Brooke’s Birth Story

never has there been a more blessed monday.  leon bernard was welcomed to this world at 7:38 am.

here is the birthing story: we spent the weekend relaxing for the most part and managed to squeeze in a date night, block party, brunch and dinner with friends.  i was excited most of all to get to spend our friday night at my favorite [restaurant](http://www.tafia.com/) where we discussed the arrival of little leon.  i felt that labor would come soon as i was having contractions already.

come sunday night i could really feel that they were consistent and moving along, but managed to sleep through them. around 3:45 am i noticed that things were moving along so i was quick to wake josh up and head over to the hospital.  we arrived at the hospital at 5:00 am and i was glad to know I was 5 cm along. i labored for a good hour before my dr came in to see the progress and she was happy to announce that i was complete and ready to have this baby! at this moment i recall that i needed DRUGS, although it was my original plan to have a natural birth. of course that was not an option at this point and leon was born at 7:38 am.  one fun fact that i have to throw in this story is that the baby nurse for leon was also mine when i was born (30 years ago). i only know that fact because we have a picture of her bathing me.

a special thanks to my best friend Katie for grabbing my camera to document this moment. thanks to my dr, [damla dryden](http://www.womenspecialists.com/) for your care throughout my pregnancy and delivery. next, i could not have done it without the [support](http://www.newlifemidwifery.org/images/cartoon.jpg) of our [doula](http://www.holisticexpectations.com/Home_Page.html), amanda moore.  she was so great in helping me relax through all of that pain. last but not least, my josh...he has been such a supportive husband during the entire nine months, making sure all of my cravings were met and putting up with my emotional self.

i am overjoyed with a son and a second child, as i have learned with stella that time flies by too quickly. i can now see how parents have third and fourth children; i am not saying that i am going to have more (SMILE). stella is enjoying time with her baby brother and she makes the best big sister.