

In the Midwife's Office #2: Visit with a 24 Week Mama- The Sweet Spot of Pregnancy

Actually is a podcast about re-imagining the way we approach the entirety of the birthing year Margo's goal is to combine her radical imagination with her knack, for strategizing to bolster the birth revolution and a larger global revolution of feminine consciousness. Actually is a production of the Indie Birth association and Indie Birth dot org.

No material on this podcast should be considered medical advice. Birth is not a medical event now here's your host, midwife and teacher Margo Blackstone. Hey, if you're listening to this, you are listening to. A new series of mine, where we are doing a behind the scenes of midwifery visits. So talking to women who are looking for preconception, prenatal, and postpartum support and.

This is a really fun experiment because I, for the first time am recording these virtual sessions, which we have been doing for a long time here at Indie Birth, even pre pandemic stuff. So we have had many years of virtual visits that we have done as midwives. And this has been an idea we've kicked around for a while.

One, because we really like to do sessions with women all over the world. It's a really amazing way to utilize this whole internet thing so we can build a stronger, birth community. So that's really exciting. I always love doing these kinds of visits and. This has the doubly cool aspect, which is that we are recording them so that you can listen in.

So that might be cool for you because you are also a pregnant mama or a preconception mama or a postpartum mama. And you can glean some wisdom from these women and the conversations that they have with me, or you might be a birth worker, a doula, or a midwife. Who knows maybe an OB or a nurse who is looking to learn more about this wise woman model that we teach here at Indie Birth and what better way to learn than to listen in and do this virtual apprenticeship with me.

We are making this available to the public and we're also gonna be incorporating it into our teachings. Here at Indie Birth for the doulas that we train and the midwifery students that we have as part of the Indie Birth midwifery school. So those are some of the reasons why this little mini series was created.

And I hope that you really enjoy them and pass them along to anyone who might benefit our all right.

Where shall we start? I don't know. how are you? I'm good. So cool feeling very, a little feeling. Great. Tell me a little bit about where you're at in your pregnancy. I have what you had shared a while ago now. So maybe give me an update. How many weeks are you? I am approaching the 20, the start of the 25th week.

So almost at the end of my 24th and feeling really good. Definitely. Enjoying that sweet spot that I've heard about. I think during the first trimester, you don't think it's possible and and now I'm feeling so good. I'm like, oh man, it's gonna go away. so maybe not. Yeah. Maybe not. Cool. I'll get online and read stuff and it's oh, you're probably experiencing this and this symptom.

I'm like, Nope, not at all, actually. so that's good. That's great. Is this your first pregnancy? It's my first pregnancy going to term. Yeah. Okay. And you said that you're doing lots of acupuncture, yoga, eating, healthy, herbal support, and rest and time in nature. Is that sounding accurate? yep. I'm doing that.

And then at 20 weeks I started doing seeing a woman for Mayan abdominal massage, like the Arvigo technique . And so I've begun doing that and that's. Probably my favorite thing so far, it's really nice and just feels so good afterwards. So I've been doing that and I am a farmer, so I'm very active and up and down, moving around all the time.

So I feel like that's helped a lot too, just keeping my body in motion and, yep. That's awesome. I got to rest during the first trimester, since that was mostly over the winter. So that was nice timed that well, but. Yeah. Yeah, we'll see what it's like being big and pregnant in July and having a baby in the middle of the farming season.

But yeah. Whatever, we don't, I, it happens when it happens, so right. Gotta go with it. Excellent. I think you're our second farmer on this series, so that's cool.

Yeah. So tell me a little bit about what you're looking for support with. You had said you're planning a home birth, is that right?

You're forming your own birth team. Yes. Planning a home birth. Yep. Yeah. And that's, that's my plan right now. I feel very held and comfortable in what I have going on. I'm not though, like completely close minded to seeking out a midwife. I do know two midwives in our area that I really like.

And, I think they're wonderful and I have, would have no problem working with them. Right now I feel really good and I feel good with the people that are gonna be at my birth. The one is my friend and she is in midwifery school and has been a doula for a while. I feel comfortable that I have somebody with, knowledge about birth and she has three children of her own that she birthed at home.

Yeah, that's what I'm going so far and yeah, I feel good about it. I do, I am doing the massage now, so I am having someone physically put their hands on my belly and, I feel like that's the only thing that I don't know if I just say, I feel like I'm missing out is the word.

I don't necessarily feel that, but I'm like, oh, I can see the value in that of going and, physically sitting with someone and just having them like put their hands on your belly and partly that's 'cause I'm so interested in it. Would just, be like, what are you feeling?

Where is where's the baby? And how do I know? And my friend, who's coming, she's a few hours away. We're not really doing any in person meetings, we're getting together and talking over the computer like this, but we aren't doing any in person meetings up until closer to the time of the birth.

Yeah. Yeah. cool. And I was pregnant early in the year and I had a miscarriage. And so I went through, like I did that and I did all the blood work and everything and everything was fine for me then. And I went into this pregnancy actually feeling physically and emotionally much better than I.

The previous ones. I haven't felt worried about not having blood work and that type of thing. I felt fine without it. Yeah. Cool. What support do you think would be helpful or what questions do you have for me? How can I be helpful to you today? Yeah. I've. I've been trying to think of questions and, I feel like most of

my questions are more just I don't know what the word would be, but maybe technical questions.

Like just things that I'm wondering about when I'm, like leg in bed and feeling my own belly and using the fetoscope and stuff. And one question I. I have definitely thought of in my mind. And I did see, was recently on the Indie Birth site. Someone had asked and I don't feel like I found a definite answer was, is there a way with palpating the belly and with the fetoscope that you can tell.

Where the placenta is. I feel like that's probably a big question for women who aren't doing ultrasounds of just like wondering that question of, is all, is everything in the right place and stuff. So that was something I had wondered. Yeah. So when we're listening, sometimes we can hear the placenta.

But truthfully it's not very often that I feel a hundred percent certain that's what it is. So placenta sounds more like a wind rushing through the trees sound it's like a woo. Is the best interpretation of it. Or, yeah, that's the best reenactment I can do. And even then, we can only really hear it if it's on the.

Yeah. And not all actually most aren't on the front I'd have to look at the actual stats. I wanna say it's like less than half are on the. And then of course, more rarely it's implanted really low or covering the cervix. In which case, then you wouldn't be able to hear it either.

I guess the short answer is you can't rule out a low lying placenta or a placenta previa with a fetoscope. And I think that is something that people just have to be okay with the mystery of, and then know that, if it was implanted in a place that would be problematic. There's typically signs, we call it like a warning bleed at the end of pregnancy.

Before labor, you usually would be able to know that based on those symptoms. And it's also pretty uncommon is the other thing I think is important to always say, especially if someone hasn't had uterine surgery or that sort of thing. Yeah, so it's a. Sometimes and mostly, no, I guess is the answer.

So like when I'm listening, if someone hasn't had an ultrasound, I'm not really even trying to figure that out unless we happen to, unless we happen upon a sound, that sounds like the placenta. So yeah. Does that answer your question?

Yeah, it does. How is it? And so I have heard that sound and it's on my, and I don't always hear it, but I have picked it up a few times and it's definitely like up on my right side, like to the right over on the side of the abdomen. Cool. So maybe, and I thought I was like, oh, maybe that's the placenta. I'm not sure, but it had that sound. And then it was almost like I could hear, I guess my pulse or my heart.

Yeah. I guess this was my pulse. Just like super low, like drum, just like it was that bushing sound. And then that a low, but it was the same beat as, by pulse, like coming through at the same time. Yeah. Yeah. And it would be your hearing. Yeah. And something else that is just like I've, has been, I've been questioning the whole time and that's just, and feeling my belly.

I've just wanted to know the fundus, I guess our uterus is considered a floating organ. Correct. It's in there. Not completely floating, but. I feel like depending on the baby's position, where they're laying and this and that will that change the position of where the fundus is a little bit, because I feel like, yeah.

So for me it moves around. It's in the same general area as the, as my belly's been growing, but it definitely doesn't is not in the same spot all the time. And sometimes it's lower and sometimes it's higher and sometimes it's over to one side or the other. And I just assume that was the funest, 'cause it feels like what I've been told, they feel but yeah.

So as you move around throughout the day, it will definitely be in. Places like it's as you twist and move and bend and a good example of like how the baby's position can impact it is, if the baby's laying sideways transverse, then it would be lower than if the baby were head or butt down.

And was, they were in that position. Yes, it does impact. That said, if you laid on your back and palpated for the top of the, fundus which really feels like a shelf for anyone who might be listening and doesn't know what that feels like. It's like firmness and then there's less firmness above it.

It's hard to explain. And sometimes it can be tricky to feel if you haven't felt a lot of them, but that's probably the same spot throughout the. At this point, although, a full bladder could maybe make it a little higher, but it should be

pretty much the same if you're laying like in the same position, if you were to track that, does that make sense?

But if you're like moving around or if you're sitting I know what you mean, like that feels different kind of throughout the day. Yeah. Yeah. Usually in the morning. Once I've been like, after sleeping at night , it's almost always in the same general spot. But yeah, it's more if I were to be doing something and then lay down and feel like that's when sometimes it'll be lower, but I think, yeah, that's what my guess was that the baby is laying side, like across and.

But once I, if I lay down long enough, then it does, it tends to just go in the same spot. So interesting, but yeah. Yeah, that was something that I feel like could never really, I did finally in a midwifery book, I have feel like I found that the answer to that question, but anywhere I tried to find it, I could.

Yeah. Couldn't find any information on that. So that was something, yeah, I was curious about. Cool. And yeah it's pretty uncommon for babies to be sideways. Especially as pregnancy goes on. Most of them, especially with a first full term pregnancy, like the uterus has shaped like an egg.

So laying sideways is pretty uncomfortable. For them typically, that's why they usually snap into either head or butt down. And then starting at 24 weeks, increasingly they become head down because their head is so big. compared to the rest of their body that, gravity gets their head to flip, flip over.

So yeah. What else are you curious about? I guess, I'm curious about, I'm interested in what, do you have any standard questions that you would ask someone around, around my gestation age, I'd be, I'd love to hear those and , yeah. Yeah. So it's 24 weeks. You already answered some of them without me asking, when I'm sitting with someone, I like to make sure that they are feeling good at this point in pregnancy, because that's a really good sign.

Blood volume is expanding quite a lot at this point. And you're nearing the point of maximum expansion in the next six or so weeks depending who you ask and where you look, but. So if somebody hasn't been doing that and their body hasn't been expanding his blood volume often, they won't feel great at this point in pregnancy.

So the fact that you're feeling great is such a good sign. But I would definitely, at every prenatal visit with people I usually ask them how, and we can go over all of this, if you want in whatever depth you'd but I ask them how they're eating, how they've been sleeping, how they're moving their body, which you already answered.

How they're feeling emotionally and what other questions they have for me. So do any of those sound intriguing to you to talk about? Yeah. I'll ask you one question first about the blood volume expansion, and then I would love to talk about diet, just, to pick a midwife's brain and all of that.

So is. Common or is it something you've heard of before, around, I'd say it was around 20 weeks. I started and it's not constant, but I'll just hear this almost your pulse in your head. If you were doing like a headstand for a long time, sure. It's like your blood volume is like in your head.

And I started hearing that and at first it. I really noticed it. And now I, I don't hear it very often. It's more if I'm bending over or, it's not very often that I hear it and I thought maybe it was the blood volume expansion, my body just like adjusting to it. And I cause I haven't felt energy drained or any different, I feel really good and it's definitely getting less.

It's not as much as it was. I mostly don't even notice it. It's just every now and then I will. And I did wonder after a while I was like, I hope it's not like my blood pressure. So I did get a blood pressure cuff. And for a week, basically I would take my blood pressure multiple times a day just to check and it's been fine, it was never off.

So that was good. Yeah, but yeah, I was just wondering if that's can be a symptom or a side effect of the blood volume expansion. Yeah, I think there's a variety of ways that could look. Yeah. Some people experience like different heart sensations, some people experience how would they describe it?

It's hard to remember all the different ways, even sometimes a little bit of dizziness, especially as like the blood pressure often drops actually mid pregnancy. in normal, healthy women. It'll, be baseline at the start of pregnancy and then dip second trimester and then go back up to baseline third trimester.

So sometimes there's a combination of things happening that can make people feel a little funny. So that's really great and reassuring that your blood pressure was good and normal. And yeah, I would chalk it up to either blood volume expansion or just the different ways that the hormones impact our blood vessels in pregnancy.

Typically for most people, it's a vasodilation, so everything's just like more open. And yeah, that could also. Yeah. Yeah. Okay. Thanks. Yeah, sure.

Hello everyone. If you're enjoying this podcast, you'd probably really enjoy our other more in depth offerings. We have a comprehensive course for mamas called 13 moons epic education for the birthing year. And in everything you need to know course for aspiring doulas who want to change the world called the birth warrior project.

120 day doula training and transformation. And for the real birth nerds who want to become home birth midwives, we have the Indie Birth midwifery school. And you can find out about all of these options and work Indie.

Yeah. So tell me about. Diet and what you're eating.

Let's see. I'm luckily over the ice cream binging I was the first trimester. I was glad that went away. Someone that never even eats ice cream, like I maybe have ice cream once or twice a year. And all of a sudden I was like, why do I want ice cream all the time? Yeah. so I, I guess I've, I was more just wanted to make sure I'm eating enough because I just, I don't know.

You just, I, at least for me personally, I was so hungry in the first trimester and I had nausea, but I never actually got sick. So it was almost, maybe in a way, like eating kind of made me feel better. And so I just ate so much. And now, I guess I, I snack more and for me that's usually hard boiled eggs and like apples and peanut butter.

Those are probably my main snacks that I are easy just to have in my bag while I'm working and stop and eat. Whenever I do try and do protein with every meal, it's not always animal protein. I was never a big meat eater before but I do definitely do meat and bone broths a lot now. But yeah, I just don't feel like I have a big appetite and I know there's conflicting.

You read things like, oh, you have to eat for two. And then there's plenty of stuff. That's no, you're not actually eating for two it's that as long as you're eating the right nutrient dense foods. yeah, that would be my concern just to make sure that I'm eating enough because I said I don't have a huge appetite.

And so I do feel like I'm eating more smaller meals, but. I don't, I guess I just thought of being pregnant and just being ravenous all the time and I don't feel that way. Yeah. Yeah, I'm also a pretty small person, so that's, already, I can't eat much at one time or I just feel super uncomfortable.

But so I guess before I launch into anything, like what resources have you already looked at in terms of eating. Guidelines. It sounds like you've done some amount of research here, but is there anything you're like basing your approach to food around already? Just so I don't repeat it if you've already heard it.

Yeah. I've read Aviva Rams book, the, her natural pregnancy book, and she has some guidelines in there. I do have. , as far as like protein, that was one thing that the midwife I worked with the last time I was pregnant brought up, just to making sure I get enough protein.

And so she had given me like a little chart and I had printed that out. And so I tried to be mindful of that, of getting enough protein each day. And then I'm finishing up the birth warrior course for Indie Birth. So there was the nutrition section in there. And so I have that information and that's basically it.

And then, but mostly I'm just following my intuition as far as like, when I'm hungry and what type of foods I want, having a little bit of that information in the back of my head as far as trying to be mindful of those things. Yeah. Have you done any food journaling?

I haven't done any food journaling. Nope. Yeah. That might be a good place to start. And it's something that I'd be happy to look at even after our call, if you wanted. I think that can just be really helpful for any of us really. And there's a couple ways you can, there's so many ways you can do it.

It's endlessly there are endless options, but. You could just do really basic pen and paper or keep a note on your phone. Essentially I suggest that people just

jot down what they had rough amounts, like not going crazy and like weighing things or measuring things, but, just rough estimates of amounts.

But the other thing you could do too, is there's an app called eight, which I think is fun. And I've had a few clients who found that was easier for them than writing stuff down. you just take a picture on your phone of what you're eating and it makes a little I don't know, like a fun little path essentially through your day with the photos and you can add notes to it.

And what I found is that, much of the time, like when doing nutritional counseling with client I'd say 80% or more of the insight they get is just from doing it themselves, especially if we've had a conversation or like you've already done some learning around what is needed in pregnancy.

I especially love Lily Nichols information and suggestions. I also do usually reference the brewer diet as a tool for people. because it's just got some really good basic recommendations two eggs a day, probably around 2,700 calories. Making sure you get enough calories, protein and salt, making sure you get something green, you get some good vitamin a foods, some sort of orange things.

And then from there tailoring it to what people eat. Obviously the, for people who maybe don't know the brewer diet, Quite a lot of dairy and also grains. And so some people I work with don't do grains. So they just add in extra veggies. Some people don't do dairy, so they add in other stuff and other kinds of fats and calcium sources it can be tailored in that way, but.

In general, like you said something with protein at every meal and every snack and lean Nichols talks about avoiding naked carbs. Those are some of my main recommendations to people and then they go off and they chart or their journal, their food or take pictures of their food or whatever. And when we come back together, my first question is always, what did you notice or what did you feel like you needed more of and what did you feel like you needed maybe less of?

And usually. they already know. I don't have to do a whole lot of recommending or teaching or brainstorming necessarily. Although sometimes it's really helpful, if you left today and did a journal and realized you were eating a lot of like fruit

for snacks, for example, it doesn't sound like that's you, but and you came back and you're like, oh, I'm having like apples and bananas for snacks.

And I. I guess you had said, I should be doing a protein with my snacks. Then we could talk about you can add cheese to your apples, you could add some kind of nut butter to your apples. And sometimes that's really helpful for people just to get those couple little tips TA tailored to what it is they're already eating.

What can we add to what you're already eating to make it more nutrient dense and make sure you're getting the protein calories Those are the two big ones that you need while you're pregnant. So I don't know where that leaves you questions or thoughts as you're reflecting on what you've been eating.

I just, yeah, I think the food journal is a definitely a good idea. I try to keep it in my head, but it's better just to write it down and get a phys, a visual. Of okay. This is what I've eaten. And so I think that's for me would be the best place to start. And yeah, so it's I, I don't personally feel worried I'm not eating the right foods, but yeah, it's just making I, yeah, I just wondered, am I getting enough because as I've started feeling better, it's, like I said, that a ravenous appetite I had for the first four months or so is, it's not really there.

I'll note like here and there for like couple days, I'll get really hungry and I'll feel really tired. And I feel like that's just, 'cause there's a gross spurt or something going on. But other than that, my body is, pretty much. Yeah. I don't feel much hungrier than I. before I was pregnant.

And I do have a really fast metabolism too that's just yeah, I would just say, making sure I'm getting enough would be yeah, my concern that what I would make sure of. So totally another thing you could do my husband. Oh, sorry. There's a lag. Oh. And now I have to sneeze. Do I? Oh, dear, hold on.

Whoa. Okay. I was just gonna say another thing you could do. Thank you is use the Chron meter is one of the tools that we teach our student midwives to use. It's free, it's online, it's a web website, and then there's also my fitness pal and both of those, you could plug in what you're eating for the day.

And they, they have D. Sort of guidelines that they're basing their information off of in terms of if you're meeting the expected number of, calories or grams of

carbs or, whatever. So maybe take that with a grain of salt, but you can plug in that you're pregnant and how many weeks you are and it'll give you suggestions.

But it'll also just give you the raw information of yeah. How many calories, how many, how much protein are you getting in a day? So that's a cool tool. If you're wondering about that, but then also, like I said, the feeling good is really important. Usually there's a decent amount of weight gain between 20 and 28 weeks.

So if you're somebody who does weigh yourself that would be a really reassuring sign as well, that you're getting enough. And also that's when, having someone feel your belly can be helpful. Just making sure. Baby feels like they're growing as someone would expect for that time in pregnancy.

But both with fun height and also just feeling the actual baby and the difference between visits. Those are some of the things that I rely on to feel confident that my clients are getting enough. We have these tools, we have ideas of how much different people need, but of course everything is individual.

So ultimately the best indicator is how you feel and how baby's grow.

You said the Chron meter. What was the other one? You said my fitness pal. My fitness pal. Okay. Yeah. I they're pretty much the same. I don't even have a scale at my house, but I do go to a monthly birth worker circle. at a midwife's office. And so I do my monthly weigh in when I go to the bathroom.

Nice. The first trimester I gained, like between 15 and 18 pounds and I was like, wow, that was all the ice cream, I think . But since then I have I've been on so far. I'll be going in next week. So I'll be myself next week. for the month. It's been, four weeks since we've met and I have been on the, like basically one pound a week.

Is that what it is usually to say about a pound a week? Yeah, that's what I think is pretty ideal. . Yeah, that's what, okay. Yeah. So that's, I've been around that, but like I said, I haven't it's been four weeks. I don't know what I've gained in the past four weeks. And with the farming season really going, I've been moving a lot more, so , I'll be curious to see, what the scale says, just yeah.

Get a little bit of a gauge there. Rates. Yeah. And taking your activity level into account is important for sure. In terms of how much you need. Yeah. So facts are a really great way to add extra calories because they're so compact. And when you don't have a lot of space in your belly that can be a real game changer is just, adding an extra tablespoon or whatever to every.

And snack throughout the day that can really increase your calorie intake too. Butter is usually a friend of pregnant women or avocado or whatever, so cool. Yeah. Great scoop of coconut butter. I definitely it's a treat here and there. Not afraid bats. great. Okay, good. Yeah, so I'll do the fitness journal and just.

Fitness journal. I was reading my work down I'll yeah. Do a food journal. Maybe plug it into one of these apps and just see what it says as far as my, yeah. What I'm putting in and all of that. My husband loves to cook and loves to. make me good food. And like, when I have farmer's markets, he makes sure like my meals are all packed and ready for me.

So I'm really blessed in that. so if somebody so great when I'm not doing it myself, like making sure I'm eating good food, at least. So I guess it would be quantity would be my biggest concern. So awesome. Yeah. And I guess something that's been on my mind too. , I'm not feeling it yet.

It's still, it's just early spring where I'm at and it's not too hot. It's, the weather's great. And it's nice being pregnant early spring. Normally I'm that person that's cold all the way till end of may, June. And I'm like, oh, I'm wearing a, t-shirt like other people so it's my body.

Temperature's up. But. Do you have recommendations for, when it, 'cause it does get very hot and humid where I'm at and do you have recommendations for women as far as just like water retention and staying, keeping things moving during that time, when, it's I'm gonna be nice and big and things are gonna be slowing down, but that's something I've been trying to plan ahead in my brain and I've.

Picking anyone else's brain with ideas, as far as what I can do to help, keep myself as comfortable as possible during that time. Yeah. Yeah, absolutely. So I had, I did most of my apprenticeship in Arizona, so not humid, but very. And very

hot. Yes. Now I live in Minnesota where it's very humid, but not super hot, although it is for a little bit of the year sometimes.

And we also have a lot of houses that don't have AC here for whatever that's worth. So I've definitely had lots of clients who are like, Ugh, I'm so hot. And so pregnant. Myself included, I had my daughter in July in Arizona, it was so hot. It was like 105, I think when she was born or something. And yeah, my biggest recommendation, especially when it's hot out, but throughout pregnancy, truthfully, especially if people feel like they're struggling with hydration is to drink electrolyte drinks.

And so if anyone who's listening to this has been a client of mine. I'm gonna sound like a broken record and you be like, you tell everybody that there's many recipes out there's also of course like packaged versions of this that you can add, drops or buy, like you. what is it?

Gatorade or whatever body armor. But the simplest thing to do is just add salt and lemon and honey, or some sweetener of your choice to taste. It doesn't have to be a ton of any of those things, but that can really help keep you hydrated and help your body hold onto the fluids. I know for myself, and then also for many of my clients that we're experiencing swelling that can often.

Turn that around pretty quickly within a matter of a day or two. Not that it will eliminate it all the way necessarily, but it can really reduce it because essentially it's helping the body, keep the fluid, the water in the bloodstream instead of leaking out into the tissues.

So that would be one big recommendation. And I often actually reference farmers when I talk about this, 'cause that's like where lemonade came from, right? Yeah. That's what you drink 'cause it's hot come in from the field. So do that and I've had people just completely eliminate plain water, especially if they notice swelling.

And that, that can be really helpful. Increasing. The intake of, good high quality sea salt can also really help, which of course is the opposite recommendation. Then most mainstream medical providers would give, but we have some really good studies. And of course also anecdotal evidence that it actually can help with swelling, not make it worse if it's not the unhealthy kind of, if it's not

swelling that's because there are some other pathological things already going on.

So I don't know if that answered your question. Great. Yeah, no, that's great. I I, yeah, I have a, yeah, a recipe similar to what you said, but it's water, lemon juice, apple cider vinegar, some good salt and a little bit of honey. I drank that all the time last summer and it was amazing. So yeah. Keep doing that.

Yeah. Keep doing that. Yeah, probably a lot of it, I guess the other thing I often tell people is if you can get somewhere to swim that's often really helpful when it's hot and you're super pregnant, but you wanna stay active. That can be a really a lifesaver. I was at the pool every single day.

I think after my partner got off work, when I was pregnant with my daughter in the summer, and it was a salt water pool, which was cool. And I don't know what I would've done. If I didn't have that as an option. I am blessed that we live along the river. Yeah, dips in the river in the afternoon are already a pretty normal thing in the summer.

And then across the road from our house, we have a really cold stream that goes through the woods and you can't swim in it, but it's ice cold and you can just go sit in it and it is, feels great. in the middle, the summer. So I'm blessed to have the water around. So that will definitely. be part of my daily routine.

Yep. And, having realistic expectations for yourself, and if there's the last couple weeks or whatever, where you really don't want to do anything at all, might just, need to give your permission yourself permission to, to not be super active. Yeah. Like a lot of women just are like those last two or three weeks, I didn't wanna do anything.

So I didn't . and that's okay too. I'm mentally preparing myself for that. I know for me, that's gonna be very hard 'cause I am, I love what I do. And so I like doing it and I'm someone that will just, you know, if it's something I don't wanna do, I don't, I have a hard time doing it, but when I'm doing something I wanna do I'll just, I can go all day and I'm already just trying to.

Set realistic standards for myself. You're not gonna be able to do you're not gonna be doing things the way you normally would this summer. So you need to

just mentally accept that now so right. Working on it. but yeah. What else is on your mind? I don't know. I'm feeling really good. I,

Yeah, in a way I almost feel, I have, I think any woman, especially if it's your first child, just knowing that you're going into the unknown is there and it's definitely just a. Most days I don't think about it. And then some days I'm like, wow, this is crazy. Like my body is gonna do what you know.

And so I don't have any I wouldn't say I don't have fear around it, but I definitely am like trying to be very humble in just realizing that I'm going into something that I've never experienced before. And, but I, I do feel pretty confident and. I feel like every now and then, I might have days where I've just you do think oh, what if something does go wrong or it doesn't go as planned.

And I'm just trying to, just like mentally sit with a thought of being okay with whatever happens, like maybe I don't get to stay home, maybe something does happen and I do have to transfer to the hospital and just mentally preparing myself of. That's okay too, and just prepare, preparing myself for any scenario.

But yeah, I guess sometimes I feel, I wonder if I'm being naive in the fact that I don't feel like scared and like super worried. I just feel that so many. Women, at least that I know and talk to. I have plenty of women that are very confident and have had great birthing experiences, but then, it's just I feel like so many people act like you need to be AF like you should be afraid and like worried and stuff.

And I just. I'm like, I don't feel that way. I feel completely confident in birth in that my body will do what it needs to do. And I trust the process and I trust my intuition. So I don't know. I just, I, I feel that, you and Maryn with Indie Birth seem to very much trust that process too.

And trust women's bodies and. Yeah, I guess I, I don't really know that I'm proposing a question, but it's I don't know. I just feel like sometimes I want someone to like, gimme permission to be like, yeah, it's fine. That you feel okay about giving birth and that you're not like freaking out about it.

Totally. So I don't know. Yeah. We live, that's not good question, but yeah, it's a good topic though. We live in a fear-based culture and. Yeah. People want you

to feel the way they feel because they feel awful and they like hope everyone feels that awful. Yeah. Must be scared too. Tell me.

Yes. Yeah. So yeah, no, I think it sounds like you have a really great balanced perspective. Like you said we don't know what's gonna happen and you're preparing yourself and in, mentally and emotionally for. , yeah. Maybe you won't end up at home. Maybe you will. I think it's one, I think that goes back to the question of like, how do we prepare for birth?

So it's like, how do we hold the vision and the intention for, the experience that we really truly want while also admitting that birth is mysterious and sometimes doesn't go the way that we want. And then I think there's this piece that kind of, if people could see my hands in, what I'm doing right now, like there's the overarching piece.

Which you tapped it into, which is all of it's a lesson. And if you're someone who's solid in yourself and coming from a healthy place, that's not dogmatic and that's not like rigid, whatever happens is gonna be great. And it's gonna be perfect for what. You need. And so sitting with that, and if you're sitting in that and coming from that space, like, why would you be afraid?

Why would you be worried? Because that doesn't actually help, that doesn't change anything. It doesn't, it's a waste of energy and it doesn't feel good and it doesn't attract, what it is we're wanting in the first place. So I think it's great to not feel I've had other clients, tell me the same thing.

They'll sit across from me and be like, so should I be scared? Like people are telling me like, yeah, That's not to say that there aren't scary moments in birth or that there aren't scary things that can happen, like yes, of course. But what good does it do to, dwell on that or fixate on that from the beginning?

So I think you're doing great and you can totally give yourself permission to feel, however it is that you feel going into it. I don't think that sounds naive at all. Thanks. of course. You're welcome. Yeah, yeah. And just one more thing. I just thought of, I know, I, I like reading books. I'm not like a big internet person, but. I will look up stuff sometimes just oh, like what's happening this week in pregnancy, just as more of like how's the baby developing.

And I think, oh, that's interesting. And I forget when it is that they I've read that, you start and I don't know if this is something that you agree with, that you start thinking more of like counting kicks or being more aware of when the baby's moving. I do feel like I've noticed a little bit of a schedule already with this baby.

There's certain times that like, I can just, I know oh, they're gonna start kicking around now. And they usually do. And then sometimes it's more sporadic and some days I feel them kicking longer than I do others, but I didn't know if there is a time when you start paying attention to that more, does it actually matter?

Or is that just something some people say, or, obviously if I would imagine if all of a sudden your baby just stops moving completely, then. That means something, but yeah. I think that, it sounds like you're already doing, it sounds like you're already paying attention. And I think that is really good and healthy and normal and a way of connecting with the baby and your intuition and your pregnancy.

So I think that's awesome. As far as like more formal kind of like kick. It can be helpful for some people. Sometimes it helps people maybe if they're anxious or if their baby is a more sporadic mover who makes them feel worried more than a baby who just is kicking all the time.

Also women who have an anterior placenta, so on the front often will tell, they just report less movement. And so it can be a thing that is helpful. Whether. For their peace of mind or both, if there's someone who keeps texting me Hey, I feel the baby less today.

It's maybe you should just make it part of your routine that, every morning when you wake up or every night, at the same time, every day, you see how long it takes you to get to 10 movements. And there are apps out there for that. You can also just, set a stopwatch or whatever.

But I'd say in general, it's not something I recommend to everybody. and my understanding is it's more like after 34 weeks, that in the mainstream world, they tell people about that and say, you should do this every day. So no, I don't tell everybody to do that, but it can be a helpful tool definitely in, in certain circumstances and can be really reassuring and not to go on a huge side tangent, babies movements in labor also are really reassuring.

Ultimately to me are a better indicator of well-being than anything I can hear with the Doppler if I'm gonna listen. So I like I really like when women are tuned into their baby's movements and what that feels like and just already have trained their brain to pay attention to that, because then in labor they often just tell me like, oh, the baby's moving.

And we talk about it ahead of time that like, if you tell me the baby's moving, like that's really good information for me. Yeah, I won't go too much more into that, but yeah. Yeah. Cool. Do you feel complete for the moment? I might have to cut this one a little bit short since I think I have another call momentarily, but where does that leave you?

Yeah I feel good. Like I said, I'm, I guess the biggest thing I'm gonna do. Do the food journal thing. That would be like, I guess that was probably my biggest question as far as what's affecting my immediate, physical well-being at the moment would just be making sure I'm getting enough calories a day enough food.

And yeah. But yeah. Yeah. It's a project. I don't have a whole lot of questions just 'cause like I said, I'm feeling really good so it's it's great. Like things are doing good. That's awesome. Yeah. Often my visits with people are shorter around, during the second trimester and then I get longer again.

Yeah. As we get closer to birth, but that's. Thank you so much. I'm going to, yeah. Thank you. The recording. All right. If you enjoyed what you heard, please hit the subscribe button and give this podcast a five star review for more enriching content and conversation around the primal physiological process that is pregnancy birth and beyond.

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