

# PARTO NATURAL DE PALOMA



Paloma's Natural Birth ... a translation of the interview portion of the video.



*For further information contact:*

**The Bradley Method®**

Box 5224 Sherman Oaks, CA 91413

www.BRADLEYBIRTH.com (818)788-6662 (800)4-A-BIRTH

Alicia: Margarita, Vincent, and Julius Garcia. You had your baby today, what is her name?

Margarita: Paloma Garcia.

(A)licia: What time was she born?

(M)argarita: It has been about ten minutes.

A: At 3:15 to be exact. How do you feel?

M: Fine, a bit tired, but good.

A: Was your baby's birth like you expected?

M: Yes, 100% natural.

A: Why did you decide to have a natural childbirth?

(V)incent: Because we prefer no medical intervention and because we wanted husband and sibling participation.

A: Did you take childbirth classes?

M: Yes, we took Bradley® classes.

A: Why did you choose The Bradley Method®?

M: Because it was the simplest and most natural and I didn't want to do it any other way. We had our first child the Bradley® way and it was a beautiful experience; we wanted the same with this baby.

A: How did it feel having your husband with you?

M: Very, very good and I was very happy because without my husband it would have been a frightening experience. You don't want to be alone, you need someone who will give you support and help you during the most difficult part, and it is also important to him seeing his child being born, just as it is for me.

A: Vincent, what would you tell other Latino fathers who are used to staying away from the birthing process?

V: I would tell them to participate, because it is beautiful and because they can become closer with their family.

A: Why did you choose to have your baby here instead of the hospital?

M: I was very happy with Dr. Berman, but the nurses at the hospital were strangers to us, and also I couldn't do what I want like walk around, or be in the position I want, or drink water; they would not let me. Here it was all how we wanted it to be. We walked down the street, when I wanted to I rested, I drank when I wanted to drink water or juice. Everything was so calm, I felt really good here and I was confident with them. It was so nice; like having your baby at home. That's why we decided on having her here. Oh, and you also don't have to tell the nurses you don't want something and give them an explanation for it. Sometimes they ask you "Do you want this?" and not knowing better, you accept. Here there was none of that, completely natural, not even an aspirin.

A: It was completely natural, no medications at all.

M & V: Nothing.

A: You didn't have an episiotomy?

M: No. Everything was completely natural.

A: Do you think the Bradley® classes you took helped you?

M: Yes, because in class they taught us what a natural birth should be like; that you should wait before going to the place of birth and the knowledge that keeps you from fear. It's nice because the classes let you know that even though every woman is different and every birth is different, you know pretty much how a normal birth will go and you feel much more comfortable when you know what is happening to your body.

A: Because you are prepared and knowledgeable you will be able to make the right decision in an unwanted circumstance, right?

M: Yes, In that way you feel more secure with the decision you have made.

A: I see that you are nursing. What made you decide on breastfeeding your baby?

M: That's why women have breasts. Why are you going to waste time and money on formulas? It is much better and cheaper for the baby to breastfeed.

A: Vincent, do you agree with your wife?

V: Yes, because breast milk has antibodies and that's good for the baby.

A: It also fights infections. Did you breastfeed your first child?

M: Yes, and when I got pregnant with this baby he stopped. He nursed for about one year. It was really good for him; he never got sick, not even a fever, and he has no allergies. He is very healthy. Some women complain how their babies have problems with formulas; while they have proper food, but they don't give it to them. I believe that nursing is better than any other kind of formula.

A: Is there anything else you would like to add to what you have gone through today?

M: Just that I'm very happy I did it in this way, and if there was any other method I wouldn't have done it, and this is the way it should be done, natural.

A: What would you tell other Latin women who aren't involved and don't know of other possibilities?

M: I would tell them to have the best childbirth possible for themselves and for their babies and that they must educate themselves about different possibilities because what they don't know can hurt them and their babies.

A: There are some books and booklets in Spanish of the Bradley Method in different libraries.

M: Yes, the library loaned us the books that we used. Some people think that it's easier not to read and educate themselves about childbirth, but its not.

A: It's also because a lot of people don't know about other possibilities, and they don't know about the effects that medications could have on babies, and not knowing can lead a person to make the wrong choices. We must tell women to educate themselves so that they can have a beautiful birth like you had.

M: It is very simple, but a lot of people don't do it.

A: We must learn so that all childbirths are beautiful and pleasant as they should be and to give the baby the healthiest life possible. You also learned about which diet is the best for you and your baby.

A: How much weight did you gain?

M: About 29 pounds.

A: Did you have a diet rich in protein and well balanced?

M: The first time I gained more weight.

V: She did exercises and walked a lot and that helped.

A: Did you practice all the exercises and relaxation techniques?

M: Yes, that helped a lot because there are times when the contractions are so strong that you can get scared. Relaxation helps to prevent panic in the labor and this will ruin your birth experience. It is very important to practice.

A: Childbirth requires such physical endurance and therefore we must be prepared for that.

M: Yes, absolutely.

V: The husband's support is like a natural drug to keep her calm. He needs to encourage her. I wish other Latinos would attend these classes.

A: Are you both satisfied?

M: Oh yes. I think a man is more of a man when he goes with his wife to help her, rather than staying out to keep from seeing her suffer.

A: She would feel much more comfortable because she relies a lot on the support of her husband to keep her relaxed and to go through labor without problems?

V: Yes.

End of Interview