

Show Notes

Episode 110

Mary Clare Sweet is back today to chat with us about getting pregnant a second time, the differences in pregnancies and delivery. 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.



IUI stands for intrauterine insemination. You can find more information at the [American Pregnancy Association](#)

Breech Resources:

[Breech Without Borders](#)

[Spinning Babies](#)

Information about

Mary Clare's midwife:

[Guiding Hands Midwifery](#)

Jenda Stauffer, APRN-CNM/Lydia Rhodes, APRN-CNM

You can also find them on [Facebook](#)

For more information on tongue-tie repairs, visit [mayoclinic.org](#).

Our podcast helps increase our visibility. Please consider leaving a review or sharing our podcast with others who might enjoy it!

To learn more about Omaha Better Birth Project, visit [www.omahabetterbirth.org](#)