to kind of have like someone on your side who works solely for you. Doesn't work for BuyBuyBaby. Doesn't want you to have to buy like everything in the store, you know, um, or like, And kind of like a doula as well. Like, you know, we don't work for the hospital. We don't work for your doctor.

[00:09:13] We work for you. We want what you want and that's the end of it. It's not like, Oh, I want to rack up your bill and make sure, you know, or I want to get you out of this bed as quickly as possible because we want to turn it over and bill another mom to have another baby. It's all about, you know, you and what you need.

[00:09:31] And. Advocating for you and making sure that you feel supported and yeah. And that you feel empowered and educated along the way. So that's that? I love that. So if, if I'm a pregnant mom right now, and I am thinking about my, um, Like my registry, if you will, what are three things that you're like every, every mom needs to have these, these three things.

[00:09:57] And then I'm going to ask you a specific, so you don't need to, like, you need a car seat, but like, like, like I'm talking about like, you need the Solly baby wrap or like, right. Totally. Oh, gosh. Um, yeah, because obviously you're going to go to the essentials, like diapers, wipes, Carson, crib, uh, you know, stroller, those kinds of things.

[00:10:16] Um, but if I had to say three, like out of the box, crazy weird, but I think totally necessary things. I think. Yes. I think a carrier is essential, especially if you plan on having more than one child, like you want to have your hands free. And baby wearing has proven to reduce crying. Uh, it's just wonderful for everyone.

[00:10:38] Um, it's not this mom who has to wear a baby, but I actually recommend a ring sling more than any other. Yeah. I recommend a ring slim more than anything, because you can use that ring sling for a newborn and up through toddlerhood and you can wear that baby any certain way. I really love, I mean, there's so many different brands out there, like six Secura bloom, wild bird.

[00:11:02] Um, I mean, , the list goes on. But, um, finding, you know, a good ring sling. I absolutely love, um, because yeah, they're easy to take care of. They're easy to just throw on and use and you can use it. You don't have to have an infant insert, you know, you can use it from day one till like. Three years old. So I absolutely highly recommend a ring sling.

[00:11:25] I also really recommend a snot sucker from Frieda baby. I am sorry. It sounds gross, but kids just get germs all the time and you don't know what true love is until you're sucking snap out of your kid's name, but I'm sorry, those bold syringes just don't do the job. No, they don't. And if you think about it, you can't clean those bolts.

[00:11:50] Syringes. So it's actually creating bacteria and mold inside it, and then that's just not good. So I love a good, yeah. Free to baby. The snap soccer all the way you got to get it. It's just essential. Okay. And then what's another thing that is just out of the box that I highly recommend. Let's see here. Um, That's a tough one.

[00:12:16] Um, cause I'm trying to think of something that's not just, so I think also a diaper catty, cyber catty is so, so helpful. Um, because you may think that you're going to be changing your baby's diaper on that great, you know, diaper dresser that you got and yeah, you may be doing some of them, but a lot of times that's.

[00:12:36] Four o'clock in the morning. You do not want to have to do that. You want to change them on your bed or on the floor in your living room, especially if you have a multi-level level home, having a diaper caddy is super helpful. Um, so having everything that you need, like your diapers, your wife's, your, your appointments, um, you know, the diaper balm, um, if your baby has a circumcision, having the Vaseline, you know, all of those things right there.

[00:13:01] So then you're not having to run upstairs downstairs, or have to go to a certain room to make sure that you have everything that you need. So, and then I love that that diaper caddy, you can put that in your trunk and take that wherever you go. So it's just easy if you're like going to stay at the grandparents' house for like the weekend or whatnot, or, you know, just changing your, your trunk into a changing station.

[00:13:23] It just has everything you need right there. So, yeah, I think a really good diaper caddy. I really love diaper caddy. That's my particular favorite, but there also are some great ones on Amazon that I send my clients all the time too. Uh, that's a good, that's a, that's a such a great recommendation. I feel like that was something my sister-in-law told me.

[00:13:43] And I was like, man, she, she really nailed that one. Yeah, totally. It's super helpful when you're like, Oh yeah, I'm not always going to be in my kids, especially, especially. Like the first few weeks of baby's life. Like you're, you're, you're usually not in their room. You're kind of like in your living room or, and you're just like camped out there and you're not able to.

[00:14:05] Exactly. Exactly. Um, now I'm curious, just cause you mentioned ayoubi and now I have, I have two, I have two kids. I have the, um, ayoubi diaper pail, and I have the. Decker diaper pail because, and the reason I started with the UE diaper pail, and I still now, uh, now having, you know, been essentially almost a year and a half into the Decker, and now I'm almost three years, three and a half years into the ayoubi.

[00:14:31] I, I got the Decker because the ayoubi kind of started smelling like the tin, the tin started smelling. And I was like, this is so strange. And so I was like, Oh, maybe, maybe the Decor's better. And I mean, the Decker started smelling after like eight months. So. So I'm interested in which one is forever going to find a male that doesn't eventually think like, I have to say, I mean, there are so many diaper pails, right.

[00:14:58] And there's also the diaper genie. And, um, they all do its job contain the poop somewhere. Right. But when it comes to the stink, like I. I don't think there's ever going to be, especially with the amount of poop that we put in there to stink. Y'all like, I'm sorry. It is what it is. They even know it's like that whatever titanium that they use and it's supposed to hold it in, it does the best that it possibly can, but like, I don't think there's anything that can really hold that.

[00:15:35] Yeah. All that smell. But I, I do love them all. I, I really do like that. It would be diaper pail because I can use a regular, um, trash rather than having to buy refills. I mean, I do like the diaper Decker though. That's actually been one of my favorites for a long time too, but you do have to, you know, use their refills and that's the same thing with, with the diaper genie.

[00:16:00] So. For, I think the lazy parent, which that's me, I mean, the less that I have to do and, you know, have to make an effort to buy in and replace the better I don't want to have to do as much of that as possible. So I like that I can use just a kitchen garbage. Garbage bag and use that in my, uh, my UE diaper pail.

[00:16:23] So that's something that I'm like, Hey, if that's something that's important, like important to you, just ease and convenience, then I recommend this. But I also really like, I mean, I liked all of them. Um, and that's why whenever people ask me, um, recommendations. Always recommending those, but, but yeah, I wish I could give you an answer of like this.

[00:16:43] It never smell, never snails, but I haven't come across one that, that doesn't eventually smell my one. My one tip is that, well, I have two tips. This is what I started doing. I, when as soon as the poop transitioned to like real poop, it's no longer breast milk, breast milk. Doesn't smell it. But. I started wrapping the, um, the diaper in only poopy diapers in the, like the arm and hammer bags.

[00:17:10] And then I would put it in that helped like sustain the tin from not smelling for longer. But now I just bring the poopy diaper straight out to the diaper, like Ted, sorry to the garbage outside. I'm just like, I don't need it in here. I'm just going to take the extra time. Like it's there. They're pooping twice a day.

[00:17:26] It's not a, you know, it's not a huge thing. It's not like they're two months old and pooping 11 times a day. Um, so I just, I, I pile it up. I bring it out and that's what I do. And then that actually keeps the poop smell away. Yes. And I was going to say what I normally, like, I actually have two diaper pails, one in my garage and one in my house and the, that go in the garage.

[00:17:49] That's just where you go. Um, so then that way I'm not having to, you know, make. And extra effort of putting it in the garbage pail or whatever. And then that's just also to me, I don't know. I just, I, it just was easy, like right in the garage, like right outside the door, I just put it right there and it's not that bad.

[00:18:06] So I, I say, Hey, if you really, really want to get the poop, smell out, just put it in the garage. Good. That's that's a great tip too. Yeah. Now the one there's one other product that I just want to talk about because I, um, or two products and I'm when I'm interested in your, in your take on them, the first is the HACOM pump or the Hakka.

[00:18:27] Oh my God. I love it. I love it. I think it's the best thing ever. I think that every woman should have it and it's totally underrated. I think that, okay. What woman really likes to pump? No one, nobody. I like you're then strapped to all this stuff and now it's just not my thing. And I swear if you use it, you will be so.

[00:18:58] Amazed at what you get out of it, especially from using it regularly. I love that it's dishwasher safe. I just, I can't say enough. Great things about it. It's just so easy. You can use it in your car. I used it as like, basically a milk catcher when I was a baby on one side and then using it on other, I would get like, So many extra ounces of milk, rather than just using like a regular milk catcher that then adds the suction.

[00:19:23] So you'll get like an extra ounce or two then you would otherwise. So if you are tired of like that or being tethered to something and then cleaning all of those parts and whatnot, like I cannot recommend it enough. I'm always telling my moms get a haka, get a haka. Um, so I, yes, I love it. Okay. Yes, it is.

[00:19:46] It's like, I didn't have it for our first, my first pregnancy. I remember my first baby. I had it for my second and I, it was such a game changer and I just cannot preach it. Right. Totally. A second time mom product, unless you have like a lot of mom, friends that have multiple kids, then you know about it for your first baby, but otherwise.

[00:20:08] Yeah. They don't know about it. I think that's why we have to spread the word. Right. Um, and then the other product, which is interesting because it was, I used it nonstop with my first because he was just a little more fussy. Was the baby shusher. Oh yeah. And I was like, this is the best thing in the world.

[00:20:26] Cause my lips would be chapped from shushing him all the time. Oh girl. And I was just like, I'm glad. Okay. Oh yes. Anything, all of the white noises. I mean, I'm doing all the, S's like there's five minutes and doing all of them and yeah, there's fishing after a while. Like my breath gets yeah. Tired. Like I'm having an asthma attack.

[00:20:46] My lips are chapped. I just can't. So having a good white noise machine, I love my hatch baby rest. It's it's like the best thing ever. I love how I can adjust the light and just the volume just. The noise, like if I want a tune or, but I'm always doing just the white noise line, um, I still use it to this day.

[00:21:08] I mean, but then when you're on the go, yes. I recommend like either a stuffed animal that also has, um, uh, a white noise. So then it can be like a lovey, but also, um, you know, that, that. Extra S you know, the shushing, but yes, I also absolutely love the baby shusher. Um, some people don't like it because you then have to have like a screwdriver too, put in the battery.

[00:21:32] And they're like, really the time when I need to go find like a Phillips screwdriver. Um, so that's the only downside of that. Um, but otherwise, yes, it's a whole totally recommend for sure. Wonderful. Well, let's move on and start talking about, um, like, uh, cause you're also a doula and I want, I think we actually haven't talked to a doula and I, I find this such as sort of fascinating line of work because it's so necessary, but I didn't have one for either of my pregnancy.

[00:22:00] So I'd love for you to just talk a little bit about what it is that you do and why someone would need a doula. So, well, first off, I want to say that not everyone needs to do a lab. It's not for everybody. And that's okay. I'm not here to say like, Oh my gosh, doulas are, I mean, yes, I'm biased because I am a doula and I did a lot of bursts and, and I've, I've had, I've had.

[00:22:22] Quite a few moms. Second time moms come to me because they had maybe not the best, first experience. And they're hoping for a better experience the second time around, maybe they're wanting a VBAC. Maybe they had some birth trauma. Maybe they just didn't feel as loved and supported by their partner as they thought they would be the first time around.

[00:22:43] But, um, it's not for everybody. And I get that and that's okay. So, but I will say that it is for a lot of people. If you. Are hoping for a certain type of experience, um, then that's then you should have a birth doula, if you're cool with just anything happening, like it doesn't matter then. Yeah, I do is not for you, but if you're really hoping for, you know, a really good epidural, if you're wanting for a completely unmedicated birth, if you're wanting, um, You know, to make sure that you're, you're limiting your tearing as much as possible than hiring a doula is definitely a good one for you also, if you're just one of those people who.

[00:23:26] Wants to be in the know of like, what's going on. Like, you don't want people just doing things to you. Like you want to be, you want to have people talking to you and communicating with you and letting you know what your options are along the way. And just feeling informed than a duel is for you. Because basically what a doula is, is.

[00:23:46] A woman typically I was going to say, I think there's only one male doula out. There is a woman who is really protecting, advocating and supporting, um, a laboring woman. And I'm, I'm talking about a birth doula, not a postpartum Zola. So, um, So, what we provide is that emotional, physical, and informational support.

[00:24:11] So emotionally, really being there for women, we know when we're pregnant. Oh my gosh, watch one commercial, like a hallmark commercial and we're crying. So, you know, and, and with that emotions, you know, during birth. All you want to do is like have a healthy baby and you will do anything. Like if someone says you need to do this, to make sure that your baby's okay, you will do it.

[00:24:35] Um, and. Unfortunately, sometimes I'm not saying every hospital, but I live in Houston, Texas. We are the largest medical center in the world. So we are very medicalized. We tend to just resort straight to interventions. So that's what I have seen. And this is what I know from my experience. So, you know, sometimes just for the ease of, you know, the.

[00:25:02] The hospital staff, they will say like, okay, well next we're going to break your water. Then we're going to do some Pitocin. Then we're going to, you know, it's just this cascading of interventions and women are just like, okay, I guess that's just what I'm supposed to do. And this is what, what happens. And, you know, then when I tell them like, actually no, there there's another way.

[00:25:23] There's and it could result into a different ending. Um, maybe a happier one for you. Yeah, it just breaks my heart. When I hear people say like, yeah, I was told that, you know, I should be induced at 39 weeks because of the arrived trial and, you know, it would limit my chances of a C-section. And so I went in and I wasn't, you know, I had Cervidil and then I went in.

[00:25:47] Uh, you know, after 12 hours we did a balloon catheter and then, uh, they broke my water and then they did Pitocin and then we did site attack and then my baby's heart rate went down and I had a C-section and that's when I'm like, Oh my God did. And I'm like, you know, that's okay. That happens. And you know, you were not a bad mom for those things happening.

[00:26:11] But at the same time, I'm also saying like, did you feel like you had a voice when all of that happened or were you just saying like, yes, I'm doing this because this is what people told me I needed to do. So if, if you want to feel informed and educated and feel like you're an active participant in your own birth, then I think having a doula is for you.

[00:26:33] And by the way you mentioned, um, I think it was the first thing you said. Cause I, I was under always under the impression that, and this is clearly not true, but that I would want a doula if in the event that I was going to have an unmedicated birth, like that was, I was like, Oh yeah, like, you'd want that support if you are having an a, but I think the first thing you said was if you want to make sure that your epidural is, are like, but it.

[00:26:56] It makes sense now that you're like, no, it's about just having the experience that you want and making sure that someone's advocating for you when you're in labor. Exactly. No matter what that looks like. I will say that yes, like 95% of the time, my clients are hoping. And wanting an unmedicated birth, but I think that's also because of a lack of education to other families who want an epidural, assuming that doulas are only for families that want a med free birth.

[00:27:27] Um, but that's so not true. Um, I think they're even, I think that doulas are even. If, if not just as an ethnicity, even more when you're wanting medicine, because are you getting the epidural at the right time? You know, are you, is your cervix favorable? Like, are you, you know, are you getting to the, to the hospital at the right time?

[00:27:51] Are you getting there too soon? Are you, you know, there's just so many things that, that. You know, little decisions really add up to big ones, um, when it comes to labor and yeah, having someone who doesn't work for the hospital, that doesn't work for your doctor's office, that works solely for you. And it knows what you want has developed that rapport with you because you don't know who your nurse is going to be.

[00:28:16] You don't know if your doctor's going to be on call. You know, you can't control those things, but a doula, you can pretty much guarantee. You know, it's very unlikely that she won't be there at your birth. Um, especially if she's only taking like so many clients per month, like if she's taking like six clients a month and yeah, maybe she won't go, but I only take two months and that really ensures that I am going to be in attendance at all of my clients first.

[00:28:42] Um, so, so yeah, to have someone that really knows you, that knows what you want and is going to stand up for you in those, in those moments. I mean, don't get me wrong. I'm not like. Being pushy. I'm being really respectful of the medical staff. Like they have a very important job and I need them to do their job, but, but I also have a job and it's to make sure that my, my clients are comfortable, are feeling educated and.

[00:29:07] Like they have a voice and I break things down in like normal people terms. So when they're like, Oh my gosh, you know, what's that beeping sound and link. Don't worry. It's just your Ivy pool that needs to get like plugged back in because it's running out of battery, you know? I mean, some normal I'll see, and some calm to the room and let them know also like if a doctor's like, okay, you know what, hon, you've been stalled at three centimeters for the past.

[00:29:32] Three hours. Like we really need to do some Pitocin. That's when I can step in after my clients saying, Hey, can I talk to my husband or my partner a little bit about this before we jump into that? Um, they usually say, yeah, of course when they step out, that's when I step in and say like, okay, yeah, that is.

[00:29:49] Totally one option. Here are some other options that you can do. You know, you can do some nipple stimulation. We can do, we can make sure that we ramp up the walking, that we do some squats and some lunges. And we do, we get the Clary Sage out and we're doing other things rather than resulting straight to medicine, but let's try some other things first and see if that works.

[00:30:11] And if it doesn't work, Hey, we tried and then we can go to that, but let's not maybe result. Resort straight to, um, something so aggressive. So, but if my clients prefer like, no, you know what I mean? I don't want to do any of that. And I PR I feel fine with doing Pitocin or like, great, that's fine too. I just am there to make sure that, you know, what all of your options are, you know, the benefits and risks to each option.

[00:30:35] So then that way you just feel like you're making an informed decision and you know, what's best for your baby and your body. Um, yeah, I, I just want to make sure that when you leave your birth, you feel like, Hey, I knew what was going on along the way. I knew what my options were. Um, even though my birth didn't look anything like my birth plan, I still feel, I still felt supported and heard and respected every step of the way.

[00:30:59] Got it. And then now I'm curious where, when, like I, so I I'm working with you as a doula. I, my, when do I call you? Like, when, when, when do you like come and join me in the labor experience? Okay. Yes. Um, when I first started, I used to come like as soon as people were like, yeah, I need you to come over. And then I did a 72 hour labor and I was like, I'm never doing that.

[00:31:29] Um, so now, and what I've been doing now for like the past six, seven years, um, is I attend my, I tend to my clients once they're in active labor. So when they're in early labor, we are communicating via phone, via texts. Like I'm listening to how things are going. I'm giving them, um, you know, recommendations of like, Hey, start doing this.

[00:31:54] Um, and telling the partner, like, make sure she's doing that. But as soon as I recognize that there is like a good pattern and it's not going anywhere, that's when I go to them or I go to them when they're just like really in pain and they're like, no, Nina, I need you right now. I'm feeling alone. I'm feeling.

[00:32:12] Yeah, not supported, and this is it's, it is happening. I promise, but I just need you then I'm like, okay, I'm there. I'm going to be there no matter what. Um, but, but typically doulas will go to their clients once they're in active labor and that's the thing people are like, but aren't I supposed to go to the hospital and I'm in active labor and I'm like, yes, that is an option.

[00:32:35] However, it's really, you know, if we can labor a little bit more at home. That would be great before we go straight to the hospital. The reason being is it's very normal for a labor to stall when you're in the car. And when you arrive at the hospital, it usually takes my clients about another hour to two hours to get back to where they were.

[00:32:57] Um, when, uh, how they were reacting to labor at home, um, because it's just normal. It's like the fight fight or flight reaction in our bodies. When you think, you know, when you're changing up the scenery going somewhere new, even if you're wanting things to progress and mentally your body. Physiologically kind of shuts down because it's not in a safe place at things, allow you to continue opening and dilating and, um, you know, having, having a baby.

[00:33:25] But if you wait a little bit longer, make sure that yes, this is for sure actively where you're seeing the shakes. I'm seeing women throw up, I'm seeing like great signs, bloody show. I'm seeing all of the signs of like good progress. I'm like, awesome. Let's go to the hospital now because now it's not going to.

[00:33:41] Slow down and stop as much as it would if we had left maybe an hour ago. Okay. That's a good tip. Yes. Yeah. And a doula will know those signs, so then you're not going to the hospital and then getting sent back home or, you know, all of that. We, we basically take that stressor of when do I go to the hospital, off your shoulders?

[00:34:01] We let you know, like, you basically communicate with your doula as soon as you feel anything. And then they will. Say okay. Now that you're having consistent contractions, I will come over. I'm gonna massage you. I'm gonna help you with your breathing. I'm gonna coach you and make sure that you're doing different positions to have like an optimal labor.

[00:34:18] But, and then once I see you, we may, I may only be there for two minutes and be like, no we're going now. Or I may be there for a couple hours and then say like, okay, now we've developed a good labor pattern. It's time to go to the hospital. Right. Okay. That is, um, and now I'm curious, what, w what are the women that you work with when they get to the hospital?

[00:34:41] How many centimeters dilated are they typically? Typically six centimeters. Okay. That's nice. That's like, perfect. And that's exactly the right time to get an epidural. I'm sorry, like when you're in pain and wanting meds. And you get to the hospital and you're only a three, it's just that much more uncomfortable at a hospital.

[00:35:03] But when you're at home, there's just something about having your pillow in your bed, like with your food and, and it just, it's still don't get me wrong. It's still as a challenge, but it's just mentally a little bit more relaxing and your body tends to go a little bit faster when you are in the comfort of your own.

[00:35:23] Oh in home, it's just the security and safety. So waiting a little bit longer and then getting to the hospital. But there's some women that work with me and they say, no, Nina, as soon as I can get an epidural, I want one. So as soon as we hit, like, you know, active labor, maybe you can come to my house, but maybe I'll tell you to just meet me at the hospital.

[00:35:41] And I'm cool with that too, because they know. Working with me that I'm going to let them know, okay. If we do this, I just want to remind you like the benefits and risks to this, as long as you're cool with that. I'm cool with it too. Now, the part that I. I was not familiar with as a postpartum doula, which is what I definitely would have needed.

[00:36:02] Um, because I did not realize how hard the postpartum experience was. Like what most new moms say is like, Oh, I. Didn't expect that. Yeah. I tend to, you know, it's kind of like, again, the whole wedding analogy, like people will get a wedding planner and plan everything for this like perfect wedding, but then they're married and then they look at their partners and they're like, Oh my God, we didn't do anything to prepare for our marriage, you know, for a strong, solid, good marriage.

[00:36:38] And. And it, the same thing applies at birth. You maybe took the childbirth classes, you read all the books, you, you know, did everything you could to like plan for like the best birth women tend to be very focused on birth and think that once they have the baby, like, it gets easier from then on. And I'm like, Right girl, there's no epidural for motherhood, like, sorry.

[00:37:04] This is when it gets real. And birth is only lasts a couple of hours, maybe a couple of days at most, whereas motherhood is for life and that is when you're going to need the most support. Any of it and yeah, unfortunately postpartum doulas. When people say the word doula, they immediately think of birth, but there is another type of doula and that's a postpartum doula.

[00:37:27] And that's someone who also provides that emotional, physical, and informational support after you have a baby. So emotions are totally high after you have a little one. I mean, your hormones are still trying to regulate after giving birth. Um, you know, you're leaking from everywhere, your boobs, your vagina, like, you know, you're crying all the time and you're trying to figure out is this latch normal?

[00:37:52] You're scared about your first poop. Um, the baby's nails are super long. Why does my baby have hair on his ears? Like, you're just wondering, like, is this normal? Am I doing everything okay. And you're just bleeding, you know, it's, it's a lot, your milk's coming in. Your boobs are hard as rocks. Like there's just so many things going on and it can be overwhelming.

[00:38:14] It's overstimulating in a sense. And having someone there. I love that quote that say like, you know, um, everyone will wants to hold the baby, but who who's going to hold the mother. And they are in those first weeks and months, they really are one unit. And we need to start paying more attention to mothers in, in that very sacred and special time, because they are so raw and they are transforming.

[00:38:42] Like they are shedding a layer of. Of selfishness of, of who they were and growing into this new role in their lives that they've maybe never had before. If they're a second time, mom, they still are growing because now they're having to learn how to. Balanced the love of one child to two and, and separating that time and, and also recovering and taking care of themselves.

[00:39:09] And it's, there's always growth with every child and, and postpartum doulas. Again, we're there for that emotional time, but physically letting you know, like, Hey, is this. Passing, this kind of blood clot is this normal is if you had a C-section is, you know, in my healing, uh, properly, um, you know, PA in talking about pad Sickles talking about just when do I bathe my baby?

[00:39:32] How do I make my things? Um, how do I take care of the umbilical cord? How do I take care of a circumcision or an uncircumcised penis? Or, you know, how do I just, all of the things, how do I wipe a baby girl? You know, do I really dig in there or do I not? Like, it's just, there's all of these crazy questions, but they're not crazy.

[00:39:53] They're normal. And it's because we're such singular units. Now I'm in America. Our families are so individual. Um, we, we don't live in a commune. We don't like help each other out and we don't, you know, have, that's not a village, it's not a village anymore. Right. Um, there, there needs to be people that can come and help you during those times.

[00:40:13] So, yeah. As opposed to what them do, I've done days I've done nights, um, night help, I think is totally where you see. Families at their raw, highest, and, um, helping with the feedings, whether they choose to breastfeed or bottle feed or whatever, but helping them establish a new normal for their family. Um, and we tend to do that and, and.

[00:40:36] At a quicker pace than what you would, if you were doing it solo. Um, because we show you tricks and ways to do things and how to make things easier for you. Um, yeah, so it's just an easier transition and a faster transition, um, which. We, we then see a lot more just happier moms. So it's also reducing the chances of postpartum depression and postpartum anxiety and postpartum OCD.

[00:41:02] When, when there's already someone there that can, that can help with those things. And we also watch for those cues, we, we are trained to look for those, those signs and, and getting help for those women because sometimes those symptoms can be unrecognized and it can grow and exacerbate into something a lot.

[00:41:19] A lot harder for the whole family to, to handle. So, so yeah, we're, we're looking for all those things and we're making sure is mom drinking enough water, his mom eating healthy foods. How, how is everything going? Um, yeah, I just really taken care of the mom in every sense of the. It's so necessary. I, I, I think like, everyone always thinks about a baby nurse, but I'm just like, no, I L I like that.

[00:41:42] Like, it's more like, this is a mommy nurse. Yes. Yeah. And a baby nurse then just takes care of your baby and you're not learning how to do it yourself. Then you're feeling like dependent on that person. Whereas we are, we are strengthening you. We are making sure that mama is strong and mom is taken care of.

[00:42:01] And we are all about the mother. I mean, don't get me wrong. Like if mom needs to take a shower and take a nap, like we're there and we'll take care of the baby. No problem. Um, but. It's it's what, what does that saying? Like give a fish to a man he'll eat for a day, but teach a man to fish and he'll full the rest of his life.

[00:42:22] And that's what a postpartum doula is. Whereas like a baby nurse, you're going to be dependent on that person and then cry when they leave. Like, no, I need you, like, I've been doing all of this stuff and now I'm going to have to do all this stuff. So it's a really good analogy. Can be really hard when you make that transition.

[00:42:39] I did. I had no intention of having unmedicated birth with my first two. I was actually with my first, I was like, I'm not taking a labor. I don't, I don't really care. I'm getting an epidural. I will figure it out. It is what it is. So I didn't do one and it was fine. Then with my second one, I was. Dabbling with the idea of doing an unmedicated birth was like, bubbles was like, you know what, when I want an epidural, I'll get the epidural.

[00:43:02] But I, so I started reading the hypnobirthing book. Right, exactly. And I had those tools, but now as I am. I am early, very early pregnant in my third pregnancy.

[00:43:19] yes. Um, I am, I just met with a midwife yesterday. Like I am going the midwifery routes and I'm going. To do an end medicated birth. And so I'm like, do I, should I feel like I should prepare myself. Yeah. So I have to ask you what made you change, like your, your thought process on that? Because yeah, that's just, it's usually, especially since you were like, yeah, it was fine.

[00:43:46] Like my first birth, it was fine. It's usually people who have like, not so fine birth that changed their, their decision, but what made you change? Yeah, I, uh, it's funny that you ask I, my first one, I had a fantastic epidural. Um, he, I pushed for, you know, it wasn't a long labor. I think I was in labor for 12 hours, um, in, I pushed for 14 minutes and he was out with my hate you, I pushed for three hours, girlfriend.

[00:44:16] That's amazing. So, um, so then with my second, I, um, it was sick a total of six hours of labor. My water broke and then like, it was just like, just got real fast. And I got the epidural at around midnight and she came at one. And so when I'm telling you that I didn't, I like feel like I felt everything. Um, Including like the transition.

[00:44:44] Like I was like, I was, I mean, it was, it was, I remember at the end of it, I was just like, I might as well have not gotten after. All right. And, and so. And I was like, well, I got through it. And I think like, I feel like now, as I'm in my third pregnancy, I'm just like, I want a completely different experience where like I'm in the driver's seat.

[00:45:06] Like I, I am making the calls and I, I feel like I just want to go through this and, and I'm, I'm actually shocked. At that opinion, even, even I yesterday I told my husband, I was doing, I medicated and he like absolutely gawked in my face. Why would you want to do that? And I'm like, cause I feel like I already did it, but I can't say that I did it.

[00:45:32] That's the thing. Right. More women to be like, Oh, I want to be able to. Say that I did it like who cares at the end of the day you had a baby, you know, and however you, that baby out, like you were a mom and, and rock on. Like, I never want women to ever feel like I'm a better mom because I did something a certain way.

[00:45:52] I breastfed my baby till they were however older I had my baby, whatever, but I mean, don't get me wrong. I love that. You're, you know, Choosing a different route because you feel that's the best for you. I want that for you, but I also, you know, want to say, like, I don't want you to ever think that you, I don't know, are I get what you're saying?

[00:46:13] And it's, it is interesting. Cause I feel like, as you're saying it, I'm hearing you and I'm like, I'm almost like. I'm like, yeah, Sarah, why do you need the validation?

[00:46:26] like, Hey, don't get me wrong. I had a home birth. I had a midwife. I've been to a lot of births and I have seen a lot of things. And I knew that that was right for me. And I'm not saying that that's right for everyone, but I, so that's why I was curious when you were like, Hey, everything worked out. Um, and everything was fine and I chose something different.

[00:46:46] Um, you know, that's not just like what people say to me like, Oh my gosh, you did all of this before you even had a baby. That's so different. I w I want to know why, that's why I just want to know why, but that doesn't make, you know, anything better or worse or what, you know, or right or wrong. Um, but I think that's, I think that's amazing that you're looking for midwifery care, because I think that, um, As soon as you start, you will start immediately recognizing the difference.

[00:47:14] Um, and I think it's for the better, you get way more time with your, your provider. You get way more attention, um, individualized attention, rather than like, It's the same thing. They repeat to their clients over and over and over again. Um, it's way more individualized care. So you're going to start recognizing some things that are just different and maybe you'll like it, maybe you won't.

[00:47:37] But, um, but yeah, it's definitely different and I hope, and I pray that you, um, get everything that you want out of, you know, this pregnancy and this birth. No thank you. And it is funny cause like I, I had gone into my first pregnancy kind of as a high risk pregnancy and, and doing anything outside of the hospital was like, uh, uh, no, no, it was just, I wouldn't have even considered it.

[00:48:00] And I feel like I was still kind of carrying that even though. Like my daughter was not high risk, like nothing about, I mean, even there was nothing high risk about my son's pregnancy. I was just a high risk whose I had had an ectopic pregnancies and all right. So I think I was just sharing that damn I'm like I survived.

[00:48:16] Um, but I will say like now going into this, I'm like, look, I've had two non, like two very. Like normal pregnancies and two very uncomplicated births. Like I am a candidate to do this exactly how I want to do this. And so now I'm going to like unshackle myself and say, okay, let's, let's do this. Yes. And I remember with actually the last thing I will say about it is that like, when.

[00:48:43] With my daughter, like we were, as soon as she was out, I'm like, I want to get out of this hospital. Like I want to take her home. I want to be with my son. I want to like be in our home and we had to stay for an extra, I think it was like 36 hours. And I was just like, I don't want to be here. And I that's what I also, what I love about.

[00:48:59] Doing it outside of a hospital is that I ha I kind of have that control. Yeah. I will say that's probably one of my favorite things is after you have the baby, especially I had mine at home. If you have a birth center, I think you leave after four or six hours, something like that, depending on, you know, the, the birth centers rules, um, that you attend.

[00:49:17] But, um, my husband and I loved that once we had our baby, we were in our bed. We had our fridge, we had our food, like. We were like, Oh, we're already home. Like, it feels so good. And the midwife came back the next day. Like you're still, you know, making sure that they stay with you for several hours afterwards to make sure that like, you know, everyone's vitals are good, but, um, but yeah, after it, it's just so different.

[00:49:44] And especially if you're wanting to go home, Oh, you're going to love that part. It really is wonderful. It's one of my favorite times. Okay. Yeah. Um, well that was a good aside. I want to talk really quickly about newborns. Um, and cause I think like one of the scariest things for me, and I didn't take any infant care classes either, which I now looking back was like, Oh, that was kind of a mistake

[00:50:12] as you go. And, and, and that's the thing I'll tell people like, okay, if you don't want to take a newborn care class, Fine, but then you should hire a postpartum doula because then they can tell you with your baby, how to diaper, how to burp, how to bathe, how to take care of the, uh, you know, the cord, how to trim the nails, how to do all of those things.

[00:50:31] So if you don't want to do the class fine, but at least have someone come to your home to show you those things with an actual squirmy baby. Yes. And I exactly, yes, I think, and you've said it twice now and I can not echo it enough, how frightening it is to trim your, the thing that I do the most. Whenever I go into a postpartum doula clients, like they're already there and waiting with the tremors, like hygienic.

[00:50:59] Please cut the babies and I'm like, sure. So and so, but eventually you will have to do, and I will show them exactly how I do it. Um, and they're like, no, I know I can, I know I can do it. I'm just not ready yet. It is still frightening. Oh yeah. I've seen several babies where their parents. Um, have cut the tips of their fingers, um, eating.

[00:51:23] Yeah. And it happens, it happens there's Fermi and whatever. And that's when I'm like, okay, this is not the right nail trimmer for you. We need to find a different nail trimmer that you feel more confident with so that we can avoid this. And also remember you are stronger than your baby. Yeah, I can hold that baby's hand.

[00:51:41] So yeah, we actually, we sweat after that. I mean, I remember like I was very postpartum too, and I called my husband and I'm like, Oh, hi, massacred RC. But I switched to a scissor, like a little Caesar. I swear by those. And people are like no claim to cut babies even more. And I go, absolutely not. You control it way better than just pressing down and like, Yeah, exactly what I mean, I haven't used, they still use scissors.

[00:52:11] Like I will never use a nail clipper on my kids ever, ever again, recommending I'm like, okay, that was great. But I always use the scissors. I totally, I, 100% agree with you. It's usually one of the, the gifts that I give a new parent. Um, I usually give them like a little basket full of things that people don't get you, um, you'll actually need in use.

[00:52:34] For parents. And that is one of them is definitely a nail scissors and some nail files. That's just so that's a great idea. Yeah. Um, now you are an infant massage instructor, and I think like had our best friends, not been, they got, we had our best. Our best friends had twin boys at the, around the same time that we did or three months before us.

[00:52:53] And they were in the NICU a bit. And so the NICU nurses do a wonderful job of educating new parents and really teaching them how to do things. And they were teaching our friends or at least their Nikki nurses. And what I've heard is that a lot of NICU nurses are very good at this. And, um, they. Learn how to do infant massage and so taught us, but I would have never heard of this had they not mentioned it to us.

[00:53:19] So can you talk a little bit about it and when we would do it? Yeah. Oh gosh, you can, you can do it from day one. Um, I love, I love infant massage. There are so many wonderful benefits I could go on about it, but that's like a whole other podcast. Um, but seriously, there's so many benefits of just helping with babies, blood circulation, lymph circulation, helping with tummy issues, gas.

[00:53:41] I mean just also, it's a great activity to be able to do with your baby. I cannot tell you how many times parents are like, okay, well, they're there awake? What do I do with it now? What do I do with this baby? Um, Well, let's talk to it. Let's do infant massage. Let's do things with the baby. And so wait, um, so it's a great bonding thing to do, um, with your child.

[00:54:04] And also it teaches, teaches children that touch a loving touch. I mean, there's really, there's so many wonderful things that that do with it. It also stimulates the brain and. Again, I could go on and on, but you can literally, you can do it from day one. I that's one thing that I love. Um, and I also love that it's not something that's like all or nothing.

[00:54:27] You don't have to perform an entire body massage to have like success at doing massage. If you just want massage their feet and legs. Um, and then they're done, that's fine. And then the next time you can do their hands and arms and then the next one you can do their back or their head or their tummy. So it's just something.

[00:54:45] So helpful, um, to really strengthen those muscles, bring that blood circulation there. Um, good stretches for them. It really strengthens the babies. And the reason why NICU nurses do it is it's been shown that babies that are massaged in NICU get discharged sooner. Right. Get stronger compared to being that don't get massaged.

[00:55:03] Right. So, yeah, I mean, massage is such a wonderful thing. And, um, so you think that babies aren't stressed, but they are, they are so and so with that loving touch, it just helps relax them. Um, so what, what mom doesn't want their baby to feel calm and relaxed and, and at peace, I mean, there's nothing greater.

[00:55:26] So, so yeah, there's, there's massage has fantastic. Um, I highly recommend it to parents and that's why. I actually, when I started working with women at the beginning of my career, I recognize that touch is so vital. So I actually went to massage school and got my license in massage therapy after I had become a doula, just so that I could know how to properly.

[00:55:51] Relax and calm and manipulate the body in the way that is, uh, you know, PR preferable. And then when I saw the benefits to, you know, that loving touch with infants and children, that's when I got my certification as an infant massage instructor. So I just cannot speak highly enough about it. It really is something that's wonderful, not only for the child, but for the parent too.

[00:56:16] Do you have any, um, any like videos of you doing it on baby check? I do. I actually have a Facebook live, um, that I, I did it on a baby doll. Um, and it's had over a million views. So I know that, I know that moms are wanting this and it's just a great, um, it's a great tool to have, so yeah, I can definitely send you the link if you guys want to watch an easy thing and I do the entire routine, but don't worry, like.

[00:56:43] If your baby just can't sit through it. You can stop. Yeah. You don't have to do the entire routine. I just like to show all the things that you can do with the legs, arms, chest, tummy, back and head. So then you know what to do. Okay. I will. We'll add that to the show notes. That'll be awesome. Now the last thing I want to ask you is you obviously have tons and tons of experience as like a baby planner, doula, educator, and a mom.

[00:57:09] Do you have three tips that you are like all pregnant or new moms need, need these tips? Yes. Okay. So three tips. I would have to say enlist support. Whether that is your best friend, whether that's your neighbor, your mom, family, doula, whatever it is. And with support, I cannot stress that enough. Sometimes people get overwhelmed and had difficult pregnancies and having people to talk to, um, is, is super important.

[00:57:48] Some people have really crazy births. And, um, maybe you're wanting to make sure that you have the best birth experience possible enlist support. And by far new moms. Oh my gosh. If, if people are not offering to help do not be afraid to ask it. Always ask for help, enlist support. So if you're wanting that help talk about it during your pregnancy and say, okay, after I have this baby, I would really love, you know, some help with, you know, some with the food.

[00:58:19] Can someone help me with a meal train? Can, can, I would love, you know, if someone could, could help with the baby every now and or my older children while I'm taking care of the baby, whatever it is. Just like you maybe made, if you made a birth plan, I feel like making a postpartum plan is just as important.

[00:58:37] You have to have a plan of like, who can help you? Who can you call if breastfeeding is not going well, what, who's a lactation consultant that you can talk to. If you're feeling extra blue, who's a therapist or a counselor that you can reach out to. So having those already. Thinking about those ahead of time and making sure that you have the support that you need, if you need them, um, is, is really, really important.

[00:59:00] I think that's like my biggest tip, um, of all also I, my other tip is let go of what you think it's going to be like. If you think pregnancy is going to be a certain thing, if you think birth is going to be a certain experience, if you think motherhood is going to be a certain way, really let go of expectations because the reality sometimes does not measure up to it.

[00:59:28] And that can feel really. Um, defeating that can feel really, um, like you're inadequate, like you're doing something wrong, um, that you made a bad choice. That you're a bad mom and that's the furthest thing from it. You know, you, you just can't control everything and that's okay. None of us can, so really just.

[00:59:50] Making sure that it's okay to want certain things. And like, for example, I wanted a, I wanted a unmedicated birth, home birth, but I also knew in the back of my mind, like, Hey, but I can't control. If I have a longer, a short umbilical cord, I can't control what position he may be ends up in if he's breached or not.

[01:00:09] I can't control if I get. Well, I can kind of control that, but you know what I'm saying, that are just beyond our control and we cannot be, we cannot beat ourselves up over those things, you know? Um, we, all, all we can do is try our best and, and, and that's that's enough. You're good enough. Perfectly enough and you don't have to explain yourself or validate and you don't need validation.

[01:00:37] Like you are an app and yeah. So, so letting go of those expectations, I think is, is another, another big one. Um, because your reality. Even though, if it's not exactly what you pictured it, I promise it's beautiful. I'm promised that there's other women who are begging and wishing that they had the experience that you had compared to what they went through or there's other moms or there's other women that are just begging and wishing that they could be a mom.

[01:01:02] So, um, yeah, just that's uh, another thing that I would say, um, what is another tip that I would say,

[01:01:15] okay, Another tip that I would say is that it's okay to take time for yourself. Um, as soon as you. Are you've you become a mother, the moment you find out you're pregnant and you feel like you need to do all of these things for your baby. And as soon as you meet that baby, that just exacerbates. Like, I need to make sure that I'm doing all of this stuff for my baby.

[01:01:41] And, and that's wonderful. Like you're, you're amazing. You're such a great mom, but you also have to take the time to take care of yourself. And I have that problem too. I have a really hard time of like, okay, you know what? I haven't been eating the best foods cause I've been rushing and had these deadlines.

[01:01:59] I need to make sure that my kid's Halloween costumes ready. I have the food ready for his party. I have this and that. I'm just thinking about all the things that my kids need. Which is fine and great, but I also need to take the time and be like, you know what I mean? You need to go just for a run. You need to, you need to sweat today.

[01:02:19] You need to like, get that blood pumping. You need to drink more water. You need to eat something better, like making the time, taking the time and scheduling in you time, like being intentional about it, make the time and put it in your schedule. Put it on your. You're I can put it in your planner. Say like, this is a time where I am doing something for myself, whether that's even just like drinking a cup of it, hot coffee, not cold coffee, hot coffee, and telling your partner, like, I need this for me.

[01:02:49] I need this for my mental health. I need this for my physical health. I need this for me. And if you want us to have a healthy family, it starts from us. It starts from the parents. And so making that time and being intentional about it, because talking about it and talking about it, it's just not going to do it.

[01:03:04] You need to put action to it. And so some, I I've noticed that my clients, um, who are better at that, they, they schedule it in their schedule. They say, I it's like an appointment. I don't miss my appointments. And this is an appointment for me. Yeah. Nope. That's, that's a great piece of advice. Those are, those are top three things that I would say to expecting a new moms.

[01:03:27] Okay. These last three questions are questions that I ask every guest. Um, and they are just quick ones about you. So what book or podcasts are you listening to right now? Oh my God. I'm awful. Awful. okay. Um, so the last book that I was reading, um, was, uh, uh, Renee Brown. Lonnie Brown love, love, love, love.

[01:03:55] She's a wonderful, what is it into the wilderness or no? What is it? Yeah. Uh, no, uh, Oh my God. I've read so many of her books, but that was the last time I read. Am I reading one now? No, I'm not. And recently I'm now listening to your podcast. Now that we've been talking, I was like, Oh, I want to check. Her out.

[01:04:14] So Juna moms, I'm now listening to y'all. So those are the two things, but yeah, I'm not reading a new book right now. Unfortunately I really need to get on that. It's really hard to find time. That's why it's funny. I actually, when I asked the question, I, I always say, what book or podcasts are you listening to right now?

[01:04:30] Because I assume that any mom I'm talking to doesn't have time to read a book. Like you're, you're listening to them. It's an audible. Totally. Yeah. Brenae Brown is totally my go-to. So Brenae yeah. Love her. And she's in Houston. I'm in Houston. So I just didn't really, she was, yeah. I love her. She, I mean, everything that she does is magic, so yeah.

[01:04:51] I highly recommend her to anyone who's looking for a good, good book. Yes. Um, agree with that one. Now, what has been the hardest or most unexpected part of motherhood for you? I would have to say. When people ask me, like, is motherhood everything that you thought it would be? I would be like, yes, I knew it was hard.

[01:05:12] I've seen women go through this. I knew that it was going to be tough. I knew that it was going to be exhausting, but wonderful and amazing. And all of those kinds of things. The thing that was the hardest adjustment for me is working with moms. Even if I did an 8:00 PM to 8:00 AM shift. I would then go home and have quiet and take a nap and, you know, have my time, like I could clock.

[01:05:38] The biggest adjustment is never, ever being able to clock out ever because, you know, even though I knew it was going to be hard, just never getting that time to really check out, even if I like, yeah, don't get me wrong. Like I would say, Hey, I'm going to the movies with my girlfriends. It's just two hours.

[01:05:58] It's not like, Hey, I am going to do a stay-cation for, you know, when it's a new baby, you can just do that. And you just can't leave for a couple of days or whatever. Take time off. It's just, isn't I'm the food source. It's not impossible. Um, so, so yeah, that was, I think the biggest adjustment for me is. I knew that it was going to be tough and, and all of this stuff, it really didn't surprise me, but the biggest adjustment is, Oh my God, I, I can't catch up.

[01:06:25] I can't catch up on that sleep. I can't catch up on these things because I was just so used to being able to, to clock out and yeah, not clocking out is tough. That's a, it's an interesting, it's, uh, an interesting transition. And I feel like I still haven't actually fully made it. And I have almost, I mean, my sons.

[01:06:44] We'll be three and a half soon. So I've, I've, he's, he's older. I mean, not, I mean, definitely not older, but like I have been in this for a little bit, but I still will like, I'm like, if I'm like going out or doing something, I'm like, Oh God, yeah. I get to like sleep in tomorrow. Like that. My initial thought is like, Oh, you get to, and then I'm like, no, you don't wait, are you talking about, we're like, Oh, the kids are down for it to sleep.

[01:07:06] Like now I'm going to watch a show. And then like, I forget that like, Oh, my daughter could just like all of a sudden scream out. Or my son like had a nightmare, you know, whatever it is. Like there, there is no, like, there is no off button and like you and I still feel like my natural inclination is to think that I would have it, but I don't.

[01:07:23] Yeah. Yeah. I know. Yeah. I get those times too. And I'm like, Oh, aren't you cute? Nope. You're a parent that doesn't work anymore. No, it makes sense. My last question is what does your mom community look like? My mom community. I am really blessed. I have an amazing group of girlfriends who, um, have babies and they're continuing to have babies.

[01:07:47] So, um, it's, they. Are wonderful. I really consider them now sisters. Um, and I'm, I'm really, really lucky. A lot of people don't have those kinds of friends, um, that maybe have kids already. And maybe, maybe you're the first one in your group to have kids, or maybe you had a friend who had a kid, but then.

[01:08:10] Because, you know, your, your life changes after you have a child. Maybe you're not as close anymore. A lot of moms struggle with finding that community, which that's a huge part when I'm a postpartum doula, I'm like, all right, we need to get you some mom, friends, you got to feel normal. You have to know that your thoughts, you're not crazy.

[01:08:30] So we need to find a support group or some group of women that you can, you can connect with. But I was re I am really fortunate that, um, Uh, a group of girlfriends that I was friends with before I was a mom, um, started having babies and we've all just stayed really close. Um, and yeah, now there's like six or seven babies between all of us.

[01:08:52] So, so yeah. Being able to have that, uh, what is our, we even have like a group text and it's called like, Mom's rock or something or like, you know, group text. And we just are like saying, is this rash normal? Is this like, what did you do? What did your pediatrician say? It's just so nice to be able to text and ask questions and, and be there for one another and, and yeah.

[01:09:16] And then do play dates and, and know like, No one nap time is like, I can't do that because it's just so, so nice. Um, so yeah, I was, am really fortunate that I have an amazing group of, of girls. There's probably about like six or seven of us that, um, that get together like once a month. It's really awesome.

[01:09:37] That's so important. I'm going to add that to your, one of your tips, which is basically find mom, friends going through it with you because in the trenches is something so important. Oh yeah. You need to know that you're not alone. You're not the only one that's up at two in the morning going through whatever, like your child projectile vomited.

[01:09:54] So did mine, like, you know, Just we're all in this. Um, unfortunately we're all in this alone, but to, but together. Right? Exactly. Exactly. Well, on that note, I can't tell you how much I appreciate your time today. You, this was so informational. I feel like anyone listening is just going to get such a wealth of knowledge.

[01:10:17] For joining us today. Yeah, I knew it was my pleasure. Thank you so much, Sarah. I know that was like so many different things from pregnancy birth postpartum. It's such a huge span. Um, but yeah, I do hope that the information was condensed and helpful. It was so thank you. Good.

[01:10:38] Okay. That's all for today. If you found this episode helpful, please, please, please share it with your mom and friends and write a review. Also be sure to subscribe to the junior women podcast on Apple, Stitcher, or wherever you're listening. Now, if you're pregnant or postpartum, you can download the jr app for tailored follow along workouts and nutrition advice just for this period of your life.

[01:10:57] The app is available in the iOS app store. If you're looking to connect with other Juna moms, check out the Juneau moms, Facebook group. Lastly, if you know, someone who think would be a fantastic guest on the show, please let us know on twitter@juna\_apporemailmedirectlyatsarahjuna.co. See you next week.