

## Day One

### Things Are Different, Get Support TRT 8:54

00:07

(Amberleigh) I've always been someone who's considered myself to be really independent, really organized, really in control of my life. And all of those components that made up who I am, or who I was, go out the window.

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(Zack) First-time parents, you have no clue what's – you just –

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(Brooke) It's really kind of a blur. Like, especially the first two weeks. I remember my husband and I trying to figure out, like, what do you do?

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(Gabrielle) We never believed anyone when they said, like, getting the baby out of the house you have to pretty much take the whole house with you.

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(Amberleigh) It's just a whole new world.

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(Brooke) Whether you have a great birth or a more challenging birth, there's lots – there's this whole change in your world and you know, you need some resources. I needed some resources.

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(Amberleigh) And I really had to learn that it was okay for me to say “Yeah, I need help.”

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(Maya) I don't believe that I knew how to ask for help, really. I think a lot of it was taken for granted that I had to know how to do everything.

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(Magda) In my life there has been a huge change because I never imagined being a mother when I was little.

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(Amberleigh) You know, you trade a 9 to 5 job, quote – unquote, for a 24/7 job that never stops and that you don't have nearly as many benchmarks to tell you when you're succeeding and what areas you can improve on and those kind of things.

02:11

(Maya) And I took classes on breastfeeding. I took classes on how to put diapers on. And according to me, I prepared myself very well.

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(Amberleigh) It was a whole new thing for me to have to be okay with asking for help and not feeling like I was somehow failing my child. Because I needed help with this. Because I didn't have the energy to clean the house or get this done or get out – all of the things that I'm used to doing that all of a sudden can be a huge challenge in a day.

02:42

(Brooke) I was having all of these feelings but I didn't hear anybody talking about them. Like I didn't hear one person – all I heard was the Hallmark Cards of how great motherhood was. And here I was having all these feelings. I remember sitting out on the porch with these pretty negative thoughts about myself, about what I'm doing and how am I really doing a good job. All these judgments about myself as a mother.

03:06

(Maya) The first thing that changed me completely from who I had been was the insecurity. This was a completely new experience and I did not know how, I did not know how. So obviously that made me feel vulnerable and when you are in that state of vulnerability, it's hard to see objectively.

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(Brooke) I just didn't have a clue what to do or how to do it. I didn't know how to function without the sleep was the main thing. And I didn't realize that until later. And I was, like, I couldn't even put a sentence together. It would have been so great if somebody had just said "You know what, you're going to get through this."

03:52

(Michelle) It's a huge, I think, adjustment. And I think just, if you can kind of look at it that way for yourself and really rest and take care of yourself and take care of your baby and at that point nothing else is really – it doesn't matter what your house looks like, it doesn't matter, you know. Nothing else matters.

04:08

(Zack) Nothing.

04:09

(Amberleigh) My mom gave me probably the best piece of advice that I got when I was pregnant and getting ready to have Kimo, and that was to let everything else – nothing else is as important as the baby. Don't worry about the dishes, don't worry about – and I had read it in a book and I had heard it before, but it didn't really come home for me until I came home with the baby. And that's your whole world. And that's okay. It's okay. It's supposed to be that way. It does take a village, and that can come from many different areas and that can be family and friends and organizations and resources and there's tons of stuff out there. But you can't think that you can do it all by yourself, because it can't. There's just no way.

05:00

(Magda) I have a sister. She's the eldest. She has helped me a lot and anything I need, she is there for me. My husband has always given me support.

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(Narda) Our parents help us with the baby. Sometimes they take care of her.

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(Amberleigh) That network of women, of other mothers, of new mothers, of experienced mothers, of my own mother, my friends that are women. Those relationships have taken on a whole new level of importance, a whole new level of support than I've ever felt like I needed.

05:37

(Maya) I think that to look for a group perhaps would be a good idea. And perhaps even if one thinks they are not going to need it. It is better to have it and then if one really doesn't need it, then okay, well, you eliminate it.

05:52

(Gabrielle) First Born is a program and they provide services and support and information on your child's development to first-time parents. And it's just a really helpful program.

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(Maya) It's free. And the program is designed for I think, five years.

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(Brooke) I am so grateful for it because it's a person that comes to your house, a woman who will come to your house every week and give you anything that you need. And like the support, for me, was huge because I just needed somebody who could hear me every week, that I could talk to. Who would answer any questions I had, you know. How do I figure this out, how do I know when I'm supposed to feed him, how do I change from breast-feeding to solid foods and what do I give him, and what is he supposed to be doing now and this normal and is that like – all the questions where you have no idea. You're just sort of doing the best you can and stumbling forward. This was a resource for me and still is. They come every week and I look forward to my visitor, like I can't even tell you. She's like my friend, my therapist. She's amazing.

06:55

(Gabrielle) I just feel like the program and the services we've accepted, those are like our little instruction books and they've helped us so much. We actually do have somewhat of a set of instructions for him. So like any time you can get offered those services, I'd

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(Steve) Take 'em.

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(Gabrielle) Yeah, I'd say take them because –

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(Steve) Take 'em in a heartbeat. I mean –

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(Gabrielle) They're free and it's just so helpful. They come to your house so you don't have to go anywhere.

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(Steve) That's the benefit, I mean.

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(Brooke) To know that you're not alone and to know that every single parent that you meet is going through similar if not exactly the same things, maybe to different degrees, but to create some community and letting people know that you're struggling. I mean, that is – I think in our society we've become so secluded and so individual, you know. This whole other world of it takes a village, it really takes a village and we can create villages is the thing.

08:34 end