

# Welcome

# Luca Alexander

December 29, 2013

7:28 p.m.

7 lbs. 12 ounces

20 inches

## 20 Reasons why Luca's birth was amazing!

You allowed Luca to decide his birthday by allowing labor to start naturally.

You labored at home with Adrian's support until contractions were 3 minutes apart, lasting 1 minute.

When you arrived at the hospital, you were calm, calm, calm!

At your first check, you found out you were already 7 centimeters dilated! Wow, such amazing resolve to labor so well at home.

When contractions would begin, you would get quiet and begin rhythmic breathing.

"I can do this, I can do this!" was your mantra during labor.

When someone asked you a question during labor, you were able to answer them, even DURING a contraction! (This is very rare.)

You were willing to try different positions, and to get up frequently to go to the restroom. We thought it might encourage your water to break, but Luca had a different plan.

You apologized to Adrian for requiring such firm pressure on your hips during contractions as your baby moved lower into your pelvis.

You apologized for semi-cursing, which was very sweet, but unnecessary! Cursing is a sign that labor is progressing well because it often means the mom is so focused that she can't concern herself with being appropriate.

When the doctor or the nurse asked your wishes, you would say "No, thank you" when declining procedures. I've never seen a mom with such an adherence to manners during labor.

Your endorphins worked wonderfully to allow you to sleep in between contractions, and you would always say "I'm so tired!" immediately before falling asleep.

You were able to rest your head on Adrian's shoulders or chest as you rested between contractions, which was very endearing.

During pushing, in a wide variety of positions, you relied on Adrian's presence and comfort, and holding/squeezing his hand. He had very interesting marks to show family and friends all the work he did!

When Luca was born, you were going to announce the sex of the baby to the room, and didn't mind that Adrian's excitement got the best of him, and he did it instead. Adrian was such a proud papa.

As soon as you saw Luca, the love was immediate, and you began talking to him, saying "mi amor" and cuddling him. You looked so beautiful when you first saw your son; all your hard work and months of waiting paid off once he was in your arms.

You are so considerate of Adrian that you had Luca on the day he predicted, December 29, and delivered him at 7:28 p.m., two minutes before kick-off of the football game.

When your doula left at 9:30, breastfeeding and skin-to-skin was still going on. It was great to see you put your wishes first, and insisted that you have your baby with both of you for hours.

On January 3, at only 5 days old, Luca was breastfeeding wonderfully, and Adrian became a pro at swaddling him up so Luca could feel he was back at "home".

There was so much love in every word, action, and decision that both of you made during the labor and immediately after Luca's birth.

It was a joy to be by your side for your son's birth. Thank you for allowing me to be part of such an intimate moment as you grew from a couple to a family of three.

With much admiration,

Taylor Estrada