

## Day One

### **TAKING CARE OF YOURSELF AND YOUR RELATIONSHIPS - TRT: 6:05**

00:33

(Brooke) You've got to fill yourself up as the mom especially. You've got to always pull yourself up, because we're giving, giving, giving, giving from the minute we wake up. And if you don't take an hour a day, two hours, whatever you can do, ten minutes, just to give yourself something, you know, you're just running on empty.

01:01

(Amberleigh) I discovered that I couldn't be engaged and I couldn't be fully present with my son if I wasn't doing the things I needed to do for myself.

01:08

(Herman) While everybody's still sleeping I get up and I sneak out for a couple of hours, go up into the mountains sometimes. Or go exploring, go run in an area I've never been before. That's always a lot of fun.

01:24

(Magda) I like to cook. I love it. I cook and do crafts. I try to de-stress and not always do the same thing.

01:32

(Marcos) One thing that I do to take care of myself is I like to go to the gym and work out.

01:39

(Brooke) Get your spouse on board to figure out how you can get more sleep. You gotta have – you gotta get whoever you're with helping you so that you can step away and really get minimum three hours uninterrupted sleep no matter what.

01:53

(Magda) In the moments that I can, I get together with my girlfriends at the house. Or I go to a friend's house to talk, to have some tea, coffee, or something.

02:04

(Erika) A hot bath definitely comes in handy.

02:08

(Amberleigh) I think it's – I know it's inside of me. We tend to put everything else first, and I had to learn to make space and time for myself so that I could be a better mom, so that I could be engaged and present and fully loving with my children.

02:21

(Brooke) You know, how we're feeling as parents has everything to do with how your baby's going to do. And if you're stressed out and exhausted and overwhelmed and sad and you know, the myriad of emotions which we will all have, there's nothing wrong with that. But you've got to have support around that so that energy can shift. Because your babies feel it.

02:42

(Steve) And learn also, love each other too. Because you have to remember you're a team. And she needs all the support that she can get. I –

02:55

(Gabrielle) And he needs all the support that he can get. And that's –

02:58

(Steve) And of course it leads to the support of the baby.

03:01

(Gabrielle) That's just the one thing nobody told us, like how much of a strain that it could have on our marriage. And so we've had to work around that and –

03:11

(Zack) And we've had our, when do we get to see each other? Because it's not – it's not easy to -

03:17

(Michelle) I think that's the most stressful part.

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(Zack) Yeah.

03:20

(Marcos) You know, one thing that works for us is to establish a date night. And one of the rules that we have on our date night is to not talk about the children.

03:33

(Erika) It's really hard to do but –

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(Maya) I have an incredible husband. Really he is a man, that what I most like about him is our communication. But he became a father for the first time and obviously it was difficult for him too.

03:55

(Brooke) It's so hectic and you can't even, you just can't wrap your brain around it until you really do it. So not taking things personally, that would be one thing that we posted all over the house actually. I put sticky notes up. Which was really helpful for us. Don't take anything personally.

04:15

(Gabrielle) We talked it out and when we do get a chance we do like give him to one of our parents for an evening and go to like dinner and occasionally a movie. Or just even going shopping together and like leaving him with our parents while we go to the grocery store.

04:30

(Steve) Kind of like just being the way we were before our baby. Like I respect Gaby and I love her with all my heart and everything. And just having that, and she gives it back to me. And together

we give it back to the baby and it's – it's all a circle, it really is. So I mean, just take the time. Take the time for yourselves, take the time for the baby, and I think everything will go well.

05:02

(Maya) Maybe the best advice is that if it doesn't seem to be as easy as you thought it was supposed to be, that's okay. It's worth it. Gather the people around you that can help you and have faith. It will pass, it will pass and then it will be, well...It won't be all joy but well at least for me right now, it is pure joy to see my daughter grow every day. It's incredible.

05:55 end