

Episode 245 OUR BIRTH STORY (Part One) Converted

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SPEAKERS

Kathrin Zenkina, Brennan O'Keefe

Kathrin Zenkina 00:14

Welcome to The Manifestation Babe podcast. My name is Kathrin Zenkina. And I'm a manifestation expert, master mindset coach and multiple seven figure entrepreneur, I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity and success then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development, to help you maximize who you are, and where you're going. Leave it to me to provide you with the tools, the resources, the strategies and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together. So thank you so much for pushing play today. And now let's begin. Okay, baby, are you ready to go into the birth story of Orion King O'Keefe.

Brennan O'Keefe 01:21

If he lets us get through the next 30 minutes to 90 minutes or whatever it is that we record podcast for.

Kathrin Zenkina 01:27

We are doing the best that we can to time this podcast around a nap and baby boy just been awake for the last hour and a half. And we're just staring at each other and like, I probably changed three diapers, two onesies. We're like rocking him right now I can see him yawning. His eyes are closing, but then he'll like open them again and make some grunts. So all of you guys who and there's very, very few of you who leave me comments about lip smacking and how much you hate on my podcast. I'm sorry to inform you. But you're now going to have to get used to a newborn on my podcast. And sorry, but not sorry. So let's dive into this birth story babe. I asked Brennan to get on here with me. Because I know for a fact worth almost we're

like, Wait, now we're like 16 days, 16 days after birth, but 18 days after labor started. So if you've ever given birth in your entire life, you know that that's like a vortex that you can get lost into like, it feels like it was an hour even though my labor was 43 hours long. So I need to have someone who is not having contractions and to help me share the story. And of course, who better could I have thought of than my amazing husband, life partner, birth partner, and the one who is there seeing all of this craziness happen? Do you remember what we were doing August 4, that whole day when we went when I went into labor? Because all I remember is Dr. Rad Yeah, all I remember is Dr. Rad. Okay, so I think we should start there. So why don't

B

Brennan O'Keefe 03:13

you talk about it first, the providers that we have to kind of paint the scene.

K

Kathrin Zenkina 03:17

Okay, so, Well, this is kind of where I want to get started because the people are going to come up throughout the whole story, but I don't want to spend like the whole time painting the picture because I talk about just go on my Instagram any random day and I'm constantly giving shoutouts to my birth team and tagging them so you're gonna learn and if you go to my highlights, like any of my highlights that have to do with pregnancy or Orion, like you're gonna see my midwife, my Doula, Dr. Rad, who is the ultrasound tech, tech, Jesus Christ. He's an amazing board certified OBGYN who does a lot of high risk pregnancies. There's a lot more credit and ultrasound tech, but he does do my ultrasound so I just Yeah. Anyway, and then Dr. Crane, who is my OBGYN who ended up delivering Orion which, Yes, I did end up delivering in a hospital where a lot of you guys are asking like wait a second Kathrin what happened? Because you were so set on your home birth. Okay, so August 4, I was 40 weeks and four days. Wait, hold on. That was a Thursday, 40 weeks and three days. And I specifically remember, okay, I remember doing a Q&A, like either the day before this day. And someone said something about like how it's dangerous for me to go over 40 weeks or something like that. I just remember like my midwife and doula getting pissed and like being like, Oh my God, not the due date calculation bullshit. Anyway, so I was four days overdue, and I was honestly set on him coming like between August 8 to 11 th. And almost every single person in my life, the doula, the midwife, everybody were like, I think he's coming like August 10, August 11. And I'm like, yeah, when I first got pregnant with him, I got this message that he was gonna be 10 days late, so I had no idea. Nope. Like, no. It took me by surprise honestly that I didn't go that much overdue and I was only three days overdue. So I remember, Do you remember like, actually even like the weekend before the week before I started having like spotting, I started having more consistent, more frequent Braxton Hicks. Do you remember? Like, I would have to break through a couple of them, But I remember Laurie teaching us that a contraction comes with like period cramps and so I never like thought that I was going into labor. It was just like more frequent Braxton Hicks.

B

Brennan O'Keefe 05:35

Yeah, and you just emptied your bowels into the toilet, like, Oh my God. What's going on here?



K

Kathrin Zenkina 05:42

Yeah, the diarrhea. So I had signs of labor starting at 39 weeks.

B

Brennan O'Keefe 05:46

We were, what we now know is there's different, shoutout the guys out there who listened to the last podcast, you're about to get an education because I didn't know any of this, but there's like, pre-labor, early labor, and then like there's all these different stages of it. It's not just one thing. So I say that because like early labor and pre-labor are two different things. Right? So pre-labor comes before early labor pre-labor is in like the days and/or weeks leading up to early labor. So, that now we know that that was, that was pre-labor. Yeah, we just didn't know at the time we thought it was like the pre, pre -labor, we thought it was like the pre, pre like, you know, the party before the party before the after party, but it was really the game time.

K

Kathrin Zenkina 06:36

So yeah. So on this particular day, I remember in the evening, I started having those period. No, even a few again even a few days before I started having period cramps. Yeah, but no contractions with them. Like I did not have Braxton Hicks with them, but on this particular day, I think it was around 8, 7, 8 pm on Thursday, August 4, I started to get contractions with period cramps and on this day, because I was going overdue, and because of something else, I forgot Abby, my midwife wanted something scanned by Dr. Rad and so we literally had

B

Brennan O'Keefe 07:09

Isn't it the water? isn't it to make sure the fluid is intact?

K

Kathrin Zenkina 07:13

Oh, yeah, because I thought I was leaking, Jesus. Basically, this is why I have Brennan in here. I thought I was leaking, and we like swabbed me and I sent pictures to Abby and she was like just in case. Let's have Dr. Rad check you out, because your GBS positive. We don't want to put you at risk for infection because if this is your water leaking, then we need to start labor. So we're going to induce you but midwife induce not like Pitocin at a hospital like castor oil or like there's like a midwife sprue or something or pumping, like pumping your nipples. Karva king? No, Karva king is like to get baby in position, which obviously didn't work for me. So we'll get to that later. Um, so yeah, I feel those contractions and then Dr. Rad comes over like 10 pm, right? He comes over at 10 pm on Thursday, August 4, and he starts doing an ultrasound, we start doing a stress test and non-stress test, just to see, just to make sure, see where the leak is or whatever, and he was like, girl, you got so much fluid in here. You're definitely not in labor. Baby is so high. And I'm like no, I think I'm in labor because I'm starting to feel contractions with period cramps, but okay, and I will say the whole appointment that he was here I was having no contractions it like paused, which I then learned that every time you go like every time a new person walks into the room and the birth space or you go into a new position, or something I don't know if you can hear orianâ€™s hiccups right now, but they're so cute.

B

Brennan O'Keefe 08:47

He may scream soon. Just FYI.

K

Kathrin Zenkina 08:49

Yeah, we're just gonna, we might pause. We might take a break. We might soothe him on, who knows. Okay, this is just our life now we have a two-week-old. Okay? so where was I? Dr. Rad. Yes, He was like, you're definitely not in labor and I'm like, You know what, the contractions stopped. You're probably right. Like, maybe this is just another pre-labor thing. And we're like, okay, he leaves and as soon as he walks out the door, boom. Contractions with those period cramps and starting to get no we started to time them. Yeah, because we learned from Laurie like, if you feel some consistency, intensity frequency, just start timing them. But remember, labor is 511, 5 minutes apart for one minute long for one full hour. That's how you know you're in that labor stage like you're in labor, for sure. So we started to time them and I remember they started to get so intense. I had to go into the shower. Even then that early stage I remember I was in the shower and you're calling Laurie.

B

Brennan O'Keefe 09:49

Yeah, I do remember that and I felt was a bit later though. I think the like the lead up to that was they were getting more and more intense and I

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Kathrin Zenkina 09:57

think 11pm and 11, that was like an hour after Dr. Rad left. That's true. And do you remember how Laurie Abby and Johanna were out of birth? Like the day before? Yes. And when I started leaking fluid, which I thought was my, which ended up not being my actual fluid, and ended up being to be honest discharge and seminal fluid because we did have sex that the night before and I think that's what induced me into labor. So, yeah, I guess that works. If you're overdue right now and you're desperate to get the baby out. Just do the deed, okay? Because obviously, it worked. And, and I remember jokingly about to text my birth squad and be like, Hey, guys, no, you just left a birth are you in the mood for another? And then nothing happened that whole day. And so then that night, I'm like, Oh my God, I feel so bad for them. They barely have slept and they're about to come to my birth and I'm a first time mom and it's for sure gonna be longer than you know, the second time on third time mom that they told me stories about which are like 1,2,3 hour labors,

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Brennan O'Keefe 10:59

right, get the hold your legs and the baby's gonna fall out short. Yeah, and

K

Kathrin Zenkina 11:03

it's very common. And you know, the day like, not really. Kathrin's first time birth, the

it's very common. And, you know, they're like, get ready, Kathrin for your next birth. It's definitely going to be shorter than 43 hours and I'm like, thank God. So I remember you calling Laurie in the shower.

B

Brennan O'Keefe 11:15

And to add to that story, Kathrin, first of all, Laurie Bregman is our whole team and all them like Laurie Bregman is an earth angel, as is Abby Vatican, as is Dr. Crane, as is Dr. Steven Rad, like as as Johanna, as is everyone that we encountered in this space. As this story continues, you'll realize that what we had expected, what we had planned for, it didn't go according to plan. And it was so beautiful the way that it ended up going but but but what I really want to get at is Laurie Bregman has a beautiful course for partners. And if we're expecting partners, and she

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Kathrin Zenkina 11:58

is mostly for expecting moms, but there is a segment for sorry, excuse me,

B

Brennan O'Keefe 12:03

Kathrin and, I watch everything together. So a great opportunity to bond with your wife. She's carrying a baby, she's doing a lot of the hard work and you think that you're doing hard work because of her emotions, but you are missing out brother, you have no idea what's going on. So I highly recommend that you take the courses that your wife buys, your girlfriend, your partner, whoever it is, takes, and I'm taking this, this Laurie Bregman course and she tells the story, kind of this anecdote, if you will, of like people calling her telling her that they're in labour and they need her to come and she says, okay, okay, I'll be there soon. And she shows up at their front door. And the woman in labor, I'm not sure who she is. But the woman in labor is like, Oh, hi, Laurie. Good afternoon. How are you? Like, I make cookies. You want some tea? How can I help you? And Laurie literally is like, I'm going home and turns around and walks away. Because the point is, is that in that early labor and that pre labor stage, you really want to just hold off as much as you can you want to rest you want to recharge you want to sleep, you want to basically fill your body up with energy for the hard parts. And so when Kathrin started to get contractions after Dr. Dr. Rad left, my brain was like don't call Laurie don't call Laurie don't call Laurie Don't call her this is this is either

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Kathrin Zenkina 13:25

so free to bother them. Yeah, exactly.

B

Brennan O'Keefe 13:27

This was pre labor or early labor and I was convinced that it was super early, but Kathrin was feeling it and was feeling it hard running already in the shower. And it wasn't like all these YouTube videos that we've seen where someone is like on their bouncy ball kind of like for like

an hour, there was none of that. It was like straight to like, how this really frickin hurts. Help. And then the next level was just like, put me in hot water. So it was a quick escalation. And then when I called Laurie

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Kathrin Zenkina 14:04

Yeah, you weren't talking to Laurie and I was in the shower. I think I already grabbed my combs at this point did so get combs combs everyone's like what are combs combs are literally what you brush your hair with those kind of combs and you hold them in such a way where you're when you're getting contractions, you're squeezing your hands and you're applying the bristle part. I don't know how to call it bristles right? Yeah, I guess teeth, teeth there we go the teeth of the comb. You are applying pressure to your palms in such a way where it is supposed to take supposed to trick your brain into directing. Like Like to confuse your I can't even talk man this is like postpartum right it's like you're lighting onto a towel. Yeah, I'm like realizing that my brain is like totally not working that same as I'm recording this podcast. I'm like wait, I haven't had to like talk to anybody and make sense in two weeks and now I'm realizing that I'm not making sense. So bear with me. Anyway, I have my combs, and the hot water is already helping and I'm like, wow, uh, now I see why people say that water is second to an epidural, like getting into a bath or a shower, do it. Okay, do it whether you're laboring at home to go to hospital later or you're having a home birth, get in the water, unfortunately, because I was GBS positive, because they thought my water broke, I was not allowed to go into a bathtub. And I so wish I was like, I was just dreaming about my bathtub. But honestly, I think the shower was more comfortable. Because when I was having those intense contractions or bathtub is way too small and way too hard. Like if I ever had, I'd have to flip. It was crazy. So anyway, Laurie comes over.

B

Brennan O'Keefe 15:45

Oh, quick note one, I just want to say one thing, which is, when we get to the part of our story, I just want to say there are bathtubs also often in medical facilities and birthing centers well, even at where we were. So there was a bathtub in the back there. And I would probably if you have a plan to do a more medical route at birth,

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Kathrin Zenkina 16:09

we're telling our birth story, we're not giving advice right now. Otherwise, this podcast would be three hours long, typical to us. And let's just, let's just get into our story and not like all the options that people have. Because I think that'd be a separate podcast of like, I could honestly I could interview Abby and Laurie and talk about this. Let's talk about our birth story. Okay, because we haven't even gotten into it. Okay, so Laurie comes over. And I remember being in the shower. And then she helps me, I don't remember getting out. Somehow I got out and she sent us to bed. She was like you guys need to sleep between contractions. Like, you know shits gonna get real. And as of right now, I can tell that if I just coach you through breathing through them, you'll be fine. And so I turn on my Hypnobabies, which I did start start the Hypnobabies tracks. And I did have my combs in bed and she got me a hot heating pad. She laid us in bed. And I do remember sleeping between contractions for like three, four or five to seven Max minutes at a time. And Laurie would occasionally come and check on me and she would coach

me through breathing through them and whatever she did for early labor, that like before we got into active, so worked to the point where I did get some rest in bed. Mind you the night before this. I had insomnia and I woke up at 3am. And I never went back to bed. So I've already been awake for pretty much 24 hours by this point that Laurie's coaching me how to breathe through these contractions. So even though I'm getting a little bit of rest, it's really not that much. And I remember around 7am A, Laurie was like, I know you're gonna hate me for this. And you don't have to do this. But I highly recommend we all go for a walk. And I'm just like, Are you freaking kidding me? Where's Abby, I'm ready for the bath. Like get me in there and I'm ready to push like baby. This is only like 12 hours in and we go on a walk. Somehow I get dressed. I remember barely having the energy to get dressed. So I just wore whatever I was wearing and Brennan slipped his big sweater on me. And I'm walking with my combs. He has the dogs Laurie has me literally I'm like using Laura's my leash every time I'd give it a get a contraction. I would like grab onto her. And somehow she was like coaching me how to walk through these contractions. And I'm like, Okay, and so of course it hurts like a bitch to walk through them. But it is a nice distraction. We're outside fresh air. I think we walked for like an hour, we maybe walk like two or three blocks. But it takes us a whole hour because I'm walking so slow. Yeah. And I will tell you my eyes were like down the entire time. Like I just I never looked up. I remember always being very internal. Eyes closed eyes down. Just in my own world, just navigating this. And I think in the beginning, I was a little more talkative, but I just remember being really quiet throughout the whole labor extremely. Okay, so that's accurate. Yeah. So Brennan is just here to keep me on track.

B

Brennan O'Keefe 19:13

Well, the truth is, is that I probably remember more of the chronological timeline of what happened because Kathrin was just, you know, we when you talk about state elicitation, right, stepping into a state Yeah, Kathrin was in an altered state of consciousness as every pregnant woman. And it was for so long when you add altered state of consciousness plus sleep deprivation and energy drain. I would say in the beginning stages, you probably remember a lot more but as things progressed, your concept of time probably is really worth and I think we're going to uncover that as we get

K

Kathrin Zenkina 19:51

into this. Yeah. And I remember being super nauseous and I already threw up like maybe two or three times by this point. Yeah, I did not want to eat anything like I remember buying so many snacks and being like, I need to stay hydrated, I need to eat a lot. Because you know, when you're at home giving a home birth, they're not limiting how much you can eat because it's not a hospital. Like they have that rule the hospital where you can't eat anything. And so Laurie keeps bringing me like watermelon, snacks, this, that whatever. And I'm just so nauseous. It feels like the first trimester again, after the walk, I remember going into the shower. And it was after this part of the shower, where I started to get really emotional. And I started to process trauma. And I remember starting to process a lot of my mom's birth because what I was thinking about was how surrounded I was by love. And it was just Laurie and Brennan together. And I was surrounded by so much love. And I just thought about how my mom would always tell me about, you know, her birth experience me coming out into the world, and how she was getting yelled at, and how she was being told to shut up. Like, it's not that bad, like my mom gave birth in Ukraine. And you know, the practices there, at least at the time that I was born

just ain't the same as even here in American hospitals, let alone a very loving space created in a home birth is just a whole another world. And I was just processing that. And then I started thinking about every single mom going through this. Then I started thinking about moms who have like abusive partners going through this and not having that love and support. And I just started sobbing, like I remember in front of the sink, just sobbing and sobbing. And Laurie Laurie's like, this is good. Just let it out. Just let it out. Just let it out. Because Laurie so informed about like trauma and things that get processed and birth. She's amazing, like birth is spiritual, emotional, physical, mental to her. And she knows every single corner of it. She's done like over 1500 births. So she's like, Oh, this is perfect. All right, great.

B

Brennan O'Keefe 21:53

And meanwhile, I'm over there. This is like the first time of about 20 times in this birth process, that I think that we're to use a sports analogy in the you know, the fifth inning or the sixth inning. Like, we're getting close, like we're gonna call the birth team, like things are progressing. Kathrin's getting emotional.

K

Kathrin Zenkina 22:11

Yeah, Laurie was like, I think only an hour after this. Yes, Laurie looks at me. And she's like, you're in transition. And

B

Brennan O'Keefe 22:17

she told me to call everyone Yeah, and call the photographer, the

K

Kathrin Zenkina 22:21

videographer call my mom call. She's like, I'm going to call Abby and Johanna like, we have a whole squad coming

B

Brennan O'Keefe 22:28

and to roll things back, just to understand the concept of time here. So, you know, Dr. Rad came to our apartment around seven or eight or nine o'clock, right, Kathrin ? The night before, like nine like 9pm. And he was there probably for an hour, hour and a half. So he left around 11,11:30 Things really picked up between 12 and one. We're now talking about 11, 11, No, like 11am 10:30, 11am because I called the photographer the videographer. And and Laurie called the whole team around 12:31

K

Kathrin Zenkina 23:04

Oh my god, okay. Meanwhile, I'm still in the shower. And can I just shout out our shower in this building. Like, we have a lot of complaints lately and about our building. It's just, it's just a sign

that we need to get the hell out of here. But one thing I will say is that the water never went cold. And I spent a total of 10 hours of my labor in that shower, maybe even more, maybe even 12.

B Brennan O'Keefe 23:28

I have not energetically available for myself or my wife, for anyone to leave a comment or rude post about how much water we wasted in this climate environment. I was thinking I just want to say, I know not everyone has access to clean or hot water. And I understand that. But in this instance, that 10 hours of straight waterflow saved your butt. And if you didn't have it, I don't even know what it would have looked like.

K Kathrin Zenkina 24:00

Yeah. And I will say this is now active labor. Like my contractions are coming every two minutes to three minutes. They're intense. I'm sometimes screaming through some of them. And unfortunately, Hypno babies as you guys have been seeing me talk a lot about doing Hypnobabies doing hypnotherapy. I think I'm going to do something different next time and work with a hypnotherapist one on one because when I work with a hypnotherapist one on one, I seem to get better results, versus a recording that I've been listening to because I think it's just more custom and tailor-made. And I might even bring the Hypno hypnotist or hypnotherapist to the birth itself to help me through that like now I'm like, I'm like creating my birth team for baby number two, because in active labor, it just wasn't working for me. In early labor. It was an active adjust. It was not working for me and you would keep telling me the cues and keep imagining and it would aggravate me. Yeah. I would get pissed when you would remind me about Have no baby. No anyway,

B Brennan O'Keefe 25:02

can I talk about the partners for a second? Because it's a delicate balance too. Yeah, so your partner's go, oh yeah, I

K Kathrin Zenkina 25:07

was telling you to shut up during contractions, I was like, you can talk in between the.

B Brennan O'Keefe 25:11

So like, like, You got to have thick skin. Like, just listen, like your, your emotion, your emotions are important. Your perspective is valuable, you are human, you are allowed to feel things you are allowed to not like the way that your wife talks to you. And you better shut the hell up when your wife is pushing out a baby, because that shit is not on the same scale, physically as the emotional scale of being told what to say or what not to say. So like, I didn't take it personally.

And Kathrin and, I have a really unique relationship. Like, you know, sometimes we joke a lot, we're sarcastic. We banter we're fun. Like we love life together. We love loving each other. And some people get triggered by that. Sometimes they you know, people have left comments,

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Kathrin Zenkina 25:54

saying that Brennan has an abusive husband and I'm just not realizing it. Yeah, exactly. Yeah, just like just crazy. Honey, I know, when an abusive husband looks like, I grew up with one, yeah, just

B

Brennan O'Keefe 26:05

just just shit like that. But my point is, is that, despite that, in this moment, I knew that I needed to just let her say what she needed to say, let her direct, let her dictate let her tell me what she needed, and what she didn't need. And so and that that's actually a theme that's going to come up later on in the story as well. But you know, for me, it was just simply being aware that like, I could tell the Hypnobabies wasn't cutting the pain out. I could tell and I kept trying to help you get there. And I think you honored. I know you honored me, because I know that you knew I was trying to do to help you and do the best that I can. I think i In the end I did extremely great job of helping you. But it wasn't the vehicle. Yeah, theme alert, theme alert, It was not the vehicle to get us there that we expected it was a different vehicle. It wasn't the Hypnobabies it was other things. Do you agree with that?

K

Kathrin Zenkina 26:57

Yeah, I will say I'm so grateful. My the way my intuition works actually is in times of deep distress. I have images that flashed in my head. And I was having an image flashed on my in my head of a specific hypnotherapist that Abby was telling us about Nina who works as a doula but also does Hypnobirthing. And literally in my head, I just kept seeing her and I was like, I need to hire her next time. It's a little too late for that. But it's very interesting, because this will also play in towards the end of the birth where I have more images flash where I just couldn't ignore them anymore. So okay, what time Okay, no, no, we're about noon. Okay, so I remember this. The photographer and videographer show up I think, like 30 minutes apart or whatever. And the photographer comes in. And I just remember, like, just seeing someone I've never seen before, because I've never seen a photographer before I just hired her because she works a lot with Abby and Laurie, and I love her pictures. And of course, Abby and Laurie have the best vibe, and they know the best people. So of course, I just trust this photographer. And all of a sudden, I'm naked in the shower alone. And I just see this woman come in with a camera and just start taking pictures of me. And it's so interesting, because many of you might think like, oh my god, isn't that annoying? Like, didn't that bother you? And if you've ever given birth before, in that space, you don't give a fuck. You are naked. Like Abby has this joke, my midwife that the next door neighbor can come over and offered help. And you would just be like, yeah, sure, just start helping, like you would just, you wouldn't care. There's so many people I remember one of Abby's assistants, her student midwife showed up and I just remember being like, there's a new person in this room, and I really don't care. But I'm just like,

I don't remember ever meeting this person because I never met the student midwife. And I think like Amelia or assistant came in at some point, and I'm like, what she works this late. I was just so confused. Anyway, so where was I going with this?

B Brennan O'Keefe 28:58

Well started coming up, people

K Kathrin Zenkina 28:59

started coming. So the photographer videographer and then all of a sudden, I think before the videographer showed up as just a photographer Brianna, and all of a sudden I see people frantically cleaning the bathroom.

B Brennan O'Keefe 29:10

Oh yes. I'm so glad you didn't miss the story. Yeah, why? Why?

K Kathrin Zenkina 29:13

Why were people cleaning the bathroom frantically.

B Brennan O'Keefe 29:15

Okay, so here's the scene. Kathrin has been in the shower with great water pressure and hot water now from about 11 to midnight. It is now like noon or like 1 okay, Noon. 1, 1:15 Something like that. The shower has been on her effectively the whole time. And Laurie and I have been going back and forth of massaging and rubbing spraying the water. So literally imagine a large shower that's like not you know, the ones that you step into. It's not like that. It's just like it's on the ground. So you open the glass door and you step right into it. It's a beautiful shower, great in the space actually. And so we close the door. There's room for two people in there even though it's not two shower head, so Laurie's in there. massaging Kathrin rubbing oil on her. And then really just we're taking turns spraying her. So we are running hot water all over her so that she could focus on holding the combs and not smashing her head into the water pipe. Which I know she wanted to do.

K Kathrin Zenkina 30:17

Oh my god, I wanted to hit my head so hard.

B Brennan O'Keefe 30:19

I know you did. I knew you did. And so anyway, but at some point it Kathrin also we got like an

enormous pink exercise ball. Right. And that exercise ball was in the shower. And someone I think Kathrin threw a towel in the shower.

K

Kathrin Zenkina 30:33

Oh, because I™ve wanted to, No, no, no, no, the ball was fine. But it was when I wanted to be on my knees and hover over it like lay like lay on it. But things know just like being a different position. I needed something to cushion me. And so I took a towel and I was like this is perfect. But then what ended up happening is I clogged the drain.

B

Brennan O'Keefe 30:56

No, she just covered it. She didn't clog it. She just covered the actual drain. And so I all of a sudden walk in and realize there's like an inch to an inch and a half of standing water. Like not in the shower, the whole bathroom like the whole big bath. And it's a big bathroom and it's stone and I start freaking out and I but but of course you know it's birth so we can't freak out. So we got this be like really calm and cool. And we like dumped towels on it. And finally I think I had the best, Brianna the photographer helped. I had the best idea eventually once I figured it out, which was I got the I got the Swiffer the sweeper mop but without the Swiffer part. So just like the squeegee part, yeah. And I was just sweeping basically the water back into the shower.

K

Kathrin Zenkina 31:41

I'm just watching this in between contractions just like I'm like Kathrin, it doesn't matter. Like the rug is ruined. It's okay. It's pissed on by the dog so many times and like, I just having these thoughts and I was like, no, no, I'll just stay in the zone, just stay in the zone. And then I would just like the contractions would distract me. Long story short, the bathroom got clean. There's just no rug anymore. It was in the bathtub. And I remember everything from the floor because I have like storage baskets got taken out. And then I would say like an hour later after this. Laurie says Abby's here. And I remember first of all, Laurie has been to 1500 plus births. So she knows what a woman who is about to push a baby out looks like and sounds like yeah, so she would never tell Abby to come unless it was serious, like Abby comes when you're in like 6,7,8 centimeters dilated,

B

Brennan O'Keefe 32:31

and even more. So going back to my story from earlier. Laurie also knows when you're not advanced enough for her to be there. Yeah, so this is just a confusing conundrum that we are in. Oh, we

K

Kathrin Zenkina 32:44

don't know why it's confusing. Yeah, we don't know why it's not using it. Okay. So Abby comes in, she checks on me, she starts doing the fetal monitoring in the shower. Again, I'm still in the shower, I want to say 90% of my birth footage, when we put the video out is going to be me in

a shower.

B

Brennan O'Keefe 33:00

And shout out really quick. Just want to say we have an amazing, amazing water pressure and an amazing tank. And it's amazing. However, if you have an amazing bathroom fan, that takes humidity and steam out of the air in the bathroom.

K

Kathrin Zenkina 33:19

We had a dehumidifier this whole time that you please, please be

B

Brennan O'Keefe 33:23

grateful for it. Because Kathrin was not aware but all of us it became a sauna in the bathroom. For like 16 hours. We were all we would go in there and sweat people like Laurie literally almost she was like I'm gonna pass out like, can you go in there like, because our one fan is like not very nice or like not very advanced. I mean, so it's not sucking the air out and the door is closed. So it's dark and because it was dark for you for your birth space. Yeah, so yeah, it was like a whole vibe. It was like candles everywhere. Music was playing roses. So we kept the door closed and like not let the 2pm light in. But we were all dying of the sauna.

K

Kathrin Zenkina 34:06

Did I become after my mom right? I became first okay. Okay, so Abby's here. No, I think my mom came first. Yes, your mom did come first, you're right. So Laurie was like, girl you're about to start pushing. Your mom needs to get here and my mom had like a vet appointment or something that was like a very serious appointment that she needed to go to, but she decided to cancel it. She comes Laurie kind of shows her what she's been doing to my back in the shower. My mom gets in the shower with me. And so it's just like a moment between me and my mom, which was so so special. Like, I'm so glad I invited my mom to my labor. And I know that you know, Laurie and Abby for so many people don't recommend parents or moms to come to births because they tend to bring their own shit to births. But like Laurie's very intuitive and so as Abby and Laurie especially was like your mom needs to be at the birth because they just feel this connection between you guys and I feel this connection between her and the baby and I feel like this is going to be really healing for both of you guys and I was like you know what? I think you're right and of course we have such a great relationship with my mom she came on our baby MOON Okay in Greece so we have a great relationship with my mom. Love her. She was an amazing postpartum doula to us like incredible. So my mom comes and, and then I remember like an hour after that. Laurie says Abby's here, and I was like, she was like, Do you want to get the tub ready? And I was like, Yes, get the tub ready. And so they start setting up like you started setting up with everybody.

B

Brennan O'Keefe 35:34

Do you ever remember that I got up in the wrong spot

Do you even remember that I set up in the wrong spot.

K Kathrin Zenkina 35:37
In the wrong spot. No, no. What do you mean the wrong spot? What did you do out there?

B Brennan O'Keefe 35:44
Well, we tried to connect it to the tub and we were we actually

K Kathrin Zenkina 35:49
the tub I didn't break the tub. It's not what happened. The thing happened again.

B Brennan O'Keefe 35:53
i Right. But that's not what happened. And I

K Kathrin Zenkina 35:55
got so upset. I thought you ruined my bathtub.

B Brennan O'Keefe 35:59
No, you did. I was like, Okay,

K Kathrin Zenkina 36:01
I'm delivering a baby in the shower. Like I'm never getting out of the shower ever.

B Brennan O'Keefe 36:05
It was like the never ending shower. So no, I connected it to the bathtub. But the problem was and I wouldn't have known this unless I had added the hose. This is the funny part. Remember, they said test it all. But they don't want you to actually run water to the hose. Right? Yeah. So like, I connected it to the bathtub, and the water works. But the hose was kinked because the length of the thing and the hose hit the edge. So it was kinked. But we ended up just taking it off and then taking it to the other shower cast MB headquarters bathroom and just connecting it to the shower. And then it was perfect.

K Kathrin Zenkina 36:45

K Kathrin Zenkina 36:45

Yeah. Because when you said no, the bath is ready. I'm like, Oh my God. I thought like my birth tub was ruined. Because I saw you kind of being like, Oh, this isn't working from the corner of my eye and I'm like, great. So I come out. I have a whole squad in the room.

B Brennan O'Keefe 37:01

Hold on. How many people are there at this point? There's eight total but me. You, me, Laurie Abby. Abby's assistant, Johanna

K Kathrin Zenkina 37:09

no Abby wasn't there yet. She came later they came all together. Oh, the hell I never saw her and so like, exercises from hell part.

B Brennan O'Keefe 37:17

No, they were there. They all arrive together. Okay, let me take this part. Kathrin Brennan. Laurie. Elena, Kathrin's mom. Bree and Brianna. Abby Johanna, and I can't remember her name. But the lovely girl that was Emily. Woman, Emily. That's right. Yeah. Okay, so there's nine people. And maybe Amelia too. I'm not sure how much No, not yet. Okay. There's nine people and two dogs. It's like 2:30pm 2:30pm No later, okay. 3:30pm.

K Kathrin Zenkina 37:51

I mean, you're asking me I was in labor. What part of the story are we talking about here? When I go into the to the bathtub?

B Brennan O'Keefe 37:57

That's about 3, 3:30 Okay, so about 3, 3:30 There's nine people in our house and two French Bulldogs. Yeah, there's a lot of people. But it's all really good.

K Kathrin Zenkina 38:07

Like everything is, there's music. There's beautiful music. There's roses everywhere. The space

B Brennan O'Keefe 38:12

is immaculate. Perfect perfection. It is a like this is the birth of dream. It is a sanctuary. Baby Daddy crushed it baby. Daddy crushed it with help. Baby Mama, you know, created the vision for it. And actually a beautiful part of our life. One of our dear friends and someone who works

@manifestationbabe Vicki created this amazing nursery nursery space that became a sanctuary. Yeah, for the tub. Yeah. And so it's like, amazing, we're ready to go like let's get this baby out. You've been through enough

K

Kathrin Zenkina 38:42

you're having contractions like a minute apart.

B

Brennan O'Keefe 38:44

There's nine people. Brennan's got two lenses, like primed on all the the prime spots like let's see this baby come out. Let's go. Yeah, and

K

Kathrin Zenkina 38:53

okay, so I get in the tub and I started having contractions. And I remember Laurie checking my butt crack, because you can see with the butt crack, like, where the baby is, apparently it's like a trick. And they're asking, do you feel pressure and I started to feel pressure in my sacrum. And they were like, do you feel the urge to push and I was like, I don't know. And I'm like, I feel like it's gonna hurt to push like and they're like, you have to lean into it. So with every contraction I remember feeling like a little pushy, but not like that sensation that people talk about where you got to take a dump like now like there's poop coming out. And that's typically the baby pushing on, you know, your perineum and you're just all the all the freakin Organs and coming through the vaginal canal and like basically the head is like about to pop out that feeling. Never got it. I think like an hour hour and a half goes by mostly Brennan and my mom stayed with me. The rest of the birth team kind of went in and out because I remember like sometimes looking around the room there's no one in there except for you or except for my mom and then sometimes I look around and like Abby's back she's checking me. I'm in roses. The water is getting a little cold. I don't like it as much as a shower. Kinda wish them back in the shower. But what if I'm about to push the baby out? I don't know. And I'm getting thrashed. Okay, I don't know how you guys would describe it, but like internally, I am getting thrashed with nonstop contractions. And I'm not even getting like a break in between at some point. But nothing's really happening. And I remember Abby, looking at me and she's like, do you want me to check you because I didn't have any cervical checks whatsoever up until this point, mainly because midwives they don't do too many interventions. And number two is like how much you're dilated before you go into labor doesn't matter. Right until you're in labor, that's when it matters. And also GBS positive. I chose not to get antibiotics at home. And so to be very, very, very careful again, my water has not broken we still thought there was a small leak, but it hasn't fully burst. We thought it was like a high leak. So the baby was still protected from any GBS infection or anything like that. And so at this point, Abby's like, do you want me to check you so you know how far along you are? And I'm like, Yes, please. And as she's checking me, I in my head, I'm thinking she's about to tell me, I'm like nine centimeters, and all I have to do is maybe wait one more hour of like this hardship. Yeah. And I'm so exhausted. I'm like about to fall asleep. I remember dozing off in the shower, in between contractions almost falling off the ball. That's how exhausted I was. And

B

Brennan O'Keefe 41:28

this is this is to like one of the most beautiful spaces this entire birth was leading up to this moment, like so. Primarily, it was myself and Kathrin's mom, Elena, if I call her Leanna excuse that it's the same Leanna Elena. And we're both basically just like imagine hanging your arms over the side of a of a blowup pool wall. And like either touching your head, touching your back, splashing water on you holding your hand and you're basically effectively doing the same thing inside the pool laying outside the walls, and just moaning and not the kind of like, sexual let's get it on moaning and not like I'm burning a demon moaning but just like God, damn, when is this going to end? Yeah, kind of like, like soft whimpering agonizing breaking

K

Kathrin Zenkina 42:28

down crying crying time you

B

Brennan O'Keefe 42:30

were crying. It was you were you were in agony. But not in that like super. I don't know how to describe it not in the way that like, we had to do anything chaotic. No, you weren't chaotic. You were just like, it was it was consistent and elongated in this state of like, suffering

K

Kathrin Zenkina 42:51

despair, like transition if you've ever had transition. Like I felt like I was in transition for hours and hours and hours and hours and hours. So that's why Abby's like, Can I finally do you want me to check you? And I was like, yes. So she started digging in my vagina. I remember that it's super uncomfortable. I didn't realize how uncomfortable that was. And then she kept going further and further up. And I just remember thinking, okay, his head's not that low. Right? Because she's going so far up. And then I can just feel her like, Oh, my cervix, and she's not really saying anything. It's dead silence. dead silent in the room. She's not saying anything. She pulls her hand out. And she's still not saying anything. Yeah. And I'm like, please tell me I'm nine centimeters is right, or six. And she was like, so you're a four. And as soon as she said four, I broke down crying like instant sobbing. And she's like, wait, wait, whoa, wait, wait, wait, wait, let me finish. Let me finish. She's like, but you're fully effaced means like your cervix is paper thin. And so it can like dilate at any moment. Like you can go from a four to a 10. It's super thin, like you You got this, we just need to get like the baby is just not descending because I am bouncing up against his water bag. And Dr. Rad said I have so much fluid like more than average amount of fluid. And so he's literally in a water balloon. And he is not putting enough pressure on my cervix to dilate even though my cervix is soft enough to dilate. So she was like there's a couple exercises that we can run you through to put the baby in the pelvis. And she was like, I will admit that they're very uncomfortable. You're gonna have to hold them throughout contractions, but it will get the babies to descend. And I'm like, okay, like, let's do it, whatever it takes. So I get out of the bathtub and start what I call to this day, exercises from hell. And Abby even said one of them or two of them or something she's never had to do before. So I am like the prime fucking candidate for Are these exercises from hell? where literally Abby I think Abby does it first and then my mom or Laurie does it? Right? It was it was Abby and Laurie. So

B

Brennan O'Keefe 45:09

it was all of us. It was like all the specific pushing

K

Kathrin Zenkina 45:13

on my belly. So there's an exercise where I am putting all my weight kind of on Abby, let's just use it as an example because she started it. And then she's lifting my belly and pushing it in, like from the bottom, and I have to do a pelvic tilt at the same time as I'm having a contraction. And she said that we have to do this 10 contractions. So finally we get through. And she's like, Okay, the next one that we're going to do, is you're going to lie on the dining room table. I need to like I'm going to attach photos because I have photos of all this to like an Instagram post or something. When I when this podcast episode goes live, just so you guys have reference to what is going on. It's just it's gonna be somewhere maybe on a highlight, just pay attention. Okay. It may also be in the YouTube video. That's true. There's gonna be a YouTube video. Okay, so you guys are going to see all of this in action. So I'm on the dining room table. My back is flat on the table, but my legs are hanging down. So literally, I looked like I'm doing a backbend. And I have to hold that for three contractions. And I don't know what are they pushing on me? Are you oh my god, I had my eyes closed. Like I was in agony. Oh

B

Brennan O'Keefe 46:25

my god. Okay, so

K

Kathrin Zenkina 46:26

this was the worst. My mom said this traumatized her this.

B

Brennan O'Keefe 46:29

And, you know, the irony is, is I wonder as much as there was a videographer here. And I was videoing as well. I wonder if there's no footage of this simply because it was so traumatic for all of us. But you can't just like film and watch something

K

Kathrin Zenkina 46:46

like traumatic as in? No, no, it's not like nothing bad is happening.

B

Brennan O'Keefe 46:50

It's just hard to be, it's hard to force yourself into that painful state

K

Kathrin Zenkina 46:55

I had to really lean into the most intense pain I've ever felt in my life. And like willingly lean into it. Right? Exactly. It's not something it's like something I made more intense by agreeing to these exercises, but it's supposed to move the labor along.

B

Brennan O'Keefe 47:08

So think about it like this, think about imagine holding like a cantaloupe. And then imagine holding your other hand as in a fist and that cantaloupe is sitting kind of just up against that fist. What they were trying to do was effectively press the cantaloupe just over the top of the knuckles of your fist to basically kind of slide down that gradient begin that next like slide basically pop over the ledge and then get him into the pelvis so what she would they were laying her over the table and then actually pushing the baby the baby's position to try to get him over that lip which you probably didn't even realize because you were in so much pain

K

Kathrin Zenkina 47:49

now I was just focusing on my back not breathing we're bending you

B

Brennan O'Keefe 47:53

to push the head forward to like you know that like that feeling when you're when your joints crack or like slips Yeah, it's like or like an earthquake on the fault line they were trying to get the baby's head to water over what am I water not break through all this you have so much collagen in your we need a sponsorship from whatever collagen provider that is but that's a different story

K

Kathrin Zenkina 48:15

wait, I didn't tell you what Abby because I want to insert this right now. Abby on our post first postpartum visit she said do you want to know the truth about when I checked her cervix? This this and I was like, What do you mean the truth and she was like, when I checked you I had to put on the biggest poker face because Kathrin you are a one centimeter. And the reason why I said four is because I could open you to a four. But baby only dilated you naturally to a one. And I was like my F and G Okay. So all right. We're done with this exercise from hell three contractions now we go to my bedroom. And we do two more variations of exercises from hell they're a little bit less Helly, i think you have this out of order in your brain. No, no, I

B

Brennan O'Keefe 49:01

don't this I remember for sure. Because you did something in bed before you came out here. No no

K

Kathrin Zenkina 49:05

we did the standing. Yeah, we're in the bedroom but doing the standing next to the bed. Yeah, Laurie take me in the bedroom. And she showed me the last two exercises that I had to process through like between three to six contractions. And my mom was there with me. It's just like me and my mom alone in the dark. And all I wanted to do was go back in the shower. And so when I was done with these exercises, Abby came back and checked me. And I remember she said I was a four right so I don't know what it actually was at this point. After this hour from hell even more probably two hours from hell. I only dilated one extra centimeter. And at that point I was like F ml. I'm going to the shower like that's it. And so I was like guys, can I go to the the, and I remember this cervical check may be like bleed a ton in the bed and I just felt really uncomfortable and sore and it increased my contractions. So I went back to the shower, and I'm in the shower. And I want to say this is like 9pm. At night,

B

Brennan O'Keefe 50:02

I wanted to give some context because I think you got in the bath, the bathtub, around five. So the weird thing is that the time warps in your brain, but the whole team got there at one. So this whole, like, from shower, to bath, to the hard news to the like, that was four hours.

K

Kathrin Zenkina 50:23

I think 9pm At this point it at the point

B

Brennan O'Keefe 50:27

that you were done with at the point that you went back into the shower. Yeah, was around nine or 10pm. Yeah, so she got the bad news. We all got the bad news that just crushed us all. Around five or 6pm. Yeah, he was not moving down. And then we kind of, I would say, just did these tactical maneuvers. You know, it's funny, I, as a guy, I used to love to watch the Discovery Channel, my parents didn't like have like, I don't know what you call it, like cable TV. So I just had like all the public channels or whatever. And I think discovery was one of them. And so I would always watch like the Navy SEALs, Hell Week. And so like, you know, Navy SEALs, hell week,

K

Kathrin Zenkina 51:06

I had my hell week, ya

B

Brennan O'Keefe 51:08

know, like Navy SEALs, Hell Week, they do this insane stuff. But it's not just like the pain and the torture of it. It's like, they know humans can do this, what they're looking for us, for people who don't give up at any cost. You know, they fight through everything. They just keep going. They don't give up. And I remember watching these exercises and thinking to myself, Oh, my

God, this is like, this is like what the Navy SEALs go through. You can vary. You can do this physically. The question is like, how much pain can you tolerate in your brain in order to get to progress? Right. So anyway, we're at 9pm at this point, and we've done the exercise is this hell week. This is called Hell Week.

K

Kathrin Zenkina 51:48

I think this I just know, because I was told this, but maybe you can share a little bit about this. Let me just share my perspective. First, I get in the shower. And my backup OBGYN Dr. Paul crane, who we got as just an OSHA doctor, like I just wanted in case of an emergency, if I'm going to transferring to Cedar Sinai, probably for an emergency C section, because that's the only way I would transfer. Right, right is because you can't do everything at home. So something happened. I was like, I want Dr. Paul crane to be there and nobody else like I don't want some rando who's at Cedars Sinai that night?

B

Brennan O'Keefe 52:24

So we actually dealt with her we've actually met with him prior to this. Yeah, we had a whole a whole appointment they agreed to be my back my backup and even jokingly said, Hey, I hope I never see you again. Meanwhile,

K

Kathrin Zenkina 52:35

Dr. Rad asked Abby if you can come observe a home birth and thank God he didn't come right because and he actually came after the baby's born okay, we'll get there. So in the in the shower, I know that the birth team went to go like make a plan of like, what's next? Like what what are we going to do next to progress this birth? And you got anxious? I know hold on because I don't know any details yet. I know that when I Okay. When I said my intuition like flashes images to me and distress like solutions. That's how I get answers. I start seeing Dr. Paul cranes face. And the whole time I'm like Kathrin don't you fucking dare give up? Don't you dare go to the hospital? Don't you dare get an epidural. I started like shaming and judging myself for even having those thoughts. And I was just so exhausted this I remember I haven't slept already. So we're over. Let's see, nine to 9:12, 24 hours, nine to 9:36, 9am and then 3am. So I'm awake for like 40, 44 hours now, because I'm counting from 3am The day before or two days before now. And so literally, I just keep

B

Brennan O'Keefe 53:50

just everyone tracks that from 3am. Wednesday, the morning before the on Wednesday morning.

K

Kathrin Zenkina 53:57

That Thursday, like like 3am Thursday, right? And then I didn't sleep the whole night and now we're on the next night. Right? I still haven't slept right? Yeah, and I'm getting thrashed. My contractions are like every feels like every 30 seconds to a minute and I start getting back

contractions are like every feels like every 30 seconds to a minute and I start getting back labor. Yeah, oh, my fng I asked my mom to come in the shower and RAM her fist into my back as hard as she could. So my mom like four hours, which is ramming into my back every contraction. And I was like, great, cool. And I kept saying Dr. Paul crane, and I'm like, No, don't give up and I remember you came in the shower and you're just like Kathrin you can do this I know it feels like you want to give up don't give up but well you're like trying to encourage me and I remember getting really aggravated because I just all I wanted to do was just go to the hospital this point. And I was like oh my god what are people going to say? I already was processing like oh my god people on social media. What are they going to say I was such a big proponent of home births blah blah blah like what the fuck Kathrin don't have those thoughts or bad thoughts to have. And I remember really judging myself and so next thing you know, Abby comes back to tell me like what our options are. Because in the living room where the real party was, you guys ordered pizza, I think. Did you guys like Have you guys had a whole like restaurant meal out here? Yeah, the birth team like there's like, I come out here during exercises from hell. And I just see like food boxes, snacks drinks, like it's a whole party out here. So apparently, Abby was like calling her aunt who trained her to be a midwife. She was inspired to be a midwife from her aunt, they were on the phone with Dr. Paul crane, they were on the phone. Like all the doctors, every expert that they know everyone who could give any sort of advice of like what to do, because water bag was so strong, it was preventing baby from, from, from dropping, and from dilating me. So I just was not progressing. And I was literally in pain, like I was in transition about to push. But I was so far from pushing you guys, it was ridiculous. So

B

Brennan O'Keefe 55:55

it's like a it's like a it's like an exponential or logarithmic scale. So it's not like linear, it's not like if you're at one centimeter, then from zero to one centimeter is the same from one to two centimeters is the same from from three to four centimeters, it's more like zero to four is much more similar, five to six and a half is similar. And then 789 Plus is a whole different universe.

K

Kathrin Zenkina 56:22

And it can change like you can go from one to 10 in an hour. Like you just never know. But this is like we're speaking very generally here from just what I've heard from other people in labor. So Abby comes in, and she's like, we have three options. And I think you're in the shower with me. And she was like, we can just let things progress as is and let the let the water pop on its own break on its own at some point who the fuck knows when that's going to be because it hasn't broken yet. And it's been 30 hours, you know, but let's just keep going. No, it's been like 24,25 hours now, whatever, let's just keep going. And she was like, we can also break the water at home. But in order for us to do that, to avoid cord prolapse, which is a very dangerous thing where the cord comes out before the baby's head and the baby can pinch the cord. So it can get pinched, pinched between the cervix and the baby's head and cut off all oxygen to the baby and you can lose the baby really fast that way. So that's why they don't do that. Typically in home births. They want the water to break naturally on its own. Because if you break it, then you are risking many different things, one of them being cord prolapse. And I always knew like from the beginning, I asked Abby at our very first appointment. I'm like I'm terrified of cord prolapse. And she's like, okay, don't worry, here's how we would do it, blah, blah, blah, blah. And she was also telling me, she was like, You know what, like, I asked Dr. Rad because he did thank God, we had an ultrasound that recently and the ultrasound that he did not see the cord

below the baby's head. So the the likelihood of it happening is very low. But you never know. She was like it is a big intervention, I will admit it like we have to be extremely careful. It's going to be about a 30 minute process and you have to handle all the contractions in bed like you have to lay flat on your back, which is the fucking worst. For me. Like the only way I can handle contractions was on my hands and knees or standing or sitting in the shower. Yeah, only mostly in the shower. And she was like, we would have to like keep our hands up your vagina and like literally direct the baby's head very slowly, like we would not use a hook we would just do a puncture, and let it slowly leak out over 30 minutes and just direct baby's head to come down to the cervix and then hoping that he would start dilating.

B

Brennan O'Keefe 58:38

And it's just gently guiding so it's not in your hand. It's like they have their hand up there but it's really there is guiding his head with with with their fingers. Because as the as the fluid leaks slowly rather than pops, the fluid is draining out and that is pulling him closer into the cervix. And they're guiding it just to make sure that there's no cord there. Right. Does that make sense? And then And then, but then here's the kicker. Not only are you going to get contractions in bed for 30 minutes that you like, hell in bed for 30 minutes Navy Seal, Hell Week, part two. But there's another piece Kathrin too which they said when they when they when the baby has been high. And they they break the water, that contractions become Oh massively,

K

Kathrin Zenkina 59:24

gonna be much stronger. And I'm like, Are you effing kidding?

B

Brennan O'Keefe 59:28

And that's because when the baby's head hits, imagine like you'd landing on a landing pad, right? Like as it Nestle's into the cervix. It basically just triggers the whole system to be like, baby's head baby's head, time to eject. Yeah. And so it surges the natural oxytocin, which is what is going to push the baby for Yeah.

K

Kathrin Zenkina 59:49

Oh, and then the third option, she was like, I forgot what the third option was. Anyway, there's three options. I didn't like any of them. I was like I'm exhausted. Number two Do I don't want to risk cord prolapse at home, I'd rather risk it at the hospital like let's go break my water at the hospital. And number three, I forgot what the third option was. But I remember Abby went back, Brennan was in the shower with me and I looked at Brennan and I was like, I want to go see Dr. Crane. And he was like, Are you sure about that? And I was like, yes, Brennan. I'm pause. Like I remember just being very aggressive because I suppressed that desire now for three hours. And so I was like, I am ready to go see Dr. Crane. I want to sleep like get me an epidural put me to bed and it'll help me dilate. Because as of right now, I'm so tense. I'm so exhausted. I literally can't do this anymore. Like, I'm just I can't. And Brennan's like no, you can, you can remember, you're most likely to give up right before things are about to happen.

And what's what I'm so grateful for is like listening to this intuition, even though it was so against everything I wanted, it was so against my birth plan. You know, I believe that babies choose their birthdays and times. And the fact that Orion didn't show up for another 12 hours after this meant that I would literally be at home no matter what we chose to do for another 12 hours and

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Brennan O'Keefe 1:01:11

more than more than like 10:10pm to 10am. Plus, like, that's like it's no,

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Kathrin Zenkina 1:01:17

because this was around midnight now, because we left for the hospital 1 am sure 14 hours And he was born at 2:45 and the next day, so 13 and a half hours, I would have still been in this. So I'm so glad everything worked out so beautifully. But of course, I felt like everyone's gonna judge me. You know, I have this whole squad at home and all of a sudden I'm switching the birth plan. The photographer videographer can't follow me. Abby can't come to the hospital. Laurie thank God can. But anyway, I just made my decision. I was like, I don't care. You know, I was I will spare the judgement. Yeah, I'll spare the judgment. I'll spare the shame. I remember you telling the birth team what I wanted. And then Abby came in. And she's like, Kathrin

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Brennan O'Keefe 1:01:57

hold on, girl, you jump and all sorts of stuff. Because you this is. So what happened at this point is I had to fight you, in terms of I was poking you to see if you're serious. So the way I described it was, Is this a pain mask? Or is this the real thing. And the craziest part is my intuition was actually screaming to me. When you said that the first time the weirdest thing happened, and I talked myself out of it. I knew 99% That you were serious. But 1% I wasn't sure if you would just reach to your pain threshold. And it was a pain mask. And what I mean by that, guys is that when you approach transition, in the end, you put like pain will make you do everything. Everyone Everyone gives up. Everyone wants to give up. Everyone wants to just like, you know that you hear the phrase, I can't do it, I can't do it anymore. I can't do it. The baby comes out. And so for me, I was I was a warrior I was I was prepared to fight for the birth plan, no matter what. And I felt in that moment, it was my job to convince her that she could do it and that she was capable, and that we were almost there. It was almost going to happen. And but she just gave me this fierce rejection of that. And I'll never forget, there's two things that you said to me. The first was, and this struck a chord with me so deeply as you said, you know, I don't, I don't feel heard. Yeah. And he said, I don't feel heard. And that to me was like, it didn't immediately in that moment, when you said it to me. I was I was honestly like, kind of like hurt and pissed. Because I was like, What are you talking about? Like I'm advocating for you. I'm so here for you. I'm fully present. I'm fully in this. I'm showing up for you. Right. And you said that to me. And it upset me and hurt me at first. And then I processed it over like the next few minutes. And I realized that you weren't being heard. I needed to just take the risk, and not project what I thought you wanted. But instead listen to what you needed in your process. Yeah. And so, you know, I went back and forth. And I talked a lot with the team. I talked privately when you were still in the shower, I talked with Laurie in the shower. Like I talked to them all about the different options, I really wanted to understand each of them. And at the end

of the day, I came back actually to convince you that we should break the water and do the intervention at home with Abby because it was an intervention, but it was more the way you wanted it. And that was when you were just like Brennan get me to the hospital. Like I I see Dr. Crane, I need you to show up for me. I need you to hear me. Right. And and I don't know when you said this. I'm not sure if this was later or now I can't remember. But one of the hardest things in this whole process for me and who cares? You know, who the hell am I to talk about what was hard in this process? But was that when you said To me that you were worried about being judged by me was so hard for me. Because I don't I mean, I love all you guys listening you know all the people who are part of our world part of our community part of our mission, you know, care about manifestation babe care about Kathrin, I like we are so grateful to you for everything that you provided in our life and the co-creation that we are on together. And I truly don't give a shit about your opinions about how we have birth because this is our decision and our choice, and the outpouring of love and support at all. You know, no matter what has been so incredible. The like the birth shame or mom shame comments have been like a millionth of a percent of what I expected. Yeah, but I just I say that because this was this was our decision. And, and so for her to feel shame about that. I didn't care I would have talked her off that. But for her to feel shame by me. Like for her to feel

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Kathrin Zenkina 1:06:04

that by me, cause you kept encouraging me the whole time,

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Brennan O'Keefe 1:06:06

I know

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Kathrin Zenkina 1:06:08

keep going it's okay,

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Brennan O'Keefe 1:06:08

I know. And there was so it broke my heart, but that that really set the stage I went through an identity shift in that moment. I don't know if you saw the transformation. I had to get to a place where I was ready to go full hospital dad mode, which by the way completely unprepared for you're gonna have a prepare to if you're gonna I wasn't still I still was missing things for myself.

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Kathrin Zenkina 1:06:28

Yeah, cuz that's your own fault. Because two weeks prior, I asked you to pack a hospital bag. In

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Brennan O'Keefe 1:06:33

my identity hospital bag or not, we were not going to the hospital. And I would encourage

anyone to think about all eventualities. So anyway, just you never know. We're at this point. Finally, Kathrin says, you know, I don't feel heard. I feel like you'll judge me. And finally, I just had to just evolve and I went and told the team I said, Listen, she wants to go the epidural route, epidural route. I, you know, she wants to go see Dr. Crane. And I'm going to support her on this. I know, this isn't what her plan was. But I also know my wife I know, you know, I don't know what she's going through. But I can tell it's real. And she wouldn't be acting this way if it wasn't 100% what she wanted so we're gonna go that route. What do we need to do to make that happen? And everyone went into action. So Laurie

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Kathrin Zenkina 1:07:22

called her BFF. Dr. Crane. Yeah, Laurie, like runs Cedar Sinai. It's hilarious. We'll get to that in a second. Okay, so we just had to pause this episode because the baby woke up. So instead of just trying to finish this all in one day, Brennan and I decided that we're going to leave you off with part two. So look at this is part one of the birth story and make sure you tune in to part two of the birth story coming up in the next podcast episode. If you guys love this episode, so far, have any thoughts to share? Want to share this with anybody else that is interested in listening Of course, we always appreciate you sharing this episode, leaving a review and of course tagging me in your Instagram stories. It's my favorite thing in the world to see your guys's feedback to see what you guys took away from the episodes. And I'm super excited to put my birth story out there. So this is part one of Orion King O'Keefe and tune in to the next episode for part two of Orion King O'Keefe where we get to the hospital and trust me, it's not over there's still so much that happens so much to share. It is so good. So until next time, I love you guys so much and have a beautiful day. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep the good stuff coming your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by following @manifestationbabe or visiting my website @manifestationbabe dot com. I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest some magic