Before Baby #4 with Kara Sutton

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IN THIS EPISODE

Five years ago, Kara Sutton joined the show while preparing for the birth of her third baby after two cesarean births, and listeners followed that story before and after. Now she returns to Dr. Elliot Berlin, DC, preparing for perhaps her boldest birth yet: baby number four, planned at home.

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DR. ELLIOT BERLIN, DC: Today's guest joined me five years ago, while preparing for the birth of her third baby after two caesarian births. We followed that story before the birth, in episode 388, and after, in episode 389. Since then, life has changed dramatically. She successfully welcomed her third daughter, learned what life is really like with three little ones, and now she's preparing for perhaps her boldest birth yet, planning to welcome baby number four, at home. I'm pregnancy-focused chiropractor, Dr. Elliott Berlin, and you're listening to the Informed Pregnancy podcast. Kara Sutton, welcome back to the podcast.

KARA SUTTON: Thank you for having me. I'm so excited to be back.

DR. ELLIOT BERLIN, DC: I'm excited to, well, chiropractors always say we're glad to see you're back, but I'm excited that you're back as well. And also, it's crazy that you move further away, and when we link up on Zoom, it feels like you're in the room with me. That's your energy. So people at home, Kara is going to be in your room today for the next 45 minutes.

KARA SUTTON: Thank you. I have big energy.

DR. ELLIOT BERLIN, DC: I have a lot of questions for you and your big energy. First of all, let's talk about after baby number three came. So you had a successful VBAC, now that you've had a few years to process it. What does the trilogy of your first three births look like in the rearview mirror?

KARA SUTTON: Yeah. I mean, when we last spoke, we went in detail, but to give everyone a quick synopsis, I did an emergency C-section in a hospital. I did a planned C-section in the middle of

COVID. I did a VBAC medicated with an epidural right before I pushed. And now I'm just preparing for my fourth, which I plan to have be a home birth.

DR. ELLIOT BERLIN, DC: Did the VBAC change at all your relationship with yourself, how you see yourself, your body?

KARA SUTTON: Yes. I think that, well, I skipped over one part. I had a miscarriage in between the planned C-section and the VBAC. And that was, I think I mentioned before, but alone in my bathtub and was weirdly like a moment that made me realize, oh, I can do vaginal birth, maybe even more than the VBAC. That's kind of what inspired it. And I don't know why, but it just was very incredible to me that my body knows what to do and knows how to get rid of like what maybe isn't a viable fetus. And so that was incredible. The VBAC did make me go, oh, you can do this. Not only can you do this, you can do this without medication. You can do this without a hospital system telling you when to push or how to do things.

KARA SUTTON: So I do think it was incredibly empowering and made me really go. The female body is incredible and so strong, right?

DR. ELLIOT BERLIN, DC: So, I mean, just incredible and strong. And it's just like a Marvel that never gets old when you see like every day I see and think about what really happens and all of it and conceiving and growing through the various stages of the pregnancy and building this human being from two cells into a full-size human in your body and delivering the baby through your body into the world and making the perfect food for the baby with your body. Like all of that is mind blowing. And over 20 years later never gets old. It's still incredibly fascinating every day. I wonder what life was like once you had three little girls in tow.

KARA SUTTON: It was so fun. I think that motherhood is a gift and really incredible and one of the most fun things I've ever done and the most fulfilling and purpose driven things I've ever done. And I feel like sometimes a lot of people complain about how hard it is. And it is hard. I don't want to pretend it's easy at all, but it is a blast. I have fun with it every day and I really enjoyed bringing home a third baby and I thought it was my last. If you go back and listen to our previous podcasts, you make a joke about a fourth. And I was like, yeah, right. Like would never, I'm not making any jokes today. And now I'm like, okay, a fourth, which, you know, for west side of LA is like ballerina farm status for everyone's like, whoa, are you like

KARA SUTTON: Mormons independently wealthy. What's happening is something, you know, but no, I just really enjoy it. And I enjoy having three small kids at home. I have seven, five, and two, and, you know, 30, almost 39 weeks pregnant about to welcome a fourth. So I think it's going to be wild, but I think I thrive in chaos. And I think that it's incredibly fun and fulfilling and hard and challenging, but amazing.

DR. ELLIOT BERLIN, DC: I mean, fun and fulfilling is great. Cause if it wasn't, that would be a big problem, but it is hard. And I wonder having three, which is already a lot for some people, for many people, do you feel like it became a little easier because you're more experienced or harder because you're outnumbered or both?

KARA SUTTON: I think easier because I'm more experienced and you learn to let go of the things that don't matter that much, you know, you just make more room in your life. And I don't think I've experienced any anxiety, which is weird. I had way more anxiety in my twenties and about things that ultimately were kind of silly, but it seems like I'm able to handle even more and be even more steady with the more children that I have. So I've found it to be, to get busier for sure. You have less hands, you're outnumbered, but also easier cause you have experienced, you know, what you're doing and nothing rattles you the way it did with maybe the first child and even the second.

DR. ELLIOT BERLIN, DC: I've heard a lot of people describe women in particular describe the first baby as being kind of exciting and challenging because everything's a learning curve. There's nothing new, but then a lot of women describe the second baby as the hardest because it's the first time you really have to learn how to juggle two needy customers at the same time. And for me, it kind of made sense. The third was my hardest because it's really the first time I had to juggle two needy customers at the same time. So if I was home and we just had one baby, we would just kind of alternate two babies. I would usually take the toddler and my wife would take care of the newborn. And then it was really three babies when I had to kind of

DR. ELLIOT BERLIN, DC: juggle two toddlers at the same time. And I think whatever was left of my hair probably started to come out at that time. All this to say, I don't know if that's how you felt about it or not, but was there like a marked sign of the transition to three?

KARA SUTTON: Honestly, no, not to three. I think my husband took the other two a lot more and I had the baby strapped to me kind of at all times and was breastfeeding for well over a year. And so I found it relaxing to just be with one and to have breastfeeding as my excuse to sort of get some quiet time. I agree with you though, that the second felt the hardest going from one to two was challenging for me. They say like having one is like a hobby, like parents being like, it's more of like a hobby. And then when you get the second one in there, that was like, okay, this is like a full, this is like my life, you know, this is, this is not a joke. So very needy people are depending on you all the time.

DR. ELLIOT BERLIN, DC: Yeah, it's a struggle. It's a juggle. So at what point did you and Freddie realize

KARA SUTTON: let's have another one?

DR. ELLIOT BERLIN, DC: The third or the fourth, fourth now, cause you said you were pretty much done.

KARA SUTTON: Yeah, I did think I was done. I just never felt like I, I just thought this can't be it. I don't know. Both of us were 50 50. We kept calling it the maybe baby. Like maybe we'll do it. Maybe we won't. I thought on it for a long time and then I decided that I probably would never regret having another child and I would never regret bringing life into the world one more time. And I kind of felt like if I was going to do it, you know, that it was a little bit in God's hands. Like if I get pregnant fast, then it's meant to be. And if not, I have three beautiful sort of healthy children already, and I'm not going to fixate on what I don't have and sit there with sort of like a missing tile syndrome. But I did, you know, think, okay, if this

KARA SUTTON: happens fast, it's a viable pregnancy. It'll all work out. And I got pregnant super fast, luckily. And, um, I gave myself like a very small three month window where I was like, okay, let's see how this goes.

DR. ELLIOT BERLIN, DC: You challenged the universe and the universe has responded.

KARA SUTTON: Loudly.

DR. ELLIOT BERLIN, DC: Yeah. Do you know what you're having?

KARA SUTTON: No.

DR. ELLIOT BERLIN, DC: Okay.

KARA SUTTON: This is my first time doing a home birth and my first time not finding out the gender at like 10 weeks on the dot. I'm just kind of for this fourth one, I just told you, I feel like, I think it's a boy, but I asked you what you thought when you were like cracking my back and you're like, I think it's a girl.

DR. ELLIOT BERLIN, DC: Yeah. But I also told you I'm right only about 20% of the time. So there you go. We both basically made the same guess on what it will actually be. All right. Let's take a little break. When we come back, we'll talk about this pregnancy and the decision that's changing everything, a planned home birth. We'll be right back. Welcome back to the informed pregnancy podcast. We're catching up with Kara Sutton as she prepares to welcome her fourth baby, like you said, 39 weeks and change. So any day now.

KARA SUTTON: Yes.

DR. ELLIOT BERLIN, DC: All right. You're planning to have this baby at home and you talked a little bit about how at the last birth and maybe even with the miscarriage, that combination gave you a lot more trust in your body and made you feel like not only can you do this, you can do it without any medications, any interventions and without an institution. What are the pros and cons of having the institution available to you or having the baby there versus at home?

KARA SUTTON: It's a really good question and one that I thought about pretty heavily right before making this decision. I think that the pros, I'll start with the pros of the institution. I think a lot of women, maybe myself included, feel safe there. You have a lot of medical experts. You have doctors, you have nurses, you have a staff and the entire point of it that, you know, whole floor is designed to make sure you have a baby safely. You also have things available to you if something is to go wrong, right? And if something does go wrong and you need a cesarean, you know, you have hemorrhaging, whatever it may be, shoulder dystocia. There's so many things that can go wrong in labor. You have people there who can help you.

KARA SUTTON: So I'd say that's the pro and probably the only like pro in my opinion. The cons, I think, are that it's an unnatural environment to give birth. Everything from the lighting to the need to maybe make birth pretty uniform for each person and have it be on a timeline or have it be a certain way is kind of, I would say, in contrast to a lot of what natural birth looks like. For me, for an example, is birthing on my back didn't feel right. I think it's like a weird position to even be in when you think

about maybe even bearing down to go to the bathroom. Like, I wouldn't want to do that on my back.

DR. ELLIOT BERLIN, DC: Nobody's ever said that before, but that makes sense. I think we can all relate.

KARA SUTTON: Yeah. I'm sorry to be like graphic about it, but when you're having contractions, it feels not too dissimilar to that urge to want to sort of push, right? And I think that, so for me, that is a uniform way for a doctor to be able to see, you know, what's going on down there and have access to all of that. And so that's like a great position for a hospital to make pretty standardized, right? So it's just very natural in any system, in any business that you're going to want to standardize a lot of things to make it as uniform as possible and feel as controlled as possible. And I just think birth is one of those things that is not that and is so different for each woman and each body and each pregnancy, even each instance of all of that.

KARA SUTTON: So that's challenging in a hospital setting. I think also just the act of even getting to the hospital is an intervention in your birth that you don't even think about, right? Just the knowing you need to leave where you are and get somewhere else, at least for me, and my last one was a big stopping, it stopped my contractions completely, so.

DR. ELLIOT BERLIN, DC: So it's interesting that you say that because in my mind I'm thinking that when I would attend birth, so many times you would see that exact thing that at home, the labor pattern is building at a steady pace, becoming more productive, and she's handling it really, really well. And then somehow we decided it's time to go to the hospital and by the time we get there, everything's stalled, like the contractions are weaker, they're spaced out further and the pain tolerance goes down, everything feels worse. And, you know, I give a lot of thought about, too, what happened from 20 minutes ago when I was going beautifully to here and, you know, we are animals and we respond to stimuli around us and certain stimuli make us feel safe and

DR. ELLIOT BERLIN, DC: relaxed and that's conducive to labor and certain stimuli make us feel like we're in danger and that's not conducive to labor, that stops labor. I've talked about on the podcast before, I saw a video from the 1980s of a very enthusiastic pet owner and his cat was giving birth in the closet and he was so excited and he got out his video camera, which at the time was that big giant thing with a big light at the end of it, and he was so excited to capture the birth on camera and the second that light hits the cat's eyes, she stops her, like, paced meowing, gets up with a kitten pretty much half out of her and starts pacing around and then she goes underneath the bed where it's dark and the light can't get to her and all

DR. ELLIOT BERLIN, DC: of a sudden you hear the meowing come back, the pacing come back and she delivers the rest of her litter. So it kind of, to me, looks like that for some women when they get to the hospital, all those stimuli are like the bright light in their face, literally bright light, this smell of germicide here, put on this hospital moo moo, we're going to poke you with some needles and put these straps and bands around you, you lose your autonomy, it's no longer like I want this or I want that, I'm just going to have it, it's like, can I go pee now, can I have this trail mix?

KARA SUTTON: Can I have this trail mix? It's scary, you know? It's a scary feeling.

DR. ELLIOT BERLIN, DC: It's just, none of those are naturally conducive, whether you love hospital or home, none of those are naturally conducive to calming your autonomic nervous system, saying I'm in a very safe place, I'm in control, this is a comfortable space for me to deliver now and kind of fire off all the hormones that would make that happen smoothly, it's the opposite, you release adrenaline and that slows everything down. Now I think that all the merits that you said about hospital birth are there and for some people they feel very safe at the hospital and not safe at home and some people feel very safe at home and not safe at the hospital and today in America, especially since we have such diverse training for practitioners, really

DR. ELLIOT BERLIN, DC: robust diverse training for midwives and doctors and other practitioners, you could really have whatever birth you want to, it's like there's no wrong way to do it if you're healthy and you have a good responsible team with you. However, I think different people, if you feel safe at home you might be better off giving birth at home and if you feel safe you might be better off giving birth at the hospital and a home birth always includes the hospital as a possibility, it's like we're going to start at home and see how things are going.

KARA SUTTON: Right.

DR. ELLIOT BERLIN, DC: And you know, pink flags come up, we don't just stay there and wait to see if

KARA SUTTON: they become red flags.

DR. ELLIOT BERLIN, DC: Totally. We transport. So oftentimes a woman will say, I really feel like I want to have this baby at home and then her partner is really not that comfortable with it. How was Freddie about home birth?

KARA SUTTON: Gosh, you know, he has been incredible now, but he's been through a lot of trauma, like he's experienced some traumatic births. And so when I knew in my heart and mind that I wanted to do a home birth and that was absolutely like what I wanted to do. I told him I want to have this baby at home and he was like, oh, my gosh. And I was like, but I'm going to get us, you know, the best team. It's not going to be all on you at all to make sure that this is a safe environment or that I'm doing well. So I think that made him feel good once he met the doula that I selected, met the midwife that I selected, the midwife's assistant. And as I became very, very educated on home birth and read so much and talked to so many people,

KARA SUTTON: he became really comfortable and supportive. And I think he's very excited about it now and looking forward to it and thinks it makes a ton of sense as well.

DR. ELLIOT BERLIN, DC: So that's much more comforting when you're on the same page. Was there a favorite book or media that you liked for home birth, for you or for him?

KARA SUTTON: I read, is it Iname? Is Iname? I know I'm going to. I think it's Iname Gaskin.

DR. ELLIOT BERLIN, DC: Yes.

KARA SUTTON: I mean, I think everyone reads her books, but I read Spiritual Midwifery, which is a wild book, because I feel like a lot of those people were on drugs having babies, but they're all like,

really, it's interesting. Like people are like, I'm seeing colors and seeing auras, but it was an interesting book for sure. Made you realize you can have birth in a lot of places and a lot of ways with all sorts of things. So that one was a new one that I read. And then the transformed by birth was a good one as well. Yeah, by Verita Bush now.

DR. ELLIOT BERLIN, DC: Yep.

KARA SUTTON: She was really good. And then just like a couple of midwives that I follow on Instagram had some interesting things to say and interesting videos and quotes. I obviously listen to your podcast and I think it's a great, you know, podcast.

DR. ELLIOT BERLIN, DC: It's my mother's second favorite podcast. I don't even know

KARA SUTTON: if my mother knows this podcast exists. I mean, yeah, those were some of the things I listened to. And then I just read a few other books as well. A lot of reading, so.

DR. ELLIOT BERLIN, DC: I don't think there is such thing as unmedicated birth, meaning I think those people are on drugs, but it's drugs that you make. Right. And they're very powerful drugs. I always think if we could somehow get them in pill form, people would go for these drugs that you make.

KARA SUTTON: I think you're right. Yeah, I think they refer to being high a lot. And I think it's a term that's used in spiritual midwifery in a very different way than we think of it today. You know, so it's more of like a natural high, a spiritual high. Yeah, like a high of endorphins and oxytocin and all of these things. And so it's just funny because the terminology of that book is very like far out, you know? Yeah, just very 70s. And so it's fun to read it because you're like, oh, my gosh, this is a throwback, you know?

DR. ELLIOT BERLIN, DC: But when you see it, it is a mind, body and spirit high. There's no other way to describe it. And the cool thing is whatever drugs you're making, they somehow permeate to the other people in the room that are there supporting your first and foremost, your partner. It's very cool because you kind of see the couple get high.

KARA SUTTON: I'm looking forward to that. And I honestly really am hoping that that's what I experienced.

DR. ELLIOT BERLIN, DC: So want to make a baby number five joke here, but I'm not going to. I'll leave it up to you guys.

KARA SUTTON: Oh, God, no.

DR. ELLIOT BERLIN, DC: OK, so you mentioned like, OK, hospitals great because what about X, Y and Z happening? Do you have a plan for that?

KARA SUTTON: Absolutely, yes. I saw an OB up until I was like 20 weeks, maybe 25 weeks or so. And I really like her a lot. She's incredible. And we have a hospital up the street that's two minutes away. So it's not that I'm anti hospital or anti, you know, and this birth for me is not about ego and not about trying to accomplish some goal. So if we need to go to the hospital, that's what we're going to

be doing.

DR. ELLIOT BERLIN, DC: You know, does the fact that you had two cesarean births play a role in your mind or the mind of your birth

KARA SUTTON: team? You know, I don't think so because of a successful feedback and just my health level in general. I don't think so.

DR. ELLIOT BERLIN, DC: How have you prepared

KARA SUTTON: your home for home birth? I have cleared out a bedroom, basically, that is, you know, the nursery where the baby will be be there. I have a birth tub that is ready. I've got all the things, I would say, that are just shoved into a closet right now, but they're ready for when it's go time.

DR. ELLIOT BERLIN, DC: So, yeah, let's take a little break. When we come back, we'll paint the picture of what Kara hopes birthday looks like from who's on the birth theme to what she hopes those first moments with her baby will be like. We'll be right back. Welcome back. We're talking to Kara Sutton, who is preparing for something she's never experienced before, having a baby at home. OK, Kara, walk us through your ideal birthday from the moment labor begins. Like, if you could pick any way you'd like it to go down and also based on how it went down last time, what would you choose?

KARA SUTTON: My ideal birth situation would be that I start labor at night and I have a quick and calm and empowering delivery at home and have a baby by morning time. I would love for birth to be in or around the water. I would love to not feel a huge sense of fear and I would love to not hemorrhage after delivering, which happened to me in my last delivery. So that is kind of all I'm hoping for is just a powerful and calm experience that is ideal, so.

DR. ELLIOT BERLIN, DC: Who are the people that will be there with you? You mentioned them briefly in the last segment, but who's going to be around you and what role does each one have?

KARA SUTTON: My husband will be there, Freddy. He helped make the baby, so he's going to help have the baby come out. My doula, Elizabeth, from Luma Birth and my midwife, Jesse, who's from Gold Soul Midwifery and her midwife assistant. So it'll be four other humans besides myself. And eventually the baby.

DR. ELLIOT BERLIN, DC: And eventually the baby. What about your other kids?

KARA SUTTON: I actually am hoping that they, the plan is for them to go to my parents' house. My parents live about 20 minutes away and I would love for them to be not in the house in the event that there is, I just want to be able to make the noises that I want to make. I want to be able, sometimes birth is bloody and-

DR. ELLIOT BERLIN, DC: Primal.

KARA SUTTON: Primal, right? And I don't want them to mistake that primalness level for pain or something going wrong or trauma. Like I just, it's really for me, I'm sure they'd be fine. But for me, it's like I want to protect them from that and be able to not have anything holding me back and not feeling like I need to sort of quiet myself for any thing.

DR. ELLIOT BERLIN, DC: It's funny, I come from a more conservative background, more medical background. And when I even started attending Home Birth, at first I was like, what? Like I think my first Home Birth I went to was a lawyer. I'm like, that's weird. You're not like a tree-hugging, tree-drugging, vegan hippie. And it was so cool. And it just like, it clicked at that moment why people do it. And it was just such a natural, smooth birth in her own environment. And I think that the first time I was told, okay, yeah, and my two kids are gonna come, I was like, that's crazy. And that time and every time since then that toddlers attend birth, it actually looks so natural and so normal. And everyone who does it leaves an option for them to, you know,

DR. ELLIOT BERLIN, DC: a caregiver standing by to take them and if they're not reacting well to it. But I honestly always seems to go really well. Like for them, it seems a lot more natural, maybe because they're not too far removed from when they were going on the slide, but they always seem to be okay with it. And moms actually have an interesting reaction to it. It reminds me of like, my wife hates roller coasters and I very much dislike roller coasters, but we don't want our kids to like not like roller coasters.

KARA SUTTON: Right.

DR. ELLIOT BERLIN, DC: So since I was the one who was less terrified of them, I would take the kids because I didn't want them to hate it. I would just throw up my hands and scream woo. And actually I started to really like them like, wow, this is fun when you're not trying to control it that much. And sometimes that's what it looks like for a mom who's in labor. And maybe there is some fear and then all of a sudden the toddler comes by and you jump into mommy mode where you're like a caregiver for the toddler and want them to feel safe and comfortable. So you just throw up your hands and go woo. And then all of a sudden you're loving it.

KARA SUTTON: I never really thought about it like that. And now you're making me think, oh, it wouldn't be the worst thing if they were around, which is good because this might happen fast and they might be around, right? And so yeah, there is an element of like faking it a little bit and then you can embody that.

DR. ELLIOT BERLIN, DC: Yeah, and then you all of a sudden realize, wait a second, I don't have to fake it. I'm actually really liking this. And I don't see, like originally I thought the kids would be traumatized by it, but they actually seem to handle it really well. They get it, like it's a natural process. I'm sure there are exceptions to that. Okay, as we're 39 weeks plus and that's your vision that labor starts at nighttime and just progresses smoothly. Are you doing things pre-birth that people sometimes do right before they go into labor to get yourself ready for it?

KARA SUTTON: I'm doing all the things. I'm walking every day. I'm doing raspberry tea at night. I'm on a lot of different supplements. I'm still doing a really high protein intake. I'm going to be getting acupuncture. I'm doing deep tissue massage. What else am I doing? I'm still working. I think that it's up to anyone what they wanna do, but I like to stay moving and sort of, I don't wanna say distracted, but busy a bit, just cause I think movement will help get things going for me.

DR. ELLIOT BERLIN, DC: So mind distracted sometimes is a great thing. Otherwise you're sitting around watching the pot not boil.

KARA SUTTON: Yeah, it can't. It's a very good way of putting it. I think I'm someone who would just like, will go kind of crazy if I just sit here and be like, what is this gonna happen? So I'm staying busy and I'm doing spinning babies or trying to do some of those poses. I'm still working out, like doing yoga and every time I step into a yoga class,

DR. ELLIOT BERLIN, DC: there's just a lot of comments,

KARA SUTTON: which happens I think in general

DR. ELLIOT BERLIN, DC: when a pregnant person does anything.

KARA SUTTON: It's weird when you're this pregnant and you look this pregnant because people treat you like public property a little bit

DR. ELLIOT BERLIN, DC: like where everyone has a thought

KARA SUTTON: on what you should be doing. And I think it is funny. I kind of, the rebel in me enjoys going to a workout class just to see people's faces. Yeah, I just feel bad about myself. I'm like, oh, she's working out. And I'm in the front row. I'm like, I'm not, I'm not being coy about this. Are you a water person or are you a land person for birth? You know, I don't know because it's my first time really having that option a little bit. In general and in life, I'm a water person. I was raised on the beach. My dad was owned a yacht company growing up. We spent a lot of time in and around water. So I'm glad to have the option of water. I could see myself wanting to be in the water but then maybe not wanting to deliver in the water.

KARA SUTTON: I just don't know if I want to like slip around, but we'll see. It's one of those things where it's going to be a game time decision.

DR. ELLIOT BERLIN, DC: I may sound like a jerk, but one of the cool things about home birth is great snacks. Have you thought about what kind of snacks you'll have available for your birth support team?

KARA SUTTON: No, but should I have like a charcuterie? Like, what do we think? Like I think- Yeah, people put out really cool stuff like the whole Air 1 spread.

DR. ELLIOT BERLIN, DC: You just made this birth so much more expensive.

KARA SUTTON: I'm so sorry. Yeah, it could be more of a spread. Okay, this is my fourth kid. This is going to be like a cold spread, okay? Like we are- Impossible sponsor. Impossible sponsor. That's a good idea. I should do that today and I'm going to do that actually after we get off this podcast. I'm going to go snack up the house and I'm going to put it in an area where my kids won't eat it because if they are from Air 1, like they can't touch it. It's just too expensive. Too rich.

DR. ELLIOT BERLIN, DC: Too rich for them. Yeah, in my house, I'd have to give it to my wife and be like, hide these from me.

KARA SUTTON: Hide them from me? I'm going to have to hide them from Freddie too. So that's not a bad play.

DR. ELLIOT BERLIN, DC: I really am honored that you're sharing this element of your journey, that you've shared the whole journey with us from the beginning. I mean, every single pregnancy and birth of yours is a story. I mean, everyone's is, but yours are like out of the box stories. And this is no different choosing to have your fourth baby at home. Sounds like you have a really beautiful vision and a great team around you and you're fantastic. So I'm looking forward to the next episode when you come back and share your birth story with little gurgling noises in the background.

KARA SUTTON: Oh, I'm so hoping when I share that story with you, it's a really positive one because I would love for this last one to not be traumatic. So I'm really, really hoping and praying for that birth to happen for me. So we'll see.

DR. ELLIOT BERLIN, DC: I am as well and I'm sure the audiences too. Kara, thank you so much for coming on. Where can we find you online?

KARA SUTTON: You can find me on Instagram at I care about you. You can find me on my website. My run of business called Always Friday. So you can find me at alwaysfriday.com or you can find me on LinkedIn where I have a much more serious headshot under Kara Sutton. But yeah, I'm around.

DR. ELLIOT BERLIN, DC: So many ways to consume Kara. Thank you. And I'm looking forward to talking to you again soon at home. Thanks for listening to the Informed Pregnancy podcast. For more pregnancy and parenting information, just like this, visit us online at informedpregnancy.com.

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