

00:00:00 Sarah B:

Okay, well I am going to talk about, um, Juliet's birth today because it was, um, I don't know, in a lot of ways, like my favorite, even though it wasn't the, like, it wasn't the one that I would've picked for myself, um, but it was just like, it was the most like peaceful and like the things I anticipated happening happened [laughter]. And so that was really nice [laughter],

00:00:32 Speaker 1:

That, that is very nice.

00:00:34 Sarah B:

It is, it could be really nice.

00:00:35 S1:

It was so nice of her.

00:00:36 Sarah B:

It was really nice of her. She was very cooperative [laughter]. So Juliet was, um, our second baby. We had an 18-month-old at home. Um, and he, um, we knew he would need a second heart procedure and we anticipated it being close to when our second was born. That wasn't like part of our plan, but, you know, things happen. Um, we just didn't anticipate his needs [laughter] when we anticipated growing our family.

00:01:08 Sarah B:

So, um, so I kind of had, um, like a lot in my mind. So my first birth was also with the nurse midwives, ended up in a C-section. So my second birth, um, the midwives, um, agreed to have me again, which was wonderful. And it was a really uncomplicated pregnancy. It was wonderful. And I just remember going in and, um, like having a lot of feelings about, um, not knowing when Juliet was gonna come and trying to anticipate James' [Baby 1] surgery and like, my own recovery from birth. And also being able to be totally present for him when he has this hard thing. So, um, so I just remember going in for one of my checks. It must've been like in the thirties, 32 [weeks] or something, you know, like getting closer, but not quite to birth yet.

00:02:03 Sarah B:

And the midwives were so kind to me. And I just remember, I think it was Heather Lemon, I don't remember exactly who, but the midwife said like, do you need this baby to have a birthdate? And I was like, I do. And she goes, do you need permission to have a backup plan and to have a c-section? And I said, I think I need permission. And she said, I give you permission [laughter] to have a c-section as that would be like the healthiest thing for you and your family. And I was just, felt really like relieved that I had like, I don't know, I don't know exactly what the psychosis was behind needing permission, but it was very helpful [laughter] that she gave that to me. [S2 affirmative]. And she even said like, no matter how this baby comes, like, we'll continue like co caring for you.

00:02:48 Sarah B:

And, you know, it was just really wonderful that they, like there was no, I don't know, like competition or animosity or like any, like us and them with the midwives and the docs. Like, she

literally just like scheduled me to go like across the hall and talk to [nice] and talk to a doc. So we just made the plan that Juliet had 40 weeks and one day to come on her own. And then that was her birthdate, 40 weeks and one day. So we scheduled a c-section for September 22nd and Juliet was very comfortable until September 22nd when, um, when her birthday came. So we, um, um, so then it, you know, it was like pre-, it was, oh wait, so it was way prepandemic and everything, you know, you could have people there with you even for c-section. So, um, we were able to plan, like, we were able to go with like first case.

00:03:44 Sarah B:

So it's like early morning, James is still sleeping. My mom came to the house. Like there's a whole plan and even for like a plan for when he would be able to come and see us in the afternoon. And my sister Molly came. And so then it was Molly and Terry [husband] and I went to the hospital and got us checked in and Terry was able to come back. We picked the music, like the doctor was joking about names because we still hadn't like, figured out her name yet. And I said, I really love Juliet. And Terry was like, I don't know about that. And the doctor was like, well, I mean, you're gonna meet her in a few minutes [laughter], maybe that'll help. You know? And it was just like super, like calm, like calm. Like, I didn't feel, you know, I mean, you always feel like a little like, I mean, that's so exciting, like going into the first day you're gonna meet your baby. And, um, but certainly not anxious or any, nothing like negative.

00:04:39 Sarah B:

Um, yeah, it was just like super calm. The, like, all the anesthesia worked the way it's supposed to work. The anesthesiologist was super personable at my head. The doctor was lovely. Like I didn't really have a relationship with her 'cause I had seen the midwives, but I had met her once and she was lovely. So super calm and collective. And Juliet came like pretty quick. There wasn't a lot of like fuss. And she was a super healthy pink baby and, you know, fussed right away. And they like cleaned her up and she was able to come and like, be on my chest, like while they finished, you know, the surgery and what they were doing. Um, so then, you know, just her, Terry and I were like, just right there together. And, and again, like the people in the room just seemed really warm.

00:05:30 Sarah B:

And the nurse who was in the room with us, I remember like, like followed us. Like, so she did pre-op, she was in the, OR she came to the recovery room with us, which was really nice. I don't know if that's still how they do it, but that's like really nice, consistent, like consistency, especially since you're awake in the OR, you know? [S2 affirmative]. So she came with us back to recovery and my sister was able to come right back to recovery with us. So it was her and Terry and I and the nurse. And I was still like, pretty numb, like, you know, my shoulders, my arms, like I couldn't really hold her. Like they tucked her in with me, but I didn't have a lot of like, ability, ability to hold her well, but she was like, I mean, she was just this fat little baby and she was like hungry.

00:06:19 Sarah B:

So, um, you know, I mean the nurse was super supportive. She's like, what would you like, like, do you want us to help you like nurse her now? Or like, you know, just like super open. Like, I just felt like no judgment, no Like, no one else had any preconceived notions about how this was

supposed to go. Like, it was just like, what would you, like, I'm here, I'm here to help you with whatever it's you wanna do. So, um, her and my sister helped, um, helped Juliet latch on. So yeah, so we got her like latched on before I was even like, totally recovered and she did great. And, um, you know, it was different than my first experience. Like, she just got it. Like, Juliet just, just knew, she knew how to function in this world [laughter]. She came in, she was like, got it, I'm breathing. Got it. I'm eating. Doing it. Doing the things I'm supposed to do.

00:07:11 Speaker 2:

[laughter]

00:07:12 Sarah B:

I'm crying, I'm doing it.

00:07:13 S2:

What else can I do for you?

00:07:14 Sarah B:

What else can I do for you, [laughter]? Yeah. So, um, so that was great. And um, and then James was scheduled to come up to see us, little, little guy was, and um, I don't do well with, what's it called? It's one of the meds they give you, it makes me puke. Anyway, so poor little guy was coming to see me and I was like, ooh, wait, get him back, [laughter] quick, puke [laughter]. Um, and so besides like the vomiting after surgery, it was great. And then like Terry even went home with James and it was just Juliet and I overnight that first night. And I don't know, it was just like peaceful. And when I saw her, I just felt like, I know you, like, we've been buddies for a while, you know, like [laughter], she was, yeah, I just, I felt immediately connected to her. It was a very different experience than the first, um, at first I was unsure about like the c-section decision, but she, she rolled right through it and did great. And, um, yeah, I, I would, so I would just categorize that as like a really joyful, um, birth and, um, yeah.

00:08:30 S2:

So I'm intrigued. Um, and I, we'll talk more about it in our next [S1 affirmative] in our second interview, but I'm intrigued because it sounds like you almost, I don't wanna put words in your mouth, of course.

00:08:41 Sarah B:

Yeah, of course.

00:08:42 S2:

But it sounds like you almost felt like you should be conflicted about having this c-section plan, but you didn't actually feel conflicted.

00:08:53 Sarah B:

Yeah, because as soon as I got permission, I was okay.

00:08:56 S2:

Interesting.

00:08:56 Sarah B:

Yeah.

00:08:57 S2:

And did, did your husband have any feelings about it?

00:09:00 Sarah B:

Oh, no.

00:09:02 S2:

[laughter]

00:09:03 Sarah B:

[laughter] He's really good that way. Like, [oh] he was like, I remember, [laughter] like, I remember the night before, even the scheduled c-section, I was like, well, I don't really wanna do that again. That was painful, but I also don't wanna do this unknown thing. That also sounds painful.

00:09:22 S2:

So was it a bit, were you surprised that you weren't more conflicted since you seemed like you were expecting it? Or once you had that permission, was it just like, I feel good about it?

00:09:33 Sarah B:

Yeah, I think, I think I knew what I needed. [S2 affirmative], like, I think I, I think I needed that c-section. Like I needed a scheduled plan for her because there were so many other [S2 affirmative], um, things going on. Um, so once I had like, like the okay to, to prioritize like the bigger picture instead of just that [S2 affirmative] like moment that, that felt good. And I think I needed like, I needed like the, like the slightly more holistic, if I could say like, I don't, like, not alternative, but like, I think the term is like crunchy sometimes people use. But like, like I needed like the mama earth to say like, let's go ahead and embrace medical technology here, [laughter], and, you know, and [S2 affirmative] and although it is not exactly what, you know, mother nature wrote into the perfect thing [S2 affirmative], your story could still be perfect even if it's, you know, [of course] slightly different from that.

00:10:49 Sarah B:

And so, um, yeah. So I think I just needed, yeah. And they were so good about it and those, and they took care of me for all, all three, and they were all different. Like, she was so go with the flow, like [S2 affirmative] until like, until she got her little bit of an edge that she's continued to keep [laughter]. But like her first 18 months, she was just like, I'm here for it. Where are we going? [laughter], take me with you. I'll go, I'll do that.

00:11:21 Sarah B:

You know, like, like she cried if she was like hungry or her diaper was wet besides that, she was like, what's happening? What are we doing? You know, like she was just like,

00:11:31 S2:

This is so much more dynamic than my previous place [laughter].

00:11:32 Sarah B:

Yeah. Whoa, whoa, [laughter] this is very interesting. Like, yeah, she was just like, happy, happy to be there man.