

[Music]

Do you have any advice you would give to older moms, expectant moms?

I would say that there's nothing wrong with being 40 and being pregnant and having a baby. So I guess I would just say to not worry about age. I think you do need to pay attention to certain things after a certain age.

And you talk to your doctor about those things too.

Exactly. Tests or things like that. But in general, as far as preparing and thinking you're old, my advice would just be relax. Say if this is my time, this is the place I am in my life. There's nothing I can do about it, and 40-year-old women have babies.

That's the way it is.

And that's fine. That's my advice is to not worry about what your age is.

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 have to do to take care of yourself. You can't ignore the guidance that you're getting

here.

Be diligent.

You have to be diligent.

For the baby and for you.

Mm-hmm.

[End of recording]