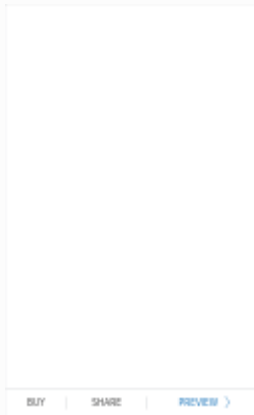


# Show Notes

## Episode 109

Mary Clare Sweet joins us today for a fun retelling of the pregnancy and birth of her first daughter. Mary Clare is a yogi and mom of two children. She believes in the power of trusting your body and intuition to birth your baby the best way possible.



[Ina May Gaskin's Book:  
Ina May's Guide to Childbirth](#)

### **Information about Mary Clare's midwife:**

[Guiding Hands Midwifery](#)  
Jenda Stauffer, APRN-CNM/Lydia Rhodes, APRN-CNM  
You can also find them on [Facebook](#)

Fourth Trimester Research Data Supporting Continuation of Care  
for Postpartum Persons:

<https://pubmed.ncbi.nlm.nih.gov/28390671/>

**To learn more about Omaha Better Birth Project, visit  
[www.omahabetterbirth.org](http://www.omahabetterbirth.org)**