# Daniella Alonso - Before Birth

Episode 200 · November 5, 2020 · with Daniella Alonso

## IN THIS EPISODE

Model and actress Daniella Alonso — best known for One Tree Hill and now starring on Dynasty — joins Dr. Elliot Berlin, DC in the final weeks of her first pregnancy. She looks back on growing up in New York City, starting out as a teenage model, and the years of hard work behind her acting career, then opens up about starting a family: meeting her partner in acting class and admiring him from afar for years, the long shift from neither of them wanting kids to trying together, eight stressful months of timing flights around ovulation, freezing her eggs, and the surprise of conceiving naturally just as COVID shut down production. She shares how pregnancy has felt so far — the mental challenge of slowing down in the first trimester, Pilates and yoga in quarantine, and the aches of the third trimester — and how her birth plan has already changed twice, from a hospital birth in Los Angeles to a home birth with a midwife and doula she loved, and then, after a sudden call back to work in Atlanta, a scramble to find a whole new birth team in just two weeks.

***About this transcript:*** *This transcript was created with AI-assisted transcription and reviewed by our team. It may not be 100% accurate — names, medical terms, and phrasing can occasionally be mis-transcribed. For exact wording, please listen to the episode audio.*

**DR. ELLIOT BERLIN, DC:** Welcome to the informed pregnancy and parenting podcast. I'm your host dr Elliott Berlin my guest today is a model and actress who got her big break on the hit TV show One Tree Hill she's currently juggling a starring role in the primetime soap opera Dynasty With her final weeks of pregnancy and impending motherhood Daniella Alonso. Welcome to the podcast

**DANIELLA ALONSO:** Thank you. I'm so happy to be here. I am sad that you're there and not here

**DR. ELLIOT BERLIN, DC:** But we'll get to that in a second. Whatever that means. Let's start at the beginning. Where are you from?

**DANIELLA ALONSO:** I am from New York City born and raised. Do you miss it? I do. I really do. There's no really too. Yeah I do. I was such a sweet kid. I Don't park. I mean, it's

**DR. ELLIOT BERLIN, DC:** City my only problem with New York is I grew up there too Is that Central Park is like a zoo for trees in Manhattan like it's just all concrete Mostly trees are gonna go to the zoo

for trees as some kind of park But I do miss like the hustle and bustle and the busyness and like the insane diversity just everywhere you know you leave there and you go to some more homogenous zones and and you realize you know It's just such a beautiful melting pot there and they're at all hours of the night. There's always something open I don't know. I just feel so at home there the first time I went to Nebraska with my wife We were checking it out for her internship and we got there around 930 945

**DR. ELLIOT BERLIN, DC:** We checked into our hotel and you know, I said to the guys is there anything, you know, what's what's good? Can we get a movie? Can we get a drink? He's like, it's almost 10 o'clock Everything's closed you go to Home Depot. That's about it. So thank goodness for the Walmart And also where your parents from you're an interesting genetic makeup

**DANIELLA ALONSO:** Yes, my mom is Puerto Rican and my dad is Peruvian Indian and Japanese

**DR. ELLIOT BERLIN, DC:** Wow, that's quite a soup. But great loan is a mix because we're everything but then you had my dad Yeah, and then now you're everything times two everything squared Mm-hmm. I mean it came out really good. You got a just a great everything. It's a good combination Where did you get your start in acting? Is that something you always wanted to do?

**DANIELLA ALONSO:** Yeah, I did ever since I was little I loved movies and so I didn't really know what it was But I was just like I want to be in movies I want to do that and when I was 15, I started modeling as signed with Ford and It was just so much fun. All my friends were models, but we were teenagers in the city And so we worked together we have coffees after bagels and coffees and walked around the city And it just was so much fun. You can have bagels when you're modeling. I did But it was so much fun and then eventually Modeling led to commercials commercials led to guest stars and it was just it was that gradual process

**DR. ELLIOT BERLIN, DC:** So you entered modeling knowing that that could be a stepping stone. No, I have to know you just wanted a model

**DANIELLA ALONSO:** No, I didn't want a model they found you act and then I signed with a manager My first manager who first said no she didn't want to work with me and then called me like a week later and was Like I'll work with you She's like but you should probably do some modeling make some extra cash to pay for headshots and pay for all this other stuff So she hooked it up Ford and then I didn't even that was never a thought in my mind because I'm shorter And so I actually started working and I was like, this is great. You make so much money. It's so easy and it was just fun for me, but it wasn't what I wanted to do, but I just did it because it was a fun side job. It was like my part-time job.

**DR. ELLIOT BERLIN, DC:** Because you're 15, so you're in high school. How does modeling work with high school schedule?

**DANIELLA ALONSO:** I don't know how it worked, but I made it work. I don't know. I went to school, and I guess I might have missed a couple of days to do a couple of jobs. But yeah, it was pretty seamless actually. I also had a part-time job too. I'm a New Yorker. We had a lot of things going on.

**DR. ELLIOT BERLIN, DC:** As always, never sleep, never sleep. When you said you were inspired by movies, are there specific movies or specific actors who stuck out in your mind?

**DANIELLA ALONSO:** No, I just loved it. I loved just the way they made me feel. The sad, the happy, the I remember there was a movie called The Neverending Story when I was little, and it was just like, I've just bought into all of it, the adventure, and I didn't really know what it meant to be in movies, but I just wanted to be a part of that creation, like creating these worlds.

**DR. ELLIOT BERLIN, DC:** I still remember when I thought the people were in the screen, or like behind the screen, acting. I distinctly one time remember waving and thinking, I wonder if they can see. That was last week. No, I'm just kidding. So acting, so you said modeling turned into commercials, and then commercials turned into TV. How did that?

**DANIELLA ALONSO:** So Ford had a division at Innovative, which is an agency in New York, and then they signed me commercially. So I started going out commercially, and then they were like, oh, and I started booking stuff, and they were like, well, let's sign you theatrically. And then I did all the long orders, which is what you do when you're in New York. And it was awesome. I had a great experience, and it was great to do the guest stars and learn how it actually works on set, the dynamics on set. And then when I graduated college, it was just, you know, I was working. And then eventually I just, I booked One Tree Hill, and that was my first series regular. And that was the first time I ever left the city. That was a big, big deal for me,

**DANIELLA ALONSO:** because I was like, I'm never leaving New York.

**DR. ELLIOT BERLIN, DC:** Oh, where did they film?

**DANIELLA ALONSO:** Wilmington, North Carolina.

**DR. ELLIOT BERLIN, DC:** Oh. It's such a great city.

**DANIELLA ALONSO:** I loved Wilmington, but it was a culture shock for sure.

**DR. ELLIOT BERLIN, DC:** On the water.

**DANIELLA ALONSO:** Yeah, it was gorgeous. Carolina Beach. I loved it.

**DR. ELLIOT BERLIN, DC:** I went through the, like Screen Gems studios. I went through there one time, and we popped on set with the Dawson's Creek people. Yes.

**DANIELLA ALONSO:** For a moment. Well, I went back a few years, not a few, a couple years later, and I shot another show there called Revolution. And it was like so different because it was like 10 years later, or something like that. And the city had completely changed, but it was still, it still felt the same, but it just grew. It was bigger.

**DR. ELLIOT BERLIN, DC:** Yeah. It was a pretty neat town. Just a true Southern hospitality. Everybody was just friendly with everybody.

**DANIELLA ALONSO:** I miss that. I loved everyone that I worked with on both shows.

**DR. ELLIOT BERLIN, DC:** In college, did you study theater or?

**DANIELLA ALONSO:** No. No, my parents were like, you're not going to study theater. You can study, because they were like, you could go to acting school anywhere in the city. For college, I want you to get a degree. So I studied communications. That's like the next closest thing.

**DR. ELLIOT BERLIN, DC:** It is kind of close, yeah. And you're a great communicator. So it paid off. I mean, did you also go to acting schools?

**DANIELLA ALONSO:** I did. I mean, I studied at every school. We spare in, I studied at Lee Strasburg. I can't even think of all the-

**DR. ELLIOT BERLIN, DC:** It's kind of amazing though, because like you're in school, you're working a part-time job, you're modeling, you're taking acting classes. You know, I think that on one hand, I think people are always curious, like how do you end up on TV, right? But maybe just get lucky. But I think in most cases, it involves a little bit of luck and a lot of hard work.

**DANIELLA ALONSO:** Yeah, I mean, some people do get lucky, but all the actors that I know that are my friends, I mean, we've been doing this forever and it does take work. You just have to be constantly working, whether that classes or whatever, just always keep the engine running, you know?

**DR. ELLIOT BERLIN, DC:** Are soap operas different?

**DANIELLA ALONSO:** Yes, that was my first big job. I did a soap called As the World Turns and I was not prepared for that. I have so much respect for soap actors because I remember I booked the job and I had to, I guess you shoot two episodes a day or when I was working on it, that's how we shot it. And I was working like Monday, Tuesday, Wednesday, so that was six episodes. And they gave them to me like the Thursday before that Monday, so I had four days to memorize six episodes.

**DR. ELLIOT BERLIN, DC:** Oh wow.

**DANIELLA ALONSO:** Yeah, over 100 pages that I had to memorize. And you know, your brain just doesn't, I wasn't used to that. So I had to like have my cousins help me in shifts. They would just come over and run our shifts. Yeah, run lines with me.

**DR. ELLIOT BERLIN, DC:** Oh. I assume everybody had the same situation so is there a lot of like ad living like almost to script or you you got to get it a hundred percent straight

**DANIELLA ALONSO:** for the job that I had we had to everyone was so pro and they just I mean they nailed it also that experience this was like my first job first time first day on set and you show up and they block all 12 scenes in a row in the morning so you write everything down and you have to remember all your blocking as well as all of your lines shoot it in one maybe two takes and then go home which for a while it's actually the best job it was it was fun and once you get the hang of it it's easy but you know the very first couple days it was I had to focus I was petrified I mean I was a

**DR. ELLIOT BERLIN, DC:** theater major and I just memorizing just one script for the season you know it was so daunting so I really can't even imagine that's that's pretty intense and then blocking is just where they tell you where to walk and where to enter and where to exit and where to move and where to be it's it's a whole nother set of memorizations on top of your lines and it's all new so

**DANIELLA ALONSO:** it's like you don't know the sets and so they're like walk here cross on this line and you're like oh my god do I even know that line remember I have to cross on that line because the cameras are following you it's all choreographed it's really a great job it sounds crazy and fun it

**DR. ELLIOT BERLIN, DC:** is it was and you're crazy and fun so it's a perfect match perfect I am having so much fun talking about your background but I really want to get into your current ground let's take a quick break and when we come back we'll figure out how you got all knocked up and what you're planning to do for this birth don't go anywhere we'll be right back this episode is four times welcome back to the informed pregnancy podcast we're talking to Daniella Alonso okay so such a fascinating background and it's just so warm down to earth and friendly and you don't always find out with people in your career so I appreciate you let's talk about this pregnancy so first of all where'd you meet your partner and when so I met him in acting

**DANIELLA ALONSO:** class uh-huh but I've known him for three years I'm very shy so I've known him for three years he's like the best actor in our class he really is it was everyone wanted to work with him but I never spoke to him so I've known him for three years really admired his work but and we never spoke and then I think three and a half four years later I was finally like okay you know what I'm gonna ask him out and they did After literally not saying a single word to this poor guy.

**DR. ELLIOT BERLIN, DC:** No kidding. Yeah. How was the response? I mean, I see where you are now.

**DANIELLA ALONSO:** He's like, yeah, when? Tomorrow? I was like, no, maybe in a week.

**DR. ELLIOT BERLIN, DC:** Oh, that's amazing. So is he an actor too then?

**DANIELLA ALONSO:** He's an actor. He does theatrical work, but he's also a voice actor.

**DR. ELLIOT BERLIN, DC:** Is it hard having two actors in one union?

**DANIELLA ALONSO:** You know, I've heard people say that. I think for us, it works because, I mean, I respect him so much. And he's been such a great help, you know, to me. With every audition I get, he's just so good. But I think the hardest part is when we're both working. And so we have to separate. He has to go somewhere. I have to go somewhere. And so it's like the distance is the hard part. Because you're always somewhere new at the drop of a hat.

**DR. ELLIOT BERLIN, DC:** Yeah. So I mean, that's the part I really like. Because any two people that work in the same industry always have a potential problem. Because, you know, opposites attract and likes repel each other. But really for you, because I work with so many people in entertainment, that's what I see all the time. You have one person in Wales and one person in Canada. You know, and they have, let's say, two kids. And it's like, how do you juggle all of that?

**DANIELLA ALONSO:** I have no idea. We've done well so far. This is going to be a new...

**DR. ELLIOT BERLIN, DC:** This is a new adventure. Okay, so you're pregnant now. I mean, obviously the relationship worked out there. How soon into it did you start thinking about kids?

**DANIELLA ALONSO:** It's funny because I wasn't, when I first started dating, it wasn't even a thought in my mind. And he didn't want kids. Ever? Well, ever. Oh. But I didn't really believe. I was like, okay, I think that's just where he's at. And he's younger than me. So I was like, that's okay. I mean, at his age, I was like, no, I don't want kids. And then slowly, I think after maybe three years, we both started shifting a little bit. And I definitely shifted. Something just clicked.

**DR. ELLIOT BERLIN, DC:** Who brought it up first?

**DANIELLA ALONSO:** I did. It felt cool. And so I just was like, something's changing. And how do you feel? And he was like, well, I don't know. And, you know, it was like just a process of us getting to that place at the same time where I never would ever pressure him. And he also had to do it when it felt right for him. And so the conversation just kept going.

**DR. ELLIOT BERLIN, DC:** You're checking in with each other.

**DANIELLA ALONSO:** About a year of talking about it and then us looking at each other and finally going, I think we should try. Are you ready? Are you? Yeah, let's do it.

**DR. ELLIOT BERLIN, DC:** That's exciting. I mean, just getting on the same page together is very exciting.

**DANIELLA ALONSO:** Yeah, we're very lucky because, you know, it's hard. You can't force people to want something that big.

**DR. ELLIOT BERLIN, DC:** Right.

**DANIELLA ALONSO:** And it's just when you're not on the same page, it's such a discontent in the relationship because, especially in theory, you love each other so much and you want to give each other anything you possibly can. But a baby is a big thing to just give without really being ready for it.

**DR. ELLIOT BERLIN, DC:** I agree with that too. It's kind of exciting that you got on the same page. So when you started trying, did things move quickly?

**DANIELLA ALONSO:** Oh, no. No, they did not. It took, for this baby, it took, I would say eight months of trying and nothing working. Like it just would not work, but it was also because I was in a different city. And so it was like trying to time ovulation with days off, with flying and just getting there right in time. It just was so stressful. Specifically with the goal of, like, I got to fly to see you so we conceive and then I got to get back to work. Exactly. And it just kind of sucked. At first it was fine, but then it was like when I wasn't getting pregnant, then it starts to add this other level of pressure. And then it's like, it's just so much pressure. And I finally got pregnant when I said, you know what? I'm done. We're done.

**DANIELLA ALONSO:** Because I had frozen my eggs years ago just so I wouldn't feel that pressure. And I just said to him, you know what? The timing thing, the flying back and forth, it's just becoming so stressful that I think we'll just do IVF in the summer when I'm off from the show.

**DR. ELLIOT BERLIN, DC:** With your frozen eggs?

**DANIELLA ALONSO:** Yes, embryo. Yeah, we're frozen embryos.

**DR. ELLIOT BERLIN, DC:** Oh, you froze embryos together?

**DANIELLA ALONSO:** Well, no. We did that after. I froze my eggs at first because I didn't know him when I froze them.

**DR. ELLIOT BERLIN, DC:** Oh, gotcha. And then you made embryos that stayed frozen.

**DANIELLA ALONSO:** Yeah. But then I got pregnant.

**DR. ELLIOT BERLIN, DC:** Without them?

**DANIELLA ALONSO:** Without them, yeah. I think it was once I just let go of the trying so hard and trying to make it work, you know, all the pressure of that. It just happened naturally.

**DR. ELLIOT BERLIN, DC:** Well, that must have been a surprise.

**DANIELLA ALONSO:** It was. It was a big surprise because, you know, we were shooting and then two days later they shut us down because of corona or COVID. And I just flew back to L.A. And when I flew back, I found out I was pregnant. It was crazy.

**DR. ELLIOT BERLIN, DC:** Oh, you were shooting Dynasty?

**DANIELLA ALONSO:** I'm shooting Dynasty.

**DR. ELLIOT BERLIN, DC:** And then when COVID broke out,

**DANIELLA ALONSO:** they just shut everything down. We had like a baby Otis, they shut us down. I flew home two days later and just was like, you know, hanging out at home and then found out I was pregnant. Yeah.

**DR. ELLIOT BERLIN, DC:** Wow, that's amazing.

**DANIELLA ALONSO:** It's crazy how that happened. So I've spent most of my pregnancy at home in quarantine.

**DR. ELLIOT BERLIN, DC:** Yeah, that's also kind of interesting. Well, what was your first clue that you were pregnant?

**DANIELLA ALONSO:** Just my misperiod. I was like that.

**DR. ELLIOT BERLIN, DC:** Oh, you're pretty regular then.

**DANIELLA ALONSO:** Yeah.

**DR. ELLIOT BERLIN, DC:** And then you took a test? A test. Did you take a bunch of tests? Like everybody else?

**DANIELLA ALONSO:** No.

**DR. ELLIOT BERLIN, DC:** You took one test?

**DANIELLA ALONSO:** One. I made an appointment with the doctor because I was like, I just like to confirm at the doctor's office.

**DR. ELLIOT BERLIN, DC:** You don't trust more tests?

**DANIELLA ALONSO:** No.

**DR. ELLIOT BERLIN, DC:** Yeah, I think you're the first person that I've interviewed that did one test.

**DANIELLA ALONSO:** Really?

**DR. ELLIOT BERLIN, DC:** Yeah, and trusted it. Either way, people took like...

**DANIELLA ALONSO:** Like I could feel it in my body. I don't know, I just felt like something was off.

**DR. ELLIOT BERLIN, DC:** When you did tests and they were negative, did you only do one test?

**DANIELLA ALONSO:** You think about that, yeah.

**DR. ELLIOT BERLIN, DC:** You're a one test kind of girl.

**DANIELLA ALONSO:** Mm-hmm.

**DR. ELLIOT BERLIN, DC:** It's unique. They even usually sell the two in a pack. Yeah, they do. Yeah, they do. They do for the next time. How'd you break the news?

**DANIELLA ALONSO:** I think I just called him into the bathroom. I showed it to him and that's it. I just, yeah. Because again, I was waiting for the doctor's confirmation. This was like, okay, I think this is right. Let's get a little excited, but let's wait till the doctor's and then that is when.

**DR. ELLIOT BERLIN, DC:** How's your pregnancy been?

**DANIELLA ALONSO:** You know, it's been pretty good, I have to say. First trimester was, I had nausea, but I didn't throw up and all that. It was just like, I was just really tired. Really, really tired. I slept a lot. So I was grateful for the time off. And then second trimester was amazing. Third trimester...

**DR. ELLIOT BERLIN, DC:** Oh, you're such an energetic soul. It's hard to picture that first trimester where you feel fatigue and losing weight. My guess is you probably came down to my normal energy.

**DANIELLA ALONSO:** That was the hardest part actually, the mental. Because I was so used to go, go, go and we were flying back and forth every weekend and working and then all of a sudden it's like, stop and my body is like, you need to sleep another eight hours a day. So that was really hard for me.

**DR. ELLIOT BERLIN, DC:** Hard for you?

**DANIELLA ALONSO:** Yeah, I felt good. Oh, yeah.

**DR. ELLIOT BERLIN, DC:** And what you were saying about third trimester.

**DANIELLA ALONSO:** Well, the third trimester hit and that's when I met you.

**DR. ELLIOT BERLIN, DC:** That's when a lot of people meet me.

**DANIELLA ALONSO:** Everything just started to, I mean, I'm healthy and I feel good, but my hips, my groin, like the belly is just really heavy, my ribs. It's just a lot of aches and pains and discomfort and not sleeping because of it. So I haven't really slept this third trimester.

**DR. ELLIOT BERLIN, DC:** Yeah, did quarantine, I know it prevented a lot of people from getting self care and from doing their usual workouts. Did it affect you that way too?

**DANIELLA ALONSO:** You know what, I'm very grateful. No, because I made a gym out of my garage and I did my Pilates, I did yoga. I have two amazing teachers that I worked with. So I worked out, also I knew I was coming back to work and possibly while I was pregnant. Never knew when we were gonna start back up but I was like, I have to kind of stay in shape. And so I did Pilates and yoga five days a week, minimum height those other two days and just tried to stay as active as I could.

**DR. ELLIOT BERLIN, DC:** I wish, you know, because I made a gym at home too and it's got all this great equipment in it. One day I should go in there and just blow the dust off of it. It's just, I'm glad you were here. That you love, like that one kind of exercise

**DANIELLA ALONSO:** that you really like, I love Pilates, I love it.

**DR. ELLIOT BERLIN, DC:** Yeah, I haven't found it yet. I've been searching. I love gelato.

**DANIELLA ALONSO:** Yeah, you do. I see what you're saying cause I have no problem doing gelato three times a week.

**DR. ELLIOT BERLIN, DC:** Exactly. But I haven't found the exercise yet but I'm still looking and I try and I force myself to do stuff I don't love. But-

**DANIELLA ALONSO:** That's called TACFIT.

**DR. ELLIOT BERLIN, DC:** What's it called?

**DANIELLA ALONSO:** TACFIT, T-A-C-T-F-I-T.

**DR. ELLIOT BERLIN, DC:** Oh, TACFIT.

**DANIELLA ALONSO:** And a lot of the martial artists do it and it's mostly breathing mixed with movement but it's a workout. So you get these and you kind of like are constantly moving. It's a little more amped version of yoga but it's like you really get in tune with your breath and you don't stop moving for the 45 minutes you're working out. But it keeps, I don't know, it's a cool exercise.

**DR. ELLIOT BERLIN, DC:** I am legit gonna check it out cause right now I'm just doing breathing with Netflix and it is not working. All right, I wanna find out about your birth plan and you're giving birth soon. So hopefully you have your ideas cause I know things have changed for you. We'll talk about it when we come right back. Welcome back to the informed pregnancy podcast. We're talking to Danielle and Lonzo and you are in Atlanta, Georgia So you didn't know everything was up in the air I

know when I met you for the first time you're like this might be my only appointment You've got to make it good It has to last because I might be going to Atlanta and you didn't know and they kept pushing it off and then you

**DR. ELLIOT BERLIN, DC:** Thought maybe you're gonna give birth in Los Angeles. Maybe not What was your original plan like if you were gonna give birth in Los Angeles?

**DANIELLA ALONSO:** So yes, my original plan was to go to Cedars So a hospital birth a hospital birth, but then two friends of ours introduced us to a midwife bliss young and She completely like blew us away and her energy just she was just so Incredible and she kind of like just not that she talked me into it But I just was like I could deliver at home. I could do this I just felt so confident in her and then she made me feel confident in myself I had an amazing doula named Cassie Turney who I love she's just so sweet and just she knows so much and she Just made me feel so comfortable. And so then it switched from Cedars to a home birth yoga doula

**DR. ELLIOT BERLIN, DC:** Yeah. Yeah, Cassie Yeah, I've been doing yoga way. Oh Amazing. So bliss young is so great She's been on our podcast a few times and I've done a lot of births with her in different settings back when she was a Doula and then again when she's a midwife, she's so calming and so You know empowering. I'd like I feel like I can give birth at home now So you have you're all set for a home birth in Los Angeles with a great midwife and a great doula I can't take my eyes off your doggy in the background Great midwife and a great doula and then you finally get the call we're going to Atlanta

**DANIELLA ALONSO:** Yeah, when I finally like just wrapped my head around it and was like this is that this is where she's gonna be born Then we get the call. We're going back to Atlanta And so then it was like, oh boy. So it just blew everything I mean it was insane. I can't even describe like that initial feeling where you're like, yes after eight months of not working This is amazing. But now I have to find a doctor I have to find a midwife a do like just figure out what I'm gonna do there and I have two weeks to do it and The problem is because of kovat a lot of there's incredible doctors out here, but they're not taking transfers

**DANIELLA ALONSO:** So many offices and they weren't taking transfers and a lot of the doctors offices wouldn't give me an appointment until I got here They're like well, you're not physically here. So we can't give you an appointment They're like, what are you gonna be here? And I'm like, well, I don't know No, I'm going but I don't know when and then You recommended and hooked it up with the amazing dr. Tate who said yes He would see me just let me know when I got here. And so now my plan is dr Tate is going to be my doctor I'm gonna deliver with him at a hospital in Atlanta work that he works out of I just interviewed a whole bunch of doulas I think I found my doula and

**DANIELLA ALONSO:** So that's the plan start at home and then go to the hospital and how far along are you now?

**DR. ELLIOT BERLIN, DC:** I am almost I'm 34 and a half weeks. Okay, so you're basically two weeks away from term 37 wings and You're filming a show and you just moved across the country and you're just finding your labor team Yeah, we're gonna finalize that today or tomorrow and you seem super calm. Did you already have a place in Atlanta?

**DANIELLA ALONSO:** No, I mean I kind of knew where I wanted to live the building that I wanted to live because I'd lived here the year before and so We kind of it was kind of crazy we flew in Went to the leasing office looked at the two units literally landed didn't have an apartment sign the lease and then moved in and then The movers met us half an hour later with furniture and set it up at the place. Like it was just so insane

**DR. ELLIOT BERLIN, DC:** Must be similar for other people on your show

**DANIELLA ALONSO:** Well, most of the cows actually lived here already. Oh, that's nice I was flying in from LA, but he has a house out here and everyone had a home I was the only one that flew in without actually having a place to stay and you had to bring your family Yes, which yeah your husband your dog and you've been a mother for a long time to a little 29 year old Yes, my baby my first my son my turtle your turtle

**DR. ELLIOT BERLIN, DC:** Are the dog and turtle doing well with the move?

**DANIELLA ALONSO:** Yeah, they are I mean they're so used to it because honestly I've never really worked in LA or New York It's always a different city and weeks notice fly in and set it up. So I'm used to it

**DR. ELLIOT BERLIN, DC:** Oh, so they must get bored when you're in one place too long.

**DANIELLA ALONSO:** Yeah, exactly.

**DR. ELLIOT BERLIN, DC:** Does the turtle go outside?

**DANIELLA ALONSO:** He does.

**DR. ELLIOT BERLIN, DC:** For walks?

**DANIELLA ALONSO:** Not for walks, but I take him to like parks and he likes to like run around the grass.

**DR. ELLIOT BERLIN, DC:** Oh, that's okay. Yeah. He's a spoiled turtle. I have a feeling you're gonna have a really spoiled kid pretty soon.

**DANIELLA ALONSO:** I hope not. It's hard not to.

**DR. ELLIOT BERLIN, DC:** I know. I'm looking at my 10-year-old right now thinking I blew it and he's totally spoiled. All right, so this is, we're running out of time. Okay, talk to me about acting while 35 weeks pregnant. First of all, I assume it's long production days like all the other productions.

**DANIELLA ALONSO:** You know, because of COVID, everything is different. We just did the first week and the first week was kind of, we only shot two scenes a day just trying to get, you know, a handle on all the new, like there's just a lot of new policies in place to keep everyone safe and testing. So we're still trying to figure that out, but the hours, they're not as long. They're long, but they're not as long. But everyone's been fantastic. And I mean, it's dynasty. So everything is gowns and heels and big bags and, you know, everyone's been really wonderful and taking care of me and just making sure I'm okay and like, you know, putting my feet up and getting me food and it's just- That's my

dream.

**DR. ELLIOT BERLIN, DC:** I better start modeling and eating bagels.

**DANIELLA ALONSO:** Yeah, exactly.

**DR. ELLIOT BERLIN, DC:** I know the secret formula now. I mean, heels this far along must, how is that on your body?

**DANIELLA ALONSO:** I haven't worn heels or anything this entire eight and a half months. And my first day, I was like, my feet have not swollen. I have been doing so good. First day on set, feet were like, they swelled so bad. So I had to go buy Epsom salt, you know, the compression socks. And I actually just bought some boots for my compression boots.

**DR. ELLIOT BERLIN, DC:** Oh, wow.

**DANIELLA ALONSO:** To try to like help it go down because-

**DR. ELLIOT BERLIN, DC:** Keep it down.

**DANIELLA ALONSO:** Yeah. My shoes went up two sizes in like 10 minutes. So they had to grab them. They're like, it's okay. It's okay. We'll find you another pair. But that was interesting.

**DR. ELLIOT BERLIN, DC:** That's amazing. You're making me wish so badly that I had an Atlanta office, which I used to before I moved to Los Angeles. I wish you did.

**DANIELLA ALONSO:** It kills me to not be there for you.

**DR. ELLIOT BERLIN, DC:** Well, you were wonderful.

**DANIELLA ALONSO:** You helped me a lot in LA. I tried to, on that last visit, I just tried to give you enough to hold you

**DR. ELLIOT BERLIN, DC:** over for a couple of months, but it's a challenge. What happens when you give birth with your filming schedule? Obviously you're not going to keep filming.

**DANIELLA ALONSO:** Well, luckily, it's going to tie in perfectly with, I mean, I might miss like a week or something, but ties in perfectly with the holidays because we break for Christmas and New Year's. Oh, that was so smart when you accidentally got pregnant thinking that this timing would be perfect. Yeah. So it's going to be about six weeks with that and maybe missing like a week and then I'll come back in January when everyone else comes back. That's the plan.

**DR. ELLIOT BERLIN, DC:** So in your labor and delivery plans, you're planning for a hospital birth, but since you were planning home birth, does that mean you're planning for more of like a home birth at the hospital, more of an interventional birth?

**DANIELLA ALONSO:** That's what I would love. I mean, I want to go there as late as possible and I don't want any kind of anything.

**DR. ELLIOT BERLIN, DC:** Are you flexible in case things change along the way?

**DANIELLA ALONSO:** Of course.

**DR. ELLIOT BERLIN, DC:** Yeah. And so who's coming with you? Is your partner in your doula?

**DANIELLA ALONSO:** We don't allow doulas.

**DR. ELLIOT BERLIN, DC:** Oh, they still don't allow doulas?

**DANIELLA ALONSO:** No, so she's going to be on FaceTime.

**DR. ELLIOT BERLIN, DC:** Is there any hope that will change in the next month?

**DANIELLA ALONSO:** I don't think so. Cases are just going up and hospitals are just getting more strict.

**DR. ELLIOT BERLIN, DC:** In Georgia?

**DANIELLA ALONSO:** All I need is for them to say the partners aren't allowed and then that'll change my plan completely. I don't even know what I would do.

**DR. ELLIOT BERLIN, DC:** Back to home birth. Did you meet a midwife in Atlanta?

**DANIELLA ALONSO:** I met one, but you know, it's hard. Once you meet Bliss, it's like she was fine, but I just didn't have that. And also I've been meeting with Bliss every couple of months or like once a month and building that relationship. It's hard to just come in a month before and build that kind of trust and bond. And you know, it just didn't work. I need to feel free of all that pressure.

**DR. ELLIOT BERLIN, DC:** That makes sense. But Dr. Tate is pretty naturally minded, or open minded at the very least. So would you not be able to labor at home with your doula before you go to the hospital?

**DANIELLA ALONSO:** That's what my plan is. I'm going to labor as long as I can.

**DR. ELLIOT BERLIN, DC:** Do you have thoughts on what will help keep you feeling calm or comfortable?

**DANIELLA ALONSO:** You know, we've gotten our bag ready and so like a lot of like scents and essential oils and music. And I've been practicing a lot of the coping techniques, massages. I haven't. My husband has.

**DR. ELLIOT BERLIN, DC:** Oh, that's good. I know it's great though, because I'm like you, you know, you're going to have to be working for a while. So it's a long gig for people who are not used to massaging. that much. So, well, it sounds like you have a great plan. And I love that it's flexible because, you know, I believe in you a thousand percent, but birth is just sort of its own game. It's never the same twice. And it's good to have a goal and aim for the goal, but also to be able to shift a little bit and take a different path to the same destination if you need to. But you have like all the determination, drive, passion, energy. So, to be a fly on the wall, I think it's going to be an amazing experience. Hopefully you'll

**DR. ELLIOT BERLIN, DC:** come back after this kid pops out and tells how it went down. I would love to. Daniela, thanks so much for joining me. Where can we find you online? It's Daniela underscore Alonso

**DANIELLA ALONSO:** on Instagram. Oh, that was already taken. And then my Facebook is the real Daniela Alonso.

**DR. ELLIOT BERLIN, DC:** Okay, so on Instagram, Daniela underscore Alonso, and on Facebook, the real Daniela Alonso. I'm going to both of those pages right now. And I'm going to thank you. Thanks so much for joining us at home. Thanks for listening to the informed pregnancy podcast. If you like this type of information, visit us online because we have a ton more. It is informedpregnancy.com.


## Enjoying the Informed Pregnancy Podcast?

Visit us at **informedpregnancy.com** for episodes, articles, and resources for pregnancy, birth, and beyond.

Want more? Subscribe to **Informed Pregnancy+** at **informedpregnancy.tv** for films, series, and exclusive content.