

Our Couples

Experience childbirth through the lives of three couples:

Mariah & Tyler—engaged and pregnant with their first baby.

Laila & Joseph—married and pregnant with their fifth baby.

Mikayla & Kyle—broken up and pregnant with their first baby.

Mariah and Tyler had their baby, Ariella, on March 22, 2020, just as the COVID-19 pandemic was beginning!

Mikayla and Kyle had their baby, Madeline, on April 8, 2020, just as the COVID-19 pandemic was ramping up!

Laila and Joseph had their baby, Koa, on June 22, 2020, in the midst of the COVID-19 pandemic!

Labor & Birth

All three moms tried everything to get labor started:

Laila: *"We did walks every night."*

Mikayla: *"I bounced on a yoga ball."*

Laila: *"Yoga ball."*

Mariah: *"Bouncing on my ball."*

Tyler: *"Man, do you really wanna know?"*

Mariah: *"Walking, I tried castor oil."*

Mikayla: *"I ate seven pineapple cores. They're disgusting; they taste like wood."*

Tyler: *"Everything in the book."*

Mariah: *"Like, literally everything. I was scheduled for a C-section."*

Mikayla: *"Nothing did anything, I was very upset about that."*

Laila: *"We just did so much to try and get him out, and he did not wanna come out."*

Mikayla & Kyle

The last month of pregnancy was pretty rough for Mikayla. She felt like every day lasted ten days. On April 6, at her prenatal checkup, she was three centimeters dilated and 90 percent effaced. She entered the hospital on April 8, two days after her due date, and was induced. Her contractions were pretty rough. She received an epidural to manage her pain, and felt a lot better. *"If you don't know what to expect with an epidural like I did, there's pressure pain. Pressure pain is something that freaks me out a lot, so that was rough for me,"* she says.

Mariah & Tyler

Mariah and Tyler headed to the hospital at 1 am on Sunday, March 22. She labored and only progressed to one centimeter by 4 am, so they were sent home. Mariah was in a lot of pain by 7 am, so they headed back to the hospital and she had progressed to five centimeters. Tyler says, *"It was rough before the epidural."* Mariah says, *"So, when they pulled her out of me, it was like they put her on me, and Tyler was just like, 'You did it, babe, you did it,' and I was just like, just feeling her skin and her warmth, it was just amazing."*

Laila & Joseph

On June 21, Father's Day, Laila went into the hospital and had to have a COVID-19 test as soon as she was in her room. She was then induced and progressed to four centimeters. She felt like pushing was the worst experience for her. She says, *"And his head got stuck, so his head was pretty big, and I started screaming."* She had never experienced anything like that before, and ended up needing stitches. *"He was bigger than any of my other kids, so after I pushed him out, I felt like I got beat up,"* she says. Unfortunately, her epidural wore off before she pushed, and she had to deliver her baby without pain medicine. *"Yeah,"* said Joseph, *"what's that 'v' word? Vacation, that's what we need."* Laila and Joseph were planning to move out of state right after Koa was born.