Ciara Whaley: Before Birth

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IN THIS EPISODE

Costume designer Ciara Whaley joins Dr. Elliot Berlin, DC at 37 weeks pregnant with her first baby. Ciara met her husband in driver's ed at 15 — his flip phone broke in half the day he tried to get her number — and followed him from Cleveland to Los Angeles, where a semester of fashion merchandising turned into a career dressing actors for film. She talks about the years of "not yet" before trying, the real conversation about whether they would be enough for each other without kids, and conceiving in July 2022 in a year that began with losing her cousin. Now she's planning a home birth with a midwife and doula, the baby who flipped head-down after being breech at 34 weeks, hypnobirthing ice-cube practice, and what a costume designer plans to wear in labor.

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DR. ELLIOT BERLIN, DC: Welcome to the Import Pregnancy and Parenting Podcast. I'm your host, pregnancy-focused chiropractor, Dr. Elliot Berlin. My guest today works in film as a costume designer. She met her husband in driver's ed as a teen, and now is very near the end of her first pregnancy. Ciara Whaley, welcome to the podcast.

CIARA WHALEY: Oh, hello. Thank you for having me.

DR. ELLIOT BERLIN, DC: Oh, my goodness. Thank you for joining. So a lot of great stuff here. This is going to be a great episode because you're so fascinating and interesting. But let's start at the beginning. Where are you from originally? I am from Cleveland, Ohio.

CIARA WHALEY: What was that like growing up? Oh, you know what? The four seasons is what I can say. Like spring, summer, fall, winter. Oh, not like the hotel. Not like the hotel. And not the perpetual, usual good days of California. But yeah. Not to evolve the four seasons. Okay. So you had four seasons in Cleveland?

DR. ELLIOT BERLIN, DC: Yes. I grew up in New York, also four seasons. And it's nice to have backdrops to like your memories, not just one,

CIARA WHALEY: you know, blue skies smiling at me. Exactly. Yeah. So childhoods are full of camping in the summer and just kind of running around to the corner store, getting as much candy as you want. And then winters were just full of extra layers of coats and fall. I remember always wanting to wear the cutest costumes for Halloween, but always having to bundle up with a co-over. I'm like these kids in California know nothing about this. Oh, no. When you grew up in Ohio, do you have siblings? I do, but I am 10 years older than my brother and I am 15 years older than my sister.

DR. ELLIOT BERLIN, DC: Ooh. Yes. So 10 years only child.

CIARA WHALEY: Exactly. I had my cousins, like my core crew and my neighbors, the girl next door was my homie since day one. Yeah. Okay. Cool. So now flash forward,

DR. ELLIOT BERLIN, DC: how did you make your way from Ohio to Los Angeles?

CIARA WHALEY: So my husband and I, we've been together since we were 15 and he came out to Los Angeles first for grad school and I had a semester to finish up in my undergrad back home in Ohio. And as soon as I graduated, I wanted to come out West to be closer to him and also to be closer to my family because they randomly had moved to Las Vegas before I graduated from college. So I came to Vegas for a year while he kind of got situated in grad school. And then that was a year too long away from my love. So I had to pack my bags and come to California to be with him.

DR. ELLIOT BERLIN, DC: You guys really met at driver's ed?

CIARA WHALEY: So he knew my cousin and we had saw each other a couple of times here and there, but driver's ed is when it all went down. That's the first time we kind of had one on one time. We had a couple of little flirty sessions. We sat next to each other. He passed your road test. He really did. But our last day of driving class, I could tell he wanted to ask for my number, but he was being a little shy and I could see my dad out the window waiting for me. So I was like, Hey man, are you going to get my number or what? He pulled out his phone and it was a really old flip phone and it just happened to keep flipping open and it just broke in half. He's like, just tell me your number. I'll remember it. And so I gave him my number and he remembered it.

DR. ELLIOT BERLIN, DC: Oh, wow. Okay. So you were important to him for sure. Who's a better driver?

CIARA WHALEY: Oh my goodness. He would say he is. I would say I get there.

DR. ELLIOT BERLIN, DC: So you agree with him?

CIARA WHALEY: I would. He definitely taught me how to parallel park. I'll give him that.

DR. ELLIOT BERLIN, DC: Oh God. I still hate parallel parking and I don't know why I always drive big cars too. That's why. So you got to find out like a spot and that's big enough and it's just big enough here. My least favorite. Nothing against them as a company, but Trader Joe. The small spaces? Yeah. It's not parallel parking, but everything at Trader Joe's is just a little miniature, the little carts, the little aisles and the little parking spaces. And I don't know if it was made for like smaller people than I am. Like I don't do yoga or anything and certain things you can only buy at Trader Joe, like that coconut cooking spray that they have there. version of. And sometimes when I park there, I

have to get my kids to go inside and buy

DR. ELLIOT BERLIN, DC: some coconut cooking spray and spray it all over me so I could squeeze out of the door between my car and the next car. I don't know how I got to that. Anyway, so parking in my big car in that little Trader Joe spot.

CIARA WHALEY: Look, I don't go there either. I don't get the aisles in Trader Joe's. Yeah. I think they're meant to make you go up and down every aisle two or three times and just grab. Oh, look at that. I'll grab that.

DR. ELLIOT BERLIN, DC: Exactly. I'm with you. At the end, I don't know, some little person just puts what you're looking for in the shelf real quick before you leave and like, oh, there it is. Yeah. Okay. So that's how you met your husband. And then you moved here and here we are. Now you got serious.

CIARA WHALEY: We did get serious right away, I'd say.

DR. ELLIOT BERLIN, DC: Oh, really? Right when you got here or even while you were long distance?

CIARA WHALEY: We were serious even when we were in high school.

DR. ELLIOT BERLIN, DC: Oh, like it was serious.

CIARA WHALEY: Yeah.

DR. ELLIOT BERLIN, DC: Okay. And then what did you study in college?

CIARA WHALEY: I studied fashion merchandising.

DR. ELLIOT BERLIN, DC: What were you thinking about doing with that?

CIARA WHALEY: I just wanted to go to New York and do anything fashion related.

DR. ELLIOT BERLIN, DC: You had an interest in fashion early on?

CIARA WHALEY: I did. Mostly because I went to a Catholic school from first grade all the way through my junior year of high school and we had to wear Catholic uniforms and it was so boring. And I would always dream of, you know, how I would express myself. And I started sketching at an early age just to feel like I was different.

DR. ELLIOT BERLIN, DC: So I kind of feel like the Catholic school where I grew up, people still kind of put their personal touch on the uniforms. Is that like a thing?

CIARA WHALEY: I tried it. I always got docked for it though. I would always get demerits or detentions. They were really strict, but I did what I could.

DR. ELLIOT BERLIN, DC: All right. Let's take a little break and come back. We're going to find out because now you're super pregnant. I want to find out more about that. We'll be right back. Welcome back. We're talking to a very pregnancy hour, Wailie. So pregnancy, you're having kids. Was kids something you talked about early on? Something you're both on the same page about?

CIARA WHALEY: Definitely. So we were talking about children, I'd say, the past 10 years, ever since we got married, like back in 2016, we knew we wanted to have kids, but it wasn't now. It's like, oh, right now we're working on our careers. Right now we want to travel. Now we live in a small apartment. We want a house first. So it just never felt like the right time. But it's something that we were always open to. And so I want to say back in like 2021 is when we started really talking about it and we started just looking at each other and asking the serious questions, like, you know, what if we can't have kids because we've been together for so long? I was like 32 at the time and we never had a accident happen.

CIARA WHALEY: I'm like, is it because we can't have children or are we just that great? Exactly. So we kind of just had that real discussion of, you know, if we don't have kids, we are enough for each other and we'll be perfectly happy. And if we do have kids, we'll just make it work.

DR. ELLIOT BERLIN, DC: So during that career build, so you started fashion merchandising, always had an interest in fashion outside of plaid skirts, I guess, whatever the uniform was. And now you're a cost. designer for film and so you're knee deep in fashion. I'm knee deep in it and all types of things. How's that come about? When my husband first came out here he

CIARA WHALEY: started doing a bunch of films at his grad school you know for his thesis projects with his friends for class and I started doing all of the wardrobe for their films and I met a costume designer out here who needed an assistant and she kind of showed me the light and she kind of made me realize that this could be a full-time job and I was hooked ever since.

DR. ELLIOT BERLIN, DC: And what does a costume designer do? Because I know that when I used to think about costume designers I always thought about just like I don't know when people are sewing costumes together that are like you're gonna be an animal from Monsters Inc. or something like that but it's not

CIARA WHALEY: quite that. It's not. That's what I thought it was too way back in the A costume designer's main job is to bring to life the visual elements of the actors that's sometimes not written in the script so my job is to work very closely with the director and see what vision he or she is trying to bring across and then also sort of mix that magic with whatever the actor has in mind so they feel comfortable. Oh really the actor has a say. The actor has a say. Sometimes they have great tips and other times not so much you have to kind of steer them away but they're the main people that I feel I'm working for when I'm on a job because I want them to feel comfortable. I want them to feel believable in whatever role they're taking on. It's kind of

DR. ELLIOT BERLIN, DC: interesting because I played my first and only role in a major production over the summer and they flew me out there just to do a fitting. Boy they had a lot of clothing there to choose from. How was that fitting? It was a lot of fun. I mean the crew was great like the costume designer and her assistant were amazing and they just made it super fun very relaxed but like yeah I am not used to and I'm like a hard size I think for fitting stuff and I walked in there and they're just like racks of clothing and all these different shoe options and things like that and it was sort of like I just thought you just tell me what you want me to wear but they're like no how do you feel about this

DR. ELLIOT BERLIN, DC: one or that one both in terms of how they look and also how they feel to do my scenes in. Oh yeah. It was cool. It was a cool process. I think that's the

CIARA WHALEY: important part of just knowing who you're dressing like for you you obviously can do many things but acting is not necessarily something that you do all the time so for them I'm sure it was even more important that you just felt comfortable in what you're wearing so it doesn't take you

DR. ELLIOT BERLIN, DC: out of what you're doing on set. Yeah I mean it's a much more complex position role that you play than I really would have thought where you're sort of like I said it's not written into the script a lot of the time so you're really just reading the script and getting your own vision what is this person how do they dress and then pulling those options together and then also the way they fit when I finished my fitting and the way they fit when I came in to do the filming was I don't know how they like just tailored everything perfect to me and I'm like could I possibly take you home with me that's the movie magic yeah they said okay so that's what you do and then your husband is also in film he is yeah he's a director my

CIARA WHALEY: first feature film was working on his film we both you know did that the same time and he's a pain to work with but he's also such a joy at the same time well we've worked together many times but he kind of knows me better than anyone so he's always trying to push me to that next boundary even though I always get it on the first try he's a kind of director that likes to see 12 options even though I know the first one is going to work yes oh that's cool I mean is it hard to work together not at all honestly it's nice the last project we worked on together we were working out of montreal up in canada and they have such a different way of doing things that our relationship is what really helped just to keep us solid and

CIARA WHALEY: stable everything else was just so different into what we were used to working on that having that sort of I don't know look within like I know what he wants he knows what I'm trying to push for it just sort of helped the

DR. ELLIOT BERLIN, DC: the relationship I've already have some sort of communication channels opened up exactly that'll be helpful for your next step as well I hope so having this child so weaving back into the pregnancy you were sort of maybe yes we want kids but not right now then the careers blossomed and then was it like okay you said you were getting worried so once you started

CIARA WHALEY: trying to take a minute it did take a minute we started trying back in the beginning of 2021 and I'd say that's when we stopped using contraceptives and we sort of put it in the back of our minds like oh maybe Maybe this can happen now, maybe it won't, we'll see. And we were working that entire year traveling, so we didn't put much pressure on it. Yeah. That's how that started.

DR. ELLIOT BERLIN, DC: Well, I mean, which contraceptives were you using?

CIARA WHALEY: Like birth control. Pills. That sort of thing. Oh. All of it. Sometimes. Yeah. The whole shebang. Also, the pull-out method. Oh. Can I talk about this on the show?

DR. ELLIOT BERLIN, DC: Sure. Yeah.

CIARA WHALEY: We've been together for so long, we've like have done them all, I'll say that.

DR. ELLIOT BERLIN, DC: Okay. So you could write the Zagat Guide to how to not get pregnant when you're not quite ready yet.

CIARA WHALEY: Well, you know what? I think my body played a big role in me not getting pregnant right away. I was speaking with my OB like back in 2021, and I was just telling her, you know, we're trying, but I don't think I'm ready in my body yet for that conversation to even happen with myself of me going from myself to a mother. I just wasn't wrapping my head around it yet. And I think that's why we didn't get pregnant right away.

DR. ELLIOT BERLIN, DC: Yeah. There's definitely a mind, body, spirit readiness that when you achieve it, it almost seems like your body will do anything to help you get and stay pregnant. And when you're not quite there yet, maybe it gets in the way and buys you a little more time to get there. So ultimately, because I was wondering, like, now that you were sort of not trying to block a pregnancy, if even though you weren't like, okay, it must happen right now. If like each time your cycle would restart, if it was sort of like a different feeling than before you started not trying.

CIARA WHALEY: You know, I wasn't disappointed yet, mostly because we were traveling a lot that year and I had so much work that I didn't really have a moment to sit still and think about what was really happening.

DR. ELLIOT BERLIN, DC: So if you said not yet, was there a point where it started to become more concerning to you?

CIARA WHALEY: I want to say by the end of 2021, when we finally got home around the holidays, I really was just thinking like, this might not happen for us. And my husband and I had that conversation. And I was like, you know, if we can't get pregnant, I'm okay with this. Like you're enough for me, do you feel the same way? Wow. You know, I said the same thing. He's like, yeah, it's fine. It's always been us and we'll continue doing this if that's how things go.

DR. ELLIOT BERLIN, DC: Wow. I mean, I think that would have been sad because with all of your combined driving experience, that moment when you teach a child to drive for the first time, who could do it better than you guys? I mean, spoiler alert, you got pregnant and did you end up going down the path of getting help or just boom?

CIARA WHALEY: Just boom, randomly enough. It was a weird year. Boom, boom, boom, boom, boom. Not to get too serious, but the beginning of 2022, I lost a really close cousin of mine. He passed away unexpectedly. He was murdered actually while back home. Oh, my God. No, no. So the year started off really rough. And when I got that pregnancy test in July of that year, it just felt crazy that a year that started off so hurtful and with such pain was going to end so happy.

DR. ELLIOT BERLIN, DC: Wow. That's a life cycle madness. How did you figure it out? Did we just late or did you start feeling symptoms? Well, this is going to sound a little bit woo woo. Don't think differently of me when I see you in your office now. I always think woo woo when I think of you. So I will not think differently.

CIARA WHALEY: So I was cutting open a bell pepper. Bell pepper had a little baby pepper inside of it. And something just told me I was pregnant. Oh, wow.

DR. ELLIOT BERLIN, DC: OK, is pepper on the list?

CIARA WHALEY: It's not on the name list, but I did eat a lot of them this pregnancy. Oh, OK. So this pepper got a lot of peppers.

DR. ELLIOT BERLIN, DC: How what the various stages of pregnancy for your first, second, third trimester?

CIARA WHALEY: Well, I was working on a set all the way up until my fifth month of pregnancy. So those first five months went by really fast. I didn't have much time to sort of just sit and be pregnant. And that's what I really wanted. I was just right. I don't know how women, you know, work.

DR. ELLIOT BERLIN, DC: It's a lot like it is a full time job baking a child. I mean, it drains a lot out of you. And there's a lot you probably want to do, you know, to keep your factories strong and healthy and prepare, you know, for what's coming next. And I don't know, again, the sacrifices that you make are endless. And I didn't get it really till I started working with pregnancy. But yeah, so you worked a lot in your first five months.

CIARA WHALEY: I did, and I didn't tell everyone that I was working with that I was pregnant. I told my department. They're getting to know now. They know now. And I told the director I was working with. But other than that, I didn't really feel the need to share. It felt like my beautiful secret that I didn't want to talk about with strangers. And I felt great. The one thing that really changed, especially while I was at work, was I was just more sassy than usual. I felt this fire on the inside. Being in the job I'm in, there's a lot of people that you have to answer to, a lot of things that have to get approved. And there was a lot of times where I wasn't as quiet, as I say I was, pre-pregnancy, about my dislike for things that would happen.

CIARA WHALEY: I'd come home and tell my husband, like, babe, this baby, she's making me sassy.

DR. ELLIOT BERLIN, DC: Well, and that's just now, wait till she comes out. So now you're literally at the end, like 38 weeks?

CIARA WHALEY: 37 weeks.

DR. ELLIOT BERLIN, DC: 37, okay, so really close. You're in the zone, as they say. I wanna take another little break and find out how your past couple of months have been and what you're doing to plan for birth. We'll be right back. Welcome back. We're talking to Ciara Whaley. So, you're very close to birth. At what point did you start thinking about your plans for how you'd get this little one out of you, the little power?

CIARA WHALEY: That's a good nickname now. I always knew I wanted a home birth and that I would want to work with a midwife and a doula.

DR. ELLIOT BERLIN, DC: Where is that inspiration from?

CIARA WHALEY: Because it's not a lot of people that do that. You know what? I have no idea. I was there when my little sister was born and she was born in the hospital. Okay. And that's sort of all I knew.

DR. ELLIOT BERLIN, DC: You were there, like, literally during the birth?

CIARA WHALEY: I was. I was in the room with my mom and my stepdad.

DR. ELLIOT BERLIN, DC: What was that like?

CIARA WHALEY: Oh, I cried. I cried from happiness and just the raw emotion that you're feeling, which now I know is the oxytocin. I didn't know that back then. But my mom, it's the first time I saw her cry in front of people. She was just screaming like, I think I'm gonna poop. I don't wanna push. I'm gonna have to poop. She didn't. But my little sister was in the canal a little too long so she came out blue and the doctors, they brought her over to the warming table and warmed her up. And as soon as she started crying, I started crying. So it's my favorite story. My little being.

DR. ELLIOT BERLIN, DC: Now that was a hospital birth.

CIARA WHALEY: It was a hospital birth. So I've never been afraid of hospital births. It's just something within me. I always prefer to go what I think, I hate to say natural because that doesn't mean anything but I prefer just to do things on my own terms in my own space whenever I can.

DR. ELLIOT BERLIN, DC: Who is on your birth team? Who are you planning to bring with you?

CIARA WHALEY: My husband will be there. My mom will be there. My midwife, my doula and one of our dogs.

DR. ELLIOT BERLIN, DC: How many dogs do you have?

CIARA WHALEY: Two dogs.

DR. ELLIOT BERLIN, DC: Why does one get to be with you and not the other one?

CIARA WHALEY: Our boy dog who was not gonna be there, he's reverted back to a puppy in my pregnancy. He just wants all the attention. He senses a change happening and he just is not having it and he drives me nuts.

DR. ELLIOT BERLIN, DC: How old is he?

CIARA WHALEY: He just turned four.

DR. ELLIOT BERLIN, DC: Oh, okay, yeah.

CIARA WHALEY: So like an older team or anything? Yes, super team. He had a lot of anxiety now whenever he senses change and I'm not sure if he can handle.

DR. ELLIOT BERLIN, DC: How did you get a Jewish dog?

CIARA WHALEY: I was just lucky.

DR. ELLIOT BERLIN, DC: Okay, so that won't be too distracting.

CIARA WHALEY: Yeah, definitely. And the girl dog, she's chill. She doesn't care either way.

DR. ELLIOT BERLIN, DC: Yeah, the girl dogs, they're kind of interesting. Sometimes they seem to just like not be even amused. We're doing this now. Exactly.

CIARA WHALEY: That's her personality. 100%. Give me a treat. I'll go. Okay. So the two dogs and are you more of a land person, a water person? We are going to have a tub there, but every time I visualize the birth, I see myself using the tub for, you know, riding the waves, riding the different contractions, but I don't see myself giving birth in the tub, but we'll see how it goes. Okay. So on your bed, you know, I'm open to the bed, the floor, the stairs, the hallway. Oh, wow. I've read so many books now that I've seen that women can literally give birth wherever I'm open to wherever I'm going to be at that time.

DR. ELLIOT BERLIN, DC: Do you have any fears or worries going into birth in general or home birth in particular?

CIARA WHALEY: You know, I've been preparing myself for a while now with our, you know, doula and midwife, my husband and I, we've been taking hypno birthing classes and I've been very just open to whatever can happen that I haven't had any fear. And so now that we're getting closer to the date, I'm like, am I being naive about this? Like, should I be afraid of something? I don't have any fear yet. And that's what scares me. That's funny. I have a fear of not being afraid of anything. Well, do you have a backup plan in case you no longer want to birth at home or if something comes up? Yeah. If I do need to be transferred to a hospital, I have a backup OB that has worked with my midwife and doula before. And

CIARA WHALEY: he also works out of the hospital that's nearby where I live and I feel very comfortable with him. And you know, ultimately I want to do whatever I can to get the baby out safely and I'm going to be open to whatever presents itself. Are there some things that you foresee that will be good comfort measures for you? You know what? Honestly, just having my husband there present with me and you know, the use of the birth tub, I think is what will get me by.

DR. ELLIOT BERLIN, DC: Yeah. So you have a doula and you have your husband. Do you see their roles as being

CIARA WHALEY: different? I definitely see my husband being the person who can snap me out of any time that I'm holding onto fear or tension. He knows me so well that he'll be able to pick up on those cues and remind me to breathe through it. Where my doula, I think she'll just be there overall to make sure everything's going okay. And if birth is stalling in one way, she'll be able to help me move to another position or, you know, give me some activities like walking the steps

DR. ELLIOT BERLIN, DC: to sort of get things going again. I know you said you worked a lot in the first couple of trimesters. In your third trimester, I know you said also hip membering. What other things have you done to sort of prepare your mind and body for the journey ahead? Well, definitely

CIARA WHALEY: going to see you. Like that prenatal work that we do in your office has been amazing.

DR. ELLIOT BERLIN, DC: So glad you like it. And also functional in your case because you have a little positioning

CIARA WHALEY: issue. Exactly. The first time I came to see you, the baby was not in optimal position yet. She was still breech. And that was, I want to say about 34 weeks, maybe sometime around that time. Yeah. And literally like the end of that week I saw you, I saw you like on a Monday, I feel like by that Friday, she had already flipped down into optimal position. And I definitely credit you just your positive vibes that you had. Well, I personally have no problem taking credit for things like that. You really felt like a partner, like a guru, like someone who just knew it all. You were like, Hey, look, I can't make any promises. I'm not magic. All I can do is do what I can to sort of allow your body to open up.

CIARA WHALEY: And you were like, I have good vibes about this. I'm pretty sure she's going to flip down. And you inspired me just with that one conversation. And I just thank you for that. You definitely had a good Bora.

DR. ELLIOT BERLIN, DC: I'm really glad that you were able to get benefit out of that. It really comes from my childhood when both my parents and my teachers said I was a know-it-all. I think that's where it all started. So you're doing body work, you're doing mind work with the hypno birthing. Are you practicing some of that with your partner as you're getting closer?

CIARA WHALEY: Yeah, definitely. We've been doing the ice method where I hold two ice cubes in my hands and I'm leaned over my birthing ball and we pretend that they're contractions. And he helps me be free through the pain of the holding the ice, which I know will be nothing like birth sensations, but we're just practicing for now. Both of them include eventually fluid.

DR. ELLIOT BERLIN, DC: True. Something like it. Yeah. Anything else you're doing to get ready?

CIARA WHALEY: A lot of walking, getting my deep squats in. my cat cow poses and I've been in text threads with all the other moms that were in the hypnobirthing class with us and that's been helping. Like just every day hearing what they're going through or you know what crib they bought, it helps me feel connected because it's such a time where I do want to be alone. I'm not going out and about as much as I used to. So having this community of moms at my fingertips is like so valuable. Yeah community is key. I think

DR. ELLIOT BERLIN, DC: this is a process that generally for humans is a village-like process and it's nice. Sometimes you find that community in your childbirth education class or your yoga class or just you know any place you can go and be among other people going through the same stage of life it can really be valuable. I have one more question for you and it's because of your fashion life. You know in the hospital people usually wear the oversized unisex hospital mu-mu. Do you have thoughts on what you're gonna wear at the different stages of labor? Oh man

CIARA WHALEY: yes I do. Well I've seen so many pictures now. Everyone's either topless or they have a you know cute sports bra on and I think I'm gonna go the sort of bra method but I'm thinking of like this halter crisscross thing that just covers my breasts and I'll have like a robe to throw on as I walk through the house. That's what I'm imagining but watch it be just like sweatpants and whatever I had on that day. Or just end up throwing

DR. ELLIOT BERLIN, DC: everything off because you don't want anything touching you. The vision that you gave with that description what's behind it? Does it make you feel powerful or healthy or I

don't know what's the mindset behind that outfit? You know

CIARA WHALEY: what that kind of top that I'm imagining is something that I would wear if I'm at a resort or on vacation somewhere or I'm just very you know no worries at all, drink in my hand, sun on my back. That's what it's reminding me of and the sports bra kind of just for me would feel like every day because that's sort of all I've been in this entire pregnancy so I want to elevate it just a little bit just to remind myself that just because I'm going into motherhood it doesn't mean my freedom and you know my personal time is over. That I am going to be moving into motherhood but also

DR. ELLIOT BERLIN, DC: you know I can still go on vacation. Yeah I love that. I knew there was depth behind it and I love that. Ciara you're amazing and you're about to go through this huge transformation. I am very excited for you. I'm sending you the most beautiful positive birthy vibes and I'm grateful to you for coming on to the podcast and sharing your story to this point and I look forward to talking to you next time to get the rest of the story. Oh thank you so much. It's been a real pleasure talking with you. Ah it's always a pleasure to talk to you and to see you and I'm honored to be in your life and to have you in mine and to even just play a tiny role in this epic journey. To our listeners, thanks for listening. We look forward to

DR. ELLIOT BERLIN, DC: connecting with you on the other side for the rest of Ciara's story and invite you to visit informedpregnancy.tv where we have all sorts of wonderful video content streaming for you in terms of documentaries, web series, workshops that are going on there, mind and body yoga, exercise, meditations, and a whole lot more informedpregnancy.tv

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