

Week, Month 1:

With the birth of my 2<sup>nd</sup> child I was all set to start EC from birth. After going 2 weeks overdue, desperately waiting for my Vbac, I eventually gave birth via caesarean section to my gorgeous 11,44lbs (5,27kgs) baby boy. He came out looking more like a toddler so with hindsight I'm slightly less sad about having a 2<sup>nd</sup> c-section.

Anyway, this meant that the hospital paper bowls I had lined up to catch meconium in went unused. Caesarean recovery made newborn EC very difficult due to my lack of mobility. We have relied heavily on disposable nappies, which I will continue to use as a back up.

Thus there isn't a lot to report as yet. In our efforts during this first month we caught some and missed a lot. However, it did give me time to study his signs, and now as we have entered week 5 I feel pretty confident of his poop signals. Less so for wee.

The main signs I've come to look for at this stage are:

- eye contact
- repeated "heh" / "eh" noises
- moving head from side to side
- kicking his left leg in a cycling motion
- farting

Now that I am more or less recovered, and baby is slightly more awake and alert, I feel I am more able to focus and respond to these signs. I aim to step up the nappy free time and start using the sink or potty more, over and above the routine (after waking and feeding) opportunities.

With my daughter we didn't start EC until she was about 3 months old. I wish I had kept more of a record of how things went but I feel like starting younger is very gratifying. Baby is clearly trying to tell me what he needs and it seems like every attempt (whether actually deposited in the correct receptacle or not) enhances this communication.

In summary it has been an amazing month of starting to get to know my baby boy despite a pretty chaotic Christmas with 4!?! children and a dog in the house and a mountain of extra laundry. Now with school and nursery back on I hope to be able to concentrate a bit more on EC.

Until next time,

Luna xx