

He Is Here!



After months of blogging about my pregnancy, it's finally over and with the best result possible – a healthy, beautiful baby boy! His name is Christopher Vincent and he was 8 lbs. 2

oz. and 20.7 inches long when he was born at 2:53 pm on July 11. He is named for his father (at my insistence because my husband felt it was egotistical of him to duplicate his name – not when others do it, just him for some reason) and his middle name is after the baby's late grandfather, my husband's father who passed away from Lou Gehrig's disease when our oldest child was just one year old. So we've been waiting a long time for a namesake for Vincent, and now little Christopher Vincent is here. He is a perfect baby and rarely cries, although he does seem to have his days and nights mixed up. Today he slept for almost 5 hours until I woke him up to eat. But that's probably because last night he woke up every hour. I wish I had known he was going to sleep that long because I would have taken a nap! It's been difficult for me to sleep at night due to the extreme pain I'm feeling because of the emergency cesarean they had to do to bring little Christopher into the world.

Here's a warning – I'm going to get a little bit graphic medically here because I feel the need to explain what happened to me. That way, other moms searching for info about pregnancy,



cesareans, etc. can happen across my site, and maybe it will help educate them and ease their fears if they know some things they can expect. For the rest of you, I apologize, and I suggest just looking at the really cute pictures of the baby and moving on to my other posts.

So I went to the hospital Friday at 7 am to get induced... I was really excited, but also pretty nervous. It's ironic that I didn't allow myself to get as nervous as I was with my 3 previous pregnancies because my last birth went relatively smoothly, so I figured, why get all worked up when everything will probably be fine? But it wasn't. Well, in the end it was, but until I got to see Christopher, Friday was one of the worst days of my life. It all started when the nurse couldn't get my IV in. I always bruise like crazy from the IV, but they've never had trouble getting it in me before. In fact, I seem to remember writing a post in my blog about what good veins they always say I have. Anyway, the nurse was trying to "save me a poke" and get a blood sample at the same time she hooked up my IV. I ended up with two holes on my right hand that swelled up like balloons – and I still had to get the IV put into my left hand. All that and she STILL had to draw

blood from the vein like a regular blood sample, thus not “saving me a poke” at all as she had promised. But it didn’t matter because I never care too much about the blood draw since I’m used to it and my veins are so easy to find... but anyway, after all this, I had to make a stupid comment – I said to the nurse, “I hope this isn’t an omen for how the rest of the day will go...” Idiot. Apparently I cursed myself because things were just going to get worse.



The contractions started getting pretty painful and I called for the epidural, which if you don’t know, is a pain elimination procedure (supposedly) administered directly into the spine. It’s very uncomfortable to receive one, although it’s nothing compared to the pain of the contractions it relieves, provided someone poking around in your spine doesn’t bother you. Except that mine didn’t work, which I’m told is rare, so don’t worry, just research other options before you go... But for me, this is where things go from bad to worse. Once we’ve all determined that the epidural didn’t take, they make a call for the anesthesiologist to come back and discuss options. Except that, lucky for me (sarcasm), there was a shift change, so the person who messed up my first epidural was no longer around to mess up a second one. And, of course the new anesthesiologist didn’t want to do one on a patient who had been done by someone else. And I should note that every time they call the anesthesiologist, it takes forever and a day for them to come because they’re usually doing other patients in the hospital or who knows what. I wonder if it’s like that at larger hospitals... Our hospital is quite small, and I’ve often wondered if there are certain aspects of care that could be better as a result. Anyway, so the 2nd anesthesiologist is explaining my options to me, and she

is talking so slowly, I swear I was close to kicking her – I could still feel my legs, after all, and that was their fault, not mine. As she's explaining my options to me (not that there were many left), the nurse decided to check me and that's when she discovered we didn't have time to do *anything* – the baby was coming! The anesthesiologist was shooed away and the doctor was called, but of course with the way things had been going that day, she had gone home and so we had to wait for her to get back to the hospital. She got there and I was finally able to start pushing, except the baby wouldn't budge. I think the pain was worse than it's ever been, and I could tell the baby wasn't being pushed, and then the worst news yet – the baby's heart rate started dropping. Everyone started running around, honestly, it was total chaos, but I couldn't even think straight through all the pain. They wheeled me into the surgery room where there were like 10 people wearing surgery masks all doing different things. I was actually in favor of them knocking me out – the sooner, the better. Of course because of the epidural not working, I felt them cut me open, but in retrospect I don't know if it hurt more than I was freaked out about being able to feel them cut me open. My arms and legs were tied down and I will be honest – it was a horrible experience – I couldn't sleep my first night in the hospital because right when I'd fall asleep, I'd have a flashback of the experience and jolt awake. Then, I smelled something funny in my oxygen mask and the next thing I know, I'm being wheeled out of the room – it was over! They had gassed me after all – lucky for everyone involved! But now I'm stuck with the awful recovery process of a c-section. One of the worst things about it besides the pain is the fact that I can't lift heavy objects – including kids. The second I got home, my 21-month-old reached her arms out and said "Mommy!" with a big smile, and promptly started crying when I couldn't pick her up. Between the lack of sleep, the hormone changes, and me missing her, I started crying, but luckily grandma saw me lose it and stepped in to rescue us; giving my daughter ice cream to feed me that made

it all better for both of us. Now, only 2 days later, my daughter seems used to not being picked up, and the pain seems to be getting better, finally. Yesterday the pain was getting worse instead of better; when I woke up, every square inch of my body throbbed with pain, and I couldn't move at all – it was awful and totally discouraging. But, I had forgotten that the doctor said to also use ibuprofen along with my pain meds, so ever since I've been trying that, it's been working for me. But believe it or not, another pain remedy is baby-smelling. You just sniff the head of the newborn baby and give him kisses and it makes the pain better too! The worst part of the whole thing is that I had really wanted more kids, but after Friday, I just don't know if I have it in me to go through something like that (or worse!) again... But for now, I am enjoying mommyhood immensely, and the girls LOVE their new little brother. Taylor and Sammie want to hold him all the time, and Sammie especially can't keep her hands off him. She's always petting his head or touching his hands, or softly kissing him... she is so gentle; it's very sweet. And Disney, being almost 2, is getting her own ideas on how to care for Christopher as well. Yesterday she tried to insist that he be put into his car seat and of course she threw a tantrum when it didn't go her way... But overall, things are going great and will be even better once we unmix Christopher's days and nights and get some more sleep!

Oh, and one more hint that will give you a fun momento for the baby book. If you mail a birth announcement to the White House, they will send you a congrats card from the President! Signed by an intern, of course, but hey, for some people in the '90's, that would have been Monica Lewinsky! Here is the address you send it to, you can also do this for wedding invitations, though I'm not sure the address is the same. I would just do a google search for "white house wedding announcement" or something like that.

Send your baby's name, birthdate and address to:

White House Greetings Office
Room 39
Washington, DC 20500

FINALLY!

Unless I finish some of the drafts I've been working on today, this will be my last post for a little while – the Dr. finally gave us the green light to have our baby tomorrow! I am to report to the hospital at 7 am for an induction, and hopefully (unless this baby takes after 2 of his older sisters who were actually born a day after their induction) we will have a healthy baby soon after that. I would like to thank everyone who has been thinking about and praying for us, and I will ask hubby to email and / or call people when there is news tomorrow or Saturday. We will send pictures ASAP!

Thanks again so much for your thoughts and prayers – it means a lot to us!

ONE More Time, She Says...

Yeah right. I've heard that before. I went to the dr. today and we were supposed to schedule an induction date – AGAIN. But we have to wait and see how I'm doing at another appointment – AGAIN! My body is very slow to react and I think that if I weren't induced, my babies would never come out. But Thursday is the new day, so we'll see how I'm doing then, and she said *hopefully* Friday I can be induced.

Hopefully is the key word here because after going to the dr 4 times to get an induction date and not getting one, I'm starting to lose optimism. My husband says let's just wait until the 21st... that's funny because our first daughter was born on December 21st, our second daughter was born on May 21st, and our 3rd daughter was born on October 20th (the 21st was a Saturday and the dr. was off work and didn't want to induce me on a Saturday). So it's only fitting we should have a July 21st or even July 20th baby, right? But this whole pregnancy my dr. said she wanted to induce me a week before my due date (which is July 14 and she is adamant that it is correct) because I have large babies. My first was 7 lbs 2 oz which is normal, but my youngest two were 8 lbs 12 oz each with the last one being even a half ounce more than her sister... so it seems that they just keep getting bigger. Except today the dr. said this baby doesn't seem to be as large as the others, and since my body is not cooperating anyway... it's the waiting game we play.

I guess we've gotten spoiled with being able to set a date for having the other kids; we've gotten used to knowing when the babies are going to come, and it's hard to remember and realize the fact that it's not an exact science even in this day and age. I want him here ASAP of course, not only to meet him, but also for selfish reasons; mainly involving having my body back so I can do some things other than eating and sleeping. I feel so guilty about my lack of participation around the house, but physically, it's become impossible to even push myself to do things like I was a few weeks ago... I can no longer bend over to let the dogs out, and bending over to do laundry is becoming more difficult by the day since we have front-loading machines. My muscles most of the time feel so tired that I worry they won't even hold up my own (very heavy) body, let alone strong enough to chase kids around... and my kids have been acting horribly lately – what timing. Hubby has really had to pick up some extra slack around here, well more than that really, he's doing almost everything... and

I feel badly but what can I do but wait. My biggest wish of course is a healthy baby, and wish #2 on the list is an easy, painless labor, so if I get my wishes, all this waiting won't be so bad in retrospect. But in the meantime, I have so many people waiting on us... Grandma's been on standby from 2 states over for a week now since she is planning to come and watch the kids... Hubby's work is somewhat on hold since he must take frequent breaks to referee the kids. He's waiting until I'm in the hospital and Grandma has the kids, then he's going to work like a maniac in the empty house to build up our finances which have also been neglected during the waiting game... Not to mention all the wonderful friends and well-wishers who want to meet little Christopher! Maybe on Thursday I will have some better news... or I could actually start going into labor on my own before then... yeah right! ☐

Last Chance

This is probably one of the last posts I'm going to write about pregnancy. As we get down to the end, there's not much to report (I cannot physically do much TO report!), and I will definitely post pictures of the baby. I started my weekly Dr. visits a few weeks ago, and today, finally we are starting to see some action. The Dr. says my pregnancy is now officially full-term, and my body is preparing for birth. At today's Dr. visit, the baby was moving around lots while she was listening to his heartbeat, and it accelerated nicely while he moved. The Dr. wants me to get induced the week before my due date because I have big babies (Taylor was only 7 lbs 2 oz, but the last 2 were 8 lbs 12 oz), but Dr. is off on Monday, so right now we're looking at July 8 or 9. I don't have to decide until next Monday, but I think I'm going to go with the 8th since I'm so anxious – why wait if I don't have to? I have a

few meetings scheduled that week, but I will have to miss them. Besides, that's a nice date for a birthday – 7/08/08 – since we have no hope of holding out til the 21st. Our first 2 daughters were born on the 21st of their months, December and May, and then our third daughter was born a day early, on October 20... sometimes I forget and celebrate her “month” birthdays on the 21st out of habit... But baby Christopher will be no where near the 21st... July 8th – that's only 5 days after my birthday! But I like the sound of it and can't believe that it's only 2 weeks away! Time flies so fast, 2 weeks will pass in no time! Good thing too because I get less sleep by the night. I'm up going to the bathroom at least 3-4 times, and then I've been having trouble sleeping when I lay down again. But since I don't plan much during the day and my oldest daughter is out of school for the summer – she is a great big help with our youngest-for-now, I have been getting good naps for the most part.

Please send thoughts and prayers for our friend Cathy who is in the hospital after having a heart attack on Sunday. We're going to visit her tonight and hopefully she'll be feeling well soon!