

# Welcome

# Micah Elliot

December 23, 2013

8:42 p.m.

7 lbs. 13 ounces

21 inches

On December 12, 2013, Christy and I came over for dinner with your parents and discussed what expectations they had for your birth day. We also met your big sister, Emma Noelle, and witnessed all the love your parents had for her. They were patient, understanding, and full of joy. I knew whatever your birth day had in store, that they would bring those same qualities to that day.

A week before your birthday, Christy and I learned that your Mommy had talked with her midwife and found out some news that altered your parent's birth plan. She was told that due to special circumstances during your sister's cesarean birth, she would need a special doctor in order to have a VBAC for your birth. Your Mommy and Daddy talked to other doctors, and prayed for guidance. They decided after much prayer and careful consideration that you would be born by cesarean.

On the morning of your birthday, your Mommy and Daddy got everything in place; cleaning, doing laundry, packing bags, and most importantly eating breakfast as it would be awhile before your Mommy could eat again. Before going to the hospital, your parents dropped off your big sister with close friends.

I met them at the hospital at 5:00 p.m. and they both welcomed me with great, big smiles. The nurse was so sweet and kind to both of your parents, but particularly to your Mommy as she put in an IV and monitored your heartbeat. You were kicking and moving around inside your little world, and we could hear that on the monitors. You sounded so strong! We also realized that your Mommy was having mild contractions as well which she could feel in her lower back. She liked sitting upright in the bed because of those contractions.

We didn't realize how long she'd be sitting in the bed waiting to meet you. At first, we all thought we would get to meet you at 6:00 p.m. and then 6:00 p.m. came and went. While we were waiting, we talked about the meaning of your name, about your parents' experiences working at the children's home, even about eating crickets! It was great to have an opportunity to connect with our stories. When the nurse walked in at 7:16 p.m., we all anticipated that the time had come when we would get to meet you. She informed

us that it would be a little longer because other women were having their babies, and since you were doing so well, there was no rush for you to be born just yet.

At 7:47 p.m., your Mommy and Daddy walked to the operating room where you would be born. Your Daddy went back with your Mommy, while I waited until the epidural was in place. When I walked back to be with your parents, I immediately held your Mommy's hand and she thanked me for that. Your Daddy was holding her other hand, and had a phone in his pocket to record your first cries and all the conversation in the room. There was Oldies music playing and I kept wondering what song would be playing when you were born and if it would be recorded as well.

It seemed to be a very long time from when they began the cesarean to when they announced that your Mommy could look and watch you enter the world. It was only twelve minutes from when the cesarean began until you were born. Your parents were both able to watch your birth and see you take your first breaths. The nurse immediately brought you to your Mommy's chest and you were laid skin to skin on her. She loved being able to have you next to her while you were still "gooey"! I was able to get multiple pictures of you snuggled right up next to her.

During this time, you were still getting blood and oxygen from your Mommy from your umbilical cord. The doctor allowed you to get as much as possible, but you looked like you needed more oxygen because your skin still appeared purple. The doctor cut your cord, and you were taken to a warmer to get massaged and to get more oxygen. Your skin immediately began to pink up and you were more active. Your Mommy and Daddy were very worried about you and kept looking back and forth from you to each other. I reassured your parents that you looked great and were getting only minimal oxygen.

After some additional observation time, the neonatologist let your parents know that you needed additional oxygen, and would be taken to NICU. He said you were breathing on your own, but were struggling and taking much deeper breaths than he would like to see. Your parents were so strong, and your Daddy decided to stay with you.

Your Mommy was able to see you again right after you were weighed, and she gave you a kiss. The nurse told her that you had 8/8 apgar scores and it was reassuring for your Mommy to hear that you were healthy, and just needed additional oxygen for a

couple hours. I stayed with her while your Daddy went with you. It was very hard for your Mommy to not be with you, but she knew you had your Daddy by your side.

After your Mommy was taken back to a recovery room, your Daddy came back and she was able to see more pictures of you and was so delighted! It was obvious how considerate your parents are of each other when she told your Daddy that he needed to go get himself something to eat. After he left, we joked about him eating jerky and rice krispies from the bag of snacks, she had packed for the hospital. Even though she was talking and doing really well, I could tell what she really wanted was to be with you. She kept thinking of everything she needed to do for you if you needed to stay in the NICU for more than a couple hours.

Once we both went up to the hospital room around 10:30 p.m., we met your Daddy again. He was so proud of you that he had mentioned to the employee at CiCi's that he had a new son and they had given him a free pizza! Your mom wasn't even thinking of food except thinking of what your first meal would be. She began using the breast pump so that you would be able to receive colostrum if you had to stay in the NICU longer than a couple hours.

After 11:00 p.m., it was obvious that your parents could benefit from the opportunity to talk with each other, and also to rest since you would be keeping them up at odd hours for a very long time. I headed home, and they were able to get some rest.

Around 1:00 am you were brought to your parents, and you began breastfeeding. You were doing very well, and your parents were very happy that you were in the NICU for less time than the doctor thought you might need.

When I visited the next day, your parents looked absolutely thrilled to have you with them. You had a lot of visitors that morning, including your big sister! When I left, you were snuggled cozy and warm with your parents. You were so precious and they were obviously very proud.

It was a joy to be at your birth. You began your life snuggled with your Mommy, and when I next visited you were snuggled with your Mommy, and in between you most definitely got our attention!

Happy Birthday Micah Elliot!

Lots of Love,

Taylor Rhodes-Estrada

Part of your Mommy and Daddy's Doula Team