

(introductory music)

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MARGO: All right. So hi, everybody who is listening or watching. Welcome to this episode of *"Well, Actually..."*, which is my podcast that I do through Indie Birth. I'm Margo Blackstone, and today I have a special guest joining me which I'm so excited about. Her name is Ijeoma, which I think I said right.

IJEOMA: Yes. You did. Yes. That's amazing.

MARGO: Right. And she's going to share some of her birth experiences with us, and I'm really excited. She is a doula, a pregnancy yoga teacher, and a mom, and a baby yoga teacher too, which I would love to know more about that as well. She is passionate beyond words about birth and everything related to it. More so now after the birth of her second baby, Uma.

IJEOMA: Yes. Yes.

MARGO: Who we'll be hearing about. So welcome to the podcast and thank you for taking the time out to join me.

IJEOMA: Thank you. Thank you, Margo. Thank you. It's nice to be here.

MARGO: So it's evening in—where you're at, right?

IJEOMA: Yes. It's 5:00 p.m. Yes.

MARGO: Okay. And it's morning over here in snowy Minnesota.

IJEOMA: Lovely. We don't have any snow here. It's just cold and no snow. I'm like, "What's the point of it all?"

MARGO: So we had this really fun thread, which I think I'm going to try and do more regularly in one of our Indie Birth groups asking for people to post photos, right? Of their birth experience that they wanted to share. And it turned into this really amazing, gigantic thread of all these really cool birth photos. And one of them was one that you posted. And I can't remember exactly what you said, but you included some text with it. And you said something about it being an unassisted breech home birth.

IJEOMA: Yes. Yes.

MARGO: Something about it. The photo and what you said about it just made me think, "I need to talk to you and learn more about this" because it's really interesting. So you graciously have agreed to talk with us a little bit. And I'm so glad. So where should we start? I'm going to put up the link to your birth story, so that people can go read it on your blog as well. But maybe tell me how did you come to the point of wanting an unassisted birth? And sort of how did that happen?

IJEOMA: I mean—oh, god. It was a long journey, I mean, for me. I mean I didn't actually know that I was going to go unassisted right up until two weeks before the birth of the baby. So it's not something I decided. So I think it all started when I was pregnant with my first baby and the experience that I had with that. And I was just adamant that this second time around was going to be different. That was the thing that was just carrying me through the whole thing. I just thought to myself, "It cannot be how it was last time. It just cannot be like that." I felt all sorts of things. I mean is it okay if I talk about it now? I mean—

MARGO: Yeah. Go for it.

IJEOMA: So it was like—so it was a five-day labor that I had. And I kept going into the hospital to the midwife-led unit to get checked. And I was too excited I think. And I was naïve, and I didn't do a lot of research, a lot of reading. And my waters broke at some point, and then there was meconium in my waters. And that kind of just set me on another kind of spiral. And then I just lost myself, and I was like, "Oh my god. I can't be able to give birth in the midwife-led units," because I had meconium in my waters because they won't let me. I just—yeah. So I went there, and then they sent me to the hospital. And I was crying. And then there was things thing about, "Oh, we need to rush. We need to get things going because baby has meconium," and all these rush and things. And I kind of just let myself get carried by that wave. I just kind of—I didn't think I had the power to object. I didn't think I had the power to question anything because these people knew best. And whatever that meant. So I kind of just let myself go with it. And they broke my hind waters, and there was more meconium. And everything just moved quite quickly. And then pain was unbearable for me. I had an epidural. And I was there lying on my back thinking, "Oh my god. This is really not what I wanted." I mean I had read a few things. I had read Ina May's *Guide to Childbirth* and some things, and I kind of had an idea of what I wanted.

But I think I wasn't really prepared for the actual reality of the situation. And yeah. And my husband wasn't prepared at all. And it was just a mess. I was there lying in—my legs up in the air. And at some point, ten—it was seven doctors. I don't know. Whatever they're called. Walking into the room with their white coats telling me, "If you don't dilate in an hour, if you don't reach ten centimeters in an hour, we're going to have to go do a cesarean section." I was like, "Ah, you're joking me. No way. I've prepared

for all of this, and I'm having a cesarean section. This is not going to happen." So I remember telling my body, "Oh my god. Please. Please. Just do it. Please. Please. Just get there." And I was nine centimeters when they were saying this. And then I finally managed to—my body managed to do that. I don't know how under that pressure. I wouldn't if somebody was telling me that. Anyway, my body did it.

And I was ten centimeters. They came into the room. And they're like, "Okay. So now we need you to push." So I was told to push. And I had an—they gave me an episiotomy. And it was a (inaudible) delivery, and baby got pulled out of me. And it was just like, "Ugh." The baby was born. And on me. And I was like—and I remember crying in that moment over two things. I remember crying being like, "Oh my god. What the hell just happened?"

MARGO: Yeah.

IJEOMA: And she's here. And then crying because, "Oh my god. My baby is here." So there was two—there was mixed feelings with it. And so that was just like okay. So that is not going to happen again this time. So I finished doing that. Did all of that. And it was—it had all sorts of things in me I had to work through quite a lot of stuff. And I worked through trust with my husband because he—I remember at some point. I remember thinking, "Oh, I want a doula. I'm going to get a doula." And I remember talking to my husband, and he's like, "I'm not sure about this doula thing," because I wasn't sure about it. Of course, he wasn't sure. I was like, "Oh, okay. If you,"—and then I was like, "Oh, you were not there for me," and all these things. So the second time I was like, "I'm having a doula. That is number one on my list."

So anyway, it was all of that kind of just made me realize, I think, my naiveté going into the situation thinking that I knew and realizing that I didn't and also trusting the system more than I trusted myself. And that kind of—that was hurtful for me to realize that. That I was—because there's a thing we have in the UK where we do birth afterthoughts, they call it. Where you—after you've given birth, however many years it's been. It doesn't matter. Your files are kept. And then if you want to have a look at them, a midwife comes to your house. And you can go through what happened step by step and kind of break it down in that way. And so I did that this—when I was pregnant with Uma. And I just—going through the whole thing just playing it all back in my mind and thinking, "Oh god. What was that?" And then things in the notes, "Consent to episiotomy." And I was like, "I don't remember being consent—what the—no one asked me. I was just cut." Consent to this. And I was like, "What the,"—and I was like—so that is when I realized. I was like, "Okay. There's something funny going on in here." I was like, "Okay. All right. Thank you for the information. Not going to happen again." So that was the—yeah. That was the kind of background, and that was the reason why I chose something different this time.

MARGO: Yeah. So yeah. So tell me—I only read the one, the latest, the most recent blog post of yours. And so maybe if I had dug further, I—this would have been answered but either way. Yeah. What was your plan with the second pregnancy? It sounded like you were seeing midwives, and you were sort of trying to figure out—and like you said, maybe you didn't decide for sure until the very end what you were really going to do. So how did that look? Yeah. Let's start there I guess.

IJEOMA: Okay. So I—so when I found out I was pregnant, I didn't tell anyone apart from my husband and my friends. And I didn't tell—I didn't call the medical people until I was 18 weeks. Supposed to be 18 weeks. So I was like I'm just going to take my time because I remember the first time I just jumped in. And I was like, "I'm pregnant. Hey, start poking around and start digging around and start doing stuff to me." I was like, "Actually, I'm not ill." I feel great, so I'm just going to do this in my own time. I think it was really, really important for me that I did things in my own time. That was the thing that I just didn't want to be pushed by anyone. I just felt because for the first breath I felt like I just lost—I gave away my power to people. To people outside of myself. And it was really important for me to really tune in to how I was feeling and really ask myself at every point, "Is this what I want to do," and to make the decision to choose something. To choose the antenatal visits. And also having gone—undergone the doula training and knowing that, "Oh my god. You can actually choose these things." You can actually say to someone, "Actually, I'm going to see you." I'm like, "Oh my god."

So it was really important for me to say, "Okay. I would like this," rather than, "Now you need to do your antenatal appointments. Now you need to do this. Now you need to,"—which is what you get told. And you never question that. You just go with the flow. And no one actually asks you, "Would you like for me to take your blood pressure? Would you like for me to touch you?" No one says that. They just carry on and do (inaudible). It was really important for me to choose this, to choose the fact that, "Okay. At 18 weeks, I will call a midwife." And that was my decision. "I will call a midwife, and then we'll register my—I will tell them I'm pregnant." And then I remember calling like, "Oh, have we missed you? Did we not contact you?" I'm like, "No. No. No. No. I am just contacting you now to let you know. You didn't miss me. Everything is fine. I just wanted you to know that this is going to be the case." And they're like, "Oh, we need to have up and get you an appointment," and whatever it was they were saying.

So I was just holding myself. And I was like, "Okay. I'm not—I do not want to have regular antenatal appointments," because I do not feel ill. I do not feel that I needed it. And I, at every point, I was saying to myself I was going to be true. If I felt I needed something, I will call for it. But I will ask for it. I wouldn't let anybody tell me what to do. It was really important for me to really tune in to myself. So they made the appointment and they gave me. And I was like, "Okay. I will just go and see this initial midwife

whatever." So I saw the initial thing. This is just to register your pregnancy. And so it's not really—it's like a GP or somebody you see, whatever. So she was asking me questions, and I was like okay. And then she got to the birth part. And she's like, "Oh, and where would you like to give birth?" I didn't think she was going to ask me this question. And I was like, "Oh, I am going to give birth at home." And she's like, "Oh." She just took a pause because, obviously, she—they looked up my notes. And I had given birth in a hospital. I had an epidural. I had also high risk because I had postpartum hemorrhage and whatever. Okay.

Anyway, so she was just looking at me. "We'll talk to you about that later." And I was like, "Okay. This woman has no idea what she is saying. I'm just going to play it cool." And this is going to be cool. So I asked her questions. I went with a friend, and help my hand and just made me feel really centered to myself. And that was it for the first time around. And then the next time was to go and see the other midwife that was going to be my regular midwife. And this is when I decided that I will tell her that I will not be coming back for any more antenatal appointments. That this is it. That that's it, and I will see her at the birth. So I prepared myself. I either—because it was—it's really weird to challenge the system (inaudible). I felt like the little girl. I was like, "Oh my god. What's going on? I am a grown woman. Why do I feel all this feelings trying to tell somebody about what I want?" At work, I wouldn't feel like this.

MARGO: Right.

IJEOMA: You're made to feel so small and so—oh god. Anyway, so it was really funny. So I went to the office. It was the day of the appointment. My husband couldn't come with me, so I went with Luna, my first child. And she—and I sat down. So I waited to tell her at the end because I didn't want her to start telling me that I had issues or whatever. So I just—I was just listening to her. She's like, "Okay. So,"—how they—so quick. They don't even look at your face. Like, "Okay. So IJ, blah, blah, blah. Ijeoma. Okay. So this is your second baby. Okay. You're going to have a baby in the hospital." This is what she said to me. "You're going to have a baby in the hospital. Okay. Because you had postpartum hemorrhage. And, okay. So we're going to do this. And the next appointment I will see you at blah, blah, blah," and she finished. And she was like, "And the,"—and she's like, "Okay. That's it." I'm like, "Okay. So is everything okay?" That's what I asked her. "Is everything okay?"

She's like, "Yeah. Everything looks fine. You're healthy. You're fine. It's just you're going to have your baby in the hospital." And I was like, "Okay. Fine. So I just wanted to tell you that this is the last time I'm going to see you. That I will have my baby at home." And I was looking at her in the eye. I was like I am not going to waver. I am going to stand strong in myself. "I am going to have my baby at home." She was just looking at me. Her eyes popping out of her head. And, "I would like you to come home

and drop the birth kit, so that I will have that. And I would like you guys to attend me at home when I have my baby. We're not coming back. That's the last time you're going to see me. And you mentioned this postpartum hemorrhage thing. But last time when you cut me at the hospital, your guys cut me in the hospital, and they gave (inaudible). And they pulled on my placenta when it wasn't ready to come out. Do you not think that all this—all these situations maybe contributed to the hemorrhage?" And she's like, "Well, because we can never,"—I'm like, "How do you know where the blood is coming from? From the episiotomy? From the fact that you pulled me when I wasn't ready?" And I was like, "Okay. Anyway, I'm not here to argue with you. I'm just telling you that this is what is going to be."

She was really lovely. She was really shocked, but she's like, "Okay. I'll just make a note of that." And she's writing a lot of her notes, writing, awkward silence, writing, writing, writing. And then after she said, "Okay. So I know what you're saying, but I—so at this point, I would recommend that you speak to a consultant midwife because then she'll talk you through the process." And I was like—and I let her finish talking. She's like, "She'll talk you through, and then you'll plan. Blah, blah, blah." And I was like, "Okay. So I do not want to speak to anybody. Please do not call me on the phone. Don't send me a letter. I do not want to see anybody until this birth. That's it. That's it. I will just expect you at 36 weeks to drop the birth kit at which point I will give you my birth plan. And that's it." She said—and I was like, "Okay. Is that it? Okay. Bye." And I left. And that was it. That was it. And that was it. I was like, "I'm not going to see anybody." And I just spent my time enjoying being pregnant. Enjoying not being ill. Not being poked and prodded and treated like I was a disease to something. And (inaudible). So that was—I saw her once. That's it.

MARGO: Amazing. Yeah. Did you say that you did a doula training at some point?

IJEOMA: No. No. I didn't tell anyone. I didn't tell anything. I didn't tell them.

MARGO: But did you—

IJEOMA: Oh, me? Yes. Yes. I did. Yes. Yes.

MARGO: At what point did you do that? Was that between—

IJEOMA: Well, I think that a year before I was pregnant actually. Yeah. So a year before. Yeah. Yeah.

MARGO: That's such an amazing story. Sorry. I just wanted to make sure I checked in with you about the doula thing because—since you mentioned it. Yeah. I often tell the story of I saw an OB once in my pregnancy with my three and a half year old. And so I won't retell the whole story. But it was a really similar feeling of just like—and I don't

think I did as good of a job as you at all in being really—it was just so difficult. I walked in there as a pretty advanced midwifery student. And so difficult to voice what I wanted. I felt—yeah. Like a little girl or I was afraid that they were going to be mad at me.

IJEOMA: Yes.

MARGO: We're the ones that are—we're paying them for—

IJEOMA: I know, right?

MARGO: Who's in charge? It's such an interesting—so that's an amazing story. I love that. I'm glad you shared that. So did they bring you the birth kit at 36 weeks?

IJEOMA: Yes. So what happened—so when I hit—before I hit 36 weeks, I went to the hospital, and I dropped off the birth plan. My birth plan, which was, "Do not touch me during the labor. Do not speak to me. Do not turn on the lights. Do not come into the room." It was a lot of do nots. Again, I felt like I needed to be clear about what I wanted. And then also I did put, "If I go to the hospital, same above applies. Do not turn on the lights. Do not come into the room. Do not—if it's a cesarean section, I would like to hold my baby. I would like to see my baby." So I put all the—everything I want in there. I made it clear. And I do not want any vaginal—I said, "I do not want anybody's hand in my vagina." I was like, "Do not come near," and all these. I was very clear about it. It must have been funny for her to read.

So I went to the GP, and I said, "Can you give this midwife whatever?" So she phoned me up. And she said, "Oh, I've received your birth plan, and I just have a couple of questions to ask. Can I come around to see you? And we can clear some things up." And I said to her, "Okay. Okay. That's fine. You can come. Come to my home." It was nice because she asked my permission, and that was so important to me. For me to be in the position to agree or not, to agree to receive her or not, and that was like ah. I was just getting my power back from that.

So she came home, and she came. And she said, "Oh, I'm going to drop the birth kit anyway. So I might as well just come. We can have a chat about that at the same time." So she came in to the house. And she dropped the birth kit on the dining table. And she said, "Okay. So I see where you said no vaginal—no one to touch your vagina or someday—hand in your vagina." She wasn't that crude. She was reserved. She was like, "You don't want any vaginal examinations." And I said, "Yeah. I don't want them." She was like, "Well, how do we know if you're progressing?" I'm like, "I don't want that because I think that that is going to affect my labor. I'm sure that that will affect my labor. I just don't want anybody to touch me. That is very important to me." And she said, "Okay. Okay. That's fine. Let me just make a note of that." And then she said, "Is there anything you want me to do? Is there anything I can do for you?"

And that's when I thought, "Oh, well, I've kind of been feeling baby in a weird—I don't know if baby is head down, or I don't know." I said, "Can you check? Is it okay if you just check and tell me where baby is?" And then this is when we went to my birthing room, and we laid down on the floor. She walked in, and she was like—all these mantras and all these things and all these cloths around. She was like, "Okay. Whatever." So I lay down, and she used a Pinard to check. And she was like—took her time. And she said—and after she finished, she said—she spent quite a bit of time caressing. She said, "I think your baby might be breech, but I think the head is up and the bum is—but I'm not sure. I'm not sure. But that's what I'm guessing from the reading. But I don't know. I think it might be breech. So at this point, we'll offer you the ECV. We'll offer you another scan. We'll offer you this and that and that."

And I was like, "Okay." Again, I let her finish a sentence or whatever it is she was offering me. And I said, "No thank you. Thank you very much. I think I'll just wait to see on the day what's going to happen." And she said, "Okay. All right. I'll just make a note of that, and then I'll go." So she did. And then she left. And then I went to my husband like, "No. She's breech. Oh no. This isn't happening to me." And I just broke down, and I said, "No way. I cannot do this. I can't. I can't." And he's like, "Come on. What is it?" And I told him. He's like, "Just—you don't know. We're not sure. Why don't we just wait and see on the day what's going to happen? And we'll just try the best we can, and see what's going to happen." And then I said to him—I was like, "Okay. Yeah. You're right. You're right. Okay." So I was doing my inversion, Spinning Babies, doing all the inversions. I went to see my osteopath. Try to turn—loosen up my hips a bit so I can get more space. And I did this for two weeks. And then after that, I was like, "Oh, I'm just—I'm tired. Okay. I'm not doing anything else. We'll just see what happens."

And meanwhile, I get a letter from the consultant midwife. I did tell them not to send me a letter. So she was—but she sent me a letter. It's fine. She did send me a letter. And she's like—I didn't read it, so I told my husband to read because I was trying to protect my mental wellbeing. I didn't want anything to bring me down. And I felt like it was a negative letter, so I didn't read it. So she—oh, no. No. No. Before—no. No. No. No. Before that, a week before I got the letter, I got a call from the consultant midwife. And she said—what's her name? My midwife had told her about my situation. That my baby might be breech, and they've offered me this. That it would be quite nice if I'd come and have it. They will be gentle. And it's just for them to be sure with baby so on the day they'll know what kind of help I need and what kind of help they can provide and all this stuff. And I said to her, "I am not coming into the hospital for you to touch me. I do not want anybody's hand on my body. I don't want anybody to touch me. I don't want anybody to try to turn baby. If baby is breech, we're going to find out on the day."

And she said, "Oh, no. But if baby is breech, then we don't have the people. You might need to transfer." I was like, "I'm not—I've told you what I'm telling you. I'm going to stay home, okay? We'll find out on the day what is going to happen. I am not coming for you to try to talk me out of my plan. And I know that part of this call is for you to try to convince me otherwise." And she's like, "No. No. No. I'm not trying to convince you. I'm just trying,"—I'm like, "Yeah. I know. I know. That's it. I've said my peace. I'm going to stay at home, and then we'll see what happens. And then we'll take it from there." And she was not happy with me. And I wasn't—I didn't care. And I was like yeah. I have said—I said what I want to say. And that was the important thing for me. I didn't back down. I stood up for myself. So after we had the conversation, she sent a letter.

She's like, "In regards to our conversation, I'm just sending a letter to,"—and then she presented the whole case again. We need to know where baby, so we need to know what kind of help you need on the day. And blah, blah, blah. And my husband read it, so I didn't really read it. So he just summarized the thing. So he basically said to me, "Basically, what they're saying is they might not come if you're in labor and baby is breech. They might not know how to support you." So I was like, "Okay." And that's the point when I said to my husband, "We're going to have to do it ourselves." That's the point I said that. Two weeks before. So this was like two and a half weeks, three weeks before the birth. This is when I said, "Okay, honey. It's going to have to be me and you." And he looked at me and said, "Okay." And that was the point. And I was like, "Okay. We'll do it."

So, again, I commenced my research again. I started reading about breech birth. I was like, "I cannot believe I'm having a breech baby." And my husband was like, "How do you know she's breech? You don't even know. We're not sure. Stop telling yourself she's breech. She might not be." But I'm like, "Oh, but what if she is? I need to be prepared." So I watched. I read a lot. And then—and I watched a video of this lady. She was just like me. Giving birth to her baby so powerful. I put the video in my blog so if anybody is listening they can have a look. And she was so—I don't know. So powerful. And so—it felt like a powerful and intense experience. She had her husband and her doctor and some other people in the room. It wasn't a free birth. But still just seeing that, it just clicked something in my brain. The bum came out. It was like a sandwich. And then the legs kind of popped out. And then the head kind of came out. And that was it. And it felt—that really—I don't know. It just really—something in my brain moved when I saw that picture. And I felt like, "Oh, okay. I think we can do it. I think I can. I think that looks okay actually."

And so I watched the video first. And then I said to my husband, "Okay. So your role is going to be,"—because when I was watching the video, the doctor kind of put his hand and popped the baby's legs out behind. And then that released then the body, and then

the head came out. So I said to my husband, "Okay. So what you're going to have to do is like you're going to pop the legs out." And he's like, "What are you talking about?" I'm like, "Do you want to see the video?" And so I showed him the video. And he's like, "Oh, okay. That's pretty easy." He was so good. He was just—I mean I said to my husband—I don't know—"I cannot thank you enough." How he was so composed with everything. And he was like, "Yeah. Yeah. That's fine. I can do that." Anyway, so I was like, "Okay. That's your role. This is what we're going to do." And he's like, "Okay. That's fine."

And then actually he didn't get to do that on the day. So that was the kind of background. That was the thing. So I was simmering away. I was like, "Okay. Baby is breech. I'll just have to see. I'll just have to try." If this woman did it, she looks pretty okay. There's nothing extraordinary about her. She looked pretty normal. If she can do it—she didn't have a shield and a sword or whatever. If she can do it, I think I can. I think I can. And that really did it for me.

MARGO: That's awesome. So have you known about unassisted birth or free birth or whatever we want to call it long before that? Or you just had this innate sense that I'm just going to do it on my own?

IJEOMA: Yes. I did. Yeah. I had no idea. I didn't know that was a thing. I didn't—I was like, "Am I doing something weird here?" And then I started researching. I'm like, "Oh yeah. People do it actually. They call it free birth."

MARGO: Right.

IJEOMA: Two and a half weeks before I knew what this was. I didn't know. I didn't know what it was before. I didn't know what it was. And then I was also reading this book by Veronika Robinson, *The Birthkeepers*. And that really—and some of the women there—did you get the name? It's *The Birthkeepers*.

MARGO: *The Birthkeepers* by? What was the author's name?

IJEOMA: It's Veronika Something Robinson. I don't know what her middle name is. Yeah. And some of the women in there had free birth. And then I was like, "Oh, that's actually—that's a thing." And my husband is like, "Of course, it's a thing. How did women—millions of years of ago. Do you think they had all this stuff?" And I was like, "Oh yeah. You're right. That's true." I don't know why I didn't actually think about that. So that was when I was like okay. So it's going to have to be us in the room. We'll just see what happens. We'll just see. Yeah.

MARGO: Yeah. So did you have—so where did this get left then with the midwives? Were they sort of still not—they weren't sure if they were going to come? Your plan was to not call them unless you felt like you needed or wanted to or something?

IJEOMA: Yes. Yes. Yeah. So that was the plan. The plan—what I said to her last time we met was like—I was like, "If I,"—I said to her, "I'll call you." Because then I was still thinking I would have her. And then I said to her—I also said to her, "If I go overdue, I do not want you to call me until a week after. Don't call me the day—the hour after and starting telling, 'Do you want to come in for an induction,' because I'm going to hang up the phone." Because that's what they do. You're just late by one hour. Okay. So do you want an induction? I was like don't call me. So that's what I said to her. "I will see you at the birth. If not, don't call me until the week after, and then we'll see." That's what I said. Yeah. So that's how we left it. Yeah.

MARGO: Awesome. Okay. So is there anything else in the pregnancy you wanted to talk about? Or should we—

IJEOMA: Pregnancy? Oh, no. That was it really. I just read a lot. I just filled my head with research and stuff. And I was just preparing for any scenario like any birth situation possible. I read everything. And more so about meconium because I had it last time. So I was like if this comes again, I didn't want it to have the same effect that it did on me because that's when I felt my whole birth plan just kind of went apart when there was meconium in the water. So I felt I needed to read a lot about that to make sure that I understood what's the thing. And then actually realize actually that's not a thing. This situation that people are scared of only happens—is very rare. I was like okay. All right. Now I know what to do. I'm happy with that and just preparing and gathering stuff and making sure I had stuff ready. And yeah. That was it really. That was it.

MARGO: That is awesome. So yeah. Tell us about the birth. What happened?

IJEOMA: So what happened? So I was feeling this kind of prodromal labor like two weeks before baby was actually born. So I remember some nights I would just be feeling it really heavily. And I said to my husband, "Oh, maybe it's tonight." And then I'd be moaning and groaning in the bed and just really riding it. And then I would just have a really lovely sleep, and then we'll wake up in the morning. And we'll look at each other and just burst out laughing like, "Oh, okay. That was nothing." It was really funny to me. There was nothing going on. And then this day, I kind of woke up, and I just felt. You know when you just—it's like the day before your period. You just feel this kind of haze. And I remember—I was—it was just delicious. I remember this feeling quite well. Every time I have my period, and I'm just like, "Yeah. This was the feeling." I remember this. Waddling downstairs and going to pee again.

And then I just wiped myself, and there was this very faint show on the tissue. And I was like, "It's coming." And I was like, "Okay. Patience. Patience." That was my mantra. I mean I made a plaque of patience, and I put it beside my bed. I was like, "Just patience. No need to get overexcited about anything." So I happily waddled upstairs. I couldn't sleep because even though I said patience I was a bit excited. (inaudible) Staying awake and feeling the deliciousness of it all. I was like, "Oh, it's coming. It's coming." And I was very excited. Really, really excited to be beginning. But I was like, "Okay. Patience. Don't be excited. Just ride it. Just be calm." And then my husband woke up, and he looked at me. He was like, "What are you doing?" I'm like, "I'm just playing a game. I think baby is coming today." I tried to say from the very—in a very nonexcited voice. I was like, "I think baby is coming today." And he's like, "Oh, are you sure?" I'm like, "Yeah. I think. But just go to work, and then we'll see."

So he went to work. As he was going to work, I was feeling this bubble, this thing, all around my face. I was like, "Oh, that's so lovely." So he went to work. And then when he went to work, I started to feel a bit like—it started to come on a bit more. But then I had Luna, and she had to go to nursery. And I was like, "Oh my god. If this really kicks up, I can't take her to nursery." So around 10:00 was when it started to get a bit more, "Oh." And then I had Luna all over me saying, "Mommy. Mommy. Mommy. Mommy." And I was like, "Oh, I can't hear this voice anymore. This is so annoying. I need to concentrate." So I called my husband. I told him, "You have to come home." So he came home around 12:00, I think, and took care of Luna, made lunch. And I remember just coming downstairs, still feeling like, "Mmm. Mmm," just riding it. And I had lunch. And I was like, "Oh my god. This is the last lunch maybe I'm going to be eating on my own." Really loading up on that energy.

And after that, I just went upstairs quietly. And he just took care of everything. So I was in the bed just really moving with it. It started to get intense, and he took Luna to nursery, came back, set up—preparing the pool, started preparing, doing everything we talked about, talking to me also in the bed. All the essential oils and all the flowers and everything. Just exactly like I wanted. It was just perfect. And then as he was doing all of that, I remember just feeling—it was just feeling very heavy. Just down there was just feeling really heavy. And then he said to me, "Oh, I need to go and pick up Luna." And I was like, "No. Don't leave me. Don't. The baby is going to come. No way." And I'm like, "Don't go." And he's like, "No. I'll be back." He said, "Don't worry. I won't be long."

And literally, it was like I lay down and got up, and he'd come back. I'm like how? It was just like a bit—it was a bit weird in my head. I didn't know what was going on. It was all—anyway, when he came, I was like, "Oh my god. He's back." And he brought a bucket. And I was like, "I feel like I need to push, honey. You need to—bring

something. I can't go downstairs." And he brought a bucket upstairs. And I was in the bed. I remember at this point lying in the bed and just feeling all these intense—it was just really—and I felt—and I remember—so I remember listening. So I put in—I had a playlist. So I put on my music. And I was like, "Okay. I'm going to listen to this throughout labor. Just flowing in the sounds." And then because I had listened to this particular music for two months every night continuously, nonstop every night, and just listening to one round, it just went around the playlist. And it started again, and I was like, "No. I can't. That's it. I'm done. That's all I needed to hear." I was like, "Just shut that off please. No more music. I just needed the silence." I wanted to—it felt like I was listening in to contractions.

Because they were just coming, and I felt like I didn't want to be distracted. I didn't want to get—I didn't want to focus on anything else. It felt like when I focused on anything else it was unbearable for me. But when I focused in on it like really—like we do the meditation—like really focusing in on it, it just—the waves just went over me, if that makes any sense.

MARGO: It does.

IJEOMA: So that was really—so I was just riding it this way. And I remember at some point—because I was on my side. I was on my side for the whole of my labor. I was lying on one side. So at some point, my doula brain kicked in. I was like, "Ije, what are you doing on your side? You need to get up on all fours. This is not a good position to birth your baby." And I got up. Well, kind of—I didn't get up. I kind of tried to pull myself up into all fours. And I'm telling you. I have never felt such pain ever. It was going to drive me crazy. It really—it just toppled me over. I was like, "Okay. All fours not working. Down on your side." And that was really a humbling experience for me feeling that and thinking, "Actually, all fours might work with other people. All fours is just not working for you right now." And I was like—in my head, I was like, "Oh my god. That's a really good lesson," because I was taking notes. I was in labor, and I was taking notes in my head. I was like, "Okay. That doesn't work. Something to remember for later. Okay."

So meanwhile, I was doing all of this. Intensity was getting strong. Bucket by my side. And then I felt like I want to push. I was like, "Oh my god. Baby is coming now. This is amazing. This is incredible. How quick." And I just knelt down. I just tried to pull myself down on the edge of the bed, knelt down, and just pushed. Well, I didn't actually push. My body just pushed something out, and it popped. It went all—all the water just went out. And it was brown. There was meconium in it. And I was like, "Okay." It was not—and I just, "Okay." And I just went back to the bed. That was it. There was no—it was—there was just nothing. There was no movement in my consciousness about this.

It was just, "Okay." Oh, okay. And I just went in the bed. That was it. That was it. That was the meconium side of the story. That was it.

And then I just—I felt so good in myself. And this kind of trust of feeling if anything was wrong, I would also feel that. If anything was not right, I trusted my body enough to tell me, "Ije, you need to do something." And it was just not doing that. So I just lay back in the bed again flowing with it. Just flowing with it. It was just concentrating on it. And then I remember, at some point, thinking, "Oh, I can't—I need something. I need the water," because we had the pool downstairs. I'm like, "Okay. I think this is the time for the water. Okay." I don't know how I got downstairs. I'm telling you. Thinking back now, it was a superhuman feat. I don't know how I got downstairs. I rolled myself downstairs. I remember I was walking. I said to my husband—I was like, "Is the pool ready?" And he said, "Oh no, honey. It's not ready. It needs a bit more time." And I just kind of brushed him aside and just plunked myself in the pool. And I was like splash. I was like, "Ahhh." I was like, "Oh my god. This is true what they say." Water is amazing actually. And the notes in my brain cells. And I was like, "This is good." It felt amazing just to be in the water. (inaudible) and down a bit. And that was really lovely.

Just calming everything down. (inaudible) I started to look at all my pictures, all my mantras, and all my things that I had drawn, and the affirmations. And then my friend came over. My husband had called my friend. She came over, took my baby, took Luna away to her house. She stayed with me for a little while. (inaudible) I said that was my pause. That was a little pause. And then she left. And soon after that, it was just another kind of—the intensity of my body being squished and something going on in there. It was just like I need to concentrate on the breath. Just breathe through it. Just breathe. And also having this momentum like I remember when we have birth classes saying to women, "You have to be appreciative of the contractions because they're going to bring your baby to you. So welcoming them." And I'm like, "Okay. Now is the time to practice. Ije, go for it." It was like okay. Can I actually say this to myself? Come on. Just welcome them in. And that was hard, but somehow doing that really managed to turn the intensity down a bit. Just calling them. Just like, "Yes. Thank you. Thank you." Calling it in.

And then as I was doing that, I felt, "Oh my god. Okay. I need hard—I need something hard. I need to get out of here. This is too soft. I need something. I need to hold something." Something hard. So I got out of the pool, went on the floor, and then the urge came to push. And I went with that feeling, and then I pulled myself outside. And I remember my husband coming to clean me. And I was like, "Oh, that's not working. I need back in the water." And I staggered up again, back in the water, in the water. And then just kind of—and then she started coming. So there was this in and out thing going on. The feeling will come, and then I'll go with it. And she would just kind of come out,

and then she'd go in again. She'd come out, and she'd go in again. And then I was like, "What is that? What's going on?" So I put my hand, and I check myself. And I was like, "What's going on?" And then I felt it. When she came forward, I was like, "Honey, that's not a head. That's a bum. That's a bum. She's breech." So that was when I had my confirmation. I was like, "Oh my god. She's breech." And he's like, "Okay. All right. Just carry on." I was like, "Okay."

In and out. She was going in and out. In and out. And I was like, "Oh, what's going on? It's not,"—and I had a moment. I remember I had a moment thinking maybe we need to call a midwife. "Maybe we need to call somebody," I said. I had this feeling come up. And then immediately, I had the feeling. There was like (inaudible) second of quick processing of the process. They'll come in. They'll talk to me. They'll touch me. They will turn on the lights, and they will panic. And they will take me to the hospital. And I was like, "Oh god. That's really not what I want." And anyway, I said to my husband, "Do you think?" And he's like, "Honey, is that what you want? Maybe we just try a bit more, and then we'll see." And literally, the next second I had baby's bum in my hand. Literally. Literally after I said that, it was like next push. Oh, she was there. I was holding her bum in my hand like a sandwich. I will never forget this feeling. I was like, "Oh my god. This is amazing." This is actually what I thought, "What is going on? This is just amazing?"

She was in my hand. I held her bum in my hand. That is amazing. Isn't that amazing? I mean oh my god. Okay. Next push—so she came out in three pushes. One push her bum. Next push I felt something kind of pop behind me, so my husband didn't need to do the special popping thing. He didn't need to do that. Something just kind of went. And I said to my husband, "Can you come in and have a look and see what's going on? What's going on?" And he's like, "Her whole body is out." "Even her legs came out with the second push?" He's like, "She's all out, honey. You just—it's just the head." And then he says to me, "I will never forget the moment of looking at Uma, all her body, and none—and no head." She was just there like a flop lying there and no head. He said, "I will never forget that feeling."

Anyway, so next push, the third push, it was just a little sting. And I kind of moved my pelvis forward. I remember that feeling. And pop, she came out. She was born. And he handed her over to me. Kind of glided her in the water, and I held her. I was like, "Oh, she's here. My baby. She's here." And she was floppy. She was a bit like—I was like, "Don't panic. Just rub her. Just give her a little rub." I remember just sucking off her nose. There was not much in her nostrils. A little bit in her mouth. And then just sucked it up, just rubbed her. I was like, "Come on, baby," and then she just like—and just looked at me. And then that's when I just died a second time. Big eyes. She didn't cry. She looked at me. And I was like, "Oh my god. We did this. I cannot actually believe I'm holding my baby right now."

MARGO: That's amazing.

IJEOMA: And she just—that was it. Yeah. And that's when we took the picture that you—I said to my husband, "Take a picture because we haven't done anything. Take a picture." Yes. Yeah. That was it. That was it. And she was here. Yeah.

MARGO: Yeah. That's really amazing. Yeah. It's so cool to hear you talk about it because I feel like didn't get some of—well, I guess I got some of that from the blog post too. But that moment of, "Oh maybe I need somebody." Have you read a lot about the fetal ejection reflex? And the adrenaline?

IJEOMA: Yes.

MARGO: That's a really common thing. And I had it happen with my birth too where I just had a moment of like—I think I said, "Call an ambulance." But it felt so real to me in the moment. Everyone else was kind of just like (crosstalk). And I've seen other women do that too, so it's cool to hear—that's probably what was going on for you too. Especially three pushes. That's so amazing.

IJEOMA: And it's just amazing. It's incredible. And I was like—that feeling. You cannot deny this. And I read about fetal ejection reflex by Michel. But actually feeling it? It was just—I'm like, "Oh my god." I could just stay here. My body would just give birth to this baby. Like literally. Amazing. Amazing. Oh my god. Yeah. Amazing.

MARGO: Great. So how was the early postpartum with her? You didn't have a hemorrhage. You didn't need an episiotomy obviously.

IJEOMA: Yes. Yes. I didn't need that. I don't know why I needed it in the first birth. So after that, I mean it was—because it was in water, and I didn't know how much blood I'd lost or whatever that was. And I remember after that holding her, I remember nearly putting her on the boob because I was like—my doula brain, "Baby. Boob. Placenta because it helps." And I remember her just, "I'm not ready for that boob, honey. Can you just take that away?" And she actually fed an hour later. She didn't feed until an hour later postpartum, so that was really interesting. A new experience for me as well unlike my second baby—and she—which fed immediately. So after I had her so I was just cuddling her because she just—(inaudible). I was like, "Okay. I'm ready for the placenta. I'm ready. Let's go. Let's do it now. I'm ready."

And then I remember looking, and my placenta was just there in between my legs. And I was like, "Um." I was like, "Okay." So I just literally—it was just a bit of it inside. I just pulled it. It was just there in between my legs. There was no fuss, no nothing. It just kind of slipped out. I was like, "Okay, honey. Go and get the C from the kitchen. We're done." That was it. And so I took her out. My legs were so tired. I remember trying to

get out of the pool. It was like a super human strength. It's like walking against—like everything is pushing you down. So I wobbled and waddled with my husband trying to help me get me out of the pool. I plunked myself—because we made a bed beside the room.

MARGO: Mm-hmm.

IJEOMA: Hello? Yeah. Sorry. Can you hear me?

MARGO: Yes.

IJEOMA: Sorry. That was my—yeah. Okay. Yeah. So we had made a bed beside the room. And so I just kind of plunked myself on it, laid down. So we didn't—we had a lotus birth. So the cord wasn't cut. So I remember lying there with her just beside me, not moving, the placenta in the colander. It's probably one of the pictures on the blog is there. And I was just saying, "Ahh." And I was just in a bubble of bliss. I could not believe that I'd just given birth to a breech baby at home. And it was two feelings for me. One it was extraordinary. And two is was so normal.

MARGO: Right.

IJEOMA: It just felt like going to make yourself a cup of tea. I was like, "That was—it was"—it was really weird. Like it felt like I've done this amazing, amazing thing. And then on the other hand, it just felt like, "Okay. Should I just go upstairs and have a nap?" It just felt so ordinary, so normal, and so—and it just—and I also, again, just comparing to my first birth where it was just a lot of noise and a lot of kerfuffle and a lot of stuff going on. So it was just like, "Okay. I'm going to go lie down upstairs." It felt really weird, really extraordinary, and really ordinary at the same time.

MARGO: Yeah. Yeah. Like no drama.

IJEOMA: Amazing. Yeah. Yes. Yeah. Exactly that. No drama.

MARGO: But then it is such a—it's one of the more dramatic things that our bodies can do, but it doesn't have to be dramatic in the typical sense. Yeah. I know what you mean.

IJEOMA: Yeah. Yeah. Yeah. So it was really weird for me to kind of feel the two feelings at the—simultaneously. It was like on one hand I was like, "Ah, oh my god. I'm just,"—I don't know. My brain just exploded into something. I think my brain underwent a chemical reaction or something. I don't know. It was just like—and then on the other hand is like, "I'll just have a cup of tea," and that was it. I didn't tear. There was no—my body—I will just say. I was in awe. I was just like—there's no word. I'm just like—so you can imagine how I feel now when people tell me like, "Oh I'm really scared of

giving,"—I'm like, "You don't know the amazing thing your body can do. You have no,"—I mean it's just—if I can do it, there's nothing really special about me. I mean I'm just saying. I'm just a normal person walking around the world. If I can do it, believe me. Believe me. It's like the trust is just unshakable. And this is the way I say it to them. I start—my baseline is, "I completely trust you." That's my baseline.

MARGO: Right.

IJEOMA: That's it. That's where I start. Everything else is just—obviously, there's differences, but that's where I start. After having this experience, it's just like, "Oh my god. Oh my god." Amazing.

MARGO: Yeah. Life changing. Yeah. Do you feel like having this experience with Uma's birth was healing for you? After the first experience? Or what was that like for you emotionally?

IJEOMA: Yeah. I think it was really healing. Yeah. Also healing for my relationship with my husband as well because we had this thing about him not—and then he just went 200% in this birth. I was just like—it was like—it just really blew my mind. I think contributed to the thing because he was just perfect. The perfect doula. I don't know if I said it in my story, but I remember when I was—when I was wanting a doula for this birth and the doula that I contacted was the lady that trained me. And she lives in Glastonbury. She lives two hours away, but I was like, "I need you there. You need to come." And she's like, "Ije, I'm coming for you. Don't worry. I'll be there." But then two weeks in, she said to me, "Oh, Ije, I'm so sorry. I just realized I have a conference, and it clashes with your due date. I can't." And I was like, "No." And my husband stepped up. He said to me, "Honey, I'll be your doula." And I was like, "What?" And then there was this thing—I didn't really trust him because he had said something like this before.

MARGO: Right.

IJEOMA: But in—and I was like, "Oh, I'm not sure." But I trained him. I went through the whole thing with him, and he just surprised me. Surprise seems like an understatement. He was just perfect. Just—giving me the space I needed. He didn't touch me. Just touched me once throughout the whole thing. Just—it was just—so that really changed, I think, our relationship. It was just amazing. And also changed—I don't know. It changed so many things in my life right now just from that standpoint. Very healing also. Very, very healing from the experience I had before. It was just like oh my god. Yes. I have recalled some of the power that I felt like I lost. And that was really important. And also, you were talking about postpartum. So after I had Uma, my—it was—I had her at 41—what they call 41 weeks, whatever that is.

So this was, at one point where I told my midwife, "You can call me." Remember? I told her, "You can call me a week," so she called me—right—the next day after giving birth to Uma. And she said to me, "So I'm just calling to check in if everything is okay. Do you need us to do anything for you? Blah, blah, blah." And I was like, "Oh, actually I had my baby yesterday." And she said—and then it was really interesting what she said. What she said, she's like, "So did you have it in the—did you call somebody in? Or did you have it on your own in the end?"

MARGO: Mm-hmm.

IJEOMA: So she kind of guessed that I was going to do that. That was really interesting. And I was like, "Yeah. I had her on my own." She's like, "Okay. Well, congratulations. That's amazing. And do you want—shall we send somebody in?" And I said, "No. Don't send anybody in. I want someone to come on day three." So they came on day three to see Uma, and that was, again, respecting my wishes. And that was really important for me. Because I felt like at any point, it could just be taken away from me. When I just, again, go with the flow and just get washed away. So they came on day three. And then this lady, she had never seen a lotus birth before because she was still attached on day three. And she said something like, "Oh my god. Can I have a look?" It was really lovely because she was an older midwife, and she was so inquisitive. She was like really not judgmental. She was really, "Oh my god. You did this." And then I told her at the end that she was breech. She was like, "Ahh." She literally had her mouth open for five minutes. She didn't say anything. "There was nobody here?" I was like, "No. It was just me and my husband." She was like, "What?" She was just like—she's like, "I have never seen,"—she's like, "I have never seen this before." One first of all. And she said to me, "I've only attended,"—and I told her the reasons why.

I was like, "If I was in the hospital, I would not be—I would probably still be in the hospital with a cesarean section. No one will let me have a birth. A cesarean section. They were just having all the excuses about why I shouldn't be doing this." And she said, "It's a shame, but it's true." And that was really important that she admitted that. That she said, "It's true." And she's like, "For all my career,"—and she was old. She was probably fifties. And she said, "In all my career, I've only seen one vaginal breech birth." Only one. Only one. And she's like, "The rest of them are cesarean section." So she says, "It's true. It's a shame, but it's true." She said it's a shame because the art is getting lost in midwifery because if you have a breech baby it's a C-section. It's getting lost. They're not teaching women how to handle this situation. So she was really—but I really liked that because she was really understanding and empathetic and really open to admit that actually—yeah. I would have had a cesarean section if I was at the hospital.

And also really being like, "Can I see your baby?" And I really liked that. And she's like, "Is it okay if I touch your baby? Is it okay if I weigh? Is it okay?" And those little things really made a difference for me. Really made a difference for me. Really. So that was just—yeah. Everything just went more than what I expected. Really. More than what I expected to happen. Amazing.

MARGO: Yeah. That is amazing. And I'm so glad you have articulated that so well. The asking. And the having things be something you've actively chosen. We talk about it in our Indie Birth midwifery school and the other places that we talk about this. And Maryn, I'm sure, has a podcast about this too. But we call it Wise Woman care. So the idea that we, as midwives, are not the wise women, right? Unless we're the ones having the baby in that particular moment. But yeah. Always deferring to the mother. And I tell people that I've had a bunch of interviews for clients in the last couple of weeks. And I always try to stress that. And it's—there's people that get it. There's people who don't get it. But I always say, "I ask everything from big to small. Things that seem benign or silly." But obviously, the big things most midwives ask about. But not all midwives ask about the really—the minutiae. So yeah. Do you want to have your blood pressure taken today? Do you want me to feel your baby? Do you want to do a pee stick? Do you not? And always asking in a way that isn't leading or trying to convince.

IJEOMA: Yes. Yes. Yeah. Not expecting a yes from it. And being ready to hear a no. And even having a conversation about it.

MARGO: Right.

IJEOMA: Yeah. Exactly. Yeah. (crosstalk)

MARGO: Yeah. It's so interesting that—how is that not the normal kind of care everywhere? It's insane. And again, I've talked about it in other places. The time I visited an OB, I was 34 weeks with my daughter. And before I could even—before I even noticed he was getting out a Doppler to listen, I—there wasn't even enough time. It was already, and it was like a split second. There was no asking. There was no nothing. It was just like I left feeling like a cow or something because—

IJEOMA: Exactly. Exactly. Yeah. Like a little girl again. That little girl. You just have things done to you. You don't object to it. You just say—yeah. You don't say anything really. We don't want to hear from you. Just lie there and present your belly. I'm like these are women. These are women. These are not girls. I mean even girls too.

MARGO: Yeah. Girls. Yeah. I mean that's—yeah. That's a big (inaudible). How do we raise our girls to not ever tolerate that kind of (crosstalk) from anybody? The other example I talk about is he measured my belly. And he was really worried that I had

preeclampsia or was going to have preeclampsia and blah, blah, blah because of my own history. So he measured my belly. And so, right? He was worried that my baby was going to be too small and wanted to do an ultrasound to make sure baby was not too small which I never did. So he measured my belly and then didn't tell me what it was. And I said, "Well, how many—what was it? How many centimeters was my belly?" And I was 34 weeks, and I was 34 centimeters. I was like, "Oh, I'm measuring perfectly. My baby is the perfect size." And he sort of begrudgingly was like, "Yeah. I guess so. Maybe but I'd still like to see the ultrasound."

IJEOMA: What is this attitude?

MARGO: Yeah. Withholding the information about my own body.

IJEOMA: I mean what is that? What is that? I mean that is not right. That is not right. That is not right. Oh my god.

MARGO: If you go in and they take your blood pressure, they don't tell you what your normal is. I work with women all the time who are transferring from hospital care to home birth care with me, and I'll say, "Oh, what's your normal blood pressure?" They have no idea. They (inaudible), but no one ever told them. Fascinating.

IJEOMA: It is. It is really. It is. This is a really big—I think it's got into that stage where women expect to be treated like this. And then you're coming—with the work that you do, which I love—I mean I'm like oh my god. That midwives like you exist. I'm like okay. So there's no—there's still hope in this world because I feel so—I mean oftentimes when people come tell me this, and the women are just accepting things that are told to them. And no one is asking questions because they're like—and I'm saying, "Did you ask?" And they're looking at me like, "What are you talking about?" It's like this kind of you just don't ask. You just accept. What is wrong with you? What is wrong with you? Why are you asking questions? I'm like, "Why didn't you ask?" And that's the thing that bothers me. We just accept these things. And then you have your baby. And they're just like, "Oh, as long as the baby is fine then everything is okay, right?" And I'm like no. I'm like no. No. But yeah. But I'm glad that women like you exist, and I'm glad—it makes—it brings joy to my heart. It's like yes. Yes.

MARGO: Well, likewise. Same. Yeah. Is there anything else that you feel like you want to—any words of advice you want to bestow upon our listeners or watchers, if they're trying to figure out what they're doing with their birth and what their plan is. Or maybe their baby is breech.

IJEOMA: Or maybe—one thing for sure, if your baby is breech, really—I think it also helps to watch some animal videos of animals giving birth in nature breech. It's not abnormal. It is not abnormal. It's just the thing that is not seen the most in hospitals.

That's how I like to say it. Thinking that breech is abnormal and everyone—and I get it, and it's fine. People trying to turn baby and do all these things. For me, personally, I feel it sends a message to my body saying, "You didn't get it right, so I'm going to help you out." And that is—it's like—it's just trust. Your body can do it. I mean if my body can do it, ain't nothing special about me. I'm just saying. If my body can do it, you can definitely, definitely do it. Definitely. There's nothing to be scared of in breech. That's just my thing. And normally with just being pregnant—hello, honey. I'm just having a chat. Wait. Oh, I'm so sorry.

MARGO: We're totally—that's—yeah.

IJEOMA: Okay. Wait, I'm coming. Okay. I'm coming. Yeah. With being pregnant, it's just like—get yourself informed. Just make sure you know the ins and outs of where you put yourself and with who you put yourself with and really just take everything with a pinch of salt. Don't trust all these things you're being told 100%. Try to find things out for yourself. And confirm with yourself if it's true with yourself rather than just go—bobbing along and going with a, "Yes. Yes. Yes. Yes. Yes." Say, "Actually, how do I feel about this?" Just a little question. How do I feel about this? And it changes everything. It changes everything. Yeah.

MARGO: Absolutely. No matter—even if you're seeing midwives, right?

IJEOMA: Yes. Yeah.

MARGO: Yeah. Thank you so much for taking the time to talk with me today. I look forward—I would point people towards our free Facebook group, which is where we met where I found you to talk with. There is Indie Birth Community, and then there is an Indie Birth nutrition group. There's—we have too many at this point. But then we also have the Indie Birth Association page, which is a great way to stay current on all of our most recent podcasts and articles and that sort of thing. We're redoing the indiebirth.com website in the next few months, so it's going to be way more user friendly and easier to find all the resources that we have for women that are looking for them. So yeah. And we're also in 2018 redoing our online childbirth ed class, which I think is a really great option for people that are looking to learn more about birth from our perspective and how the hormones work and how it feels and the anatomy and physiology and all the fun stuff from the Indie Birth perspective. So that's my plug. But yeah. I guess we can say bye for now, and thanks, everyone, for listening. And thank you so much again, Ijeoma. I said it right.

IJEOMA: Oh wow. You are rocking this name.

MARGO: For being here and sharing your wisdom because that was really super special, and I'm sure it's going to touch a lot of people. So thank you.

IJEOMA: Thank you. Thank you.

MARGO: All right. Well, signing off for now, everybody. And stay tuned for future podcasts.

(closing music)