Carla Baratta - Birth Story

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IN THIS EPISODE

Actress and artist Carla Baratta joins Dr. Elliot Berlin, DC and co-host Gillian Shure to share the story of her first pregnancy and birth. Born and raised in Venezuela, Carla traces her path through Boston, Barcelona and Malaysia to Los Angeles and a breakout role on 'Mayans M.C.' — a role she landed days after auditioning, and one that took an uncanny turn when she discovered she was pregnant just as her character's storyline did too. She describes filming through her second and third trimesters, choosing midwifery care far from her family, and a birth that moved far faster than anyone expected.

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DR. ELLIOT BERLIN, DC: income Welcome to the informed pregnancy and parenting podcast I'm your host dr. Elliott Berlin and co-hosting with me today is actor comedian and newish mom

GILLIAN SHURE: Welcome back back again. Can't stay away

DR. ELLIOT BERLIN, DC: I'm all about the back our guest in the studio today is an artist and actor quickly becoming known for her powerful multidimensional female characters on screen and in her artwork born and raised in Venezuela Her television debut in the United States was on FX's drama series Mayans MC the sequel to Sons of Anarchy She's lived and worked as a painter in Barcelona Malaysia and Caracas now based in Los Angeles She continues to work grow and explore as an artist actor and brand new mom in this episode We'll learn more about her interesting background and professional work as well as her pregnancy birth and mothering journey Carla Barata Welcome to the podcast. Thank you so much

CARLA BARATTA: Oh my gosh pleasure

DR. ELLIOT BERLIN, DC: So I usually know the people that we interview and share their birth stories So I kind of know what's going on a little bit But I'm learning just like the audience and just like Gillian also how exciting for the first time But you're very warm like I feel like I know you me too

CARLA BARATTA: Well, I've listened to the postcard for like the whole pregnancy. So oh, so yeah, I do know you

DR. ELLIOT BERLIN, DC: I'm gonna know you after this. Let's start at the beginning Venezuela. What was it like growing up there?

CARLA BARATTA: It was amazing back then it was not a crazy country like now because now it's going through a crisis Political and humanitarian crisis, but when I was growing up over there, it was amazing I mean I had the best childhood We are four siblings and a bunch of cousins and it was just fun. Which one are you? I'm the second one. Oh, so you already have two kids before this cuz you know You know two little ones but after you yeah, exactly. Well, we're like two years apart. So it's not yeah

DR. ELLIOT BERLIN, DC: Are the boys or girls?

CARLA BARATTA: We're three girls and one boy. Who's the oldest my sister? Okay, so she has like three kids She has two kids. Well, I'm saying you and your two siblings and now she has two kids exactly

DR. ELLIOT BERLIN, DC: So was it a big city or a small town a super small town

CARLA BARATTA: Yeah, it's right next to in the border with Colombia, so I grew up going back and forth to Colombia and Venezuela and My accent it's like more from Colombia than from Venezuela. I actually noticed that I didn't know why but I noticed that It's a little different than Venezuela. You did not When you're talking it's like a little I can't tell you exactly how it is with the words are a little I don't know Different emphasis. Yeah, it's different. We talk really different than people from Caracas. There's the capital

DR. ELLIOT BERLIN, DC: Yeah, and a lot different than people from Los Angeles. Yes But I'm you know, because I'm face-blind. I'm very in tune to voices A little bit. So when did you leave there?

CARLA BARATTA: Well, I lived in Boston for a year. You left to Boston 2007 Then I went back to Venezuela. Then I came back to LA starting acting a little bit like a summer then I went back to study architecture in my country and then I went to Barcelona to do my internship and I worked as a painter over there and then I went to Malaysia and worked as a painter over there for like six

DR. ELLIOT BERLIN, DC: So was your primary thing painting and art and acting was just a little on the side or?

CARLA BARATTA: I mean, I wanted to be an actress since I was a little girl and I used to do theater in my hometown. But for a girl from a really small town in Venezuela, my parents were like, what are you talking about, about acting? What's that? So I always dream of that. My parents told me that I had to have like a career before that and then I can do whatever I want to. So I decided architecture because I mean, I've been painting since I was maybe 11 or something. So it was the most kind of similar to painting. Career like. Yeah. And then I was like, I'm not going to be an actress.

DR. ELLIOT BERLIN, DC: What inspired you to get into acting as a little girl?

CARLA BARATTA: I don't know.

DR. ELLIOT BERLIN, DC: Was it theater or things you saw on television or movies?

CARLA BARATTA: I think it was television, movies. And I remember watching Selena, the movie Selena, and I was like, mom, they're speaking Spanish and that's Hollywood. I can do that. Yes. But my mom, she was like, maybe let's put her to do some theater. And then, yeah, that was just my dream. And you liked theater? Like when they put you into theater? Yeah, I loved it. It was like my escape.

DR. ELLIOT BERLIN, DC: I love when someone's so passionate about something, especially at a little age like that, a young age, like you know.

CARLA BARATTA: It was just, I don't know where it come from, because nobody in my family are actors or nothing like that. But I don't know, I just felt like that was my thing. And I felt strange and weird, because I was a weird girl that was doing acting. And my mom, she always was like, you can do whatever you want. Just trust yourself. And being different, it's amazing. It's not bad. So that was nice.

DR. ELLIOT BERLIN, DC: But it sounds like you got to see the world before you came back to Hollywood.

CARLA BARATTA: It sounds amazing. What kind of things were you painting? Were you doing creative art painting, or was it? Yeah, it was creative art. When I was living in Venezuela, I would go to Caracas, like on the weekends, to work as an actress. And I was doing a lot of commission art. So I would paint what people want, like I want a horse, or I want the face of my baby. So I'll do that. But then when I moved to Barcelona and Malaysia, I was doing my art. And that's what I'm doing here, too, because I'm working as an actress. And I don't need to do art as work, just as my passion.

DR. ELLIOT BERLIN, DC: What was the weirdest thing that somebody commissioned you to paint?

CARLA BARATTA: That's a good question. That's interesting. I did a person riding a horse, but they wanted their face on another person's body. If they were riding the horse, that was interesting.

DR. ELLIOT BERLIN, DC: That happens here in Hollywood all the time. Photoshop it. You're a human Photoshop. Do you speak other languages?

CARLA BARATTA: Do I speak Italian? My family is from Italy.

DR. ELLIOT BERLIN, DC: Right when you said Italian, I got hungry. Just the way you said it. I'm hungry.

GILLIAN SHURE: I want a big pizza. You're Italian, and I was like, ah, dinner.

CARLA BARATTA: Yeah, Italian and Spanish, and kind of English.

DR. ELLIOT BERLIN, DC: You speak great English.

CARLA BARATTA: Thank you.

DR. ELLIOT BERLIN, DC: You make English sound cool.

CARLA BARATTA: Thanks.

DR. ELLIOT BERLIN, DC: But you're fluent in Italian and Spanish?

CARLA BARATTA: Yes. Well, Spanish, yeah, but Italian. Both.

DR. ELLIOT BERLIN, DC: I'm going to Italy for the first time this summer.

CARLA BARATTA: Really? Oh, my god. Where are you going?

DR. ELLIOT BERLIN, DC: All over, like, I think, a 12-day tour.

CARLA BARATTA: Oh, that's so great.

DR. ELLIOT BERLIN, DC: Yeah, I'm starting to exercise now, so that A, I can walk all over the place comfortably, but B, so I can make room for all that food. Yeah, and you're going to walk a lot, and that's good. I feel like that's what you have to do. You probably don't need to walk a lot, but in order to eat all that, you have to walk a lot.

CARLA BARATTA: Yeah.

DR. ELLIOT BERLIN, DC: Otherwise, it doesn't work out. It's a win-win. Yeah, I'm in. All right, so let me ask you this, because you went around. You went from Venezuela to Boston. What was that change like? I mean, a small town Venezuela to Boston must be a big.

CARLA BARATTA: Yeah, it was a big change. I went for starting English for a year, and-

DR. ELLIOT BERLIN, DC: That was a mission of going to Boston?

CARLA BARATTA: Yeah, that was a mission.

DR. ELLIOT BERLIN, DC: Why Boston?

CARLA BARATTA: I don't know. I went to Miami, but my mom was like, no. There's a lot of people speaking Spanish in Miami, but-

DR. ELLIOT BERLIN, DC: But Boston, they talk funny.

CARLA BARATTA: I know.

DR. ELLIOT BERLIN, DC: If you're listening from Boston, you know you talk funny. Don't be funny.

CARLA BARATTA: Yeah, but for me, I didn't know anything about English. I mean, a little bit from school. So for me, that was how people speak.

DR. ELLIOT BERLIN, DC: It would be so funny to me if you had your- I was just thinking that. Your friends with an accent with a, what were you talking? Boston accent? With a car.

GILLIAN SHURE: My husband's from Boston.

DR. ELLIOT BERLIN, DC: Really?

GILLIAN SHURE: But he doesn't have it, but he can do it, and I love it.

CARLA BARATTA: It was a big change, but I loved it. I was living in a castle, and a lot of people from 40 countries were living over there. So it was a lot of learning. a lot of friends from the world and I noticed that I was not the black sheep because there were a lot of artists and painters and it was like oh my god

DR. ELLIOT BERLIN, DC: there's more people like me. It's true. Is it intimidating to get into acting where most of the roles are English-speaking? Yeah it is. And then are your auditions for a specific character type? Most of the time yeah

CARLA BARATTA: because I have a pretty strong accent so I cannot play like an American girl. I can do a funny American accent like a Vali girl. I want to hear that. No. I don't want to make fun of that but with my friends I can like talk like that like a Vali girl but yeah for characters most of them it's for Latinos or European people with accents. So

DR. ELLIOT BERLIN, DC: speaking English with an accent and your really first show here is The Mayans.

CARLA BARATTA: Yeah. MC. How did that audition go down? How did the whole thing happen? It was my second audition in the US. Oh wow. Yeah so it happened really fast and that's not how it usually happened so I had to learn while I was filming and doing all the things because it was my first time doing a big show doing TV and being in the US. Just learning the ropes? Yeah it was crazy. Of filming when you got the job? Yeah. Wow so you auditioned once for it? I auditioned once because this role was a recast and they were shooting the pilot like I auditioned on Thursday and Monday I was on set. Wow. So it was so fast and then after that everything came to place it

DR. ELLIOT BERLIN, DC: was just like. Geez. Yeah. First of all considering LA traffic it's hard

CARLA BARATTA: to imagine you even got there that quickly. I know. But also that's really fast. Had you seen Sons of Anarchy? Yeah. Oh you had watched it? I wasn't like a fan of the show but it's not like we don't have internet in Venezuela we do have but it was not the best and I didn't get like Netflix and all of that over there so I knew about the show but when I got the role I was like okay I have to do a little bit of research and I started watching the show and I was just like this is amazing.

DR. ELLIOT BERLIN, DC: Oh you liked the show? Yes. And then you became the show. I know. All right well we gotta take a little quick break when we come back let's chat pregnancy don't go anywhere we'll be right back. If you've ever struggled to get your Welcome back to the Informed Pregnancy podcast. We are talking to Carla Borada. So you had a baby.

CARLA BARATTA: Yeah.

DR. ELLIOT BERLIN, DC: How does that start to come into play? Did you decide now's a good time to have a baby?

CARLA BARATTA: No.

DR. ELLIOT BERLIN, DC: Okay.

CARLA BARATTA: It was a surprise.

DR. ELLIOT BERLIN, DC: You auditioned on Monday.

CARLA BARATTA: Exactly.

DR. ELLIOT BERLIN, DC: And on Thursday, you had the job.

CARLA BARATTA: It was a complete surprise for us. And I found out I was pregnant on December last year. Okay. I was going to start season two of Mayans on April from the year coming. Okay. So this year. And of course I will be like six months pregnant while I was shooting. So I was like, okay, I'm just going to wait for Christmas and then I'll tell them. So I went to Venezuela for Christmas. Then I came back to the U.S. around February. We had a beautiful dinner at the Elgin James house. He's like the head of the show. And I was like, okay, this is the moment. I'm going to tell him. And I was like, hey, I have to talk to you. I'm pregnant. And he was like, you have to be kidding me. And I was like, yeah.

CARLA BARATTA: And then he was like, wait, wait, wait. And he called one of the writers and he was like, what is the only thing that we know for sure about this season? And she was like that Adelita is pregnant. So my character was pregnant for season two and they didn't know it was pregnant. Whoa, they already wrote it in. Yeah. And I was like, oh, my God, this is amazing. And we started crying. And yeah, they have like fake bellies. But you had a real belly. Yeah, it was my belly the whole show. Oh, that's amazing. Incredible. You are like meant to be. That'll be so cool to go back and show your son. I know, because he was there at the time and reacting. Yeah. Yeah. Wow. So I'm just also a little curious, but maybe too much information.

CARLA BARATTA: Were you trying to not get pregnant? Yeah. I mean, I was doing like for a year this method where you take your temperature. Basil. Yeah. And it worked for like a year.

DR. ELLIOT BERLIN, DC: But then you were using it to avoid getting pregnant. Yes. And whereas other people use it to try to avoid it. You're like, oh, no, I'm ovulating. You sleep over there. I'll sleep over here. And then it was my husband's birthday.

CARLA BARATTA: And I was like, oh, nothing's going to happen once.

DR. ELLIOT BERLIN, DC: And what are you going to get him next year?

CARLA BARATTA: I don't know.

DR. ELLIOT BERLIN, DC: It's going to be hard to outdo, though. Oh, wow. So you weren't 100 percent surprised.

CARLA BARATTA: Yeah. Yeah.

DR. ELLIOT BERLIN, DC: How was it like acting that pregnant? I mean, did you have nausea and vomiting at the beginning or?

CARLA BARATTA: Yeah, but a little bit of nausea. But I started shooting when I was six months. So that was. Yeah. And I had a super easy pregnancy. Yeah. I mean, I never felt better in my life than when I was pregnant. And I think also the rush and the adrenaline and being on set. And it kept me like healthy and working out. So it was pretty interesting.

DR. ELLIOT BERLIN, DC: But emotionally, it was a lot in terms of what?

CARLA BARATTA: Because I was doing like really intense scenes. Oh, because. Right. Yeah. They put me like in a dog cage being pregnant for real. And at the end, they kidnapped me. And the last scene that I made, it was the character giving birth. And that scene was after I gave birth. Like, oh, yeah, I might be for the better. Yeah. But they were like taking the baby away. And I was like crying, no, my baby. So yeah, I had a real baby.

DR. ELLIOT BERLIN, DC: Yeah. So that's an interesting IMDB credit. I know. Like three week old baby. Yeah. It's never too early.

CARLA BARATTA: But it was really cool. And I worked till I was 36 weeks. And the last day that we were shooting, we were in Mexico, in Tecate, in the border. And I was like, if I feel something, I'll run across the border. Yeah. This baby's not going to be born in the border. Yeah. Wow.

DR. ELLIOT BERLIN, DC: But is there physical elements to the I mean, because sometimes it's a violent show.

CARLA BARATTA: Yeah, it is. Well, they have a stone double for me in the scenes that we needed. But with a fake belly, with a fake belly. Yeah. But it was not a lot.

DR. ELLIOT BERLIN, DC: Yeah. If I ever do a TV show, I'm insisting on a stunt double with a fake belly.

CARLA BARATTA: Yeah. In my contract. It doesn't look that good.

DR. ELLIOT BERLIN, DC: Anyway, so when you're traveling around, is it hard to do like all your medical visits? I mean, 36 weeks is deep into your pregnancy.

CARLA BARATTA: Yeah. But I mean, I had my only pregnancy with a midwife in a midwife center in Santa Clarita. Oh, yeah. So they gave me the green light. They were like, you can go. And then I had a water birth.

DR. ELLIOT BERLIN, DC: All right. We're going to talk about that soon. But did you, midwifery care versus medical care, that was a conscious choice that you made?

CARLA BARATTA: Yeah, because we started in a medical care, regular hospital with a regular doctor. But it felt, I don't know if it was that doctor, but it was not like, it didn't feel right. For you? Yeah, for me. And I just wanted to try to have something more close to my heart, something more like warm, because I'm here without my family. And I wanted someone.

DR. ELLIOT BERLIN, DC: Is your family still in Venezuela?

CARLA BARATTA: Yeah.

DR. ELLIOT BERLIN, DC: With all the mess going on there?

CARLA BARATTA: Yeah, they're still over there. Oh my. Mm-hmm.

DR. ELLIOT BERLIN, DC: Gosh, I pray for everyone there.

CARLA BARATTA: Yeah, they're fine, but it's rough. This is not a...

DR. ELLIOT BERLIN, DC: Have they come up to see your son yet?

CARLA BARATTA: Yeah, and we went for Christmas. That was crazy, too, with a little baby.

DR. ELLIOT BERLIN, DC: How was it traveling with the baby?

CARLA BARATTA: Interesting.

DR. ELLIOT BERLIN, DC: How old was he when you traveled?

CARLA BARATTA: Four months. Oh, four months. Yeah.

DR. ELLIOT BERLIN, DC: My experience of four months with a baby was that the baby didn't really care where they were. So here's my little travel kit tip from Dr. B, my life hack for traveling with babies. At that age, you just have a little thing that's a bag, and inside it, you have little Hershey's miniature chocolates and some earplugs. And so when you first get on the plane, you just give everybody around your Hershey's miniature chocolates. And then if your kid screams, instead of being mad at you, they feel bad for you, because you gave them chocolate. And then right when they're feeling bad for you, you're like, I'm so sorry. I'm trying to get the baby to come down. But here's some earplugs, just in case. And then you're like a goddess.

DR. ELLIOT BERLIN, DC: You're like an angel. That's amazing. So simple. Yeah. But really, I mean, especially if you're feeding the baby, they don't care where you are. They want to be snuggled up against you, whether you're just sitting there or they get hungry, you can feed them, it's like... We always had an easy time traveling. Once they started to fidget and move around and crawl and walk around, then they don't want to be stuck in a seat for however long it is, depending where you're at. We just got our daughter's passport.

CARLA BARATTA: So we're ready.

DR. ELLIOT BERLIN, DC: We're ready. We're ready. Let's do it. I think it'll be just take my secret travel kit. You'll be totally fine. All right. So let's get back on track. With your pregnancy, you liked the midwifery care.

CARLA BARATTA: Yeah, I loved it.

DR. ELLIOT BERLIN, DC: And during your pregnancy, were you planning to birth with those midwives? So you had put some thought into what you might want your birth to be like.

CARLA BARATTA: I try not to. Think about it? Yeah, because I get really into my head. And my husband, he's really relaxed. He was like, whatever you want to do, I'm going to be there with you. So I tried not to watch a lot of things or to read a lot. I was just like, I'm going to trust my body. And I'm

sure if it's not for me, then they'll tell me, let's go to a hospital. So I kind of knew that everything was going to be OK and just trust that my body knew what was going to happen. I was just like, OK, you do your thing. I'm just the vehicle for this to be born. And it was just a three hour birth. Whoa. What?

DR. ELLIOT BERLIN, DC: OK. You do things like quick. You're like, I think I'm going to audition for this job. Boom, I got the job. That's true. That's a little birthday present. Boom, I'm pregnant. Yeah. In one of The Midwife, you interview one of hers, Andrea. Oh, not on here. On the Real Midwives of Los Angeles. It was our YouTube channel. Oh, OK. So we interviewed her about her own birth stories and becoming a midwife. Oh, wow, she's amazing. So your plan was to just labor at the birth center or at home?

CARLA BARATTA: Birth center.

DR. ELLIOT BERLIN, DC: Oh, at the birth center. And you felt like, because there's no drugs or anything like that, you were totally comfortable with it.

CARLA BARATTA: Totally, yeah.

DR. ELLIOT BERLIN, DC: You didn't do a lot of prep. But I know you listened to that one podcast from time to time.

CARLA BARATTA: I listened to all of your podcasts, I swear. When I was in the gym, I was like, yeah. That was my inspiration.

DR. ELLIOT BERLIN, DC: That's the only way I ever get to the gym, is when people listen to me in the gym.

CARLA BARATTA: Yeah, I did. And it sounds weird, because it was my first baby. But I just had this feeling that everything was going to be fine. And I knew that if I didn't feel in the moment, I could tell the people, just take me to the hospital, because I can't do this. But I think it was so fast that I didn't even have the chance to.

DR. ELLIOT BERLIN, DC: You never got to that.

CARLA BARATTA: Yeah.

DR. ELLIOT BERLIN, DC: All right, let's do this. Let's take a break and come back. And we'll give the full birth story. OK. Don't go anywhere. We'll be right back. Welcome to the Informed Pregnancy Podcast. It's Elia Berlin and Gillian Shurer. And we're talking to Carla Berada. Let's talk birth. Spoiler alert, we know it only took 10 minutes. But how did it all start? First of all, where are you? you in relation to your due date? 39 weeks.

CARLA BARATTA: 39? Yeah. Okay. Tuesday. My due date was next Monday, and it was 39 weeks on Monday, and it was a Tuesday.

DR. ELLIOT BERLIN, DC: So you're 39 weeks on one day.

CARLA BARATTA: Exactly.

DR. ELLIOT BERLIN, DC: And you just stopped working three weeks ago.

CARLA BARATTA: Exactly. Yeah. And then my mom was here, and my mother-in-law was here. They were staying with us, and we were watching TV like at 10 p.m., and I just felt like something moved really big, and I was like, I think I'm going to go to sleep just in case I'm relaxed. So I went to bed, and then at 2.30, I wake up with the first contraction that I was having for a week. I was like, I think this is a contraction, but it was not. And then I felt like this thing that I was like, maybe this is it. So I wake up my husband like, I think it's time. I went out of the bed, and my water broke. Oh, right there, after one contraction. After one contraction, it just broke. I was like, oh my god, it's like the movies. That part was exciting.

CARLA BARATTA: Then we wake up like the grandmas, and my mom was like, we're so fast having babies because her, my grandma, my sister, they're all like six-hour birth. And I was like, okay, let's call the midwife. And we called them, and she was like, how close are the contractions? And I was like, my husband was talking to them, and he was like, well, the first one was like eight minutes, the next one was seven, the next one was six. And she was like, okay, so maybe we're going to meet you there like in 30 minutes. Oh, go straight to the birth center. Yeah, straight to the birth center because they didn't know what was happening because it was really close to each other, the contractions.

CARLA BARATTA: When we get there, they check me, and they told me I was two centimeters. It was like 3.30, almost four. Yeah, like 3.30.

DR. ELLIOT BERLIN, DC: Did finding out that you were two centimeters mean anything to you in that moment?

CARLA BARATTA: Yeah, I was like, I can't do this. Oh, you thought you would be further along. Yeah, because it was really painful. And she was like, if you want to go home and then come back. I was like, no, I'm not moving from this bed. I'm just stuck here.

DR. ELLIOT BERLIN, DC: Where did you feel the pain?

CARLA BARATTA: All over.

DR. ELLIOT BERLIN, DC: Front, back.

CARLA BARATTA: Yeah, it was super intense. Like I was laying down, just like, my husband was talking to me. He asked me, do you want music? And I wouldn't say anything. I was just like, no, he didn't say anything. He just told me what was inside. Yeah. And then the midwife told my husband, when she started, okay, just stay here. We're going to go to sleep in the room next to this one. When she started doing like weird sounds, like she wanted to push or something.

DR. ELLIOT BERLIN, DC: Grunting.

CARLA BARATTA: Just wake us up. And he was like, okay. Then 15 minutes passed, and I started doing these sounds. And my husband was like, I think this is it. And he went to find the midwife. And they were like, no, I don't think this is it. And they went to check me. And he was like, oh my gosh, she's 10 centimeters. Hurry up. And then.

DR. ELLIOT BERLIN, DC: You went from 2 centimeters to 10 centimeters in 15 minutes?

CARLA BARATTA: Yeah. And then, what? I know. I mean, I don't know, because it was my first baby.

DR. ELLIOT BERLIN, DC: Your grandma was not lying.

CARLA BARATTA: Yeah. And then they started like feeling the top. But I didn't know I was going to.

DR. ELLIOT BERLIN, DC: The top of the baby's head?

CARLA BARATTA: What do you mean the top? The bathtub.

DR. ELLIOT BERLIN, DC: Oh, they're feeling the tub.

CARLA BARATTA: Yeah.

DR. ELLIOT BERLIN, DC: Oh, they started feeling the tub.

CARLA BARATTA: But I didn't know I was going to have it there. They were just like, just in case, we're going to put water here. And the moment I heard water, I was like, take me to the water. And I just jumped in the bathtub. And it was, I don't know, 10 fingers of water or something like that.

DR. ELLIOT BERLIN, DC: You're not that big.

CARLA BARATTA: Yeah. And then I started pushing.

DR. ELLIOT BERLIN, DC: In the water?

CARLA BARATTA: Yeah.

DR. ELLIOT BERLIN, DC: Right when you got in?

CARLA BARATTA: Yeah.

DR. ELLIOT BERLIN, DC: Wait a second, you did not from the beginning,

CARLA BARATTA: you weren't planning to do water? No, not at all.

DR. ELLIOT BERLIN, DC: You never talked about it, thought about it?

CARLA BARATTA: No, mm-mm.

DR. ELLIOT BERLIN, DC: But today, you're getting close. Let's fill up the tub. But then you heard it. And your instinct was like, get in the water. Yes. You dove in a pool. Yeah, it was.

CARLA BARATTA: Literally. That's amazing. And I almost crawled to the bathtub. I was like, yeah.

DR. ELLIOT BERLIN, DC: To get into it? Oh my god, I could see the scene in the movie. You're right.

CARLA BARATTA: And my husband was like, are you sure? And I was like, yeah, I just put me over there. Oh, wow.

DR. ELLIOT BERLIN, DC: So you pushed right when you got into the water?

CARLA BARATTA: Yeah.

DR. ELLIOT BERLIN, DC: Like just a little pushing?

CARLA BARATTA: No, no, no, it was, I don't know how many times, because in my mind it was hours. But maybe, I don't know, seven? Seven pushes? Pushes or something. And then my favorite part was the moment he was out, the pain was gone, like right in that moment. And then the placenta was out. And then they put the baby here, like in my chest. He ate a little bit. And then they kept the placenta connected with the baby for like maybe 20 minutes.

DR. ELLIOT BERLIN, DC: Oh, the placenta came out?

CARLA BARATTA: Yeah.

DR. ELLIOT BERLIN, DC: So the baby's connected to the placenta, just sitting on you.

CARLA BARATTA: Yeah, and they do. I didn't cut that thing till like 20 minutes later. My husband cut it and then he waited the baby. And then everything started at 2.30. He was born like at 4.50. Wow, that is so crazy. At eight, we were home with a baby. Oh my God.

DR. ELLIOT BERLIN, DC: When our fourth was like that, what is the fourth? There's not like a lot of traffic on the fourth, you know? Our first one was 42 hours. I never get doula clients like you. When I was a doula, I would always get the clients that are like long births. I had one, actually she was on the podcast. We actually recorded a podcast. She was walking around grunting. She's like, God, I'm so big. I want to just go into labor. Nothing's working. I did all the things. We left the studio and she had the baby two hours later. That was her first kid also. So I didn't even make it. She didn't have a chance to call. Two hours and 15 minutes later, I got a text. This is my baby. What? Is that a joke? That's crazy.

CARLA BARATTA: She's like, yeah, there's no time to call.

DR. ELLIOT BERLIN, DC: I don't know why it was that fast. That's so crazy fast on a first kid.

CARLA BARATTA: And the midwife told me, you can have all the kids that you want, but at home. At home, because you won't have time.

DR. ELLIOT BERLIN, DC: Because you're not going to have the time to go and have them.

CARLA BARATTA: Yeah.

DR. ELLIOT BERLIN, DC: So I don't know. When you were pushing, I'm just curious, did they coach you on pushing or you just left it to you to do it?

CARLA BARATTA: No, they were two midwife with us. And I didn't even know they were there in my mind because I knew they were there. But they were so just touching my knees and my husband was grabbing my hands and he was like, breathe and push. And I was pushing with everything. And then the midwife told me, just one more time. And that was when I was like, this is it. And then.

DR. ELLIOT BERLIN, DC: Is there going to be a third season of Mayans?

CARLA BARATTA: Yeah, we're going to start on April.

DR. ELLIOT BERLIN, DC: Is it going to scare you a lot

CARLA BARATTA: if you read the script and you're characterized twins? Oh my God, no. Because I'm still trying to remember.

DR. ELLIOT BERLIN, DC: There's one need to be method again.

CARLA BARATTA: No, no.

DR. ELLIOT BERLIN, DC: And your stunt double will have to get an extra belly.

CARLA BARATTA: Oh my God. I don't know how people with twins do it. I don't know.

DR. ELLIOT BERLIN, DC: It just all works out somehow. What about feeding and like all the new mommy stuff?

CARLA BARATTA: It was great. I mean, I didn't have any trouble with breastfeeding but when he was like three months, I started to give him a bottle, my milk in bottle because I had to go work and audition and it was like a lot to take the baby. I didn't want to do that. And then it was a lot of pressure to take out the milk and put it in the fridge and all of that. So we started breastfeeding and formula, like a three month and a half, something like that. And then he liked more the formula. Oh nice, yes. Yeah. So I will feed him just at night. And then when he was five months, he turned five months, he was like, no, I don't want to breastfeed anymore. And I was like, okay, it's fine. I mean, I would love to do it for a longer time,

CARLA BARATTA: maybe six or seven months, I don't know. But also I knew it was not for me, it was like for the baby. And my husband was the one that told me, I know you want to do it but if the baby doesn't want to do it, it's not your thing, it's because of him, you know? And I was like, yeah, maybe my ego brain of mom doesn't want to let this baby not have in my milk. But yeah, it was a lesson, because.

DR. ELLIOT BERLIN, DC: This may sound weird, I mean, I love my mother's home cooking, but definitely the first time I filmed like packaged snack cakes, I was like, whoa.

CARLA BARATTA: That's an amazing example. Well thanks. That's an amazing example. Yeah. Yeah. I came back around to my mother's home cooking. I hope he doesn't come back to me. That's where the analogy ends. Oh, well. Yeah, and now he's six months, so we're trying to give him food. Have you, what have you given him and has he enjoyed it yet? Kind of. Yeah, like banana and pear and apple, but it's funny.

DR. ELLIOT BERLIN, DC: So now you're acting. Your career is off to a blazing successful start here in the US. And you're still painting.

CARLA BARATTA: I'm still painting. I had a show, I think it was January, when we had the show, and it was like a fundraiser for the kids in Venezuela, and with another guy from the show, Michael

Onstein. He's also a painter, so we did this beautiful show and we raised a lot of money. Wow. Yeah, we sent a bunch of things like milk and diapers and medicines. It was beautiful.

DR. ELLIOT BERLIN, DC: No snack cakes?

CARLA BARATTA: Yeah.

DR. ELLIOT BERLIN, DC: And you're painting your stuff now. You're not commissioned anymore for other people's things. And I opened up by saying that your artwork is multi-dimensional female characters. Tell me more about that.

CARLA BARATTA: I think in my acting, I try to do like interesting characters. I don't want to do like boring things or just the wife or somebody. I just want to, if girls and women are watching me on the television or on the movie screen, I want them to see someone that they can connect to and they are inspired by. And then when I'm doing my art, I try not to have a gender when I'm painting. So if you see a face that I do, you don't know if it's a woman or if it's a man or where's that person from. And I think that's what I love about my art because I sometimes I don't define myself by gender or by women or being a man or being, you know, I think it's more of that or the color of your skin or where you're from or your culture.

CARLA BARATTA: I think inside we're all the same and we're so powerful and so rich. And sometimes because of the way we look, people judge us. And I want when someone watch me on screen and they connect with that, I want the same thing with my art, but that anybody can connect with it. It doesn't matter if you're a man, you can see that piece and you can be like, maybe it's me when I'm sad, you know.

DR. ELLIOT BERLIN, DC: Wow, that's pretty cool. I love that because I think there's not enough focus on what we have in common. We're so focused on our differences right now in this time period. And it's nice to just take away those differences and just see commonality, something anybody can relate to that we can relate to.

CARLA BARATTA: Yeah, I think that's important. And also, I mean, I've been lucky to have amazing, amazing men in my life. My dad is amazing. My husband, he's like, I couldn't be doing any of this without him. So for me, it's also like honoring that, honoring men and women together because we're like you said, we're so divided right now, like women, power, men a lot. And I think if we come together, we're stronger together.

DR. ELLIOT BERLIN, DC: Hundred percent. No more architecture?

CARLA BARATTA: No.

DR. ELLIOT BERLIN, DC: Do you miss it? You don't seem to.

CARLA BARATTA: No. I mean, it was fun.

DR. ELLIOT BERLIN, DC: You get that giant desk.

CARLA BARATTA: I know. That's why I wanted to be an architect.

DR. ELLIOT BERLIN, DC: I would want to be an architect just for that desk.

CARLA BARATTA: Just a doodle on there. That's a good thing. And I was doing background for theater. Theater? Background? Like the scenography? Yeah, like sets. Oh, that's cool. Yeah. So that was my thesis.

DR. ELLIOT BERLIN, DC: Thesis?

CARLA BARATTA: Thesis was about that. Yeah. And I worked doing that in Caracas for a while.

DR. ELLIOT BERLIN, DC: Oh, you got so much stuff.

CARLA BARATTA: Yeah.

DR. ELLIOT BERLIN, DC: Well, I think the universe has definitely dubbed you like move quickly, girl. I know. Move quickly part bus stony and part valley girl in Caracas slash Barcelona.

GILLIAN SHURE: Is it weird that I have birth envy?

CARLA BARATTA: I don't think I have birth envy. Please don't. No, I mean, it's a beautiful story.

DR. ELLIOT BERLIN, DC: No, it's good. It's inspiring. It's like that's possible. It is possible. Yeah, it's wonderful. And you weren't here, but we just recorded Gillian's birth story. And the plan didn't go exactly according to plan, you know. And I think that's what happens with birth is like you kind of make a loose plan. And at the end of the day, you're trying to steer a hot air balloon. And sometimes the wind blows in your favor and sometimes it doesn't.

CARLA BARATTA: Sometimes you dive in a shallow tub. Yeah, I think at the end of the day, for me, it was more about not planning. So I didn't have a big expectation of what my birth was going to be. I just wanted to be with a midwife if that was possible. But I didn't have these dream about my perfect birth or I was I wasn't like putting across like I'm not going to be in the hospital. I was just like, let's just be there for whatever happens. And for me, it worked maybe because I wasn't in my head and I was not having a lot of expectations about what was going to happen.

DR. ELLIOT BERLIN, DC: Yeah, I think there's so many factors. Part of it is what you want and where your mindset is huge. Part of it is the people you surround yourself with. And a lot of it just boils down to luck. You know, what happens once the wedding starts, you just kind of let go and roll with it.

CARLA BARATTA: And trust because you use the wedding analogy. Yeah, whatever happens is the best, especially for the baby, because that's what was supposed to happen. Yeah, exactly. I am inspired by both of you. I'm grateful.

GILLIAN SHURE: I can't wait to hear your story.

DR. ELLIOT BERLIN, DC: I'm so grateful to both of you for sharing your stories. I learned something every time someone just shares their birth story. I know our listeners learn a lot from it, too. So I really, really appreciate your coming. Where can we find you online?

CARLA BARATTA: My Instagram is Carla Barada, my name. And in there, you can see a little link to where you see my art. I'm really bad with technology, but I managed to create a website for my art.

DR. ELLIOT BERLIN, DC: Oh, very good. So on your Instagram page, you have a link to your artwork.

CARLA BARATTA: Yeah.

DR. ELLIOT BERLIN, DC: The bio link. the only link you can get on Instagram.

CARLA BARATTA: Exactly.

DR. ELLIOT BERLIN, DC: And Gillian, you're on Instagram too. Gillian, sure, you guys are very, very creative with the Instagram handles. And we learned earlier that you're now posting more than once a quarter.

GILLIAN SHURE: Yeah, like twice.

DR. ELLIOT BERLIN, DC: So if you want to keep up, but you don't have a lot of time, that's a great account to follow. I get that. Again, thank you so much. And also at home, thanks for listening to our show. If you would like more information about pregnancy and parenting, visit us online at informedpregnancy.com.

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