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I don't talk too often about my labor and deliveries with Truman or Marshal. It's one of those not-pretty stories, it doesn't interest most people, and I don't want to scare new mommas.

But.

It was an experience (both of them) that literally changed our lives. It changed how we think, how we parent, and how we navigate through any hospital/doctor trip.

In my labor with Truman I had a really bad experience with my doctor that ended up becoming a very hostile situation.

It wasn't because I didn't have a birth plan, because I wasn't educated, because I was being stubborn, or because I was risking my baby's life.

It was because we didn't know how to properly communicate with our doctor and the hospital staff.

I had done research—I read all the parent books. I knew the way I would like to birth my baby. I had the full support of my husband. We didn't have money for a doula, so we did extra homework trying to cover all of our bases.

We didn't have enough though.

After Truman's birth, I met Traci Weafer. Traci has been my doula, my friend, a mentor, and someone I very much look up to. She taught us this class: her Keeping Your Power class that she is now offering online!

It completely changed the way we thought and the way we communicated.

Marshal's birth was no picnic. Again—as educated as we were—things happen that you do not plan for. But this time we were able to navigate our way through those things without any “traumatic experiences.” (I did a podcast with EBB @ebbirth if you want that whole story.)