

## Day One

### **Bonding With Baby TRT 10:41**

00:00

(Herman) It's so much fun, you know. And what's amazing is how fast they grow. And sometimes you just forget how little they were and how much they needed you for everything.

00:29

Good job.

00:42

(Brooke) You think, "Oh, they can't move yet, they can't really" – you know, he can hold his head up sort of, kind of. But that's about it. But they communicate. They communicate with their body signals and their eyes. And I mean, there's so much to them already.

00:56

(Amberleigh) The eye contact with my son and kind of like looking into his eyes and getting to know him and him getting to know me, especially when he was tiny-tiny, was a huge part of our bonding process.

01:14

(Michelle) I could have easily fallen into that kind of oh, put your baby in a crib and just let them, yeah. But I feel so grateful that I got – that our midwife really said, you know, hold them –

01:25

(Zack) Hold your baby.

01:26

(Gabrielle) When they're a baby they just need all the attention possible and there's no way of spoiling them.

01:31

(Amberleigh) Breast-feeding and nursing my son was one of the absolute key things to us bonding in a way that I never knew you could be bonded to a human being. I also carried him around in a sling a lot.

01:46

(Claudia) With Carlos, we have always had a very different connection, very special. I think it's because I breast fed him until he was almost two.

02:05

(Maya) Really though, you have to want it, you have to want to do it, breastfeeding. I really wanted to do it. I know the importance in every way of this, yes.

02:18

(Michelle) You know I was terrified about breast-feeding. I mean, I really – of all the horror stories that I heard, I was really anxious about it and I basically just had to not think about it until, you know, there she was in my arms and I'm amazed at how, not only of course it does a ton for her. I mean, she's getting good nutrition and you know, she's calm and she's happy and she feels secure and she gets that bonding. But it's amazing what it does for the mom and it's helped me lose weight, it makes me calmer, it makes me happier. It's helped me bond with her.

02:49

(Gabrielle) It's just a bond between me and him that I wouldn't trade for the world. And I'm glad that I didn't give up on breast-feeding for that.

03:01

(Zack) You know, babies just want to suck on things. And so figuring out how to get my finger on the roof of her mouth, my pinkie, so that she could just sit and suck on my finger, that made me feel very much a part of that whole beginning process, so.

03:16

(Herman) (sung) Way-ya, way-ya, eh-eh no-ah, yo. Eh-yo. . .

03:21

(Herman) You just have to be with them and hold them and want to hold them. I think that's the biggest thing is holding them and talking to them or singing to them. That way they, you know, they know your voice.

03:38

(Magda) All babies are different. It's not the same care, it's not the same. My first baby likes certain things, my second baby likes other things.

03:50

(Zack) Every baby is different.

03:52

(Michelle) That really – I think that's been the hardest thing, just kind of learning to trust. Not what you read necessarily but –

03:58

(Zack) Not what you read.

04:00

(Steve) He's funny and he already has just this personality that –

04:10

(Magda) The two are very different. The first one is calm, my first baby is very calm. He didn't bother me as much as the second one. Now, the second one has been a bit of trouble.

04:26

(Michelle) And she's extremely rambunctious and curious.

04:29

(Edgar) She's not like other kids that just cry and cry and cry.

04:32

(Narda) No, she hardly ever cries.

04:33

(Michelle) She's very chatty also. (Laughs)

04:41

(Herman) You can see that personality very early on. The essence of them is still there and it's just amazing to see how they evolve.

04:56

(Amberleigh) The most difficult part of learning to communicate with my baby has been learning his cues. To kind of slow down with him and stop and slow the whole process down to really key in to what does he want? Not to force the situation into what's convenient for me or what works for my time schedule.

05:19

(Brooke) The more I could just breathe and just look at him and try and listen to him and see, trust my instincts on whatever he needed, it seemed like it just guided me.

05:32

(Michelle) I don't think that she ever cries just to cry, you know. You go through this list of, she's hungry, she's tired, she's –

05:39

(Zack) Needs to be changed.

05:40

(Michelle) ...to be held, she's dirty.

05:41

(Zack) Dirty, yeah.

05:42

(Michelle) Yeah, you know.

05:43

(Narda) When she cries very loud, she's hungry. Or she has a wet diaper and we change her.

05:48

(Steve) If the baby makes like an O cry with the mouth looking like it's an O, it was tired, right?

05:55

(Gabrielle) Yeah, they're tired. Ready to disengage from the situation. And then the –

06:01

(Steve) Eh, eh is kind of like an uncomfortable cry like they're gassy or they, what, they need to burp, be burped.

06:12

(Gabrielle) They're just uncomfortable.

6:13

(Steve) Just uncomfortable in general with their surroundings.

06:16

(Gabrielle) Or like the diaper change. And then the neh, the neh, neh.

06:21

(Steve) The neh, neh.

06:06:22

(Gabrielle) They're hungry. So it's time to feed them.

06:29

(Amberleigh) I've read about baby sign language and we do use some of the standardized signs at home. We use more, we use eat. We use all done, which I'm not sure is standardized or it's just kind of one that we came up with.

06:43

(Zack) We started the sign language when she was two months old, maybe? Two months old, yeah. And we – eat, more, and all through or finished. That's really good. And she's learned those signs.

06:56

(Amberleigh) But as we started to do those in repetition, I discovered that Kimo would come up with his own ways of communicating. He understands when I tell him more, but when he's hungry or thirsty, sometimes he'll sign it but a lot of times he'll just tell me (pop). And I'm like, oh. (Pop, pop) Okay, alright, you need more food, you know. (Kimo goes pop, pop). We're hungry.

07:25

Hi.

07:26

(Brooke) And you just have to trust more. And there's a lot of old-school, old-school thinking around children that they can't tell us what they need and that we're supposed to just decide. And for us, we just, we've always been with Ocean in a super-respectful way and treating him the way we want to treat each other.

07:41

(Michelle) Everybody's different. Every family's different. Every parenting style's different. But I really – everyone has their own experience when they're pregnant. Everyone has their own labor. And you know, everyone gets a different kid. So I think what works for one family just doesn't necessarily work for another. But it's just – I was so surprised when I feel like I finally got the right information. I was lucky enough to have a midwife who was just so experienced and knowledgeable and kind and very baby and parent-centered. She was just phenomenal. I think she finally kind of gave us this information about attachment parenting and things like wearing your baby and nursing on cue and just listening and responding. And it was amazing to notice this almost immediate difference and this immediate reward of, oh, I feel like I'm doing something right now and I feel like my baby is really responding and I feel like a little bit secure now in what I'm doing.

08:33

(Gabrielle) I guess what like everyone was telling us, how to like take care of the baby and how to do, but no one really told us just love your baby and go by, like, your heart and everything will be okay. Just do whatever you can to give your baby the best opportunities possible. And you don't have to be like rich to do it. Like we're by no means like rich. We're like struggling college students and so just do the best you can. And –

09:04

(Magda)

Being a mother is the best thing one can be. There are new experiences that one grabs onto and the truth that mothers must have a lot of patience, a lot of patience, and know what their children like and don't like and try to understand them.

09:29

(Maya) So really, it's a whole journey that we undertook, but really the most incredible thing that has happened to me in my life is being a mother. I give thanks to God every time I see my daughter and there is no greater joy that seeing her and seeing her happy and seeing how she is

developing and seeing that she is intelligent and seeing her do this, that. It's incredible. It's the greatest joy I've had in my life, seeing her grow.

10:10

(Gabrielle) It's a learning process, but now that a year has gone by we feel like really confident as parents and it's just amazing to have seen him gone through each stage and knowing that we were there to do it for him.

10:28

(Steve) It's amazing.

*END*



