

(introductory music)

INTRODUCTION: *“Well, Actually...”* it’s a free podcast that explores the logic behind physiological birth practices and is a production of the Indie Birth Association and IndieBirth.com. No material on this podcast should be considered medical advice. Birth is not a medical event.

MARGO: Hello, everybody. Welcome to the next episode of *“Well, Actually...”*, a production of Indie Birth Association hosted by yours truly, Margo Blackstone, and today I have another special guest with me. I’ve had a couple fun guest interviews over the last couple weeks, and it’s been really fun. So I think I’d keep it going, and this is one that I’ve been waiting to do for a little while, but it’s perfect timing. You’ll hear why here in a few minutes. We’re going to talk today with my very special friend, Jane Farrel. She is the owner of Jane in the Woods Photography, super awesome wedding photography business here in Sedona, Arizona. You’ll hear more about how we met and how we’ve become friends as we talk about her birth which is really an extraordinary tale, and I’m so glad that she’s agreed to talk with us about what her pregnancy and birth were like and share that with us. So welcome, Jane.

JANE: Hello. I’m so happy to be here.

MARGO: Me too. Just to preface this a little bit. Jane’s story is extra exciting—well, all birth stories are exciting so maybe I shouldn’t say extra exciting, but it’s near and dear to my heart. One because I got to be there as a witness, and it was such an honor. And two because it’s really a unique story that we almost never hear in this day and age. Her baby was born breech, and lots more on that coming up. I won’t just gloss that over, but that’s a topic that’s really important to both Maryn and I at Indie Birth, and it’s something that we’re going to be talking about at the conference. We’re having Dr. Stuart Fischbein, one of the most amazing breech practitioners coming to be with us and teach at the conference in January coming up here in about a month-and-a-half now. It’s something that we really hope more women really just delve into and learn more about and one of the ways we can do that is through story telling so I’m really excited that Jane has agreed to tell her story. So let’s just jump right in. What was your pregnancy like, Jane? Who were you seeing for care? What did you think about it? How’d it go?

JANE: At the beginning of my pregnancy, I was still living in Oregon, in kind of a mid-size town, and everyone that I knew and kind of seemed like an awesome, Earth mama type of girl had their baby at the birthing center in town. Stellar reviews, right next to the hospital so you felt really safe, and so that was definitely the plan. We had never even considered a homebirth or a hospital birth. It was just the birth—you know, I had watched movies and semi-educated myself on birthing these days. I knew that I wanted to do it naturally so we went forward with that. I really enjoyed the midwives in my first week of care. A bunch of them—there was a team—were really sweet old ladies who seemed like they’d been doing it a really long time. I felt really comfortable with them.

Then when I got to be—I was about 20 weeks when we decided to move to Sedona which is a really small town. So I was kind of nervous to leave my—the people who were taking care of me and kind of delve into what would be next. But as you'll hear later, it wouldn't have worked out anyway for me to have a baby at this birthing center.

MARGO: And this is your first baby? I didn't mention that.

JANE: This is our first pregnancy. Yeah, and we were kind of knowing that we weren't going to stay where we were, and we wanted to find a new place to live. So that was all kind of in the process of the beginnings of the pregnancy. So we got to Sedona, and I was just online looking for anything around. Sedona has I think 10,000 people, and half of them are over the age of 55. So not really a large enough place to sustain a birthing center. But I did find a midwife in town just from Googling "Sedona midwife." Then even though she had opened a birthing center in the next town about 20 minutes away, she was in Sedona. I was in Sedona, and so a homebirth just seemed like the natural option since we lived here now.

Even though we were brand new, we actually were living with someone else. We didn't own a home. We didn't really have the ideal homebirth situation, but it just still kind of seemed like that was the indicated action. So when she was about 18 weeks I think, I did get an ultrasound because I was really anxious to see if it was a boy or a girl. Then they found these little cysts in her brain full of air or water or something, and the deep, dark fear of having those is that your baby would be born with Trisomy 18. Even though the doctors were incredibly optimistic and they said, "Adults might have these in their brains right now. It's just something we're noticing," it was kind of the first hiccup in the—

MARGO: And that was in Sedona?

JANE: That was in Oregon just before we left. So when I met the midwife in Sedona, we did tell her. This is going on. She actually responded more scared than the doctors did.

MARGO: Oh wow.

JANE: She was kind of on edge, and she really encouraged us to go another ultrasound to check out the baby's brain. I was feeling really positive, and I was not even thinking I would need another ultrasound because to me whether or not my baby was born with some strange chromosomal—I was going to have her. But her reasoning was if this is going to be happening, it's better to know because then after the baby is born maybe the baby might need attention at a hospital. So I agreed because I thought that sounded like a sound reason to get another ultrasound. So I went and got an ultrasound at 32 weeks. The technician commented that our baby Fay was still breech, and she was presenting butt first.

I had never even heard of breech. I had never thought about it. I didn't know that it was a possibility aside from when I was in second grade I think this girl told me, "Did you

know that if you're born upside down you walk on your hands with your feet in the air?" (laughter) So I, of course, thought, "Oh, well, no one is like that so it doesn't happen." I don't know why that sticks out in my mind.

MARGO: That's really funny.

JANE: It's kind of ironic that I remember that. (laughter) So we kind of looked into it. Thirty-two weeks is not that scary to have a breech baby. We knew that she was a little bit small, and so we weren't worried. However, our midwife was very worried. Then the following session that we met with her, she kind of was feeling around and feeling the baby. She declared that the baby had flipped. From my research and what I was kind of reading, everyone was saying, "You'll know when they flip. Their head sinks a little bit."

MARGO: It feels really different.

JANE: But I just had this huge bulge just under my ribcage that felt really hard and not like a tiny bum. So I was kind of skeptical. I was like, "Really? I don't know." Then she kind of just assumed that it would be okay. I actually forget how that appointment went, but anyway, she needed us to get another ultrasound later on to confirm. So I had to go get another one.

MARGO: To confirm baby had flipped as she suspected.

JANE: Exactly.

MARGO: I see. Yes.

JANE: Yeah, and the baby had not flipped which in retrospect I definitely could have said, but I'd never had a baby. I didn't know what I was doing or feeling for. So things started to get a little tense. She was recommending all these websites and all these ways to make your baby flip and force your baby to flip. So I was looking into them. I was doing the inversions, and I was really hopeful because every day when I was doing the inversions and doing my exercises, she would actually flip about halfway so that her head was sideways instead of vertical.

MARGO: So she would flip to a sort of transverse position.

JANE: Exactly, and so I thought, "Oh, she's just getting ready to flip one of these times." So that really gave me confidence that she could flip if she wanted to. She just wasn't ready yet, but that she was capable of moving. She had plenty of space to do her thing, and that is also about the time that I feel like I noticed her kind of communicating with me in a sense. Like one of the things to do when you have a breech baby they say is put a frozen bag of peas on their head so they want to move away from the cold and down to where it's warm. Well, I would put the peas on, and then all of a sudden, I would just kind of feel her really annoyed, like, "Get this bag of peas off of my brain." I don't know how else to describe it, but it was like okay, we're not doing that. So my husband would just do everything—flashlights and the music to try and get her to flip.

MARGO: It's quite a—yeah, they want you to do—they that believe in this flipping thing—they have quite an elaborate cocktail of things they like you to try.

JANE: Tons and tons. Like so many exercises it takes up your whole day.

MARGO: Yes, it's a fulltime job.

JANE: It's a fulltime job trying to get your baby to flip. I'm trying to think kind of what happened next in the story.

MARGO: Where did the split happen because it did with the midwife, and how did that go down?

JANE: So at about 37 or 38 weeks, I told our midwife that I didn't feel comfortable working with her anymore. It started with the Trisomy 18 issue, and that's what I mainly told her was that I just felt like her presence of fear in the situation was not a good fit for us. I knew at that point that I was going to look into my options at least for having a breech baby naturally. The moment I brought it up to her it was just absolutely no way. If it's breech, it's a C-section, 100%.

MARGO: No discussion.

JANE: So I didn't even try and say anything, but then after that discussion, I just was like, "This isn't a good fit." So I told her that, and she was really bummed. She seemed like she really cared about us. But then we got a letter in the mail, an official letter saying that my recommendation is for you to have a C-section which just really blew me away completely. I mean it just felt—from her end it was being responsible, and yet it just seemed so irresponsible to suggest that to me.

MARGO: Weeks before your due date.

JANE: Weeks before.

MARGO: When baby still could have turned and fit even the most conservative of imaginings.

JANE: I mean yeah, all the statistics say even at 38, 39 weeks such a large percentage of babies flip. Some of them flip during labor. I was not ready to throw in the towel by any means.

MARGO: So what did you do in this tiny town of 10,000 people?

JANE: So it was tiny. Time was running out. So I just asked every single person I knew if they knew a midwife that might be able to help me. Essentially at that point, I was looking for someone who would come onboard with me, and I knew that no one would help me deliver a breech baby naturally. But I was looking for someone who would at least let me try which is crazy that I'm trying to find someone who is going to let me do something with my own body and my own baby.

MARGO: What your own body would do if no one was there.

JANE: Exactly. I found another midwife. Long story short—she kind of was onboard for a week or two, and then as the day got closer she just said, “You know, I’m not comfortable with this. This is just not going to work out for me.” She was also really nice. She was in Phoenix which is about two hours away. And then it was almost—it was 39 weeks. I was without care.

MARGO: And that midwife’s primary concern was the breech situation too.

JANE: Yes. I’m sorry I forgot to clarify that the Trisomy 18 issue was off the table a long time previously. It was a nonissue. Yeah, so at that time, I was getting—things were heightened for sure. My husband’s family was texting him and calling him, letting him know that we were choosing an unsafe thing, that someone in his family had a C-section because of a breech, and it went perfectly fine. In her case, her breech baby was a footling breech which is a lot different than how my baby was presenting. I just really didn’t feel like anyone else’s advice could apply to how I was feeling with my own baby.

So it was really hard just feeling—he was asking me every day. “Let’s just go to the hospital. We can just have her today.” Because it was 39 weeks. If you do a C-section, they like to do it then which would have been even more crazy in retrospect considering that she was almost three weeks late. So if I’d had a C-section, there definitely would have been issues, and they would have blamed it on the fact she was breech I’m sure. So then enter Indie Birth, Margo and Maryn, which was just honestly like a miracle. I mean I felt so on the same page as them. They just have a really calm attitude. They really approach birth in such a great, positive direction. I really felt like I could trust them. They were upfront with me. Maryn said she’d only been to one breech birth previously, but she knew all her stuff. She knew every worst case scenario of what could happen and just presented it in a really great way for us to think about it. There was just no fear involved.

I felt really comfortable for the first time of two people just actually showing me the information, not like, “Well, a Caesarean is what you’re going to do, and it’s going to be great, and it’s going to be safe.” No doctor or midwife really will go into any negatives about a Caesarean unless you really dig for the information. I had had one tiny mole removed previously—tiny, tiny, millimeters. Now I have about a half-dollar sized scare, and so I knew that surgery was not a great option for me. Scarring on the outside, on the inside, it would have been a traumatizing thing for me. So that was definitely my last option.

So I got onboard with Indie Birth. It just was so nice. For the first time, I really felt like I could sink into having a normal pregnancy. I got to do your whole course which was amazing. I would just highly recommend that course to anyone who is pregnant.

MARGO: And you did a crammed session?

JANE: I did the whole course in about a week. I just listened to it constantly, but I mean gosh, if you don't have all that information they're letting you know, you're just going into birth unprepared. I'm definitely kind of a fly by the seat of my pants kind of person. I hardly prepare for anything ever, but in this case, even I thought it was for the best.

MARGO: It's really something—I always say it's like a basic life skill education. Everyone should know that kind of stuff because even if you don't have a baby or if you're a dude and you're never going to have a baby, you're going to know someone who does. You're going to have a sister or a friend or maybe it will be an earthquake and you'll be the only one there. It's good stuff for everyone to know.

JANE: Especially because it's so within reach. It's so natural, and it's so for the masses. It's not some act that should be reserved for doctors honestly.

MARGO: Totally. It's not rocket science, but they like to make it seem that way because—

JANE: So complicated.

MARGO: It's how it's made exclusive and gets paid the big bucks then.

JANE: Exactly.

MARGO: So you found Indie Birth. You were getting very close to your due date now about a year ago.

JANE: Yes.

MARGO: So you've talked a little bit about doing the course. What are some other ways that you prepared as you were doing this? Sinking into the pregnancy and you had sort of your plan in place and what did you do? What did your partner do? How did you get ready in that time that was so short?

JANE: That was so short, yeah. Definitely what I did was a birth plan, just because I knew that the possibility of me transferring may have been higher than most. So I wanted to make sure that if I'm at the hospital having a C-section these things need to be adhered to. I need to have one arm free. I need to have immediate skin-to-skin contact. So I made sure that everyone had a copy of that. That seemed really important to me. I made sure that I really connected with my girl every day, and every day the message that I just kept getting was, "You can do this. You're strong enough." It was just so life affirming that I just could tell that she was totally confident in me to be able to do this, and from the time that I first met you two to the day of the birth, I feel like my confidence just grew every single day. I was more sure, and I was more unwavering.

My husband—he had a nervous—he was a nervous wreck. He was begging me to go to the hospital just because it is—it's really scary if you just Google it. There's a million things that other people could tell you are going to go wrong. I Googled one thing, and it was another red head just like me at her house. She had her breech baby in a couple

hours, and she wrote a really sweet blog post about how it went perfectly. I was like, “Cool, if that’s the first thing that I find, I just know that this is the way it’s supposed to go.” Never was I unwilling to go to the hospital. I went through every ultrasound that anyone asked me to do. If anyone had given me any indication that it was going to be a negative outcome, I absolutely would have done that.

MARGO: I think that’s one of the coolest parts about your story is just how open you were, just how trusting you were in your own voice and Fay’s voice. Yeah, and just not being—it wasn’t a homebirth at all costs. You didn’t even start out the pregnancy thinking you were going to have a homebirth. You just kind of followed your intuition and your own wisdom and got to that place. You were like, “I think that’s how it’s going to go. If that’s not how it’s going to go, that’s cool.” I thought that your attitude was really impressive. It was very unattached to any particular way it was going to look which I think is really powerful for anyone going into birth because it can be hard when birth doesn’t look—I mean it almost never looks how you think it’s going to look. So yeah, I thought that was a really neat part of your story.

JANE: Thank you.

MARGO: Yeah, so the birth.

JANE: Almost three weeks late. She was due on Thanksgiving which is my birthday, and so I was like, “How funny. We’re going to be”—but no. She wanted her own month, and she came almost three weeks later. By that point actually it was so perfect because we’d been waiting for this baby to come for so long. Everyone had really just kind of turned over their worries to a higher power. I mean no one can have a nervous panic attack for three weeks straight.

MARGO: Right. You just kind of had to give it up.

JANE: Yeah, exactly. So things went back to normal. We went on walks, and I was swimming a lot. Then one night all of a sudden, I was like, “Oh, I think I have a stomachache.” My mom was like, “I think she’s coming.” So it only took two contractions for me to be in pretty much full on labor. I mean the first two were so minor that I thought maybe they were maybe a stomachache, and then by the third one, it was like no, really intense. Actually now that it’s been a year, I forget even the timing of them. But we did time them. That was like almost fun for me to see a clock, to feel like you had control over something. You could watch the clock. Then we called you and Maryn, and you guys said, “Maybe go to sleep.” I was like, “Okay,” and I laid down. Then by the next contraction I was like, “No way. No way am I sleeping.” Then you guys said, “Okay, we’ll come over,” and then you got there. Things were pretty much in full swing.

The labor just went pretty well. I mean my husband was there. He was like a rock. He was amazing. I just was holding onto him every single contraction. He was getting me anything I needed.

MARGO: So his nervous breakdown had subsided. He was in the moment.

JANE: Yeah. He was in the moment. He was totally supportive, and he trusts me and trusts our decision—or trusted my decision and knew that I could just do anything that I wanted to. Midway through labor—my whole labor was about seven hours. So from the beginning until midpoint, the back labor was just the most intense, so excruciatingly painful. That’s all I can remember from—I mean I remember the contractions also being uncomfortable but the back labor was really—

MARGO: Right, and that’s more common with breech labors.

JANE: Yeah. So massages helped. If someone else was pressing on my back, it felt amazing. You’ve told me about that really cool wrap where you can use a ball actually so that would be my suggestion to anyone going into labor actually, just in case you have back labor because the contraction is just going to happen. It’s going to be there, but the back labor if you could get a little pressure on that, you can really make a world of difference.

MARGO: That’s a good plug for Gina Kirby. She has amazing information about using the rebozo and using that for comfort in labor. She’ll be at our conference too. So little plug right there. We love you, Gina.

JANE: Anyone going into labor should have a back labor plan. Especially because a lot of people that I’ve chatted with shared that they also had back labor.

MARGO: Yeah, it’s certainly not exclusively a breech thing although it’s more common I guess. It might be a different degree. You’ll have to report back if you have another baby that’s head down comparatively.

JANE: Yeah, I am curious if it was a my body thing or if it was a Fay thing so we’ll see. Yeah, so that was kind of how it was up until midway, and then you were there, but it feels like maybe three-fourths of the way in my water broke. Yeah, so just getting up until that point, I was just drinking some kind of honey coconut water which was awesome and just getting there. But then as soon as my water broke, then I really felt like it got really serious. But at no point in that whole time was I consumed with her being breech.

MARGO: You were just in labor.

JANE: I was just in labor. It just felt like this is how it’s supposed to go. It just felt natural, and it felt like nothing I needed to be thinking twice about which really is my only advice for someone who wants to do—have their breech baby naturally is if you are confident and you know yourself well that when push comes to shove, you’ll be able to kind of stay calm then I bet you can do it. If you’re curious—I mean because I was wanting to hear someone’s voice specifically who did it and hear exactly kind of what it was like I guess and what they think would suggest for other people if they did it and then they were wishing that I really should have had help from someone else or—but I can say 100% that I’m more than happy that we had her at home. It worked out

amazingly, and there seemed to be absolutely nothing different from my perspective on her birth versus a normal birth.

MARGO: Yeah, especially when you don't have anything to compare it to, but it didn't feel—

JANE: It felt like there were no hiccups. It just felt so natural. Then one of the unexpected positives from having a homebirth which I didn't even realize when I had initially had been looking into the birth center was that I just kind of got to do it by myself. No one was doing checks or telling me how dilated I was. I mean who needs that kind of information? Telling you how well you're doing. I mean—

MARGO: Giving you your grade.

JANE: I'm doing an excellent job. You can get off my back now is how I probably would have felt. So it was cool. I actually reached up at one point and felt her myself, and that was the first moment I was like, "Oh yeah, that's her."

MARGO: This is happening.

JANE: That's her bum not the head. But all just typical labor stuff like marching helped, and moving around helped, and I was on my knees for a long time, and that seemed to be the best position. I will say though that I'd had one contraction laying on my back in the same position that you'd be in at a hospital, and by far—I mean times magnitude of ten—that was the most painful contraction. I felt like I was going to faint out of shock of pain so my heart really just went out to anyone who had their baby at a hospital and maybe wanted to do it naturally, and then maybe was in this position that—

MARGO: That makes it so hard.

JANE: --makes it so hard, yeah, because if every single contraction had to be like that one, I may have said, "I can't do this. I need some drugs to do this." It seemed impossible. So that was really cool to move around. I eventually ended up having her on the side of the bathtub. So I wasn't in, but I was using the bathtub as a place to rest my arms and kind of everything that people said about breech birth came true. Like towards the end, keep your hands off which is something that I really strongly towards the end. My husband just went to rub my back, and I was like, "Oh my gosh, don't touch me." It felt like do not touch me because it's going to mess with the muscles. So that was cool that I got to be really vocal. Then this whole synchronicity of everything was so incredibly spot on and connected that when I first—I don't know of any technical terms—but when her legs and her butt came out, I was the perfect distance from the floor for her to just sit perfectly. Her little butt was just sitting there with her legs out in front of her, and then out came both of her arms. I couldn't see of course, but I saw the video later and she was like peaceful. She just looked like, "I'm sitting here waiting to go." And then--

MARGO: Half born.

JANE: --half born, and then in a contraction that I'm told lasted three minutes, but what felt like ten seconds, her head came out. I just grabbed her and picked her up, and I just felt so in touch with my own body and everything that it was doing. It just felt so natural and it felt so unnatural to think of someone else grabbing her, like a doctor or someone random person. It felt like it would have been the most violating experience of my whole life if I had birthed my baby into someone outside of our little arms.

MARGO: And there wasn't a dry eye in the house after that moment. And then your husband finally took a breath.

JANE: Yeah, I don't think he breathed for that whole three minute contraction. Something I will note though just in case anyone else does have their breech baby naturally is that right when her head came out—I don't know if it's still called crowning when it's the other direction—but most people focus on the pain in the back whereas my pain was much more intense in the front. So kind of just all the little nerve endings around kind of just the whole area, and it was really hard for me to go to the bathroom afterward. Peeing did not feel normal. It felt like all stretched and weird, and I know that's also common in many pregnancies, but the intenseness of the pain in the front versus what is considered normal seemed to be different from what you guys had experienced.

MARGO: Yeah I think so.

JANE: That was the only thing that really kind of freaked me out was because no one had really said that. I felt kind of broken. It actually had felt like I ripped in the front, but I didn't. That area is actually pretty stretchy so it worked out.

MARGO: Yes, I can imagine that just the differences would change where the pressure is at as far as coming out.

JANE: Yeah, so here's to anyone having their baby breech if you can't pee after you have your baby, it took me three hours, and I had to squat in the bathtub and have my husband pee next to me—was the only way to get all that flowing.

MARGO: Yes, that's awesome. Such an excellent story. And little Fay was here with her little breech legs.

JANE: Oh gosh, yeah, she would sleep with her toes pointed at her head above her ear if that makes sense from listening. Yeah, it was so funny how folded she was with her legs just way up over her head kind of like a contortionist. If I skipped over any thing of the birth that maybe is more technical or anything that needs to be known—

MARGO: No, I think it was fabulous. And it's so fun to hear it from your perspective. I mean I know we've talked about it over the course of the last year, but it's fun to get to sit down and hear the whole recounting of all of it.

JANE: It just worked out perfectly, and it always just seemed like the indicated action to just wait and stay calm. That's like all I would say to anyone who is having a baby, you

know? If you just stay really present with every moment, then for sure—I mean you hear stories all the time like, “My instinct was right to go to the hospital at 32 weeks because I was feeling weird or this or that.” Yeah, just the connection that you feel with your instincts are so strong that it’s hard to give a really broad piece of advice because you don’t want anyone to do anything harmful. In the case of breech it seems to be so much more taboo. It’s like so hard to even talk about after the birth, like, “Oh yeah, I had her breech in my bathroom.” “Oh, okay, well, we’re not going to be friends anymore. You’re crazy.” So it’s kind of hard to say and just be confident about this awesome thing that happened, and yet what if more people did it, and it just became more normal. I don’t feel any different about this life event than like if I got married, you know. You would recommend to anyone, “Yeah, get married. It’s amazing. It will be so beautiful for your life.” It would be so awesome if someone who was having a breech baby didn’t have to go through all that fear, and they could just have the same amazing well wishes like, “You’re having a baby. Beautiful. I’m so excited for you,” without that weird overtone of—

MARGO: Absolutely. Well, that’s what I think is so awesome about your story, and I think people are going to love it so much because just hearing positive stories and feeling like it’s a choice that’s normal and that if you listen to yourself and it makes sense for you then by all means, do it. It can take away some of that taboo and some of the veneer of like shadiness around it, and that can hopefully help people just not have to sort out what is their own fear versus—and what’s their own intuition and what’s society’s input on all of it. So if we could just take that away and help sort of give an even playing field, I think it would be so much safer for everyone because I’m sure there are people who think, “My baby’s breech and Caesarean is right for me,” and that’s great for them. But I can think of so many women who have gotten sort of talked into having Caesareans for their breech babies, and I think if they have really been able to sit with it and feel supported and hear these positive stories and feel like they weren’t some strange, reckless, crazy person I think they would have chosen to do it differently.

JANE: That’s exactly how I was treated as some strange, crazy, reckless person. It’s kind of strange because I’ve never been treated that way in my whole life, but I always have kind of gone to the beat of my own drum so to speak, kind of just like moving to Sedona, and doing this, embarking on my own path. I had practice having that kind of confidence in my life before, but I mean I just had heard so many stories about regret with birth, and gosh, you only get one shot. That’s it. Not even just with breech but with all birth, and I knew that I didn’t want that in my life. As easy as that is to say beforehand, I mean no one wants it, but you really do need to educate yourself more than I had ever imagined which is another plug for doing the Indie Birth course seriously. If you’re thinking about it, your whole life will be changed by the amazing information.

MARGO: Thank you. That’s so kind. Well, I think that that covered everything that I wanted to cover today at least. We may have to do a follow-up at some point.

JANE: Yeah, if there's questions or anything.

MARGO: Yes, if people have question, that would be really fun. So you can always email them to me at margo@indiebirth.com.

JANE: Yeah, and if anyone—I mean please if you have any questions or want any kind of just support or anything, my email is jane@janeinthewoods.com. I'm more than happy to chat with you or just tell you more about my experience if you have questions because it was the best moment of my whole life, and now I feel like a Rockstar.

MARGO: You are a Rockstar. You're so amazing. So we'll put Jane's email address on the site where we have the podcast from today so that people can readily access her because you should definitely take her up on that. As always, thanks so much for listening, and I hope you'll join us again next time. Thank you.

JANE: Thank you.

(closing music)