

MS03 VT15 MomAnxiety Weeks 0912 v1 540p

[Music]

If you could give moms-to-be one piece of advice, what would it be?

Be happy throughout the process but also be mindful about what you could do to take care of yourself. You can't ignore the guidance that you're getting from your doctors.

And be diligent.

Yeah. You have to be diligent.

For the baby and for you.

Mm-hmm. Because I was a more mature mom, I was getting myself to the doctor's office quite a bit.

Yeah.

MS03 VT15 MomAnxiety Weeks 0912 v1 540p

Quite a bit. They were monitoring him all the time.

Was there any part of you that was nervous going in, or just excited?

Both.

Yeah.

But mainly excited and happy. But, you know, for sure nervous as well. I just wanted to know that I would, again, like make it through. And once it was done, I just wanted to have a great time off... [Laughing] ...for maternity leave.

Because you're not really off.

No, I wasn't off. I wasn't off. But I just wanted to spend as much time as I could at home because it had been a long time since I had not worked. I've worked my whole adult life, and – which thank God for that, but, you know, that was what I really wanted.

MS03 VT15 MomAnxiety Weeks 0912 v1 540p

[End of recording]