

I'm back. I'm here. I am returned from maternity leave, from my third maternity leave in my business, and I'm very excited to share with you a recap of what the past few months has been like starting with my birth story, a home birth story with my third baby Wesley. I wanna talk about postpartum here in today's episode and kind of just have.

A like, catch you up on all of the behind the scenes type of chat. Before we jump back into, you know, my typical content, which is a little more coaching mindset, marketing type stuff, and a little less home birth. I don't think I've ever talked about birth of like my own births here on the podcast, uh, because my.

Previous two kids were born before the podcast ever actually started, so this is like the first time I've had a baby while also being a podcast host. And now. I get to do this. I get to like talk about my birth story. I've listened to so many people's birth stories in my years of motherhood, and so it's my turn.

It's my turn to share a little bit of my experience giving birth at home. So grab yourself a fresh cup of coffee or whatever you wanna sip on. We are about to have a fun story time. Chuck, you're listening to Call To both the podcast for ambitious women chasing both business dreams and little ones. I'm your host, joy Michelle.

I'm a wedding photographer turned business coach and founder of Photo Bos. I have helped thousands of photographers and creatives grow their businesses. Here on the show, I teach about topics like visibility, marketing mindset. Productivity and going after your dream life. So if you're a photographer or an entrepreneur, there is something here for you.

This is not another business and marketing podcast telling you to do more, but rather how you can build your business and your income in less time and with greater ease. Join me here each week for bite-sized and actionable episodes that will encourage you on your call to both. Journey.

So I am recording this three months postpartum in real time. So it's late July. I am back at work. It's been a little over three months since I sat down to do like a dedicated full solo episode here on the show, which sounds like a really long time, but honestly, it kind of felt like maybe three weeks, like it just this, this year has gone by in a total blur.

But it has definitely been since, at some point in early April since I sat down and hit record and, you know, shared my thoughts here. I did record a dedicated episode on how I was preparing for, you know, taking time away from my

business, both in my business and in my personal life, talking about how I was like stalking my freezer and like my best friend Kayla had cleaners come to my house and they deep cleaned like the week before I ended up giving birth, which was.

Absolutely wonderful. So that episode, I will make sure that that's linked in the show notes as well. If you want to know more details of like, how did I actually prepare my business to step away? How did I prepare myself and my family? So if you're curious about that, you can definitely go back and listen to that next.

So I actually wrote my birth story down in a Google doc, like, uh, I don't know, like three days after I gave birth. So I'm gonna glance at that as I'm talking you through. The whole experience because it's crazy how like the details start to like blur or like the order of events gets a little blurry.

Even just, you know, 12, 13 weeks later, like, it's wild because it's such a big deal when you give birth, it's like a huge deal, but then it starts to fade and your like, woo, it's gone. So I, I'm really glad that I wrote that down and I started doing that after my first birth. I. Sat down, I think I actually sat down with Felipe and we like wrote it together.

When with Clara, but this time I was on my laptop and, you know, in typical third kid fashion, whipped this one out probably while he was watching the other kids or something. So I did write this down and it was kind of fun, like as I was looking back at these notes, I, it was like new information at some, some points were like new information.

It had already started to fade, which is crazy. So definitely write down your births and document it. Print the stuff that you have, take screenshots of like people congratulating you in text messages. Like it's so fun to like be able to look back on this stuff 'cause you don't remember it the way you think you will.

So it's Easter Sunday. This is in April, Easter Sunday, three days before my due date. I'm feeling all of the end of pregnancy feelings. I was so done, but I was a little worried that I wasn't actually close to being done. I felt completely done. I just didn't know that I was gonna be done because I've never had a baby before my due date in the past, I'd had, um, Clara, like I think I went into labor like the day after my due date with Clara and with Louis.

I was. 41 weeks one day. So I think I was eight days past my due date with him. And that is like a whole mental game when you go later than you think you're

gonna go. So I was trying to mentally prepare myself for going past my due date. I definitely subscribed to the whole idea of like, it's a guest date.

We don't really know. We have no idea. Like we'll see every baby is like on their own timeline. Like I try to be super chill, super laid back, but I'm not either of those things normally. But when it comes to like babies and all those things, I really just try to be, you know, as go with the flow as humanly possible.

But I was so done and it was Easter Sunday and I stayed home from church with my 4-year-old, and he, well, he wasn't quite for yet, but. Well, he's four now, and I was so done. I had the biggest headache. We were streaming church on the TV and I was watching like with sunglasses and I was just done. And then we ended up having, um, family over and just kind of doing all the usual Easter things like my kids did an egg hunt and they were so excited and it was just, you know, you're just going through the motions at that point.

Like when you're so close to your due date or past your due date, like you're within that birth window. I think so much of life, you're just trying to like. At least for me, I am just going through the motions and trying to survive because there's like a full grown person in, you know, blocking everything like my lung capacity and ability to just like be comfortable.

And so I remember. Over that weekend, I looked at Felipe and I was like, this baby is eminent. Like he has to be here soon. He, I just like, feel like he's gotta be here soon. And I, I told him, I was like, there's just, I just don't think it's possible for me to be this uncomfortable for two more weeks. Like, God would not allow that, please God.

No. So, lo and behold, the baby was right around the corner. So we are going through the motions of like. You know, just the regular day. Um, we're going to do our nighttime routine with the, with the older kids. So my 6-year-old and my almost 4-year-old are like putting on PJs and brushing their teeth and we're just kind of like chatting about like, what are we gonna do once we get the kids down, you know, just normal Sunday night stuff and standing at the kitchen island and my water breaks and I just freeze.

Like, I was like, I mean. What, what does this mean? Like, and to give you some context, like my water has never broken before labor begins. It's always like at the very end of labor, right before I'm pushing. Then my water breaks. And so I've never had one of these like movie moments where you're just minding your own business and your water breaks.

So that was kind of fun. So my water breaks and, but not like all my water, you know? Not to be, you know, we're gonna get into a little bit of TMI, so if you don't want to, at this point, we're seven minutes in, so you've committed to a birth episode. So hopefully it's just us girls at this point and I'm, we're gonna get into it.

But yeah, it wasn't like all my water had broken, but I was like, I know that I did not just pee myself and that had to have been my water breaking, so. I just sort of freeze and I'm like, okay, this is happening. What time is it? Okay, it's like seven 30 at night. Like we're trying to get the kids to bed early, like whatever.

So I tell fape, I was like, Hey, I think my water just broke. And he's like all excited, like immediately excited. He's like, are you sure? Are you sure you didn't pee yourself? And I was like, yeah, I'm pretty sure. And he, he said, okay, you gotta text your midwife and. I'm planning for a home birth. I'm working with a midwife.

And this is actually my second home birth. I have given birth at home in Maryland before this point. So before we had moved to Florida, we lived in Maryland and I had both of my older kids in Maryland, the first in hospital, the second at home. So while. This isn't like my first time giving birth unmedicated or at home.

It definitely felt kind of new in some ways because I was with like a whole new birth team. I'm in a whole new state and it had been almost four years since I had given birth. So I think in a lot of ways, like it felt like, you know, kind of starting over. Like I couldn't just go back to the same, uh, midwife or the same doctor and like I had to like research and interview people.

And so it was like all new and exciting. So I found this midwife in Florida that I absolutely love, and I knew that I wanted to do another home birth after my first home birth. I knew for sure that like if I could, if it, like, if the pregnancy was healthy and baby was head down, all the things I was gonna be at home because that's where I feel the most comfortable.

But I would be lying if I didn't say like I was. You know, it, it felt new. It was exciting. I was kind of nervous, like wondering like, how is this gonna go? Because every single experience is different. And it was weird to have my water break so early because I didn't feel like I was even really in labor yet.

And I was, you know, in the back of my mind wondering like, okay, I. I hope things get started. So I immediately text my midwife, tell her she's asking me

questions. We're going back and forth. She's all excited. And I text my mom the same thing, like, Hey, I, my water just broke. And I figured it would be best for them, my mom and my dad to come get my kids like right away because that was the plan for my parents to watch my older kids and to take them for a few days, and I didn't want them there for the birth.

I think that's cool. Like if people want their kids there to give birth. But I did not wanna be like fielding questions and have my kids like, you know, see me in pain or like anything like that. Like I was like, you know what? Like I'm not doing that. I wanna be in my birth bubble. And my birth bubble did not include a four and a 6-year-old.

So I immediately tell my parents and I was so relieved that they could come. At like a reasonable hour because that was one of the parts of birth that I was kind of worried about leading up to birth. Like how is this gonna work? Like if I'm giving birth at home, what happens if I go into this like really quick labor at like three o'clock in the morning?

And what happens if my mom like sleeps through all of my text messages? Like, are my kids gonna be there? Like, are they gonna like walk in and I'm giving birth? Like I had a lot of. Like these thoughts, like, how is this gonna work? And my husband was just like, you know, it'll, it'll be fine. Like either they're gonna be asleep or they'll get picked up.

And it, so it was just such a, a good thing that it, the timing happened the way that it did. So they were literally at my house for Easter and then they went home for a few hours and then ended up coming right back. So, um, we immediately started like packing their bags and getting them ready so that my parents could come pick them up.

And so it was really cool that I, like they got to immediately go stay with their grandparents, but I got to see my mom and my dad, like just before labor really got started and they got to like pray with me and like, it was just good to like see my mom, you know when you're not feeling like a hundred percent, you always wanna see your mom.

And so it was, it was a really good feeling and she like gave me this like essential oil roller thing and like rubbed my back. And by the time she came to pick up my kids, I really was starting to feel like. The, the like lower back contractions and like achiness, but I was totally fine. Like, you know what I mean?

Like I, I like, I could talk and labor was not rocking and rolling yet. I was just kind of feeling it and. It was that point, like a lot of what I was feeling, it was that I wanted to, like, get into my birth bubble. I wanted to, you know, go in my room and like, you know, listen to my music. I had a couple different playlists that I wanted to listen to, and I just want, I, I remember thinking like, I'm gonna brush my teeth.

I'm gonna like, get all freshened up, and then I'm gonna just like, hang out and watch a show and see where labor goes. Like, see if it, if it picks up. So my mom leaves and the kids go with my parents, and I just, you feel like immediate relief when you don't have to think about your older kids, like if you're going into labor and then you know you have these other people to think about.

That was like a big element for me, so I felt like just a lot better. At that point. So after they left, I'm like kind of oscillating between, like, trying not to think about it, but also I am feeling like some stuff, like I'm feeling some like back labor and stuff like that. And I kept thinking to myself like, what should I be doing?

Well, I gotta hydrate, I gotta snacks. I, I gotta have some snacks. I gotta do that stuff. And I, I had two playlists for labor, which is kind of interesting. Um, I'm not like a super huge music person, which if you know me and you've hung out with me. You will probably already know this, but I did create two playlists.

I created one that was like hype me up playlist, and then I had one that was like moody emotional. So I have like two different phases to labor and I started with like the hyping you up. We had like Connor Price and a little bit of Forest Frank, and there's just like some like. Fun, upbeat, like type stuff.

So I am like blasting this music, trying to just like psych myself up to give birth unmedicated. And when you have given birth unmedicated before it could be, it's almost like you know, even more what to expect. And so my, I feel as though this time around, I did have a lot more like mental prep that I needed to do because I knew what it was like to give birth at home and I knew that it's, it wasn't a cakewalk for me.

I don't know. I see these videos online. Of people very peacefully and like kind of supernaturally giving birth, and that was not my experience when I had my son and my second baby. Like it was great. It was wonderful, but there was no like. There was nothing peaceful about it. It was very like intense and primal.

So it was what it was. So I kind of was just going into this labor. I was really trying to get into like a really good head space of just peace and like surrender and feel empowered and like really protect my like, um, what I was looking at online even. And like I had to go into this like birth bubble of.

Prayer and just really picturing like what I wanted for my birth and stop watching like birth videos online and stop, like over educating. And I just, there was one book though that I did read that I've read with all of my births that really gets me into like a really good, empowered space. It's by Ina May and it's *Anina MA's Guide to Childbirth*.

I really, really like this book. It is like one half instruction, one half birth stories, and so. I read that again in preparation for this particular labor and it really helped me like get into the head space. So it was really great. The, my labor, basically the second my mom left pretty much started, and from from there on, it's like a little bit of a blur from, I think that they got picked up at like nine o'clock.

The kids. You know, we're outta the house. They came in at like eight 30, totally packed up and gone by nine. And that's when I have, uh, started my contraction app and I was in there just kind of jotting down, like when I was feeling my contractions. And then I think it was around 10 that I decided to put on the TENS machine on my back.

So I really like using a TENS unit, um, when I am laboring and I find this to be so helpful and just a really. Good way to feel like a distraction almost. And a way to like focus my mind on the feeling of the TENS machine and not the feeling of like all of the contraction. And if you've ever worn a TENS machine, it's like almost like a prickly feeling.

Like it's, it's really strange. It's like these like little electronic pads that go on your back and then like it sends like electrodes through your body. Someone's rolling their eyes listening to this. 'cause I'm doing a poor job of explaining this, but. Essentially that it like activates the muscle in that area.

And it's so bizarre and I do not ever use or wear one of these unless I'm in labor, but it is so remarkably effective for me for pain management. So I put on this tens unit. Um, and that was really, really helpful, especially since I was feeling a lot of back labor and even like. Having Felipe do like hip squeezes this time was actually like really, really effective.

So I'm sure it just had something to do with like the position that Wesley was in and that his like head was somewhere. But like I had so much like lower back labor this time and that really, really helped with just coping as things started to ramp up and get more intense. And so at this point, it's closer to like 11:00 PM.

And I just remember this like key moment where, you know, I'm, I'm just in labor. I'm trying to like go with the flow, eat snacks, drink water. Like I don't know how long this is, this is gonna take, but then we needed to decide when are we calling the midwife? Like, when are we telling her to come because she lives about an hour away, A little less, I guess.

I didn't want her to have to get there. And then it's like 24 hours of her just like staring at me. Like I would rather just labor a little bit and then she gets there when she needs to get there. And so we're trying to time this out a little bit and essentially it's like on my husband to make this call because you know, he's trying to gauge where I'm at.

I'm trying to gauge where I'm at in labor. And I was like, yeah, I guess like when we start to fill up the tub, we should call her. And so it's like closer to like 11 o'clock. And I remember really wanting to get in this, the tub, but it wasn't filled. Like, it just, there was like a shift that happened. Like we went from like, I'm not even sure if we should call the midwife to me being like, I wanna get in the tub.

I, I want it to be filled up right now. So Felipe starts filling it really quickly. And he texted the midwife and he was like, Hey, I think you should come. And so it was so bizarre. That went from like, I'm not even sure if this is labor. Is it active labor? Like, yes, I'm feeling contractions, but like, is this it to me feeling like, okay, I'm ready.

I'm, I wanna be in the tub. Like I need to take off my tens unit. Obviously not trying to get electrocuted and get in the tub. So I do remember that, and I think that's the part where like everything starts to blur and then I'm like, you're like deep in labor and you're just really going inward and like your eyes are closed.

Like everything that you see in these videos where you're just like in your own little world and the contractions are like right on top of each other for the most part. At this point, I remember telling myself like I was in the tub and. The water's like finally getting like deep enough and warm enough, and I was like, okay, okay.



We're here, we're here. That I was telling myself like I needed to stay in one contraction at a time. So I was really trying not to think like, how much longer is this gonna take? You know, is this working? Am I, am I, is this actually doing anything? Like are the con, are the contractions progressing me? Like what?

You know what I mean? Like you start to like overthink and spiral a little bit, or at least. I think I did last time in my previous birth. I think that's one of the things is when it starts to get really intense at the end, it can be easy to think like, what if this goes on for five more hours? Like it's it.

So I stayed in that one contraction. That really, really helped me to be like, I'm just here. Like we're just in this one contraction. And I would visualize myself being like. Pulled into like a really huge like tsunami wave. And if you've ever been to the ocean where there's like really big waves, like you've got some pretty intense surf, you can almost like float on top of a wave and like just let your body.

Be taken by the wave instead of like fighting against it. And like you could dive through it I guess, or you could go under, but sometimes it's cool to just like float on top of the water and then have like the swell take you to the top. And that's what I was visualizing. I was being like pulled into this like enormous tsunami wave as the contraction would like get tighter and tighter and tighter.

And I was like, woo. Like going to the top and then I would ease back down. So I was like in La la land. I remember my midwife arriving and she like knocked on the door and I didn't want Felipe to leave my side because he was right there like talking to me and like rubbing my back. And eventually when the contraction let up when she was there, I was like, okay, you can go let her in.

And he, no. He actually yelled to her. He said The door's unlocked. I remember now. Okay. He said The door's unlocked. Just come on in. 'cause I knew that I wasn't, I needed him to be there to like ground me and I didn't want him to have to like go let her in. So he had like opened the door and he just yelled the doors unlocked.

So she came in. And I remember looking up at my midwife and she was like, we're gonna have a baby soon. And I just looked at her and I said, I really hope so. I really hope I'm close. Just 'cause you don't know, you know? Like you just don't know and you're just in like the thick of it. And I looked at her and she just kind of like smiled and nodded.

Like she, she understood, but she wasn't gonna tell me like. You're really close or it could be a long time. It's like she didn't say much 'cause I just love her so much. But she is wonderful and she doesn't just say things that aren't true and she, no one could know, of course, how long it would be. And I, I, the water helped so much.

It was. It was wonderful. Like being in the water was nice, but I really wished it was warmer. And so a couple times the, my midwife and my midwife's assistant and Felipe were like taking turns, like heating up water by like kettle, um, like our tea kettle and just like dumping in like really hot water to just keep it warm because I wanted it to be warmer and it just like wasn't quite as warm as I wanted it to be, which.

You know, looking back like, I think it was just because we filled it so quickly and we weren't able to like monitor, like stand there the whole time. Like I was managing contractions and not like having my hand in the water. So it was like, it was a little crazy. So within like. Probably 20 minutes of my midwife arriving.

I started feeling like pushing contractions, like feeling kind of pushy, like without doing anything. And that is the wildest feeling if you've ever experienced fetal ejection reflex and just basically like your body is like pushing your baby out and you're not a part of the decision. It is just happening.

It is wild. And it definitely happened with my previous home birth and I had kind of like forgotten how it felt. It's crazy how like you, you feel these feelings again in labor and you're like, oh, I remember this. I remember this. Like it comes flooding back into your brain and. I so started feeling kind of pushy and I was like, oh, I remember why I did not like this part.

Like it's, it's just a very overwhelming experience for me. And I know a lot of women say that, like, pushing is a relief, but it just, it just isn't for me. Like, it's not like a super exciting feeling. It like in terms of like, oh yeah, we're getting somewhere. It's a little bit of like, it's the part I think where I feel least able to like manage or be in control or like.

I don't know. I, I think I have a little bit of a hard time with that part. Every time I'm just like, oh gosh. So like, yeah, my body starts pushing and within the next, like three contractions, he was born and I sat up and he's underneath the water, like my baby's like underneath the water. And my midwife, like, she's right there like.

But she's not grabbing him. And she was like, go ahead, go ahead and pick up your baby. And so I, I picked him up and I brought him to my chest. And just the biggest wave of like relief and joy that like I've ever felt that you can ever really feel is like when you're done giving birth and when your baby is there and they're in your arms, it's just surreal.

And it takes me a couple days to even like. For my brain to catch up that they're there. It's so wild. 'cause it's like they've been in you for nine months and now they're like right in front of you. And I just remember feeling like so much relief. I was like, oh my gosh, I can't believe he's here. And I said that.

I was like, oh my gosh, you're here. And then like immediately I was like, what time is it? What time is it? Because I wanted to know if, if his, his birthday was on Easter or if it was the day after. And my midwife told me it was 1228. And so it was actually the 21st and I was really happy 'cause I liked 4 21, better than four 20 as his birthday.

Um, if you know, you know, and I was just like, I'm so happy. And I was literally just like sobbing and, but like happy sobbing. It was, you know, just all the feelings. All of the feelings. I was so freaking relieved. And yeah, that's, that's his birth. And so it was just, again, it's like to do it again. Every time I'm like so thankful to be home, not when you know I'm giving birth and I'm like, wait, why?

Why are we doing this again without medication? But then in this second that they're there, I'm like, okay, now I get to crawl into my own bed and I get to like go take a shower and you know, immediately get like food and like warm soup and like a whole tray of snacks and just curl up in my own bed. It's like the best feeling ever.

So my midwife did like the newborn exam. And she weighed him and did all the things and did my exam and you know, a few hours later, like tucks us into bed and leaves. And we took some pictures with her before she left. And then of course I saw her like the next day she comes at 24 hours. She come, I think she came at like one week, two weeks, six weeks.

So we saw her a great deal after that. And that's just like one of the reasons that I love midwifery care and like home birth midwifery specifically is like. Like, I had all of my appointments in home, so like just, it was so helpful for me, even like as a business owner to not have to account for all of like the waiting room time and the co, you know, to get to my appointments and to get home.

'cause like. Especially towards the end of your pregnancy, you're going to a lot of appointments. Like they're very frequent. So having her come to my house was wonderful. And then of course having her come to us for a lot of the follow up was also amazing. And I got to like debrief my birth a little bit with her too after.

And she said that like when she walked in, she was like, it was hard to tell when you were in a contraction. Like she, I mean, I think by the time. I was like pushing. It was, you know, for sure, very obvious. Like I definitely was less peaceful at that point, but I think it was like the visualization that I talked about and just being in like one contraction at a time and I really, I can't talk, I can't do anything.

Like I'm just breathing and then in between I'm just resting. And so it's almost hard to tell. And I know Felipe said the same thing he was saying. He, he was having a really hard time telling like, when are you having a contraction and when are you not? And I. I definitely don't think that was the case in my last, my previous birth.

So I, I do feel like the mindset shifts that I tried to have, like, of just being in like that one contraction and that one moment made a huge, huge difference for me to be able to cope and just relax. And then because of that I do think it was like actually less painful. Way, way, way intense, but less painful for sure.

So. That, that's the birth, that's our birth story. I, and then like, you know, the next few weeks was just absolute rollercoaster of everything. It was like the, your emotions are all over the place. Um, my babies, how do I put this? My babies come out so cute and so healthy, and with such. Problems breastfeeding every time, and this time was no different.

So that was definitely like a huge, um, like, I wanna say a disappointment, but also like. It became this whole huge project to get this baby breastfeeding and if you've ever had latch issues or breastfeeding issues, which I feel like so many women have, you totally get how it goes. Where it just, it becomes like the thing, the full-time job of like the lactation appointments, the chiropractic appointments, your pediatric appointments.

You know, if you have tongue and lip tie stuff come drop in my dms, because I've been through it now three times and it is not fun. I'm like sort of. Way more like I have so much education on tongue and lip tie now that I didn't even want that. I have. So if you have any questions, I am actually a really great resource and I would be happy to chat with you about it.

Um, but yeah, so Wesley had some feeding issues and that became like such a thing and we did end up having to do a tongue tie revision. Which I was just really heartbroken about, to be honest. I didn't wanna do it. Um, I had just really hoped, like naively that like it would be fine. Like it was gonna be my third time having a baby, like it was gonna be my third time with all of it breastfeeding, like it was gonna be better and when it was hard and when it was not what I was hoping for.

I experienced so many feelings of just like disappointment and like just, I was just really down, like if I'm being honest. And of course on top of that, you're like postpartum, so you're right on the edge of tears all the time. So then adding to that, you know, your baby, like needing to get like a little procedure in their mouth is like ridiculous.

And it was just like more than I wanted to deal with those first few days postpartum. And when we were in the, um, dentist office to do his tongue tie revision, I, I know for sure that like every single member of the staff thought I was a first time mom because I was so upset that we had to do this. Like, I was so worried about him and I was just like on the verge of tears slash.

Crying the entire time. And the, the, the ladies were so sweet to me and they were like, sit down, mama, drink some water. It's gonna be fine. Like trying to coach me through it. And I could laugh about it now, but they a hundred percent thought I was a first time mom and I, I was just. Thinking like if they knew that this is my third baby, they would be, they'd be so surprised because I just, you know, you don't wanna see your baby literally go through anything like, first, I don't want anyone to even hold my baby when I have a baby.

So to like have to have a procedure was not in my plan. But it went amazing. He didn't cry. He like immediately started experiencing like better latch and better breastfeeding. And it did take. Time for me to like get him back to breast and to successfully breastfeed, which we are now. Praise Jesus. But it, it was, it was necessary for him.

And, um. Yeah, I'm so glad that there's options like tongue tie revisions and you know, chiropractic and lactation people that can help with things like that. But that was not my plan. My plan was to stay in bed and not do anything but have every meeting, like every doctor's appointment and practitioner come to us.

That that was my plan. And so we weren't able to do that fully, but when we weren't doing any appointments, I was in bed. I was really trying to do like a very strict, pretty much like the 5, 5 5 rule that I talked about. It's like five days

in bed, five days on bed, on the bed, five days near the bed. Um, and I, I wanna say we pretty much did that, you know, minus like a couple of appointments and it was literally like we go to the appointment as soon as we get home.

Felipe was like, get in bed. I'm bringing you food. Like sit down. You know, get into like your robe, do not be in real clothes. So I really didn't do much. So while I felt at first, like I had failed this like, beautiful vision of the 5, 5, 5, thinking about it now, I know like we still, I still did get most of that, um, outside of, you know, just a couple of appointments.

So that was good. And I, I really feel like after like the two week mark. It was less of this like grueling every two hours or even less of feeding where you're just like in a complete, like you just feel like a zombie a little bit 'cause of the lack of sleep. And then it started to like, we started to hit a little tiny bit of a rhythm, a little, tiny bit of a routine.

And then by six weeks. I was like, okay, the sun is shining. I think I can do this. Like I think with this postpartum, this was the fastest, I felt like I had gotten back to a little bit of a routine, and I don't even think that's like, oh, you're getting good at postpartum. Like you've had three kids. You're really good at this.

I think it's just, it's every kid is different, and Wesley did settle into a little more of like a predictable routine. A little bit faster than my second for sure. So postpartum things that I was really, really, really grateful that I did food prep. Food prep was huge, having an entire freezer of food, like we didn't have to cook much of anything between meals that people brought, you know, having like a DoorDash gift card given to us and a full freezer.

For like weeks and weeks and weeks, and that was so huge. Like even to be able to bring out like breakfast muffins and breakfast sandwiches, we like all sorts of foods. Breakfast, lunch and dinner. Frozen game changer. Absolute game changer to the point where now I'm kind of like, I would really like to have more food.

Prepped and frozen in my house, just like in general because it was that much of a game changer. Alright, trying to wrap this episode up with a baby on my lap because nap time just ended. Okay, so talking about what, what worked in postpartum, the food major, major. Also, you know how. This time a big difference was the age gap between my kids and I.

Really, my experience of having my kids close together for the first two or closer, about two years to now, four years, between my middle and my youngest. Honestly, I love this age gap. I think it has made the biggest difference in just the postpartum experience. To not have everybody be in diapers, that's, that's another one, but to not feel like.

Like I'm splitting myself between a newborn and a toddler. That was really, really hard. There's a lot of like guilt that can come when you're like, when your baby's no longer the baby. And because my youngest was turning four, I didn't feel like, you know, my baby is losing their mom, or something like that.

Like I just, I felt really different about that. And like the, my older kids are just so obsessed with him. Um, when they met him for the first time, so my parents ended up watching my older two kids for a week, which was absolutely incredible, especially with all of those appointments that I mentioned and just adjusting to everything and like trying to figure out breastfeeding.

They kept the older kids for a week, but they, they came to visit a couple times, which was like such an amazing experience to be able to have the older kids come and then go back with my parents. Um, but I remember Clara, she got to hold Wesley and she said, he's cuter than I thought he would be. And she was just really, really in love.

And I think. Any of the disappointment that she had felt about not getting a baby sister, which is what she had originally wanted and was praying for, completely faded away, and she just had like stopped talking about it. But for a while it was hard for her. Um, she did want a little sister, and I was like, that's valid.

You're, you're allowed to want a little sister. But then she completely fell in love with him, and she just thinks he's the best thing ever. So, um, that was a, that was a really sweet moment. So I, I'm loving the age gap. I think having kids, my kids be a little bit older this time, has made a huge, huge difference for just like the load on my husband and I, you know, they're just.

They're a little more minute, like self-sufficient in some ways, and they have each other. That's the other thing that I've loved is that like when I'm with the baby, a lot of times my older kids are playing together and that makes me feel less feeling like, oh, I need to go like get the baby down really quick and then go spend time with my other child.

So it's just like a really interesting dynamic as you have more and more kids. So that's one thing. And then another thing that has made a big difference this time around in postpartum is. Keeping childcare. So we have kept our nanny and we actually kept going. Like even when I stopped working, I was like, I want my nanny to be here and be with the older kids when, when I'm with Wesley.

And like basically I was able to have more of like a restful time and just lounge and nurse and just really focus on Wesley longer, I think. And I didn't have to like. Jump up and get into everything. Like right away, like helped me like ease out of postpartum, into like all of the cleaning and the cooking and the stuff as quickly by having childcare.

So by keeping her on and for the first couple of weeks, we even like upped some of her hours and we're just like, Hey. If you have time, if you can be here, we wanna pay you to be here. We would, we could really use more help. And she, thankfully, was available for most of, um, the days that we needed, like extra help.

And I like that just made a really, really, really big difference because we weren't able to have, you know, someone like, we don't have like. A, a live-in mother-in-law situation or like, you know, there's, everybody's family situations look really, really different. And then we just didn't have like, somebody that could come cook or, um, sweep the floors or vacuum or play with the kids, like so that we could take a nap or whatever, what would look like.

So, um, keeping childcare. For all of postpartum was just really, really, really helpful. And I don't think it would've been the same without it. I mean, I know that like I got more rest and it helped to like ease into the experience. So that was really, really helpful. Um. I will say like the transition from like once you have a baby, for me, I like business does not exist.

Like there, there's a solid four weeks every time, at least this time it was four weeks. There was like this like magical point at like a month where I was like, oh. I kind of care about business again, and like my brain starts going back and I have all these ideas and I'm excited and I'm ambitious, and I'm like trying to figure out that next chapter of like, what's this gonna look like?

How can I start working again? And then we start unpacking all of that. But for like four weeks, I did not go in my office. I did not check my inbox. Nothing existed. And thankfully, like my team just really stepped up and like helped keep everything moving, helped, um, responses happen, what that needed to happen.



I had an out of inbox responder for, you know, all of my various inboxes and things. And then of course, like we were doing episodes here on the podcast with like some amazing guest experts. And, um, my podcast manager and strategist Haley was. Completely taking that on. Like once I was out, she, she like grabbed the baton and kept going with it, and that was huge.

Like so, so, so helpful. But it was like four weeks of like, I, I had no idea like what was happening in the business whatsoever. I was just getting paid every two weeks. And then after that point. It was like slowly I was, you know, coming up for air. Like, oh, okay, I kind of wanna write a newsletter. I think it was five weeks postpartum where I was excited to sit down and like, while I was feeding Wesley one day I was on my phone like, you know, outlining a newsletter and just it like, that's when it starts, like the spark catches and then I can't be stopped.

I'm like listening to the podcast and talking to my business besties and you know, just. It Like, it's funny how I ever thought that that side of me would be gone having kids, to be honest, because now I know like if it, if it goes away, it's always temporary and it is very short and then it's right back and I get so fired up and excited to like, revisit things in my business and I'm, it was fun because like right before I went on the, oh, that was a good yawn.

Yeah. Good yawn. Right before I went on maternity leave, I launched a brand new product in my business called Affiliate Boss. And so everything I was listening to and learning about and thinking about in like my postpartum time was kind of related to this. I kept thinking like, Ooh, I could, I could do this with my funnel.

And just, you know, and your brain starts to come back to life. That's, it's like a really good feeling. So. Fast forward to now back to work. I am working part-time hours. I still have help, um, our childcare and, um, Felipe is doing some, like, he's shifted his schedule a little bit on a couple of days so that I can do coaching.

So very, very pumped and excited to be back to coaching. In fact, I, um, checked my phone this morning and I saw that we had closed like. A full file on HoneyBook for a booking for a new client. So I was like, oh, this is so exciting. So I get to jump in and like look at that questionnaire before we begin. So I'm, I'm just like renewed.

It's very, it's really cool. And like my, um, my best friend Kayla was like, you're, you're reset to factory settings. Like every time you have a kid, your brain just

like system reboots. And I think that is such a good way of putting it. I really do feel like I'm like restored to factory settings and. Um, I just started the artist's way again, so going through the book and the workbook, it's like a 12 week program essentially, and I'm on week two and it's like the perfect time.

'cause I feel like I'm back to factory settings. I'm back to work. I'm relearning like what? My life is gonna look like and what I want and what my business is gonna look like. And so I think it's just a really beautiful time to like dive deep into journaling and that kind of thing. And that's all of like what the artist's way is all about.

So anyway, this episode is getting so long. I could go on and on and on. Easily, as you can tell when it comes to all things, birth and babies and business and breastfeeding and you know all the bees of life. But if you have more questions, hit me up on Instagram. Seriously DM me. I will message you back and, um.

I hope this was fun and interesting, and we will be back next week for some more content just like this, about what it takes to run a business and pursue the life that you want while also raising babies and being intentional with your home life. So thank you so much for listening, and I will be back in your earbuds next week.

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Thanks again and I'll see you in the next episode.