Holiday Rebroadcast: Hilary Duff After Baby #2

Episode 318 · December 22, 2022 · with Hilary Duff

IN THIS EPISODE

Ten days after we last heard her — still pregnant, still waiting, still trying everything from the famous labor salad to trampoline jumping with Luca — Hilary Duff is back, this time with baby Banks in her arms. Dr. Elliot Berlin, DC talks with Hilary about the ten days after their last conversation, the full-moon night labor finally began, and a home water birth that refused to read the textbook: contractions that never got close together, a midwife check she was terrified to fail, and the moment in the tub when the feelings got so big she had to surrender completely. Plus the placenta smoothie, Luca's first meeting with his sister, and why the woman who once wanted a scheduled C-section says she would do it all again.

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.*

HILARY DUFF: Hello informed pregnancy fans. It is Hillary Duff I am so honored that you voted to bring back my interviews with dr. Berlin for the holiday hiatus Listening to the podcast helped me during my own pregnancies And I hope my episode helps you feel informed and empowered and ready for your own great experience Thank you all for your support and for joining me in this crazy fun wild rewarding and absolutely exhausting club That is parenthood best wishes to you guys and happy holidays. I hope you have an incredible new year

DR. ELLIOT BERLIN, DC: Welcome to the informed pregnancy and parenting podcast I'm your host dr. Elliott Berlin my last interview with today's guest took place ten days before she delivered her second baby And now it's ten days after she delivered her second baby Hillary Duff. Welcome back to the podcast Hi, congratulations. Thank you. You look a little different Last time we spoke you were waiting for labor to start you already had lost your mucus plug which we didn't talk about but I always say look under the couch I didn't lose it out of the couch. No, but that's where everything I lose Surprised this crazy household that might be under the couch

HILARY DUFF: It's so gross even just to call it like your plug is it's just weird and mucus plug doesn't make it any better And mucus plug doesn't make it any better. I know you know, it was so frustrating I lost my and and then the other one the bloody show the light show is hot. Yeah But I had mine at two separate times you did you had a double showing? Yeah, you got a matinee. Yeah Which was so like this really got my hopes up, you know Twice and then I still didn't give birth for ten days. All that obstetric terminology is very I think men came up with it

DR. ELLIOT BERLIN, DC: You do cuz I feel like a man a man I'm very tired. You did just have a baby. I feel like I'm like a man cringes every time they hear like mucus Well, you know what? It's called if your cervix dilates early before 37 weeks what incompetent cervix So that mean it's mean. Yeah, and I think on the other side if you're in labor, and it doesn't go fast enough Yeah failure to progress

HILARY DUFF: He's so much pressure on us and then the mucus plug and you know We don't do enough you're gonna like make us feel bad at everything incompetent like your cervix should have studied harder And then you you don't just have your mucus plug, but you lose it because you're an incompetent failure, right? I hate all that terminology should be like your pregnancy cap, you know

DR. ELLIOT BERLIN, DC: And you release it because you're ready to have your baby. Oh, you're the best should rename at all. Let's do it I'm ready. We'll write our own textbook. You're the best. Honestly, I think you're the best So last time was here I picked up this vibe from you that you were pretty excited to have your kid with a side order Of nervous anticipation. Yes, is that about right? That's accurate. So take me through the next 10 days after I left What did you do? I know you were you were like ready I saw you trying to do things to help get the ball rolling. What did you try?

HILARY DUFF: well, I worked out almost every day, so I was still hiking and I still was going to some exercise classes I was drinking lots and lots of raspberry leaf tea with nettles. Do you like the flavor? Yeah, I learned to love it

DR. ELLIOT BERLIN, DC: Well, I put a little stevia in there. Yeah, and I like to iced I always drink it iced my girls make lemonade Yeah, and so they make third trimester lemonade and it has raspberry leaf tea in it You know what next baby consider it. Maybe that's what I was missing all along. He spiked with lemon

HILARY DUFF: That's right. We'll get you covered. I was doing like, you know, primrose oil or barrage oil, eating it and sometimes.

DR. ELLIOT BERLIN, DC: In here? In eating?

HILARY DUFF: Sometimes the other way, too.

DR. ELLIOT BERLIN, DC: Oh, both? Just wherever you could get it in?

HILARY DUFF: Yep.

DR. ELLIOT BERLIN, DC: Okay.

HILARY DUFF: Lots of walking. I mean, I was jumping on the trampoline with Luca.

DR. ELLIOT BERLIN, DC: What?

HILARY DUFF: Yeah. I can't, I have two speeds.

DR. ELLIOT BERLIN, DC: Yeah. Is it just like, I'm flattened out, I'm dead tired, or I'm like go, go, go, go, go, go, go? And you were still go, go, go of 39 weeks.

HILARY DUFF: Yeah.

DR. ELLIOT BERLIN, DC: I'm just thinking, because my kids are like, dad, jump on the trampoline with me, and I'm not 39 weeks, and I'm still like, oh, all right, fine. I feel like a terrible dad.

HILARY DUFF: You are the farthest thing from a terrible dad. I know that. Thank you. What else was I doing? I was eating the salad, I was eating spicy food.

DR. ELLIOT BERLIN, DC: Tell me about the salad, because I saw your post about the salad. What's in the salad?

HILARY DUFF: Lots of walnuts, I'll tell you, and I'm not a fan.

DR. ELLIOT BERLIN, DC: You're not a walnut fan?

HILARY DUFF: No. The dressing is very good.

DR. ELLIOT BERLIN, DC: Spicy?

HILARY DUFF: No, it's a lot of like vinegars and like oregano and stuff like that. I think that if you look online, there's something about oils and vinegars and spices that's supposed to help.

DR. ELLIOT BERLIN, DC: Did you eat it just once?

HILARY DUFF: I didn't. I ate it a few times. I even went and just got the salad dressing to do a shooter.

DR. ELLIOT BERLIN, DC: I'm surprised you didn't insert it with the barrage oil.

HILARY DUFF: I did not. I was a little scared of the burn.

DR. ELLIOT BERLIN, DC: So you were doing a lot of physical stuff.

HILARY DUFF: Yeah, and then I finally talked to my psychic, and she's like, oh, I can do this. And she's like, she wants to be a Scorpio baby, so she's waiting for the sign to like the moon to shift into Scorpio or whatever, and she wants to come on the full moon, and she totally did.

DR. ELLIOT BERLIN, DC: She came on the full moon.

HILARY DUFF: Remember I sent you a picture? I was driving, I'm like, if this, I just saw that moon. I was like, if this doesn't do it.

DR. ELLIOT BERLIN, DC: I forget, did you send me that on the 24th or 25th?

HILARY DUFF: I think I sent it to you while I was driving to you, and I saw you I think

DR. ELLIOT BERLIN, DC: the night before you went into labor. Yes, you did.

HILARY DUFF: So it was while I was driving. Yeah, so it wasn't quite the full moon, because on that night I went into labor, it was like the big full harvest moon.

DR. ELLIOT BERLIN, DC: It was the next night. Yeah. Yeah. I was also driving actually in this neighborhood at that time.

HILARY DUFF: You were?

DR. ELLIOT BERLIN, DC: And I was wondering.

HILARY DUFF: Why?

DR. ELLIOT BERLIN, DC: Because I saw somebody else very close to here.

HILARY DUFF: Okay, that's right. You said you see someone close to here.

DR. ELLIOT BERLIN, DC: Yeah.

HILARY DUFF: I went into labor at 12.30 a.m. And yeah, that was so, it was like crazy.

DR. ELLIOT BERLIN, DC: Hang on a second. I was really impressed about something on the night that I saw you. It was the night before you went into labor. And I came in here, and just to backtrack for a second, you said in our last interview that your process in putting together your team was pretty specific. You started to interview midwives, and it sounded a little bit like Goldilocks. You know, in the Bears, this one's a little too hippie for me, and this one's a little too medical for me, and this one's just right. Right? And that was Beth.

HILARY DUFF: Yeah.

DR. ELLIOT BERLIN, DC: Beth Cannon. And when I came over that night, you were like, yeah, something came up, and Beth has this medical emergency and might not be here for my birth. And you were so relaxed about it. It was surreal because I had accused you of being control freaky.

HILARY DUFF: Do you retract the statement?

DR. ELLIOT BERLIN, DC: No. I take it back.

HILARY DUFF: You can still call me Nick Cannon.

DR. ELLIOT BERLIN, DC: I was really impressed. You were not even slightly worried about Hillary. You were totally concerned about Beth and her situation that was going on. You hadn't even met the midwife that might have been your midwife that was covering for her.

HILARY DUFF: Right.

DR. ELLIOT BERLIN, DC: I knew her and I loved her, but you were just chilled about it. You just surrendered to it.

HILARY DUFF: I think this process, as much as I wanted to control her getting here and being able to control the situation, know how long it was going to last, like the pain and all that stuff that we talked about before, when really big picture stuff happens, I tend to be very calm. I'm like, well, in the grand scheme, I'm ready for the baby to come out. Whoever Beth is putting me in touch with is going to protect me and keep me safe. She's not going to put me with someone that's not going to mesh with me. You know what I mean? Everyone has a job to do and everyone knows what needs to happen. I'm sure that's going to happen. There was no point in freaking out. How was that going to serve us? I don't know.

DR. ELLIOT BERLIN, DC: That's logic, but emotion is different.

HILARY DUFF: Something really big happened in Beth's family. It just was way bigger than me and having a baby.

DR. ELLIOT BERLIN, DC: Thank you. It just felt really selfless and just very surrendery. Pretty impressed. Well, you know what?

HILARY DUFF: I think that Banks waited for Beth to come home.

DR. ELLIOT BERLIN, DC: That's what I think so, too.

HILARY DUFF: Yeah.

DR. ELLIOT BERLIN, DC: I think so, too.

HILARY DUFF: I think she wanted Beth to be here.

DR. ELLIOT BERLIN, DC: Or maybe it was that massage and adjustment, because we did a lot of work, opening up your back and your hips and your pelvis, and then your baby came.

HILARY DUFF: Yeah, my baby came.

DR. ELLIOT BERLIN, DC: Now, don't you wish you had have done it a week earlier? The massage?

HILARY DUFF: Yeah.

DR. ELLIOT BERLIN, DC: Who knows if that was it?

HILARY DUFF: But Luca was ... I think that it was ... I think all of it was part of it. You know what I mean? Every element just kind of made it happen that night.

DR. ELLIOT BERLIN, DC: You did not have a ramen bowl, a spicy ramen bowl?

HILARY DUFF: I did not have a ramen bowl. I can't even tell you what I ate for dinner that night.

DR. ELLIOT BERLIN, DC: Yeah. But I'm just saying you tried everything else. You had the nettles and the red raspberry leaf. You had the salad multiple times. You did salad shots.

HILARY DUFF: I did salad dressing shots.

DR. ELLIOT BERLIN, DC: But no spicy ramen bowl.

HILARY DUFF: Yeah.

DR. ELLIOT BERLIN, DC: Yeah.

HILARY DUFF: No spicy ramen bowls.

DR. ELLIOT BERLIN, DC: Isn't that weird?

HILARY DUFF: Yeah. Each kid has their own thing. Yeah. Maybe she wasn't feeling those flavors, so I wasn't interested.

DR. ELLIOT BERLIN, DC: So how did it start the next night?

HILARY DUFF: I mean, honestly, it was a totally normal day. No signs of anything. And I had an awesome night with Luca. Got to have a lot of time with him, like to put him to bed.

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

HILARY DUFF: We went outside in the front. We had a bunch of random flowers bloom, like roses. We cut a big, blooming pink rose and put it in water and put it in Banks' room. And went to bed. Matt and I were in bed. We were watching a show. And it just started. And I was like, oh, that's a new feeling. That's a real feeling. And I started pacing a little bit. And he was like, oh, I should get up and shower and wake up. And I'm like, I don't know. Let's lay back down. And then we got up, got down, got up, got down. And then it kind of, I think that nervousness kind of kicked in of like, I can't lay down anymore. I need to be walking, because the contractions were, they were coming five minutes apart right away.

DR. ELLIOT BERLIN, DC: Out the gate?

HILARY DUFF: I broke a vase. I bumped into something in my room.

DR. ELLIOT BERLIN, DC: Just by accident? Knocked it over?

HILARY DUFF: Yeah. And Matt was busy kind of getting the house ready. He was getting the birthing tub out of Luca's room, because he was using it as a trampoline for a while.

DR. ELLIOT BERLIN, DC: Multi-purpose.

HILARY DUFF: Yeah. And I was just kind of pacing around, like dealing with it.

DR. ELLIOT BERLIN, DC: Was it just like Luca, when it started, you're like, yep, this is it?

HILARY DUFF: Yes. It was very clear that that was happening.

DR. ELLIOT BERLIN, DC: Did it seem familiar, like similar to how it had been last time, or was it too far away?

HILARY DUFF: Yes, but I have to tell you that what I told you last time about getting to the hospital when my contractions were three minutes apart, that had to have been a lie, because I did not feel that kind of pain with Luca before I got the drugs.

DR. ELLIOT BERLIN, DC: Oh, at home?

HILARY DUFF: Yeah.

DR. ELLIOT BERLIN, DC: Wait a second. So here you got to three minutes apart.

HILARY DUFF: I actually never got to three minutes apart here before I was in active labor.

DR. ELLIOT BERLIN, DC: And it was more intense than you thought it would be?

HILARY DUFF: Hell yeah. Yeah, it was.

DR. ELLIOT BERLIN, DC: Right away?

HILARY DUFF: I mean, tolerable, but right away. Right away it was definitely tolerable. I mean, it was all tolerable, but right away it was just like, oh, these are real feelings. Like, this is, you know what's going on, you know, because it still feels pretty big.

DR. ELLIOT BERLIN, DC: Did you feel it in the front or in the back or both?

HILARY DUFF: I felt it, you know what, through my whole entire labor, it was kind of switching back and forth where I was like, oh, I heavily feel it in the front right now. And then maybe as I would like progress, I'd feel it like wrapping around my back. And then sometimes I would move positions and I wouldn't feel it like wrapping around my back, and it would be mostly in the front.

DR. ELLIOT BERLIN, DC: Did one feel more or less comfortable than the other, front or back?

HILARY DUFF: I think the one where it's wrapping around my back felt more comfortable because I dealt with them less. Oh.

DR. ELLIOT BERLIN, DC: What do you mean you dealt with them less?

HILARY DUFF: Like those didn't seem to, you know, I've always heard of like back labor, but that has something to do with the position of the baby, right?

DR. ELLIOT BERLIN, DC: Usually.

HILARY DUFF: I just, you know, that wrapping feeling I'm sure like you've heard women talk about where it's like the tingles like start in your back and then kind of like move all the way around.

DR. ELLIOT BERLIN, DC: Oh, they move around to the front.

HILARY DUFF: Yeah.

DR. ELLIOT BERLIN, DC: Yeah.

HILARY DUFF: I had some of those, but the majority of it was all in my front.

DR. ELLIOT BERLIN, DC: Yeah. What did you do in that early time to get comfortable? You said you were walking around. You broke a vase.

HILARY DUFF: I walked. I broke a vase. I was like kind of tidying the house.

DR. ELLIOT BERLIN, DC: That's what you said when I asked you if you could... If you direct your labor, I said, what would you do? You're like, I'd be milling around the house, go play with the dogs, play with Luca, tidy up a bit.

HILARY DUFF: Didn't play with the dogs a single bit. I didn't want them anywhere near me. Even though Momo actually was a dream, and he didn't leave my side the whole entire time.

DR. ELLIOT BERLIN, DC: I was wondering, did they act differently?

HILARY DUFF: They were really chill. They were really, really chill.

DR. ELLIOT BERLIN, DC: Just their usual selves, no difference? Or more chill than usual?

HILARY DUFF: No, Momo knew something was going on and followed me every step I made, but didn't bug me, didn't ask for attention, just wanted to curl up near me.

DR. ELLIOT BERLIN, DC: So sweet.

HILARY DUFF: It was so sweet. I tried to rest and lay down, then I would get up if I was uncomfortable.

DR. ELLIOT BERLIN, DC: With Luca, you did your hair.

HILARY DUFF: I didn't. I definitely brushed my hair. I'll tell you what, I put my eyebrows on.

DR. ELLIOT BERLIN, DC: Oh, that's something. That's hair.

HILARY DUFF: Hair. Yeah, it's a form of hair. I definitely filled my eyebrows in, which is so funny. Luca, I kept walking in his room, checking on him, he was out cold.

DR. ELLIOT BERLIN, DC: Now it's early in the morning.

HILARY DUFF: Yeah, and that really surprised me because I was thinking I was going to get further along by that point in time. I don't know, in my mind, I always thought I was going to have her at night, and the morning rolled around so quickly.

DR. ELLIOT BERLIN, DC: When did you reach out to your team?

HILARY DUFF: We reached out around 2 a.m., so it had been about two hours.

DR. ELLIOT BERLIN, DC: And Beth was back, or just coming back?

HILARY DUFF: Beth had just gotten back.

DR. ELLIOT BERLIN, DC: Wow.

HILARY DUFF: Yeah. So I think she got a few hours of sleep, but not much.

DR. ELLIOT BERLIN, DC: That's what's usual for midwives.

HILARY DUFF: Right. And then I've been texting with her ever since, and she's just like, do you know the emoji that you can send where it fills your screen?

DR. ELLIOT BERLIN, DC: Oh, I've seen it, yeah.

HILARY DUFF: I just send her babies like it's raining babies because she's delivered three babies.

DR. ELLIOT BERLIN, DC: I know, since you, yeah.

HILARY DUFF: She's been really busy. I'm like, it's just a baby boom. Yeah, it's raining babies. Yeah, so we reached out to Daisy first, my doula, and then sent Beth a text just so everyone was on the same page, like, okay, it's definitely happening. And then everyone, you know, this whole entire time has been like, it's your second baby, you're probably going to progress really fast, and that was not really the case.

DR. ELLIOT BERLIN, DC: So I know you got the text at around 2, like, hey, when can you be here?

HILARY DUFF: I know.

DR. ELLIOT BERLIN, DC: What time? I didn't get a text until like 9 in the morning.

HILARY DUFF: Oh, you got a text at 9 a.m.?

DR. ELLIOT BERLIN, DC: Yeah.

HILARY DUFF: From Daisy?

DR. ELLIOT BERLIN, DC: Yeah.

HILARY DUFF: Saying what? This is so interesting. I don't even feel like I was there for half of this.

DR. ELLIOT BERLIN, DC: Yeah, 2 a.m. would have been no problem.

HILARY DUFF: 9 a.m.

DR. ELLIOT BERLIN, DC: No, I thought like 2 p.m. you got a text. No, no, I already got a text in the morning at 9 a.m. Okay. Daisy was like, you said what you basically said, labor had started, you know, shortly after midnight, and it was slowly building up and progressing, but, you know, not super active yet.

HILARY DUFF: Yeah.

DR. ELLIOT BERLIN, DC: And she just questioned availability. Could I come over with a ramen bowl? As I had promised.

HILARY DUFF: See, I didn't know about that conversation. Okay. I knew about it by like maybe one or something like that, and then you were available at 4.30, and I was like, I'm not going to be still pregnant at 4.30, so you tell him not to come because I'm getting this baby out immediately.

DR. ELLIOT BERLIN, DC: So that's so funny. That was our conversation at 9.30 was, I don't think I can really get there until 4.30 because I can't cancel the patients at the office.

HILARY DUFF: Yeah, of course.

DR. ELLIOT BERLIN, DC: And I said, and I hope she's not still in labor, and I said, she's probably not going to be in labor still by 4.30, and Daisy was like, maybe if I just tell her that you could come, then she'll get the baby out now. And she did it, and it worked.

HILARY DUFF: Yeah. I think that was the most surprising part for me was thinking it was going to progress a lot faster than it did, and it just didn't. So by the time I was in like active labor and transition or whatever, I had already been in labor for a really long time, you know.

DR. ELLIOT BERLIN, DC: During that whole time, what were you doing for comfort?

HILARY DUFF: Moving around a lot. My sister and my mom were downstairs cooking and hanging with Luca, watching a movie. I think Guardians of the Galaxy was on TV.

DR. ELLIOT BERLIN, DC: Great birth movie.

HILARY DUFF: I know. I was sitting on the bouncy ball at one point behind the couch just trying to get through some of the contractions. I'm like, when I pictured my birth, I didn't picture watching Guardians of the Galaxy on TV. And Luca's like explaining to me the characters and stuff like that. And I sat on the floor for quite a bit. It felt really good to squat, like if I would be talking to someone. I was very normal in between contractions. would hit and I would have just like have to step away and I would like hold on to the wall or kind of like hang on something but squat down mm-hmm was like a lot of people and did you get in water I never got in water really but I have to tell you think about getting water it just didn't seem appealing it

HILARY DUFF: didn't really seem appealing and I kept being like hot and cold Matt and I laid down a lot we took quite a few naps upstairs and he was amazing and just really calm Daisy did that shaky back thing to me a few times with the rebozo mm-hmm how'd that feel it felt really good and then you know what else felt good is she flipped it around and like took the weight off my belly because I told you all my contractions were in the front yeah so kind of being on all fours and having the the scarf tied around my belly and like lifting up while I was having a contraction I felt like a weightless kind of feeling yeah it felt really nice how's Luca when he woke up and found you in labor he was totally calm he was kind of uninterested yeah were

HILARY DUFF: you making noise during your contractions uh-huh and he's just like now it's mom I was trying not to make noise I think maybe I was a little more aware of that when he was around but I warned him you know we had a lot of talks about what this day kind of was going to look like and what I might sound like and he was cool through it so he stayed home he stayed home yeah but you know his room is here and I was I spent a lot of time upstairs once my contractions were coming once they were getting a lot more intense I was upstairs mostly and were there other things as I got more intense that felt comforting to you was touch comforting did you touch was very comforting light touch which is funny because when people light touch

HILARY DUFF: me I'm so creeped out for the most part like in life I'm like oh my god just don't don't give me like a light puny handshake don't just like caress me or something like I'm just not interested in that kind of stuff and it felt really good in labor hmm like Matt would you know touch my arms or touch my back or Daisy would like lightly like rub her hands up and down my legs and it felt really soothing also some oils smelled a lot of clary sage and that felt really good it's so earthy I don't know

why it felt really good to me and then the other thing that was really helpful was any time someone would tell me to relax I want a punch but Daisy would say actually the one time I told Matt I was like you have to

HILARY DUFF: shut up you're gonna die if you say that again was one time he like popped up from like dozing into a nap you know he it was like a long day for him too he was like just relax babe I was like you're gonna die he was like sorry sorry okay that's not that's not helpful but then one of my midwives Julie who was amazing came in and she's like just like just melt into the bed like when your contractions are coming just imagine yourself melting into the bed and then for some reason that really helped me like just stay really relaxed that was the hardest part was like not fighting the contractions that's what I was wondering prior to that were you fighting yourself I don't think I was I mean I was trying to I was trying

HILARY DUFF: to stay calm maybe the first couple of times I would fight them you know as they would get more intense and then you can't you know and they would you know the midwives or some or Daisy or Matt you know would remind me not to like hold the stress on my face like relax your face relax your jaw like breathe and just try to melt into the bed and all that stuff sounds so annoying right now when I think about it but in the moment like I needed the reassurance not the reassure the guidance you know to remember because it's hard and it's so repetitive and it's such a natural feeling to want to fight it you know yeah because it's big energy moving through you it's intense big energy moving through you and and you know I felt

HILARY DUFF: like I did a lot better when my whole team was here when all my midwives were going in and out throughout the day and I did really well when it was just Matt and I and then I did really well when it was like Daisy, Rebecca my photographer who's also a Dula. She's also very calming. Amazing yeah and then like my three midwives and when everyone was around me and Matt and my family like it was I did much better so weird I told I really thought it was going to be the opposite, but it was like I needed a tribe of people.

DR. ELLIOT BERLIN, DC: You said that when you need to figure stuff out, you like to just go inside and be alone.

HILARY DUFF: Yeah, but this was such a bigger, scary feeling. I definitely got through some contractions alone. Like, I don't know what it's called, but some of those big, big, big ones where you're like, oh, I'm moving forward, like I'm progressing.

DR. ELLIOT BERLIN, DC: You can feel the baby moving forward?

HILARY DUFF: No, like the contractions are getting way bigger, the pattern, you know, you'll have a few, then your body can deal with those a little bit better, and then a big one comes, you know, and then you've kind of like gone to another step, or that's how it felt in my mind at least, or my body.

DR. ELLIOT BERLIN, DC: No, it builds up.

HILARY DUFF: I felt like I would let myself move forward when I had the whole team around me. When, because I know, yeah, it was probably around two or three when Daisy's like, okay, no need to come, baby's almost here.

DR. ELLIOT BERLIN, DC: What was going on then?

HILARY DUFF: You know what, to be honest, Daisy, I think she didn't think I was progressing as fast as I was, and maybe I was handling, or acting like I was handling the pain better than how it felt, you know? Because she kept being like, we need the contractions like tighter together, we need them coming like a little stronger, a little more frequently, and a little longer, like each contraction. I don't think I ever had a contraction longer than 40 seconds.

DR. ELLIOT BERLIN, DC: And also, you said they never got really close together.

HILARY DUFF: And they never got really close together.

DR. ELLIOT BERLIN, DC: Happened to my wife with our first baby.

HILARY DUFF: So I was like thinking, I'm like, well, why am I holding myself back? Like, what's going on? Why am I not progressing? I was getting very frustrated, you know?

DR. ELLIOT BERLIN, DC: Your body didn't read the textbook.

HILARY DUFF: No, my body was like, this is how we're going to do it. That's right. And so, finally, Beth came in, and she's like, you sound different to me, so I want to check you. I hadn't been checked the whole entire time. Just such a different experience in the hospital. They're always like jamming up there. Like, what's going on? Yeah, it's been a minute. Let's check you again. Yeah. They like to check. Yeah, so I hadn't been checked at all. And I got really nervous. And I think I started to cry a little bit. Like, not boo-hoo cry, but like, I think I welled up because I got really nervous that I was going to be disappointed by what she was going to find, you know? And she's like, I'm not going to tell you your number.

HILARY DUFF: I'm like, I just, I like to pass tests, and I want to pass the test. She's like, this is not a test, you crazy. I'm like, I just, I don't know. I've been like working so hard all day. This, I just like want to be there. You know, I want to be there. And she's like, well, I'm going to either tell you you can get in the water or you can't, you know? Like, so that means I'm close enough to whatever, push time, go time, party time. And so I get through like a few more contractions. They like get the bed ready and everything. And she checks me and Matt's like holding my face. He's like at my head. And she looks at me and she's like, so you want to go get in the tub? And I start bawling, like hysterically crying, like tears of joy.

HILARY DUFF: I feel so, I felt so proud of myself. I was like, oh my God, I'm there. I got there. Like I thought she was going to tell me I was at like five centimeters and I had. A ways to go. A ways to go. It was such a happy moment. It was such a happy moment and also scary.

DR. ELLIOT BERLIN, DC: Scary for the next phase?

HILARY DUFF: Yeah, scary for the next phase, but like much more of a relief. Excited, scary. Yeah. Anxious. Yeah.

DR. ELLIOT BERLIN, DC: So you hop in the tub?

HILARY DUFF: They had to fill the tub. Izzy, please.

DR. ELLIOT BERLIN, DC: Oh, was it filled yet?

HILARY DUFF: Nope. That takes a minute too. It took like maybe 15 minutes or so.

DR. ELLIOT BERLIN, DC: Yeah.

HILARY DUFF: Yeah, so I was like- Get it filled, the right temperature. Yeah. I was laboring on the bed, which I hadn't been laying down. The contractions actually felt a lot stronger laying down for me, so the ball was helping a lot. Oh, you know what else helped me? The heating pad.

DR. ELLIOT BERLIN, DC: Oh, yeah. On your back?

HILARY DUFF: I really liked the heating pad.

DR. ELLIOT BERLIN, DC: Yep.

HILARY DUFF: And then if I was too hot on my back, I would just put it on my belly, and it felt really nice.

DR. ELLIOT BERLIN, DC: I see people, like in the hospital, they take that shower wand-

HILARY DUFF: Izzy, go away. I'm sorry. You're a lover.

DR. ELLIOT BERLIN, DC: They take the shower wand, and you have the hot water, and a lot of times they just hold it either by their back or by their belly. The warm seems to be helpful.

HILARY DUFF: So once I got in the tub, I wanted cold water. Because the tub was hot? The tub was pretty hot, and it felt amazing at first, and then all of a sudden I was like, I'm very hot. It wasn't that the water was hot, I think it was just like a weird-

DR. ELLIOT BERLIN, DC: Hormonal thingy?

HILARY DUFF: I don't, maybe. I wanted the hose, like just cold water running on my back. It felt really like nice relief, and then the tub started to get too full, and then it was like, I didn't get to have that cold water anymore. And so then Matt was like, either Matt or my sister, I don't even remember who, was like squirting the Fiji bottles with the pop-top on them, cold water on my back.

DR. ELLIOT BERLIN, DC: Multipurpose, I never thought about using the Fiji bottles that way. Your mom and sister had never been to a home birth before, right? How did they feel about you choosing to have the baby at home?

HILARY DUFF: I think it made them nervous to think about not being at a hospital, but they just didn't know anything about home birth. And once they heard about my team and let me explain it a little more, one, my sister got super excited, and she was like, I'm pumped for this, I'm ready. I think if anyone can do it, it's you. And she was so supportive and amazing. I think my mom was a little more worried, but then got behind me. She knows that I'm pretty, I don't think stubborn in this, this is not the right time to be stubborn, because obviously if anything went wrong, I would be in the car on the way to the hospital, but I'm just, when I have my mind set on something, I want it.

DR. ELLIOT BERLIN, DC: You're headstrong.

HILARY DUFF: I'm headstrong. So she has to jump on board, or there's no other option.

DR. ELLIOT BERLIN, DC: Right, but once she was here, did she seem comfortable?

HILARY DUFF: Yes, yes. I think she, I think I'm the baby of the family, so it's hard to watch your child be in pain and do something that you've never experienced, you know? So she had C-sections, and so the first time around just me being at the hospital delivering Luca was a lot for her to see. And then this was a totally different experience.

DR. ELLIOT BERLIN, DC: A different a lot.

HILARY DUFF: A different a lot, a much more a lot. The first time she saw me having a contraction in the house, she was like cooking bacon for Luca on the stove, and she's like, I just kind of like squat down and like holding onto the cabinet, and I'm not like talking during my contraction, because it hurts, but I'm breathing and I'm just like, you know, honestly I just step away from the conversation we were having to like get into my zone to just get through it, you know? And my mom was like, oh no, oh no, oh no, oh no. And I was like, Mom, you cannot do that. You cannot do that all day. It's going to make you feel secure. Yeah, and she's like, I don't know what to do. I'm like, just don't do anything. Just go about your-

DR. ELLIOT BERLIN, DC: Keep cooking bacon.

HILARY DUFF: Keep cooking that bacon, girl. But she got used to it for sure, and then, you know, she's my mom, so just having her here and for the support of the comfort that your mom brings, you know, was important to me.

DR. ELLIOT BERLIN, DC: Yeah.

HILARY DUFF: Even me and my mom, like when I'm going through a hard time, it's just-

DR. ELLIOT BERLIN, DC: I mean, it's just the person you call.

HILARY DUFF: Right.

DR. ELLIOT BERLIN, DC: So how long were you in the tub for, do you know?

HILARY DUFF: I have to tell you, in my mind, I told the story to someone, and it was like 30 minutes, and Matt was like, no, no, no, no. It was like an hour and 30 minutes.

DR. ELLIOT BERLIN, DC: Oh, it was good that it felt shorter than longer.

HILARY DUFF: Yeah. I think that there's big chunks of time that I don't remember in the tub.

DR. ELLIOT BERLIN, DC: Your body's protecting you?

HILARY DUFF: Yeah.

DR. ELLIOT BERLIN, DC: I guess. So I'll do it again? It's kind of, did you feel like it was out of body? We're just-

HILARY DUFF: I, hmm. No, I felt like I was in my body and I feel like I just kind of went away. Like my brain went away.

DR. ELLIOT BERLIN, DC: The think-through part of your brain? Yeah. Oh, that's nice. Yeah. I think that's what we aim for, to just sort of shift back into the older part of the brain that knows how to do this.

HILARY DUFF: Yeah. I will tell you that I kept saying to myself, oh, I don't need to be here for all of this. I don't need to be here for all of this. Like getting through my contractions and stuff and then even in the early part of me being in the tub when they were still coming on really strong. I remember just being like, my body's gonna do this. So like, you don't have to just disconnect. Just stay calm. Just stay open up. Just don't be, you don't need to be here. I kept saying to myself for some reason.

DR. ELLIOT BERLIN, DC: It almost sounds like you're telling your rational brain you can... Calm down and go away.

HILARY DUFF: Turn off for a little bit.

DR. ELLIOT BERLIN, DC: Yeah.

HILARY DUFF: We got this covered. Yeah. This is not your domain. Right. My body was just doing everything my body was supposed to be doing, which was weird to let it take over like that. And actually really scary. I got to a point where I said out loud and I was looking at Julie, one of my midwives, and I was like, I'm really scared right now. Really scared.

DR. ELLIOT BERLIN, DC: Was that before you got in the tub?

HILARY DUFF: Uh-uh. In the tub.

DR. ELLIOT BERLIN, DC: And you were in there for, I guess, over an hour. Were you pushing right when you went into the tub?

HILARY DUFF: No.

DR. ELLIOT BERLIN, DC: Yeah, when did you start pushing?

HILARY DUFF: The pushing was like five pushes. It was quick. Yeah.

DR. ELLIOT BERLIN, DC: Did you feel ready to push?

HILARY DUFF: Yeah.

DR. ELLIOT BERLIN, DC: You knew it was time.

HILARY DUFF: Yeah, but the feeling was so big. It was like scary, but it was bigger than me. It was out of my control.

DR. ELLIOT BERLIN, DC: Was it physically big?

HILARY DUFF: Yeah, and just wrapping my head around the first sensation of needing to push, it was very big feeling. And I don't mean like the baby felt big. I meant like just like the shift in the

feelings of my body felt like, oh my God, how am I going to climb over this? Like this is right in front of me. I have to face it. I have to do it. It scared me. And then the next one came rolling in and it was just like I had to push. And it didn't, that part didn't hurt as bad as I thought it was going to.

DR. ELLIOT BERLIN, DC: Did you think that, I mean-

HILARY DUFF: The feeling was like so scary.

DR. ELLIOT BERLIN, DC: The feeling?

HILARY DUFF: Of the baby moving through my body and being able to feel all of that. It felt just really intense and really scary to let that life force move through you like that.

DR. ELLIOT BERLIN, DC: But not as painful as you thought it would be.

HILARY DUFF: Yes, and I mean like actually in my vagina. I was like scared that it was just going to be like extreme pain in my vagina. And it was not like that. It was very painful in my hips and then it was more scary just the overall bigness of what was happening. Then like ow, this hurts so bad I can't do it again.

DR. ELLIOT BERLIN, DC: So two things come to mind. One is you're with Luca, you originally wanted to have a cesarean birth because you were afraid of what it would feel like for a baby to crawl through your vagina.

HILARY DUFF: Yes.

DR. ELLIOT BERLIN, DC: I think that's what you said.

HILARY DUFF: I said crawl through.

DR. ELLIOT BERLIN, DC: Maybe I made that up.

HILARY DUFF: I don't know.

DR. ELLIOT BERLIN, DC: I might have embellished. But then you kind of said that part of your reason for wanting to do the home birth is because your body had done so much and motherhood has been so incredible for you that you didn't want to miss out on feeling what that would be like. In retrospect, are you glad that you did that?

HILARY DUFF: Totally. I'm totally glad I did it and I would totally do it again.

DR. ELLIOT BERLIN, DC: Ooh, that's exciting.

HILARY DUFF: Yeah. But I'm telling you that in the moment it was scary and it was overwhelming and so bad ass that I feel like afterwards I was like, I can't believe I did that. I can't believe I did that because it was scary and it was a moment where I was like, why am I not in a hospital right now with all the drugs?

DR. ELLIOT BERLIN, DC: Oh, you did have that moment while you were pushing?

HILARY DUFF: Yes.

DR. ELLIOT BERLIN, DC: Who was around you?

HILARY DUFF: Everyone. Not Luca.

DR. ELLIOT BERLIN, DC: Luca didn't want to be?

HILARY DUFF: No.

DR. ELLIOT BERLIN, DC: So it was your mom, your sister, your midwives, your doula.

HILARY DUFF: And my birth photographer.

DR. ELLIOT BERLIN, DC: And your birth photographer. And then eventually your baby.

HILARY DUFF: Yeah. And then I think I got the head, I got her head out and the next like minute or so, obviously her shoulders were next, but I couldn't hold like my weight up anymore in the tub. And Matt was like holding my arms and Beth was holding one of my legs and Tasha was holding one of my other legs and I got her body out like really fast. But I had, I mean they were completely like supporting my weight. I remember feeling like it was taking so much to push that I couldn't like hold myself up. Were you pushing on your own or was there coach pushing? I was

DR. ELLIOT BERLIN, DC: pushing on my own. Just when you felt like pushing you would give it what you felt like, but you're kind of like an all or nothing like you said. Yeah and she came out fast,

HILARY DUFF: her body, that was the weirdest feeling of like feeling that body move through me fast and I was so relieved when it was over. Did you reach down and feel her head when it was

DR. ELLIOT BERLIN, DC: coming out? What was that like? Because then you can feel it internally but you also can

HILARY DUFF: like literally touch her head. Yeah honestly when I got her head out I was a little shocked by the feelings. You know that I was like a little like I've seen women like pull down, reach down and pull their baby out and I couldn't do that. Like it was cool, I felt like oh my god okay now I'm there, I'm there, I've got to like finish this job. But it was really like, it was just really intense. I wasn't, it wasn't pleasant at that point you know and I think I was totally not in my full head space. I was, my body was doing what it needed to do and it wasn't until I've you know her body came out that I could like want to grab on to her and like bring her up out of the water and stuff. All right because

HILARY DUFF: she's totally under water for that, for still that when her head's out and you're bringing her body out she's in the water. Yeah. What was it like when you pulled her to the surface? So she needed a couple of breaths from Beth. She was blue but I knew not to be scared of that because my son was blue when he came out and she's like, I'm like she's good right? Like we're all kind of like she's good, she's good right Beth? Like she's good. She's like yeah talk to her mom, talk to her. I'm talking to her, I'm talking to her, I'm like petting her back. I'm like you know talking in her ear and she just came out really fast and Beth was like she just needs a minute, like she's got to like come into her

HILARY DUFF: body. She needs a minute, she's fine, she's totally fine. Keep talking to her, keep talking to her. She gave her two breaths. They stuck that little tab in her cheek that kind of helped

soak up water in the lungs and then she was fine and then she did the most amazing thing. Did I send you the video? I saw the picture, yeah the video. She did the most amazing thing where I'm looking at her, they you know they hand her to me and I'm looking at her and you know babies are like floppy little worms. They just don't have any control and she reaches up both of her arms and like curls into me. Reaches up her arms right at my neck like as to give me a hug. It was the most, first of all I couldn't believe how strong she was but it was

HILARY DUFF: so clearly like a hug. I've never seen anything like that. It was amazing like it makes me want to cry. It made me feel like she was like good team mom, we did it. You did what you needed to do and I did what I needed to do and like hi. We did it together. It was so amazing. It was

DR. ELLIOT BERLIN, DC: like a little high five. Well you said also that you had your hopes and dreams to give birth in a tub. I did it. You could check that off your list. Yes. What happened after that

HILARY DUFF: the post-birth care. Just immediately for you and for your baby. So I was in the tub for a while. I was in the tub when Luca came in to meet her and the sweetest thing happened then too. I think I've been pretty public about the fact that Luca was not necessarily stoked to have a sibling in the beginning. Yeah you did tell me about the card he made. Yeah and by the way that was like with the hammer but then she became the Hulk. She became the Hulk and shattered the hammer. Yeah well I was nervous because you know I think he was just a little worried about where our relationship was going to stand and what that looked like having a baby in the house and all of that. Anyway so he comes in. I'm still in the tub and he's right there with Matt.

HILARY DUFF: He comes in and he looks yeah I'm like showing him the baby and they like this huge smile crop crawls across his face and then he's like I'll be right back and he like darts out of the room and I hear him let out this huge cough in the hallway and because obviously Nothing can ever just go smoothly and he got like croup a week before I'm supposed to give birth So he's like coming, you know, he's he's definitely on the mend but still has like a little bit of a cough and he runs back in and he's like I Did not want to cough me the baby and I'm like, oh my god It was awesome it was really really sweet and made me so happy and then Yeah, I was just she was rooting around

HILARY DUFF: Already to nurse in the tub before I even got out of the tub. Did you latch on the tub? Yep

DR. ELLIOT BERLIN, DC: Was my cord yet. Oh, yeah yours. Oh, wow Yeah, did Was latching easier this time your mom didn't have to grab your boob. No, I grabbed my own boob this time

HILARY DUFF: Latching was very easy. Yeah My boobs hurt so bad right now right now. Are you getting baby sharked again? I think that's what I'm getting baby sharked Yeah in a big way, but she's I mean we're like feeding great which is amazing and I'm so grateful for but I forget this torture man. Yeah, and you know like the feeling sick because of their They're sucking, you know, your uterus is like kind of going back and oh the cramping. That's a tough few days Yeah, that's all gone now. Thank God, but we just go through it man. You guys I said last time It's just incredible the whole Pregnancy the birth the feeding the babies. Yeah, it's it's my boy Matt is He's so sweet and he's just like in awe. He's like, I wish I could do more

HILARY DUFF: I would I got he wants to like get up for every feeding I'm like go to bed please like you're gonna be more useful for me tomorrow in the morning Yes, and so like gets me a snack every time I'm nursing at night with like a fresh water and He's um, he's like this is just so He's like I'm so grateful for what you did for our family It was like so sweet and he's like I just did one thing one time and I'm like, yeah, that's right You did one thing one time

DR. ELLIOT BERLIN, DC: Our parts pretty easy Wasn't weird when everybody left when your birth team went home

HILARY DUFF: You know what they stuck around for quite a long time we We Did we finally moved to the bed and They checked me out and they checked the baby out Luca did the well baby check which was so fun He helped weigh the baby and measure the baby and all of that and then I had a snack I had sugar fish. I had sushi and I thought I was gonna want a glass of wine, but I took a sniff and I was like No, not into it Um Yeah, it was cool we have the most amazing baby nurse Loretta and she came that night to make sure we got a good night sleep and the baby banks nursed like kind of off and on all night and We got up in the morning like I think the morning was a little more

HILARY DUFF: Weird but not whenever you're just home. I was so tired. I was like ready to go to bed. Yeah, I Remember after our home birth the morning was very strange. Yeah, you're just there like you don't have to go anywhere, right? You're home. Yeah, and then and then the midwives came the next day and checked the baby out again and Luca was so into her like just wanting to like kiss her head and touch her hair and like stare at her And I love that so sweet so sweet

DR. ELLIOT BERLIN, DC: How was delivering your placenta?

HILARY DUFF: Not that fun not the most exciting After you yes Not what you want to do after you give birth. I feel like and that yeah, it's right. It's not over yet And they had me waiting in the tub until it was like contract. I was contracting I guess again And then it wasn't it wasn't that hard, but it's just not pleasant Looking at that thing is just insane

DR. ELLIOT BERLIN, DC: In saying in what way I mean, it's really kind of beautiful not the part that faces you right the part that looks like a steak

HILARY DUFF: Or something. Yeah, that's nasty the part that's against the baby the part that the baby's in. Yeah, it's awesome It's so incredible your body makes this disposable organ. That's complete life support. Yeah, and then pushes it out Yeah, and they were showing it to me like they they lived up the part where she was in, you know, like the pouch almost, and it was crazy. And then when they lay it flat, it does, it looks like a tree of life.

DR. ELLIOT BERLIN, DC: It totally looks like a tree of life. Did you make something out of it?

HILARY DUFF: I did.

DR. ELLIOT BERLIN, DC: To eat?

HILARY DUFF: I did.

DR. ELLIOT BERLIN, DC: Or artwork?

HILARY DUFF: I did. So they made me a smoothie.

DR. ELLIOT BERLIN, DC: They made you a smoothie right away? Just a raw piece of placenta? What did you put in your smoothie besides that?

HILARY DUFF: Lots of berries, lots of fruit juice. It was the most delightful smoothie I've ever had. You can't taste the placenta.

DR. ELLIOT BERLIN, DC: Well, not with all the sugar that they put in it.

HILARY DUFF: Yeah. No. I haven't had a smoothie that delightful since I was like 10 years old. It was just calorie filled with like juice and fruit and everything delicious. It was good. I didn't, I was a little wigged out, to be honest with you, but then I did research and none of it's like totally proven, but I don't know. I've already gone down this road of doing all this different stuff. I'm like, I might as well. Might as well do it.

DR. ELLIOT BERLIN, DC: I heard that it might help you stop bleeding. Anecdotally. Like you said, there's no great science on it. Not that I've seen yet anyway. I know there are studies underway, but anecdotally people say it helps with the bleeding or with lactation or with postpartum blues. Have you been feeling blue?

HILARY DUFF: I have not been feeling blue.

DR. ELLIOT BERLIN, DC: See, it works.

HILARY DUFF: I've only had it twice. Sorry, three times, my smoothie. So they made ice cubes.

DR. ELLIOT BERLIN, DC: Like frozen placenta chunks that you just put in your smoothie.

HILARY DUFF: Yeah. And the first time I had it after my birth, maybe it was like three days after, I was like, I'm going to try one of those. We had like family coming in town and just like a big day of like visitors and stuff. And my milk came in that day. And so I don't know if it was my placenta that made me really emotional, like having a smoothie or my milk coming in. But I could not stop crying all day. But not sad, just like overly emotional. Yeah. So I was like, I'm going to take a chill on those for a few days until like my milk supply is just like here. And I'm not like, no big changes are happening. Because honestly, the day after I felt so great, I was like, and the day after that, I mean, I felt great right away.

HILARY DUFF: But anyway, that emotional day happened. But I think that was due to my milk, because then I had a smoothie yesterday, like my third one, I guess. And it was great.

DR. ELLIOT BERLIN, DC: Did you also dry it out to make pills?

HILARY DUFF: No.

DR. ELLIOT BERLIN, DC: Just smoothie chunks?

HILARY DUFF: Yeah. I heard something weird about the pills. What about it?

DR. ELLIOT BERLIN, DC: I heard that you can, and I'm just super sensitive to this. Have you ever taken like oregano? Yeah. And then you can kind of like burp it out.

HILARY DUFF: Oh, yeah. Oh, placenta burps?

DR. ELLIOT BERLIN, DC: I heard placenta burps are not ideal.

HILARY DUFF: That sounds terrible. Yeah. Because they don't smell good.

DR. ELLIOT BERLIN, DC: I heard it's like iron, irony, and that's a no for me dog. I see all sorts of people just eat it raw sometimes, like just like sashimi.

HILARY DUFF: Well, I guess I did in a smoothie the first day. No, but just like literally. That's disgusting. Hardcore.

DR. ELLIOT BERLIN, DC: That's disgusting. I think if I had a placenta, I'd make a PLT out of it. A PLT? Yeah, why not? Special sauce, lettuce, cheese.

HILARY DUFF: I am going to be ill.

DR. ELLIOT BERLIN, DC: Sorry.

HILARY DUFF: By the way, Luca wanted to see it in the ice cube trays yesterday actually. He was like, did you keep your placenta? And I was like, yes, because he knows all about this stuff now. And he's like, where'd you put it? It's in the freezer. And he's like, in our freezer? I'm like, yeah, I'm like just in ice cube trays. And he's like, no way. And he said something funny.

DR. ELLIOT BERLIN, DC: What was it?

HILARY DUFF: I showed it to him. He was like, I wish I hadn't have asked. It does look really gross.

DR. ELLIOT BERLIN, DC: But at least now he doesn't have to go munching on whatever that is.

HILARY DUFF: Yeah, definitely not.

DR. ELLIOT BERLIN, DC: You watched a bunch of birth videos. You listened to some of our podcasts and other media. You did a lot of research. In the end, did you find any of that helpful while going through your own journey?

HILARY DUFF: Oh, yeah, absolutely. I think that, oh, I should have my birth board. My birth board helped me a lot.

DR. ELLIOT BERLIN, DC: Oh, yeah, I wanted to talk to you about that.

HILARY DUFF: My birth board, my vision board helped me a lot.

DR. ELLIOT BERLIN, DC: You looked at it?

HILARY DUFF: Uh-huh. I actually had to ask my sister to like move seats because they put it in my window and she was sitting right in front of it by the time I was in my tub. And I had, once the niceness. Oh my God, I'm definitely 10 days out from having a baby. Once the, what's the word I'm

looking for? Like how nice it felt to be in the water.

DR. ELLIOT BERLIN, DC: Oh, once the...

HILARY DUFF: Once that all kind of wore off.

DR. ELLIOT BERLIN, DC: Yeah.

HILARY DUFF: The water kind of like treat.

DR. ELLIOT BERLIN, DC: Okay, yeah.

HILARY DUFF: The water treat wore off. I was like, I need to have like something else to hone in on. I asked Matt, was I even looking at you? And he was like, yeah. I was like, I can't remember who I was like. focusing on or pulling from or what I was, it just got so big, so fast in the tub, you know, so real.

DR. ELLIOT BERLIN, DC: You had a lot of stuff on the vision board, were there things that were more helpful than others?

HILARY DUFF: The one thing that was like many women have done this before you and now you can do it too, was something that I really held onto and it kind of made me think of all the birth videos that I had watched and the different ways women handled it. I think I was particularly calmer than some of the videos that I watched, maybe a little more quiet, but I still haven't watched my birth videos.

DR. ELLIOT BERLIN, DC: Well, you didn't watch it back? That's what I was wondering.

HILARY DUFF: No, I don't have it yet.

DR. ELLIOT BERLIN, DC: Oh, right, because she makes it into like a nice, like a wedding video, organized, takes all the pieces of it and really just puts it together.

HILARY DUFF: Yeah.

DR. ELLIOT BERLIN, DC: I was wondering, so I'll have to ask you this question again later, but just from having experience to a birth, had your birth video been one of the ones that you watched, do you think it would have made you feel calmer or more freaked out?

HILARY DUFF: I think calmer. I think it would have made me feel calmer. That's a good sign. Yeah, I think I held it together. I think I felt more crazy inside than I was acting on the outside.

DR. ELLIOT BERLIN, DC: Was there anything in particular that was like a big surprise to you?

HILARY DUFF: I guess the way that it felt out of my control to surrender. That's not a big surprise to me.

DR. ELLIOT BERLIN, DC: That's not a big surprise to you?

HILARY DUFF: No.

DR. ELLIOT BERLIN, DC: I mean, I think the whole time I thought that was gonna be your issue is surrender.

HILARY DUFF: Yeah. Goes back to my control freakiness.

DR. ELLIOT BERLIN, DC: Yeah.

HILARY DUFF: Well, at one point it just got so much bigger than me that it was out of my control.

DR. ELLIOT BERLIN, DC: That you just had to surrender?

HILARY DUFF: Yeah, but that was the scary. I think when I keep saying the feelings were so big, that's what I'm trying to tap into is to tell you I couldn't control it anymore and I just gave over to it. But then your body's just doing what it's gonna do, right, and I kept telling myself like your body's gonna do this, your body's gonna do this.

DR. ELLIOT BERLIN, DC: Let it go.

HILARY DUFF: Yeah. Yeah. And then that one moment where I was like, why am I not at Cedars with all the drugs?

DR. ELLIOT BERLIN, DC: Okay, Banks Violet. How'd you come up with that name?

HILARY DUFF: You know what? Matt and I right away agreed on the name. We loved it and it doesn't come from anywhere special except for the fact that right before, we literally two days before I went into labor, Matt Googled the name Banks Bear because his last name is Bear, B-A-I-R. And in the 1800s, he found relatives or bear descendants or whatever that were William Banks Bear, two of them.

DR. ELLIOT BERLIN, DC: Really?

HILARY DUFF: Isn't that insane? And so then the dad had a son and named him William Banks Bear.

DR. ELLIOT BERLIN, DC: No kidding.

HILARY DUFF: Yeah, but we already agreed on the name. I feel like names sort of come to you divinely anyway.

DR. ELLIOT BERLIN, DC: Isn't that bizarre? So it's actually a family name. That's so crazy.

HILARY DUFF: And we're like.

DR. ELLIOT BERLIN, DC: That's so cute.

HILARY DUFF: Thank you. It's adorable and she's adorable. Oh my gosh. I hope she wakes up, but kind of not because at 5 p.m. she really turns into a baby shark and just wants to feed, feed, feed, feed, feed. But then she's sleeping at night. Anyway, back to her name. We thought we were gonna name her Violet. And then I kind of threw out Banks thinking he was gonna go, no way. No way. Yeah, and he's like, I love it. And I was like, cool. And then there was like no more discussion.

DR. ELLIOT BERLIN, DC: Do you know other Banks babies?

HILARY DUFF: Nope.

DR. ELLIOT BERLIN, DC: I don't either. Never heard it before.

HILARY DUFF: It's unique then.

DR. ELLIOT BERLIN, DC: She's unique. I have two more questions for you. Having gone through it all now, is there anything you would do different in the future?

HILARY DUFF: I'd try to sleep a little more. In the early part? Hmm. I would try to sleep a little more in the early part. I think I didn't know, you never know what's gonna happen. And it was like, everyone told me I was gonna show really fast because this was my second baby and I didn't show really fast. I didn't show until I was five months pregnant, really. You know why? I have no idea why. I just didn't. And, but you know how everyone says that, right?

DR. ELLIOT BERLIN, DC: Oh, just a second. Yeah, you usually show up. I mean, if you pull 10 people who've had two babies, they're almost all going to say that.

HILARY DUFF: Yeah, I didn't.

DR. ELLIOT BERLIN, DC: But you worked out a lot in between kids.

HILARY DUFF: Yeah, but what does that have to do with anything?

DR. ELLIOT BERLIN, DC: Because you just tighten everything back up again. You show quicker because things get a little bit stretched out.

HILARY DUFF: Thanks, Dr. Birley.

DR. ELLIOT BERLIN, DC: Yeah, you're welcome. High five.

HILARY DUFF: I don't know. I mean, I was like, if you work out a lot, I wouldn't say I was in the best shape of my life by any means.

DR. ELLIOT BERLIN, DC: Right, but I mean, there were six years in between, or five years until you got pregnant again. And you worked out a lot, so everything kind of

HILARY DUFF: Yeah, maybe. Tenses back up again.

DR. ELLIOT BERLIN, DC: Well, the same thing was like... Plus you carried differently with every kid.

HILARY DUFF: I totally carried differently with her, totally. And my body now is so different than I thought it was going to be because of what I looked like after I had Luca. It took me a long time to kind of have a normal shape again, and that's not really the case with this time around. And it's only ten days.

DR. ELLIOT BERLIN, DC: It's only ten days. I got to try your diet plan.

HILARY DUFF: There was no diet.

DR. ELLIOT BERLIN, DC: Whatever you did.

HILARY DUFF: There was no diet. I'll give them a job in the bush for an hour and a half just to get this thing out of me. Anyway, I was going to say that I thought it was going to progress a lot faster, too. Everyone's like, second babies come faster, second babies come faster, and I don't think she came that fast. So I think I would try to rest a lot more and be like, okay, this is like early stages. But again, I had my baby six years ago, almost seven years ago. So I think now I remember like, oh, this can be this long, and this is what this is, and this isn't scary. Just chill. I was awake, though. I mean, we were awake for like 24 hours by the end.

DR. ELLIOT BERLIN, DC: Because you thought it was going to be faster.

HILARY DUFF: Yeah, you just never know.

DR. ELLIOT BERLIN, DC: Our first was very long, 42 hours. Our second was very quick, just over two hours. Our third was longer, again, six hours. So not very long. And then the home birth was 90 minutes start to finish.

HILARY DUFF: Wow.

DR. ELLIOT BERLIN, DC: 90 minutes start to finish. The midwives were there for maybe 30 minutes.

HILARY DUFF: What?

DR. ELLIOT BERLIN, DC: Just enough time to fill up the tub.

HILARY DUFF: That's wild. You know what I will say? That was an amazing, when I looked back and I was like, what was the difference in this compared to my hospital birth? It was so calm, and it was so nice to be home, but also not having the drugs and not having the fluids pumped in me. Luca was a very stressed-out baby the second I got the drugs. And I think that's the case for most babies in hospitals. They're not responding well to them. Their heart rate is going up and down. I had to be laying halfway on my belly to try to get him to flip because he was sunny-side up. But every time I would go to my, I forget if it was my left or my right side, his heart rate would either spike up or go way down,

HILARY DUFF: and then he was stressed, and then the nurses were trying to move me, and it was all this stuff. Her heart rate never got below 130 and never above 140. So she just stayed in this really comfortable zone. In the zone. The whole entire time. Yeah.

DR. ELLIOT BERLIN, DC: I think people sometimes don't realize that we do monitor the heart rate at home.

HILARY DUFF: Oh, yeah.

DR. ELLIOT BERLIN, DC: Even in the tub, they're monitoring the heart rate.

HILARY DUFF: Yeah.

DR. ELLIOT BERLIN, DC: Waterproof transducers. Multiple, multiple times.

HILARY DUFF: Yeah. And she was just chill in there doing what she needed to do. And that was so reassuring for me to know that she was just really calm and not stressed. And she came out with a big hug.

DR. ELLIOT BERLIN, DC: Yeah. She did. You didn't discuss really publicly that you were going to do a home birth. Until you did it. And you said that you wanted to have the experience before sharing it. And that you didn't want to be judged. Especially before having your experience. Now you've shared more publicly about it. How has the feedback been?

HILARY DUFF: It's been all positive. I think people have more to say when they don't know the ending of the story. To instill fear.

DR. ELLIOT BERLIN, DC: Yeah.

HILARY DUFF: To be like, oh, you shouldn't do that. Or something like that. To prevent whatever they think might happen. Hang on. Sorry.

DR. ELLIOT BERLIN, DC: No problem.

HILARY DUFF: I'm good. I'm okay. Thank you.

DR. ELLIOT BERLIN, DC: So you were saying about people judging it. They get more judgy before you have an ending.

HILARY DUFF: Yeah. I think people are just more scared. You know, they aren't used to hearing that people are doing home birth. or anything outside of a hospital. So we definitely told people, I told you that, you know, we got mixed opinions, but mostly people were like, oh, that's so cool, and you're doing the water, and everything now has been really positive. But we have a healthy, beautiful child, you know, so.

DR. ELLIOT BERLIN, DC: Yeah. There's nothing to worry about. And it sounds like you had a really cool experience. I mean, the way you describe it is sort of how I think you would have thought it would have gone.

HILARY DUFF: Totally.

DR. ELLIOT BERLIN, DC: And like, no really big surprises. No really big surprises at all.

HILARY DUFF: And I would totally do it again. Yeah. So, I'm so proud of myself. I can't believe I did that. I had the most amazing team. I mean, it's super powerful, and I get to take that with me forever, you know? Oh, gee. By the way, I felt like such an animal in the tub. Like, I mean, there are some big sounds that come out, you know? Some like low, growly animal type sounds. And my mom was like, afterwards we were talking like the next day or whatever, she was like, I cannot believe you. You were like a goddess warrior. See? And I was like, wow, I felt like some crazy ass animal. And she's like, no, you were wrong. Like, it was really cool to watch you just do something so big like that.

DR. ELLIOT BERLIN, DC: And it's also like it's full circle. You went from being afraid to do it at all and wanting to have a cesarean birth, which is totally fine too, to, okay, psychic says I should let the baby choose how he wants to come out and doing the medicated vaginal birth to saying I'm afraid of it, but I want to conquer it. I want to feel this. I don't want to not be fully present.

HILARY DUFF: Totally.

DR. ELLIOT BERLIN, DC: And then doing it, just like going for it and doing it.

HILARY DUFF: Yeah.

DR. ELLIOT BERLIN, DC: It's inspiring. I mean, they're all inspiring, but this is just very inspiring.

HILARY DUFF: They're all inspiring. And I think someone asked me like, oh, would you tell other people to have a home birth? And I was like, I think birth is so personal and every experience is so different and everybody is so different. And I would never be like, oh, you have to do it this way. This is a very different way. Even though this is the more natural way of how people have been doing it in our world forever, it is challenging and it is different. And I would be an advocate to share all the information that I know and all the contacts if people want to go down this road. But it's a very personal choice. And it's not for everyone, that's for sure.

DR. ELLIOT BERLIN, DC: It's not, and it's the whole mission of Informed Pregnancy of our podcast and all of our other media is to just provide information, perspective. You can see different people's experiences. You can hear from experts about different topics. But at the end of the day, you're the one who has to have your baby. And so you get to pick and we have so many different choices and ways to pick on how you want to have your baby and who you want to be supported by. And once you make that informed choice, it's everybody around you has really just got to rally behind you and support you.

HILARY DUFF: Totally.

DR. ELLIOT BERLIN, DC: Cool. Any final thoughts?

HILARY DUFF: I don't think so.

DR. ELLIOT BERLIN, DC: You shared it all.

HILARY DUFF: I shared a lot. I feel just so grateful to everyone that I met along the way that helped get me to the end. And every tidbit of information and every bit of support and encouragement, it was just really cool. And now I get to look at my beautiful baby and it was really an amazing thing to feel like I was on a team with her. And we were working towards this end goal and we both did it together.

DR. ELLIOT BERLIN, DC: You were already glowy before you started feeding her. But now you're extra glowy and you're just beaming.

HILARY DUFF: Are you sure it's not the diamond that I put on my face that Luca found on the floor?

DR. ELLIOT BERLIN, DC: No, I don't think that's not the diamond. No, you're just really, you're exuding pure happiness and she sounds pretty happy too.

HILARY DUFF: Yeah. Wait till she doesn't have the boobs. She's very angry. Well, she's vocal. Yeah, she is. And she also sounds like a baby lamb. We don't know where it came from. Luca did not sound like this at all. And so I like to blame Matt for it, but he's like, if she's not getting what she wants, she'll be like, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah. It's so good. We want to kind of just let her cry a little bit so we can get it on the film.

DR. ELLIOT BERLIN, DC: So you can hear it. It's cute. Well, thanks for sharing such a personal story and journey. I know that watching other people's and listening to other people's stories was helpful to you and I know that you sharing yours will be helpful to other people. So thank you.

HILARY DUFF: Happy to be a part of it. Thank you.

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