Hilary Duff - AFTER Baby#3

Episode 225 · April 15, 2021 · with Hilary Duff

IN THIS EPISODE

Hilary Duff returns to talk with Dr. Elliot Berlin, DC just weeks after welcoming her third baby, picking up right where her before-birth conversation left off. She walks through the final days of pregnancy — crazy insomnia, restless legs, and the mental game of having no control over when or how birth will unfold — and the long, quiet wait after her water broke at midnight, four days before her due date. Then, after a castor-oil midwives brew and a walk up the hill, everything changed at once. Hilary shares what a fast, intense home water birth actually felt like from the inside, why this recovery has surprised her, the honest ups and downs of breastfeeding a third baby while two older kids need her too, and the midnight moment, years earlier, that grew into her children's book, My Little Brave Girl.

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 Perlin. My guest today needs no introduction at all. She is a million well-earned accolades in television, film, and music. She is an entrepreneur, philanthropist, and recently released her fourth book and her third baby. This is the interview everybody's been asking for, literally. We will just love you, Hilary Duff. Welcome back to the podcast.

HILARY DUFF: I really like released my third baby.

DR. ELLIOT BERLIN, DC: Didn't you?

HILARY DUFF: It's an epic release. I did.

DR. ELLIOT BERLIN, DC: So is Duff really your last name or did somebody make that up?

HILARY DUFF: What? Of course it's my last name.

DR. ELLIOT BERLIN, DC: I don't know. It's just such a cool last name.

HILARY DUFF: Really? Oh my God. I always like struggled with it. I got like made fun of because of Duff Beer on the Simpsons.

DR. ELLIOT BERLIN, DC: I thought it would be cool.

HILARY DUFF: Okay.

DR. ELLIOT BERLIN, DC: So it's a real name. Where are the Duffs from originally? Where do they date back to?

HILARY DUFF: I'm a Heinz 57.

DR. ELLIOT BERLIN, DC: Oh, you're a little of everything.

HILARY DUFF: German, Irish, Scottish.

DR. ELLIOT BERLIN, DC: Yeah. A big, big Max. I'm a hunts one. I know. Yeah. I know. I'm a big Max. I'm a hunts one. I know. Yeah.

HILARY DUFF: I'm a big Max. I'm a hunts one. I know. I'm a hunts one. I know. I'm a hunts one.

DR. ELLIOT BERLIN, DC: I'm a hunts one. I know. I'm a hunts one. I'm a hunts one. I'm a hunts one. Yeah. I'm just a hunts number one. All right. A lot has changed since the last time we spoke. Last time you were imminently due, you had blue hair. Now you have three kids and blonde hair. It's hard to keep up with you. I don't know what's going to be tomorrow. Let's talk about the end of your pregnancy. How are the final days?

HILARY DUFF: Oh my God. So I had like crazy insomnia and then I had restless leg syndrome, which was like driving me crazy. I felt like an insane person.

DR. ELLIOT BERLIN, DC: Only when you're trying to sleep.

HILARY DUFF: Only when I was trying to sleep. And then I feel like the anxiety of knowing that that was going to like kick in when the soon as I laid down made me wildly miserable. But honestly, business as usual, like just kids drop off, like, you know, busy.

DR. ELLIOT BERLIN, DC: Yeah. The crazy thing is you weren't sleeping and I would see you and I was like, I wish I had half as much energy as you have when you're not sleeping. You know what I mean? Like you were still like the Energizer bunny. We drop so many brands now, Heinz, Hunts, Energizer. Yep. Wait till later. I have one more brand in store for you later, but you still had an incredible amounts of energy. Was it a hard game mentally?

HILARY DUFF: I think that it's funny because you and I talk about this all the time. So now we have to talk about it publicly for the podcast. I have a hard time not having any control over certain things. And I'm really like a go with the flow kind of person. I don't believe myself to be like a control freak, but when I have no control over something that's happening to my body and like timeframe and what's going to work out for the rest of my family, like that really sucks for me. And that's like a whole challenging game to get through. And then also the way that I decide to give birth is another major mental hurdle for me that stresses me out before it happens.

DR. ELLIOT BERLIN, DC: What do you mean by that?

HILARY DUFF: The way you decide to give birth, like at home and how it's going to unfold and wrapping my head around the pain and the anxiety of not knowing how, you know, like every birth is different and just not knowing. I really like when someone can be like, we're going to do this. We're going to do this. This is how it's going to feel. This is how long it's going to take. And then I can be like, cool. Okay. I mean, I can do all those things.

DR. ELLIOT BERLIN, DC: Oh, so like if somebody just wrote a script for you.

HILARY DUFF: Yeah.

DR. ELLIOT BERLIN, DC: Action.

HILARY DUFF: Yeah. I could show up and do it.

DR. ELLIOT BERLIN, DC: You are not the like sit down and just close your eyes and do yoga type, but you tried it.

HILARY DUFF: Yeah. You got me to do yoga.

DR. ELLIOT BERLIN, DC: And I feel accomplished in that

HILARY DUFF: with Natalie before I gave birth and you didn't hit it. No, I liked it a lot. And in fact, I have three more sessions with her and I'll probably do more. Post-natal yoga is so good for you. I have a really big problem trying to make myself take a moment and like breathe or just take a moment for myself to do something where I'm not like doing busy work of some sort, whether it be something on my phone or something in my house that needs to be handled or like giving a dog attention. Or I just feel like, you know, I'm pretty spread thin, but I like it that way, but when she came over, I was like, Oh, this feels like I can relax if someone forces me to guide you. I realized the benefits of it when I do it, you know,

DR. ELLIOT BERLIN, DC: eventually, you know, that just being energized or bunny catches up with you, even though the bunny doesn't, he just walks around hitting the drum all the time, but eventually he's got to recharge that battery.

HILARY DUFF: Totally. Yeah. Honestly, I think maybe having this third child will send me over the edge of like, I can't constantly beat the drum. Yeah.

DR. ELLIOT BERLIN, DC: You got to shut it off and pause for a minute. Because I saw you posted on Instagram. You didn't want to be wombates anymore with a baby. I love that one. Did you do things to try to get the birth ball rolling?

HILARY DUFF: Yes, I did.

DR. ELLIOT BERLIN, DC: What did you do?

HILARY DUFF: You mean pre going into labor?

DR. ELLIOT BERLIN, DC: Yeah.

HILARY DUFF: Well, I saw you every Sunday. I was taking barrage oil.

DR. ELLIOT BERLIN, DC: Ooh. How do you take it?

HILARY DUFF: Two ways.

DR. ELLIOT BERLIN, DC: Okay.

HILARY DUFF: Two ways at the same time.

DR. ELLIOT BERLIN, DC: There's a book that says every woman has two mounts. There you go. Nailed it. You got about me. Okay. What does it taste like?

HILARY DUFF: It doesn't taste like anything. It's a pill.

DR. ELLIOT BERLIN, DC: Oh, you take the little squishy pill. Oh, okay. Cool.

HILARY DUFF: And one dissolves.

DR. ELLIOT BERLIN, DC: Okay. Yeah.

HILARY DUFF: And, um, what else did I do? Walked a lot of walking. Yeah. Sex really was like not interesting for me at all this time around. So towards the end where like with banks, that felt like a really helpful slash fun tool this time I was like, Nope, not for me. So, and it like annoyed me majorly, you know, what really, you know, gets things started. I'm like, Nope. Yeah. For Matt, but, but maybe not. Maybe he was like, this is the better right now.

DR. ELLIOT BERLIN, DC: Do you know why the difference?

HILARY DUFF: No, I don't. And honestly, I thought I was having a boy because with banks, I was like totally down and with this baby, I was like, I don't know if it was maybe having, you know, more kids and trying to keep up with everybody that just made it kind of like at night feeling exhausted and just really not like a ton of time. And I felt like a little more protective of my body this time around.

DR. ELLIOT BERLIN, DC: Oh, that's interesting.

HILARY DUFF: But when I'm trying to think, if I did anything else, I mean, when my water broke, I did the castor oil shake and I went for a walk and I was doing like curb hops and trying to do everything I could to go into labor because I wasn't having any contractions.

DR. ELLIOT BERLIN, DC: All right. So labor started four days before your due date.

HILARY DUFF: Yep.

DR. ELLIOT BERLIN, DC: And it started with your water breaking. What time of day?

HILARY DUFF: Midnight.

DR. ELLIOT BERLIN, DC: Oh, really?

HILARY DUFF: Yeah.

DR. ELLIOT BERLIN, DC: You're so specific. And were you sleeping?

HILARY DUFF: We're trying to sleep.

DR. ELLIOT BERLIN, DC: Well, was it a question? Like, is that my water or like,

HILARY DUFF: yeah, it was a question because it was not like a full break. So I got up to use the restroom and kind of felt like a, you know, I kind of felt like I peed my pants a little and I haven't done that during this pregnancy, so I was like, whoa, I stood up out of bed and I felt like a gush or whatever and I was like, oh, I went to the bathroom and then I was like, without a question, that's water.

DR. ELLIOT BERLIN, DC: Oh, cool. And then, uh, did you wake up Matt?

HILARY DUFF: Yes, because I was kind of excited. I thought it was going to be like, go time, you know, from everything I've not everything, but for what I imagined was like your water breaks, you start getting contractions.

DR. ELLIOT BERLIN, DC: Not for you. So in the other two pregnancies, your water never broke.

HILARY DUFF: No, it was broken for you. Oh my God, by the way, Beth, my midwife, my amazing midwife listened to our podcast and she was like, Hillary, I would never break your bag. I didn't do that. I think the way that I like phrased it when I was talking to you made it seem like she broke my bag. Oh yeah. She did it. My bag broke after she checked me. Oh, right. Yeah. It was like, I don't know if it was just a perfect storm of her like checking me or it just would have happened anyway that way. But she was so funny. She was like, I would have never done that unless you asked me to. It was like, no, no, I didn't mean it. Like a bad thing. I felt like a relief when my bag was broken right before I gave birth with banks. But yeah,

HILARY DUFF: this time, okay, it happened on its own. And I was super excited because I was like, it's go time. I woke up Matt and then nothing, nothing happened. Water all day long. It was all night, all day. Leaky, leaky duff. Did you call Beth? I texted her. Yeah. And she have any advice? She was like, okay, cool. Well, let me know if you know, you start getting contractions, whatever. So midnight water break. And then I guess it's in the morning,

DR. ELLIOT BERLIN, DC: you got up and started doing all that walking and stuff.

HILARY DUFF: Everything kind of slowed down. Like, I guess when I would stand up and walk around, like, there was definitely like, water, but it wasn't concerning because I knew it wasn't enough water that like the baby was not in water anymore, you know, and I was back like updates and stuff. So it was just kind of business as usual. Luca was so pissed because I made him go to school. That's always the deal. He gets to skip school when I'm in labor. So he had to go to school and banks went to school. And when Matt came home from dropping them off is when I was like, I want to go for a walk up the hill. We live in a really hilly area. And so we took a long walk, nothing. And I've been having contractions since I was 20 weeks

HILARY DUFF: pregnant, like major. Right. And so nothing's happening. And I made it up the hill. Didn't have to stop one time. So then I was like, curb stepping. Is that what they call it? Yeah.

DR. ELLIOT BERLIN, DC: Well, you just one foot up on the

HILARY DUFF: Yep. And nothing. And I came home and I was so pissed that I was like, make the shake. I'm going to drink the castor oil shake. And I've never done that before either. What did you put in? I made the witches. What is called a midwives brew? Which is I call my midwives. Yeah, they're a little bit. So what is it? It's apricot juice, castor oil and almond butter. And I'm kind of tea that I couldn't get my hands on like lemon verbena or something like that. So I ended up using lemon balm oil and ice. It made like a smoothie. It might've worked. I only drank half of it. Cause I was kind of scared to have like crazy diarrhea or something. Yeah. I mean, that's the downside of castor oil, but it never did that to

HILARY DUFF: me, but maybe I only drink half of it or something.

DR. ELLIOT BERLIN, DC: Maybe it's cause a lemon bomb, the lemon bomb. You changed the recipe. Verbena tea really would have been, I don't know. I have no idea.

HILARY DUFF: I mean, it's the castor oil that usually irritates.

DR. ELLIOT BERLIN, DC: I think it worked, but what time was it when you drank that?

HILARY DUFF: I want to say it was around one 40.

DR. ELLIOT BERLIN, DC: Oh, so it's like 13 hours later after your water broke. Okay. And up until then still no contractions, nothing. And then

HILARY DUFF: afterwards, then afterwards I drank half of the shake. And then I was like, I'm gonna chill on this because I'm just a little nervous. One of my friends was like, this is no joke. So be careful approach with caution. But, but it's actually a joke in my family that I have like a steel stomach and I can eat like the spiciest things and things don't affect me that much. So anyway, then you know how

DR. ELLIOT BERLIN, DC: queasy just when you said spicy things.

HILARY DUFF: Really?

DR. ELLIOT BERLIN, DC: Yeah. I have like a Jewish stomach. I don't know.

HILARY DUFF: What does my husband, he can like jalapeno and he's ill for days. It's, uh, I have to call him sick. Well, if we ever get to have Shabbat together, I'll eat all the spicy things, if there's spicy things.

DR. ELLIOT BERLIN, DC: Oh yeah. I'll eat all the bland stuff. We'll sit next to each other.

HILARY DUFF: So it's perfect. Yeah.

DR. ELLIOT BERLIN, DC: Did you start having contractions?

HILARY DUFF: Yes. So I went upstairs and you know how they say that most women go into labor at night, like when you're not quiet and it's dark and you feel safe and like your kids are tucked away. So I tried to recreate that. I'm in here. I got in bed. I was like trying to trick my body. And then nothing was freaking happening. I was so annoyed that I sent Matt. I had this craving for this rainbow roll from

this place called raw junkies that I go to a lot. So I sent Matt out to get me a rainbow roll, which is like a Vietnamese summer roll kind of like it has like cabbage and it's really good, like a peanut sauce. And he's like, okay. So he went and then on his way out, I was like, can you go give me strawberries? I wanted like strawberries.

HILARY DUFF: I wanted some really specific random things. from the grocery store. So he's like, okay, he went and got himself a coffee. And during that time, my assistant slash angel of my whole entire life, I love her so much came into my room, and she was talking to me about some work stuff. And all of a sudden, I get slammed with a big fat contraction. And I'm talking to her and have to stop and breathe through it, right. And I'm like, Oh, sweet. Like, I'm like, it's happening. But I don't want to get my hopes up because I also heard that like third babies can be your wild card where your contractions will like come in, and then they'll go away and then they'll come in and then they'll go away,

HILARY DUFF: but not like with any kind of consistency. So I was like already annoyed that nothing was happening all day. So I was trying not to get my hopes up. And then I'm talking to her and every four minutes, I'm getting a contraction, I don't even notice. And she's like, Hey, friend, you want to get that timer counter thing out? Because like this is happening often. And are you like not aware?

DR. ELLIOT BERLIN, DC: And you're the only two there, right? Matt's not there. The kids are at school. Wow, that's an excellent time to take a little break.

HILARY DUFF: And so I get the contraction timer out and I'm timing them and they're rolling in every three minutes and like 20 seconds. And I'm like, Oh, my God, I call Matt, I'm like, you need to get home now. Like I'm three minutes apart. Like I'm having contractions. He thought I was messing with him. He's like, you wait for me to leave for this to happen. And thank God Beth was on her way to the house in like 15 or 20 minutes because my

DR. ELLIOT BERLIN, DC: water had broke. Oh, because there's only like a certain run of time. Yeah. Okay. I have a million questions for right now, but I'm going to take a quick break and we'll come back and I'm going to ask away. Okay. We are talking to Hilary Duff. She's having contractions every three to four minutes. This is what I want to know. So many things. Where are you feeling your contractions? All in the front of my stomach. Is that your typical pattern?

HILARY DUFF: No, last time with banks, I was feeling them a lot more in my back and not really like some of my friends have had back labor. So I don't think it was like that. It was just like crazy wrapping sensation where like that counter pressure really felt good. And I felt it so much in my like lower pelvic area with this baby. Would you say it's similar to menstrual cramps? Yes, except for I'm one of those lucky weirdos who don't get menstrual cramps. cramps, but that's what a menstrual cramp feels like. Yes. That nauseous. And I felt everything all in front. So what about intensity? Like on a scale of one to 10? Well, I went from no contractions to contractions that were three minutes apart, you know, fast.

HILARY DUFF: So they were lasting for like about 40 seconds. Oh, okay. And for you, did they feel overwhelmingly intense or you could breathe through it? I could breathe through them until, well, I don't know when I should like share with you how long this all took. Oh, I'll let you tell the story. You

guide it. Okay. So Beth was like on her way because my water broke. And so she was like, I'm just going to come up and check you. I know you don't have any contractions, but I just want to like see where you're at and blah, blah, blah. So they didn't pack any of their food or snacks or like whatever they personally needed for the birth because they thought they were going to leave. And I text her

HILARY DUFF: and I'm like, my contractions are three minutes apart and they're super intense. And I think you need to get here like soon. Like this is moving so fast. And right now I'm just with Lauren and Matt got there about 15 minutes later. With strawberries. With strawberries. And I fully was like hands up against the walls, swaying back and forth, like growling at that point. And the things that felt good were like really leaning on the ball, like hugging the ball. Where before with banks, I wanted to be like really leaned back. Like I labored on the toilet a lot with banks. I didn't at all with this baby. That felt horrible to be in that position. I like wanted to be squatting

HILARY DUFF: a lot with banks. I did not with this baby at all. What's it called? Where they hang the scarf over something. Yeah. And you like traction yourself. Yes. And that felt very good. But in three hours, I was like pushing.

DR. ELLIOT BERLIN, DC: I mean, that's pretty fast. When labor goes that quickly, people sometimes describe it like a train moving through your body. Like all of labor concentrated over a short period of time.

HILARY DUFF: Which is funny because I felt like every time I'm telling this story to people, they're like, oh my God, what a dream. I'm like, kind of, but it was so hard.

DR. ELLIOT BERLIN, DC: Yeah. I mean, that's the thing. There's a balance, I think, from what I've seen and what people say, where it's like fast is nice, but not if it's so intense. Like if you could spread that intensity out over another hour or two, like four or five hours, then it might be more tolerable. Where was your mind? Because with banks, we talked about your mind, like, how are we going to do this? How are we going to do this? And all of a sudden, that part of your mind shut down and you felt more able to do things. How was your mind

HILARY DUFF: during this rush job? I think at first, when the contractions literally came out of nowhere, and then we're so close together and lasting for a substantial amount of time for a contraction, I was just like really excited and felt like I was leaning in and accepting it, you know, and I was kind of like laughing at the way it was going down because people were having like scrambled to get home kind of, and I thought that was funny. And I love to play tricks on people. So I do. So I thought it was like, I don't know, there was like humor in it and I felt really ready. And then it was probably about an hour and a half to two hours in where they started to get super heavy. And I was struggling to keep up, you know,

HILARY DUFF: but my head was in the game and I felt a lot more confident in the way that I was birthing than I did before. So I was really trying to be present and relaxed and make every contraction

DR. ELLIOT BERLIN, DC: work for me. Did you have the sense that it was moving that quickly?

HILARY DUFF: I did. And I have a couple of things that happened to me when I get really shivery, like I get like, what a dog like is shaking. I got it when I had my epidural too, and I felt like maybe it

was the drugs that were doing it to me, but then it happened to me right before I, I think it's happened to me in transition from the hormones. Yeah. And your whole body just

DR. ELLIOT BERLIN, DC: shakes. Yeah. The first time I saw it looked like convulsions. I was like,

HILARY DUFF: does anybody else see what I'm seeing? And they're like, oh, that's normal. Yeah. Like my jaw is like doing that and I'm just like shaking. And so when that happened to me, I was like, oh my God, I need to start pushing soon, you know? And I remember looking at Beth and being like, this is flying. Like I can't keep up with this. And she'd be like, you are amazing. You have to keep letting these contractions work for you, you know? And there was times where I was doing these like really weird things with my hands, where I was like, a contraction would come and I was like trying to like climb out of my body, but like trying to keep my jaw relaxed and my palms open. And I was like,

HILARY DUFF: like, I don't know how to explain it. It was so big and so fast that I was like, just trying to keep up.

DR. ELLIOT BERLIN, DC: sometimes in an unmedicated birth and a home birth especially people talk about some of the intensity feeling pleasurable together with the pain not you who on earth could think that that was like when you hear about orgasmic like births give me a break yeah i'm not talking about like the movie where they're you know it just looks like they're blissed out for four hours but i mean i've been to those births where people feel like a combination and they feel intensity that's pain but then there's also some pleasurable element to it no i don't feel that at all i think

HILARY DUFF: that i can keep my focus and feel gratitude and maybe a little bit of combination of like bliss of like my baby and i working together you know every time i feel like i take a big step towards the next phase of the labor i feel like a little bit of that bliss but i don't feel any of that pleasure pain balance maybe on the next one too soon after i had her i think i looked at them and i was like i'm never doing that again like still in the water i didn't know if i looked at my baby yet and i was like never doing that again i think it's most common right after your give birth thing um this was really different for me when it was finally i started

HILARY DUFF: begging to get in the water and they were having a little bit of trouble getting the water pressure to like fill the tub up fast enough and i'm like hanging onto the wall like please i have to get in the water i have to get in the water and they're like it's like soon soon and i was like now now i have to get in now and i get in the water and then that slowed my contractions down a little bit which is normal and was it welcome oh yes yes i hadn't had a break like with banks i was laboring all over my house this time i literally couldn't take more than five steps without having a contraction and then being like really major so when i finally got in the tub and i didn't want anyone near me which was really weird like last time i really had

HILARY DUFF: like a lot of like touch and a lot of massage and a lot of counter pressure and this time i didn't want anyone near me so everyone was just kind of like in the room and it was really quiet we had a little bit of music going who's everyone i had beth julie and lindsay who are my midwives and i had lauren who was my doula and birth photographer and i had matt and i had my mother and i had my dear dear friend molly the gardener didn't come in nope he was just looking through the window that's okay and the kids still weren't home yet they were home oh the kids are home but not

around you no so lauren who was the one who was like are you gonna start timing these contractions uh was with luca and banks downstairs

HILARY DUFF: and also our nanny who has been with me for 12 plus years was downstairs with the kids and they wanted to come up like towards the end did you say 12 plus years yeah isn't luca nine yes but she worked for me she was like my housekeeper for a long time and then oh okay yeah i mean it's a little excessive you get a nanny three years before you have your first baby yeah but i was gonna say that the midwives were like you were silent for most of it and you were super cheeky because we had no idea that you were pushing and i think that i told everyone i was like i don't want anyone behind me and i was just feeling very like wanted to be alone and i was a little more like wanting just to create

HILARY DUFF: like a lot of space around me this time and so beth went behind me to check me for a second and the baby was like fully crowding she was like are you gonna say anything like the head was out and i just looked up and i was like the head's out wow and i think i gave one big growling push and the baby was out wow so you knew but you were just like kind of inside your own mind and just didn't tell anybody i didn't know i needed to tell anyone it was just kind of just all happening then all of a sudden i see them all slowly start to put their gloves on

DR. ELLIOT BERLIN, DC: i mean that's kind of crazy because if nobody was there you just literally would have just

HILARY DUFF: done it yourself and i mean i pulled her out which was really cool i can't believe i did that i felt so weak with banks but i think that was because i labored all day yeah much have the energy like matt was literally holding me up for that birth and this time around my friend molly was so funny she's like hillary like later when i had had the baby she came in and she was like you were like a like a like a like an animal like you were my friend but you like an animal And you just hunched over and you pulled your leg up. I was like, I pretty sure I was bearing down. There's like a term, like a bear. Yeah. He was like, and, uh, she was like, and you were silent. And then you just, ah, baby Simba. That's funny.

DR. ELLIOT BERLIN, DC: That's exactly what the gardener told me. When the baby was coming out of you, is there more intensity? Do you feel more intensity?

HILARY DUFF: Oh, one thing that I felt different this time was the reprieve that you get. It only lasts for literally a nanosecond, but the relief you get from when your body switches into like pushing, you get such a relief from the contractions. Oh, and I never felt that before. I always never understood what people were talking about, but that was pretty cool to be like, Oh my God, yes, I just want to push, you know?

DR. ELLIOT BERLIN, DC: But sometimes people, I think, especially before they have the first baby, just think about giving birth and they feel like that moment of the baby coming through is what they're not going to be able to handle and that's why they get an epidural, whereas in reality, most people say it's the, all the contractions leading up to that moment that are harder to handle. And that moment is just a moment, but for you, do you feel more physical intensity as the baby's coming out?

HILARY DUFF: I think it's super hard work to push the baby out, but it happened for me fast. And once I wrap my head around doing that, it usually is easier than getting through some of those last contractions. So not like the ring of fire moment. I felt a little bit of the ring of fire, but it's so fast. As she was coming through.

DR. ELLIOT BERLIN, DC: Cause you didn't know what you're having. How did the gender reveal go down?

HILARY DUFF: I don't know if it was as big of a deal as I thought it was going to be. You know, does that sound really lame and uneventful? I think I just done so much work. I didn't really care. I never really cared. We thought it was going to be a boy, but this whole pregnancy, I thought, oh my God, all I'm going to want to do is look at the gender, you know, to get, to see what it is, because I've been so curious about the surprise, but instead, I think since I pulled her out, I was more nervous about pulling her out the right way and getting the water out of her, you know?

DR. ELLIOT BERLIN, DC: Did she stay under for a little bit, or you just pulled her straight out?

HILARY DUFF: Well, her head obviously came out first and was under, and then I pulled her right out.

DR. ELLIOT BERLIN, DC: Did you see her take the first breath?

HILARY DUFF: No.

DR. ELLIOT BERLIN, DC: Oh, that's the best thing. You definitely have to have one more. You got to get that moment.

HILARY DUFF: No, I think I was so nervous about her clearing the water, you know, and bringing her up with her hips first. So she was kind of like folded in half like that. Oh yeah. And her legs were down and crossed and her cord was, oh, I had a true knot in my cord.

DR. ELLIOT BERLIN, DC: Oh, really? That's rare.

HILARY DUFF: It is. That's what I've said. I was like, I'm more freaked out by a knot. Why are you guys so excited about this? Yeah, but everything was good. Yeah, everything was fine, but I pulled her out and then, you know, they're kind of like, okay, you know, like I'm like, she looks good, she looks good. And then I'm like, everything okay. Is everything okay? And they were like rubbing her back a little bit. I'm still holding her. And then I'm like, can I flip it over?

DR. ELLIOT BERLIN, DC: I think I called it an it because you didn't know what you had no idea.

HILARY DUFF: And then I just like opened her little legs. I'm like, Oh my God, it's a girl. And everyone started laughing.

DR. ELLIOT BERLIN, DC: Oh, but that's such a cute moment. Even though it wasn't like the biggest moment, it's very cute. Cause you know, when we talked last time, you said you were a little nervous about having a girl because banks was such a toughie, but then you said, well, maybe I'll have another girl. I have another girl. We made predictions for the two teenage daughters. I think you have time. I mean, by that point, your nanny will have been with you for 30 years.

HILARY DUFF: She never has known of the kids. Are you kidding? She's not helping me.

DR. ELLIOT BERLIN, DC: Uh, let me think about this. Okay. We made predictions about this. Do you remember when you predicted the baby will come in relation to your due date?

HILARY DUFF: Did I say the 24th?

DR. ELLIOT BERLIN, DC: You said four days before your due date on the money. I said three days, uh, before you said four days before you were on the money. Yeah. I could tell. I could tell you got the brew and then we didn't even talk about the weight. How much did she weigh?

HILARY DUFF: She weighed seven, eight. And you said between 7.4 and eight pounds.

DR. ELLIOT BERLIN, DC: Wow. I said seven. I was close, but not like you. I got to drink more lemon pop or whatever. And then labor length. We're both way off. You said 13 hours. I said nine hours and you totaled like three hours, three and a half.

HILARY DUFF: Three hours and nine minutes.

DR. ELLIOT BERLIN, DC: Yeah.

HILARY DUFF: Three hours and nine minutes.

DR. ELLIOT BERLIN, DC: That's crazy. Maybe that's what is tapping into the. nine minutes, then nine hours. And then we both said, boys. So there you go. But I noticed as soon as it wasn't a boy, you'd change your hair.

HILARY DUFF: I know, which honestly, I didn't do it because I had a girl, but when my roots start to grow out, it's impossible to keep up the blue hair.

DR. ELLIOT BERLIN, DC: Oh yeah.

HILARY DUFF: Like bleaching. So I was like, well, I'm sitting and nursing a baby all day anyway. I might as well take eight hours and change my hair back to normal.

DR. ELLIOT BERLIN, DC: Oh, that's such a multitasking mommy thought. All right. I'm going to take one more break. I want to know all about the postpartum stuff. We'll be right back. Welcome back to the informed pregnancy podcast. We're talking to Hillary Duff. So you released your third kid and then, um, the name, where does this name come from?

HILARY DUFF: Um, both of our moms are born in May. So we thought that was a cute little homage to our mothers and we obviously spelled it different than the month of May, but that's just because we like the spelling better.

DR. ELLIOT BERLIN, DC: I don't know if you noticed your chiropractor was born in May.

HILARY DUFF: And we did it for you.

DR. ELLIOT BERLIN, DC: That's what I thought. Thank you. And then there's a middle name.

HILARY DUFF: May James. And that doesn't have any, we just like it. All of our kids just have names. We like, so as parents to just name them things we like. Yeah, totally.

DR. ELLIOT BERLIN, DC: That's why my second is Snickers.

HILARY DUFF: And, uh, yeah, you know, has a girly middle name violet. If she ever grows up and thinks her name's a little too different, you know, she can have violet as her name and it's a little more femme. And we thought with May, she has the same thing with James. Like there's that like masculine feminine kind of vibe going on.

DR. ELLIOT BERLIN, DC: Yeah, that's pretty cool. And as you could do that with a girl, you can sort of give her more of a boy's name. It doesn't work. Like this is my son, Katie. Not as well, but I do know an Ashley. Actually is definitely, yeah, that can go either way. There's a lot of people in my kid's world that are just like Marty is a girl and Lenny is a girl, uh, female in their lives. And I'm with you. Did you have different names in mind? If she would have been a boy.

HILARY DUFF: Yes.

DR. ELLIOT BERLIN, DC: Saving them just in case. Maybe was it still going to be James? That's my real question.

HILARY DUFF: No, no. James was only for a girl.

DR. ELLIOT BERLIN, DC: Uh, yeah. Okay. I'll leave it there.

HILARY DUFF: I will say that a couple of days after giving birth, I texted Matt and I was like, maybe just one more. He was like the first words out of your mouth after you gave birth to may was I'm never doing this again. He was like, I'm screen grabbing this conversation and now I'm back to the never again.

DR. ELLIOT BERLIN, DC: Oh, you are it's, but it's still kind of soon. Maybe we can wait a couple of months. Where is he on it? Does he have a preference?

HILARY DUFF: I think he totally would be down, but he realizes that I have to do all the work and he also thinks three kids is insane as well. Already. But he loves babies. He really does love babies. I never would have pegged him for someone who like loves a newborn and he really does. That's sweet. It is sweet. He's a great dad. Super sweet. Yeah. Honestly, he's a great partner and he is so complimentary of women and what we go through to make this happen. And his favorite line is it's so unfair. The workload. He's like, I did one thing one time. It could have been more times, but you weren't in the mood this time. Poor guy. It wasn't the whole time that I wasn't in a mood.

DR. ELLIOT BERLIN, DC: Oh, okay.

HILARY DUFF: Just at the end with the restless legs.

DR. ELLIOT BERLIN, DC: After banks, you said you were eating placenta.

HILARY DUFF: I mean, I was not eating it like that.

DR. ELLIOT BERLIN, DC: Well, you said you'd put it in ice cubes and threw it into a smoothie.

HILARY DUFF: I mean, I did the day that I gave birth to banks. The midwives did it for me, but this time I encapsulated it.

DR. ELLIOT BERLIN, DC: Oh, you're not doing the ice cube.

HILARY DUFF: No.

DR. ELLIOT BERLIN, DC: Do you take the capsules no matter what, or just want to have them on board just in case you need them for some, um, I've taken them a few

HILARY DUFF: times already and I do actually really like them. I feel like they give you energy. And I feel like they do make me a little emotional. Hmm.

DR. ELLIOT BERLIN, DC: Is that good?

HILARY DUFF: I mean, I'm very emotional right now. Anyway, I think more for the energy. I like it.

DR. ELLIOT BERLIN, DC: What kind of emotions, feelings of overwhelmedness. Have you had that before after giving birth?

HILARY DUFF: Yes.

DR. ELLIOT BERLIN, DC: Oh, it's a typical for you and more with a third child and two others to take care of.

HILARY DUFF: Yeah. My favorite thing that's happening or my whole family's favorite thing that's happening right now is we'll just be in a perfectly happy moment. But usually I have a baby on my boob and I'll just be like, I'm going to cry. He usually laughs at me and tells me I'm doing a great job. And then we just move on. And the plasma capsules make that even more pronounced. I think they do, but I also think that they really help stabilize like mood and give you energy. Yeah. I think it's a bad thing to be emotional right now. I have a lot of shifts and things happening. You know, I wonder if it's not long before we have impossible placenta instead of impossible burger.

DR. ELLIOT BERLIN, DC: That's disgusting.

HILARY DUFF: Yeah.

DR. ELLIOT BERLIN, DC: It bleeds just like the real thing.

HILARY DUFF: No, it looks so disgusting. Placenta. Yeah. It's a little gross.

DR. ELLIOT BERLIN, DC: I mean, it looks disgusting if you're going to eat it, but it kind of looks cool if you just think about what it does, like how you make this disposable organ that does everything for your baby.

HILARY DUFF: Oh, I totally agree with you. And even when they hold it up and show you like the tree of life inside of it is so cool. But then I'm also a little bit like, whoop.

DR. ELLIOT BERLIN, DC: How are you physically? By the way, the fact that you don't just build one of those disposable organs,

HILARY DUFF: you can keep pumping them out as many as you need.

DR. ELLIOT BERLIN, DC: How are you physically after birth postpartum?

HILARY DUFF: I feel great. I think this has been my easiest one, my easiest recovery afterwards. I really wanted to take a shower. So I got out of the tub and came into my bed, nursed the baby, hung out. We recapped the whole experience, which was really fun. My friend came over. We had a little toast, which was really fun. Had some dinner. I ate a turkey sandwich. So random. I was like, I just wanted cold things. I couldn't figure out what I wanted to eat, but after being nauseous and stuff, I was really hungry. And then I just wanted to take a shower and I remember everyone being like, okay, when you stand up, you have to be like, to make sure your blood pressure is like, okay. And I just like cruise to the bathroom. I was like, I'm fine.

HILARY DUFF: And I got in the shower and they were all standing there watching me just to make sure I didn't like pass out or something. And I remember just standing in the shower and I wanted to like hang down like this, and then when I realized I could do that, I just went all the way down and touched my toes and I was like, I could touch my toes. And everyone was like, he just started like laughing at me. It's just right away.

DR. ELLIOT BERLIN, DC: You could touch your toes. Nice to not have the belly.

HILARY DUFF: Yes. So I was feeling great. And honestly, the bleeding, like everything was just a lot easier this time around.

DR. ELLIOT BERLIN, DC: Do you tear?

HILARY DUFF: I didn't tear either.

DR. ELLIOT BERLIN, DC: Oh, that's nice.

HILARY DUFF: Did you tear with the others? I did with Luca. I had about five stitches, I think. And then with banks, I had an external tear, not an internal tear. So they gave me the option. If I wanted to be sewn up and I wanted to, but this time, no stitches or something really minor.

DR. ELLIOT BERLIN, DC: I think that's nice. Here's a question about home birth, birth in general, something I think people are nervous about is the poo factor. Is that something that concerned you over?

HILARY DUFF: I think that the first time around was my most insecure about that. Like the hospital. Yeah. I was super freaked out. It was like, I don't want to like, don't want anybody and I don't want anybody like see me pooping. Also, I was 24. So I think I was just, I was so down to have a C-section. I was like, if someone could just cut me open to take this baby out and nothing has to go through my vagina, that would be amazing. I'm not going to poop on anyone. And then I had such an easy pregnancy. I had a change of heart and ended up having, you know, a great natural labor at the hospital.

DR. ELLIOT BERLIN, DC: Did you poop on people?

HILARY DUFF: Um, to be honest, my mom said that there was like a little bit of poop, but it wasn't like a big deal. I don't think I pooped on anybody.

DR. ELLIOT BERLIN, DC: You don't remember it.

HILARY DUFF: No, because I had the drugs. So I couldn't feel it or, you know, they're pretty discreet. I think if there's anything, they're like constantly like cleaning and wiping and whatever. Right.

DR. ELLIOT BERLIN, DC: But how's that working in water birth?

HILARY DUFF: Oh, we're getting so personal here. Okay. Um, so this time around, nothing that I saw, which was shocking because I drank that, um, drink that castor oil shake, which is brew. That which is brew. Yeah. So I wonder if I think this is a lot of women, but usually when I go into labor, my body naturally, like I have to go to the bathroom a lot. I think that's like a natural occurring thing is for your body to like get rid of everything that's in there to get ready for birth. So thanks. Like I said, I labored on the toilet a lot. And with this baby, I didn't at all. And that was like super, super shocking to me, but I will say that with banks, this little tiny poop was like, and the midwife, she just

HILARY DUFF: like got rid of it and I looked at Matt and I was like, cool. That was yeah. And he was like, sure was all good, all good. And I was like, all good. Moving right past that about to push a baby out. Yeah, but you know, it happens and poop happens when you're in labor and you're pushing. Sorry, I meant to tell you this when I was pushing with Luca in my epidural, I was lucky because my epidural started to wear off right as it was like go time. So I could kind of feel what I was like pushing into and I had a little bit more control. And the first time they told me to push, I was like, cool, so I'm gonna I feel like I'm gonna poop everywhere. And she was like, that's the feeling that I

HILARY DUFF: want you to lean into. And if you keep doing that every time, you're gonna have a baby soon. And I was like, okay, so she just made me feel like really normal about it. And that is the feeling I mean, you're pushing something out of your body. It can only come out one way, everything gets expanded, you know, and yeah, you feel like you're pineapple.

DR. ELLIOT BERLIN, DC: That's descriptive. Yes, because we talked about Heinz and we talked about hunts. And we talked about the energizer bunny. But yeah, the pooper scooper makes a debut at every water birth because somebody's on pooper scooper duty, no pun intended with as soon as there's something that they fish it out.

HILARY DUFF: You know, I think that a lot of people I did see quite a bit of comments on my Instagram about like banks being in the water or what does the water look like after a water birth. And it's surprisingly pretty clean, like pretty clear. I'd say with banks, I was a little more like bloody. And maybe the water was like clear. So

DR. ELLIOT BERLIN, DC: yeah, I kind of feel like it's sort of like chocolate milk. When you put in those three drops of Hershey's, the whole thing turns chocolatey, the blood in the bathwater. This is not that much poop going on. Did you have to use chocolate? No, no, not for Yeah, not for the poop

for the blood. Sometimes the water looks really bloody, but it's not that much blood. It's just it colors the water. Yeah. When did they come? When did your kids come to the birth?

HILARY DUFF: Luca made it right as I was pulling the baby out. Oh, my goodness. And then banks came in after the fact.

DR. ELLIOT BERLIN, DC: Did you prepare them at all?

HILARY DUFF: A little bit during the labor. And then I was like, someone get her out of here. Because the contractions were like, I mean, like we talked about they were just coming so fast. And it was hard for me to like with Luca, when I was in labor with her, he was like in and out. And I was hanging out with him. And we were like cuddling. And it wasn't as hard right away, you know, and with this one, I couldn't handle her not knowing what was going on and being like wanting me, you know.

DR. ELLIOT BERLIN, DC: Did you do anything specific to prepare them for what

HILARY DUFF: they might see? Luca but not banks because she wasn't in the room. So I did tell Luca and he wanted to be there for it, but it happened so fast. He missed it.

DR. ELLIOT BERLIN, DC: Well, it sounds like he almost made it.

HILARY DUFF: Yeah. And you know what? It was kind of important for me because I'm really big on being open and honest with him about how strong women are and what childbirth looks like. And he knows all about periods. And, you know, it's important for me to like normalize that conversation with him for all the women that are going to be in his life, you know. And I think that sometimes a nine-year-old boy is like, well, men have bigger muscles. I'm like, yeah, but we bring life into this world. Like we move a baby through our body. And so that's a big topic of conversation in the house right now. It's like equality and strengths coming from different places besides, you know, your muscles or whatever. So also I want him to

HILARY DUFF: someday, you know, when he's ready to have a child with his, you know, partner or wife or whatever, like I want him to be able to respect the way that she wants to be able to have a baby. And if that's at home, that can be at home. If that's in a hospital, it'd be a hospital. Like, you know, there's many different ways.

DR. ELLIOT BERLIN, DC: I love that. I mean, equal, but different really.

HILARY DUFF: I mean, I definitely could not out of pineapple

DR. ELLIOT BERLIN, DC: because you weren't built to, I wasn't built to. I mean, look, I've been doing this for 20 years and it never gets old. It's insane what your bodies do in terms of, and what you do consciously to sacrifice really your bodies in a way that grows a human being inside. And then you bring the baby into the world through your body and then you use your body and make food for the baby. It's just insane. Like it's not, and that's right. Like our part is so minute when it comes to this whole thing, you bring life into the world. It's amazing. It's really phenomenal. You are a breastfeeder. How's breastfeeding for you?

HILARY DUFF: Breastfeeding is really hard for me.

DR. ELLIOT BERLIN, DC: Has it always been for like for all three?

HILARY DUFF: I'd say it was the easiest with Luca and this baby, all the babies latch really great. I'm just not a huge like milk producer. And so it's like emotional for me. but this is the first baby that I haven't supplemented with yet. So I've just exclusively been breastfeeding her. And I'm going to keep trying that for a couple of weeks and just like still painful and just hard. And it's even harder having the other two that I know need me so much. And this takes up such a huge portion of the day. You know, it seems like every 20 minutes I'm feeding the baby and I have to be, you know, sitting in one place and Banks is still kind of not quite old enough to understand. Even though she's been amazing

HILARY DUFF: with a baby. It's just hard. I'm also a doer. I'm always like on my feet doing things, making things happen. And like this forces me to like actually be stuck in one spot.

DR. ELLIOT BERLIN, DC: You know, you said it's painful. It's physically painful for you or emotionally painful?

HILARY DUFF: Well, both, but definitely physically painful. At least with my other experiences, like I

DR. ELLIOT BERLIN, DC: finally start to not feel like my nipples are being chewed on by a shark when they're like five to six weeks old. Oh, wow. How do you comfort that? It must be insane to

HILARY DUFF: have to go feed and knowing that you're going to feel that. Yeah. It's more the like initial minute in the beginning, the latching and she's like latching totally normal to the books. It's just, I think I'm extra sensitive or something. And yeah, some days I can deal with it better than others. I obviously use creams and stuff like that. I just try to make myself comfortable. And I will say this time around, I've been using the heating pad a lot to try to help like my let down. And that's been really comforting. You said you don't produce enough, even when you pump, do you are able to pump milk? Yeah, but I never pump more than like an

DR. ELLIOT BERLIN, DC: ounce. Huh? Any ideas? Why anxiety about why and how much she's getting? But I think she's

HILARY DUFF: getting more than that. You know, Oh, she's getting more than that when you just breastfeed.

DR. ELLIOT BERLIN, DC: Yeah. Does anybody have ideas on why you don't produce as much as you need?

HILARY DUFF: But right now I don't know that I'm not producing as much as I need, but I think since I haven't in the past, I have like tons of anxiety that I'm not. And that she's like not getting enough. And then I'm like in my head and then I don't feel like enough. And then, you know, the spiral continues from there. Yeah, that's hard when you're already feeling so emotional. Yeah, I know. I'm not even at week three yet. So I need to just sit back and chill and trust that my body is doing the right thing. And she's gaining weight, you know, so great heating on demand, but all my girlfriends are like, rip the bandaid off, give her a formula bottle here and there. It's not a big deal. And of course I will eventually

HILARY DUFF: get to that point, but right now I'm not there yet. The kids getting along well. Yes. That's sweet. It's really wild. I thought that Banks was going to be a flipping nightmare, but she's great. She's not once been like, no, but you know, don't feed the baby or anything like that. She's not like sucking on a pacifier or she potty trained right before I gave birth. So I thought she's going to, you know, regress from that. And she hasn't, she does not like when the baby cries, she'll be like scrambling somebody do anything to make

DR. ELLIOT BERLIN, DC: this baby not cry. It's so sweet. All right. Regarding your birth, any final thoughts about it?

HILARY DUFF: I guess I would just say that as challenging as it was, because it was so different than

DR. ELLIOT BERLIN, DC: the rest again, so grateful that it went down the way that it did. And I would choose that way

HILARY DUFF: again and again. I'm going to screen grab that conversation. When I dive in deep, I'm like, that was so hard. There was a few times I looked at Beth and I was like, I don't want to do this anymore. I don't want to do it anymore. And she'd be like, I know, I know you're so close. I feel like you're so close, but yeah, it's like the memories are really good. And it just makes me happy. When I look back, I'm like, it's so like, I love having it at the house. There's something special about everyone buzzing around, preparing for the birth of a baby, you know, and having siblings here to welcome her home. It's lovely. So hard, hard work, but I feel like I got like another notch in my belt. And yeah, it was definitely all good memories.

DR. ELLIOT BERLIN, DC: All your symptoms go away from the, uh, like all those restless leg and difficulty sleeping.

HILARY DUFF: I'm sleeping like a baby. I mean, not very long at a time because I'm nursing her all night long, but when I do lay down, I'm so tired that I go into a very deep sleep and it's really nice. And the heating pad has been helping that too. Like I just lay it on my chest and I'm excited to get in bed at night and watch TV. He's like, Oh, it's our time. What show are we going to watch? I put this meeting pad on, and I'm like...

DR. ELLIOT BERLIN, DC: Oh, okay. Your career is insane. It's hard to keep up with it. I do know that you released a little book, My Little Brave Girl, which encourages girls to reach higher, dream bigger, and approach the world with their hearts wide open. That's so beautiful. What inspired that?

HILARY DUFF: Things inspired that book. And it was when I was going back to work on Younger, the TV show that I've been on for the past seven years. I went through pregnancy with banks on that show. And then when I was four months postpartum, I went back to work and I came home. It was probably my second week back to work and I was still breastfeeding her. And I remember being like, God, it's so hard to be trying to pump at work. No one understands that you pump on a schedule and that you don't always just have milk. There's a whole crew of people waiting. I have to go pump. And so my supply was diminishing even more than I already have trouble with or whatever. And I got home in time for my midnight feeding with her. And I

HILARY DUFF: just remember feeling so emotional and I was having to be so brave and just really let go of a lot. And then I was like, she has to be brave. She was colic. And so I was the only person that comforted her for the first four to six months of her life. And I remember being like, I have to just hand her off. A set is no place for a baby. My schedule is always unpredictable and I'm just gone from her all day long now. And so it just sent me spiraling down the path of all the different ways she's going to have to be brave throughout her life. And I just hold my phone out and started to write some notes down in my phone. And it started to have a little bit of a rhythm to it.

HILARY DUFF: And when I put her down, I walked into our bedroom and I'm like, I think I just wrote a children's book. And I was like, what? And I was like, can I read it to you? And you promised to tell me if it sucks. And that's kind of where I was born. So it has a lot of earth to it. And I hope that it'll comfort parents just like how I needed to feel comfort in the fact that I was having to let go, you know? And from the second you have your baby, even though it takes a really long time, you're basically prepping them to be able to be without you, you know? I feel like you're an inspiration in

DR. ELLIOT BERLIN, DC: a lot of different ways to a lot of different people, but this book is really sweet and special and I think will be very helpful to new parents and to kids too. Do you think you read any more books? Like, is this the beginning of your children's book trilogy?

HILARY DUFF: I think I'll read another children's book. I would love to write a follow up, you know, a boy version since I have a boy. And that was my introduction to motherhood was my bond with my dude, Luca. But right now I don't have the capacity to.

DR. ELLIOT BERLIN, DC: Fair enough. It sounds like if I'm reading the picture, right, there's not at the moment going to be a Lizzie McGuire revival. Is that true? You know, I can get past that, but what I really want more than anything I could. I mean, I hope maybe it'll resurface. I don't know. You never know is what I like to say, but you know what I'm secretly hoping for? What's that? A comeback of Casper meets Wendy. How did I know you were going to go there? My favorite. I hope it comes back. I could see that. I'm all in. I'll be the first one in line for a ticket. But seriously, what is next from Hillary Duff? There's a couple of things

HILARY DUFF: that are going on right now that are in my sphere that just happened that I can't really talk about yet. I'm going to be the first person to call you up and tell you or tell you about dinner. Okay. Amazing. Looking like I'm going to have a job soon, which is pretty cool, but I can't quite spill the beans on it. No, it's great. We'll end with a giant question mark. I can't eat the beans anyway, because my weak Jewish stomach actually not great with beans either. Just. Oh, okay. I'll remember that when I make the menu. You know what? I have the summer off, which is great. So I mean, I'm always working and doing things, but I'm not filming anything. So, you know, I was shooting younger up until

HILARY DUFF: the month that I gave birth. So I've really missed being mom, carpool mom, packing lunch mom, making you do your homework, mom, you know, doing all the things with my kids. And now I have a newborn. So I'm really going to try to take the summer to be present and be home and be just mom. And I'm really awesome. Yeah. I'm sure by the end, I'm going to be desperate to get out. But now I'm like that panting it out and it feels really nice.

DR. ELLIOT BERLIN, DC: amazing. Congratulations on all the new releases. Thank you. And thanks as always for coming here and sharing. Like I said, you inspire a lot of people. And whenever you come drop by the informed pregnancy podcast, we get the greatest feedback. Your fans absolutely love you.

HILARY DUFF: Well, you know, I love being on this podcast. I love listening to this podcast. I love you and I have to thank you. You're always on my mind. And you know, during birth, always say certain things to me that help really prepare me when I'm spiraling and I'm like, I don't know if I could do this again. And, you know, I have a lot of hangups before the actual show goes down. So, you know, I appreciate everything that you do for me to help me get ready for that.

DR. ELLIOT BERLIN, DC: It's an honor. All right. So if you'd like more pregnancy and parenting information, visit us online at informedpregnancy.com.

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