

Transcript - Episode 1. Chatting Shit with Victoria Emes

Intro:

This podcast is sponsored by Elvie who makes smart technology products for women and birthing people, including the innovative pelvic floor trainer, Elvie trainer and their amazing hands-free electric breast pump range, including the Elvie Pump and Elvie Stride. Elvie finds new solutions and create smart products whilst leading taboo busting conversations. What I think makes Elvie so amazing and a brand I love and admire is their commitment to develop innovative products using the latest technology to address issues predominantly experienced by women that have long been overlooked. We all know our bodies are pretty incredible, we can choose to actually grow and feed mini humans. Elvie believes that we shouldn't have to make do with shoddy design or pink spin offs. Our smart bodies deserve to have smart tech to support us. Elvie's mission is to improve our lives through smarter technology. What's not to love? Discover Elvie for yourself with 25% off trainer and 15% off the Elvie breastfeeding range with the code "UPTHEДУFF". Discount is available between 19th of June to the 14th of August. This offer is available online from Elvie.com and is not available in conjunction with any other offer.

To celebrate the launch of Up the duff, we've got 25% of all our courses including our multi award winning online hypnobirthing programme, "The hypnobirthing pack" exclusively available for you, our early listeners of the pod. Just use the code "UPTHEДУFF", all one word at checkout to get 25% off when you sign up and join more than 150,000 people around the world using our courses to prep for a positive birth and beyond, poo or no poo! You'll find the link to sign up in our show notes. This offer expires on the 25th of June 2023. Hurry!

This episode does contain graphic descriptions of birth and adult content, including adult language, so please listen with care and don't forget to subscribe so you don't miss any future episodes. And if you can spare the time to write a review, please do it would make my day.

Speaker: Siobhan Miller

Welcome to Up the Duff pod, a brand new pregnancy birth and parenting podcast brought to you by the positive birth company. In this first series, we are diving straight in at the deep end and tackling taboos. The everyday stuff most people experience after having a baby for which nobody likes to talk about. I'll be chatting to friends of the positive birth company about their experiences as well as sharing my own on everything from poo, wee, mind, body, sex and bodily fluids. If it's a bit gross or a bit embarrassing, you can be sure we've got it covered.

Before I go any further and introduce this week's guest, I should probably let you know who I am. My name is Siobhan Miller, my pronouns are she, her. I am a mum to three boys who I co-parent with their dad, and I am currently pregnant with my fourth baby and I'm doing it solo by choice. I'm also the founder of the positive birth company and the author of "Hypnobirthing; Practical ways to make your birth better". I love talking about everything relating to pregnancy, birth and the postpartum period. And because I'm lucky enough to have done it a fair few times, I can confidently say, been there, done that, got the t-shirt to most of the things we will be discussing from poo dramas to leaky boobs, and I'll be sure to share my stories in the hope they help you feel less embarrassed and at the very least, so you know you're not alone.

Today I'm recording at the Soho live studios in central London and I'm joined by the brilliant Victoria Eames. As well as creating a fabulous colourful and creative family home, Victoria is also the author of a brand-new book called "Welcome to the motherhood bitches", or just welcome to motherhood.

Speaker: Victoria Eames

Welcome to motherhood.

Speaker: Siobhan Miller

Welcome to motherhood bitches. I should have got you to say your own book title, sorry about that. Where she shares her honest experiences of motherhood unfiltered. Oh and she has two kids, can't forget them.

Welcome to the podcast, Victoria.

Speaker: Victoria Eames

Hello, Thank you for having me. And you're actually in my book, aren't you? You featured quite heavily. I mean, you were in my ears when I was crowning so.

Speaker: Siobhan Miller

That is quite a weird experience. And just to clarify like I wasn't actually there, it's the app, the Freya app. So many people use the Freya app and they give birth and they're like "I have been listening to your voice like the whole time while I was like birthing" and like yeah, that's a bit weird. But as I said, I follow you for interiors, I love your house.

Speaker: Victoria Eames

So I started off doing interiors but now my main account is just comedy stuff about parenting but I've got another separate account that's interiors because I missed it. I missed having to chat about a cushion.

Speaker: Siobhan Miller

Yeah, I do. And I love that. So well, we'll share all of the links to all of the social media at the end but I love it all. I'm not sure how actually we're going to neatly Segway now from interiors into the actual topic that we're talking about today. So, I'm just going to dive straight in with it. Today, on our first ever podcast first ever episode, I said we're going to be talking about taboos in this series and we're literally starting with perhaps the biggest one, we're going to be talking about poo.

Speaker: Victoria Eames

Well, I'm honoured that you thought of me.

Speaker: Siobhan Miller

Yes, and the first person I thought of. I was like, "who will be really great to chat with about poo?"

Speaker: Victoria Eames

Who definitely shat themselves in labour, Victoria.

Speaker: Siobhan Miller

These are the stories we want. So we are going to be talking about the inevitable pooing in labour, the first poo after birth before, if you know, you know, before moving on to discussing the surreal experience of having to document the changing colour of your new-born baby's poo, which is the weirdest experience ever and then finishing off with the highlights or rather lowlights of potty training gone wrong. So if you're tuning in for some solid reliable advice on how to potty train your child, I'm afraid this is the wrong podcast, or at least the wrong episode.

I don't think we need a trigger warning as such, but I would say that do take care if you are currently eating and listening to this episode.

I guess it makes sense to start at the beginning, you're pregnant for the first time, you've probably not spent much time thinking or discussing poo in your day-to-day life up until this point, it probably hasn't kind of factored massively in your life. You've probably never pooped in front of anyone I would say before you've had a baby.

Speaker: Victoria Eames

Urrrrmm That's debatable.

Speaker: Siobhan Miller

Debatable. But I think it's safe to say people wouldn't really like the idea of doing a poo in labour while surrounded by your nearest and dearest and also a few complete strangers.

Speaker: Victoria Eames

Yeah, I think it's a massive fear for a lot of women.

Speaker: Siobhan Miller

And by strangers, I mean midwives and doctors not complete randoms. It's not total randoms. But yeah, it's a genuine fear for a lot of people and it was genuinely the first question I asked after my first baby was born. I was in theatre; I was on my back numb to the neck because they've given me too much of the epidural by mistake. Legs in stirrups, I'm just painting the picture here, being propped up by the anaesthetics because I was actually being sick at the same time. So it's was just not a pretty picture. My baby was helped out with forceps. And honestly the very first question I asked before I even asked about his well-being which is a bit shameful, I know, the first thing I asked was did I poo? Because obviously, that was like such a big thing for me.

Speaker: Victoria Eames

Really?

Speaker: Siobhan Miller

Did I poo? And what's even funnier is that the doctor's first words to me after he was born, and this is no lie, she said "your perineum is amazing".

Speaker: Victoria Eames

Can I get it on a T-shirt please?

Speaker: Siobhan Miller

And I think that was on the basis that I hadn't torn whilst I was having forceps.

Speaker: Victoria Eames

Yeah, that's pretty impressive actually. Having forceps as well and you didn't tear because that's...

Speaker: Siobhan Miller

Yeah, must have been my young 20-year old stretchy skin because I hadn't got a saggy vagina then so it must have been a bit stretchy. So yeah, I asked, "Did I do a poo?" and she said, "your perineum is amazing" and that was before we even got to like "how it's the baby?" but it definitely was, like a big thing that I was worried about and I know a lot of people do.

Speaker: Victoria Eames

Do you think it was for you because you had a little bit of embarrassment around pooing before you had the baby? Like had you poo in front of anyone?

Speaker: Siobhan Miller

No, no, no, no, no. I was 20 years old. Like I had not had much life experience and certainly I hadn't pooped in front of anyone since I was probably [cross-talk 8:28].

Speaker: Victoria Eames

And not your partner either?

Speaker: Siobhan Miller

No, no.

Speaker: Victoria Eames

And what about now?

Speaker: Siobhan Miller

No, I still wouldn't be able to poo in front of someone comfortably. I have got a little bit more relaxed about it, I mean, I'm doing this podcast now and talking about poo so we've made progress in the poo department but yeah, absolutely would be mortified. But the doctor actually assured me that I hadn't pooped so I was really relieved and felt like really happy about that and for years, I live believing that I hadn't pooped, so that was great. And then a midwife friend told me that the doctor had probably lied to me, saved me the embarrassment and actually, the likelihood of me having done a poo was really quite high because apparently, almost everyone does poo in birth and that just burst my bubble completely. I've been living thinking like I had got away with it.

Speaker: Victoria Eames

So what about the subsequent births then? Did you poo then?

Speaker: Siobhan Miller

So yeah, that did happen. So when I actually gave birth to my second son, I actually was on all fours, different picture, at home, different setting, on the sofa, on all fours, pushing roaring into a pillow with the power of it, really in the zone and I actually remember feeling, vividly remember feeling the midwife wiping my ass. So then I didn't even didn't even need to ask, I knew, I knew that it had happened.

Speaker: Victoria Eames

But they're so discrete. And to them, I think the thing is that it's our hang up, it's our shame. The midwives don't give a shit, literally, they do not give a shit that you pooped. They know birth inside and out, don't they? They see it day in day out with loads of different women and they just get rid of it really discreetly, and it's not there like "ooh you've done a shit, you dirty cow" or something like that. It's just like, "I'm just going to wipe your bum for you" without even saying it.

Speaker: Siobhan Miller

Awful. I remember feeling it. And then the third time, I was in a birth pool, so it would have been very obvious, like visible. And I don't actually remember seeing any floaters like whilst I was in the pool, but they obviously do have a sieve and they probably were quite efficient at just sieving it out.

Speaker: Victoria Eames

I had a similar thing with my second child.

Speaker: Siobhan Miller

Tell us, tell us what happened.

Speaker: Victoria Eames

So the first time, I just remember violently shitting in between each contraction on the toilet.

Speaker: Siobhan Miller

On the toilet. Okay at least you were in like an appropriate place.

Speaker: Victoria Eames

And I just remember knowing that a sign that the baby might be coming is that you suddenly get quite a loose bowel because obviously your body's preparing to, like extract everything. Get it, get it out! So that's what my body did.

Speaker: Siobhan Miller

Making as much space as possible. Anything unnecessary, we don't need to hold on to this, just get it out.

Speaker: Victoria Eames

Exactly. Don't need it. Get it out of the way. So I was upstairs. I had two homebirths. So yeah, first one upstairs, would have a contraction in the bedroom then just walk to the toilet and literally just be like [splashing sound]... like that.

Speaker: Siobhan Miller

I love the sound effects. I appreciate them.

Speaker: Victoria Eames

And then when I was actually on the toilet because I dilated really quickly the first time, it only took like an hour and a half to go from nothing to 10 and no midwives were there or anything like that. I was there with my mum and my partner, my husband, Rob, and yeah, I just remember that. And then I went downstairs, I went into the birthing pool, and there was no more poo, so I didn't think there's anything left to come out of me. So it had gone.

Speaker: Siobhan Miller

That sounds like quite the perfect scenario to be honest, like all out in the toilet.

Speaker: Victoria Eames

Yeah. So then I was like "I didn't shit in labour, oh my God, I'm so amazing." I thought that I had a beautiful perineum. But then the second time, I got to 40 weeks with Edith and she just wasn't budging and so then I went on this mission, I was like, right, we're going to do all the things to get them out. Obviously, all the things that you recommend to do, walking and doing your hypnobirthing and all that jazz and then, I had a really hot curry, just as a kind of like last resort thing, you know It was pretty hot going in, and it was the same coming out. But then, the second time so again, homebirth had the pool downstairs and just before I was about to get into the pool, I felt like I now need to do a poo. I hadn't gone to the toilet at all in between the contractions. So I went upstairs and then as soon as I got upstairs, I started pushing. And you know how intense it is. It's just you can't do anything but push. They will say like, oh, no, no, don't push now. It's like, no, I've got no fucking choice mate, my body is doing this. You can just feel it. "Oh something fucking weird is happening here" And it is pushing like a poo. And it was out of this world intense. Like, I had no control over it and the force of me pushing was like making me dry retch. So it was kind of like [makes sounds] and the midwife wasn't even upstairs, she was downstairs, Rob was with me so he kind of like positioned me over the toilet

to be sick into the toilet. And this is going to get really graphic now because it was absolutely...

Speaker: Siobhan Miller

So this is the trigger warning; if you're eating, take a pause, swallow your mouth and just wait.

Speaker: Victoria Eames

Come back in half an hour. And yeah, it just started coming out both ends like shooting our projectile.

Speaker: Siobhan Miller

So the vomit was going in the toilet?

Speaker: Victoria Eames

Yeah, there wasn't even that much vomit. I think it was more just the action of me heaving

Speaker: Siobhan Miller

And the poo was just splattering your lovely bathroom.

Speaker: Victoria Eames

But Rob was catching it in his hands.

Speaker: Siobhan Miller

What the hell, why?

Speaker: Victoria Eames

Because they was just so much of it.

Speaker: Siobhan Miller

Was he trying to save your lovely bath?

Speaker: Victoria Eames

I think he said there was so much that he was literally catching his hands and then pouring it over my head into the toilet. It was really intense. But there was nothing I could do about it and I was just saying I'm shitting; I'm shitting!

Speaker: Siobhan Miller

Oh my God. And then what? The baby came out in the poonami?

Speaker: Victoria Eames

The baby came out and we were like in the dark because of the whole hypnobirthing of like fairy lights and that's it. So it was really fucking dark.

Speaker: Siobhan Miller

So when the midwife came up, she wasn't greeted by a bloodbath, she was greeted by a shitty...ha ha oh my god.

Speaker: Victoria Eames

She couldn't see. She couldn't see. So she got her phone out, she had like her Nokia phone out and like she was shining the light on my fanny to try and see what was going on. But Edith came out so fast.

Speaker: Siobhan Miller

Covered in poo?

Speaker: Victoria Eames

Covered in poo. Absolutely covered in poo. But I'm just so glad I didn't get into the pool because if I'd got into the pool, it would have been so much more horrific do you get what I mean? And then she was born and I was covered in shit, Rob was covered in shit, the baby was, the midwife had it on her forehead. It was just everywhere, and it was so horrible, it stank!

Speaker: Siobhan Miller

I didn't know this story but I'm like you are the best guest, like I can't top that. I'm like there going like I felt my bum being wiped.

Speaker: Victoria Eames

No, also because I'd had, well my perineum had split before the first time. So the first time round the midwife had pretty much held it for a lot of the pushing stage because that's something that they do as well which you might not know because then all of a sudden you like "why is there a hand down there?" but she had to like a compress and was putting it on there.

Speaker: Siobhan Miller

That's really good, because not everyone will do that but actually that's a really nice way to warm the perineum and make it soft and stretchy.

Speaker: Victoria Eames

Yeah, exactly. So she did that and I think because Rob had seen that he thought that he was being helpful and started to try and push my bum basically and like hold it.

Speaker: Siobhan Miller

Rob, I don't know if he's like the hero of the story or like just really...

Speaker: Victoria Eames

He's definitely a hero.

Speaker: Siobhan Miller

He's catching poo, he's tipping it over your shoulder, he's trying to put..

Speaker: Victoria Eames

And then he's trying to put my bum hole back inside itself. I just said "Rob stop fingering my asshole, you're freaking me out!". That made me feel so much worse because of just the sense that it was a very intense, like very fast, I think she came out in like 14 minutes, but it was just a lot and I think had I had that labour the first time, I would have been a lot more anxious about the second time. I loved birth by the way, I know this happened.

Speaker: Siobhan Miller

Yeah, we don't want to put anyone off birth. We're the positive birth company, we're all about helping people have positive experiences *laughs.

Speaker: Victoria Eames

But it was, it was such a positive even though there was shit everywhere and that was the thing afterwards. So then the baby came out and then delivered the placenta. I think we turned a light on and it was like something out of saw.

Speaker: Siobhan Miller

But poo instead of blood. Oh my God.

Speaker: Victoria Eames

But poo. And my feet were actually brown like it looked like I had a pair of poo shoes on.

Speaker: Siobhan Miller

Also, just to set the scene for listeners, apart from the two of us in the room here chatting, there are two sound guys here and I feel for them and I'm scared to look right to see their faces... but, it's an education for everyone.

Speaker: Victoria Eames

It is an education for sure. But you know what? The thing is, and everyone's like, I think people are slightly worried about that, about having a home birth or being mess all the rest of it, then I went to just get checked over by the midwives. The next time I went back into the bathroom to have a shower, it all gone. They'd cleaned up. And it was the same as the first time around. They know what they're doing, they put down all those puppy training mats don't they.

Speaker: Siobhan Miller

The homebirth midwives did the same at mine actually but it was more like a scene from Saw but with blood rather than poo. I did have a haemorrhage on the sofa. But I had all of those like big absorbent puppy pads like you say and also, I bought a waterproof mattress protector and I put that over the sofa, loads of towels that I thought that might be the end of their life. But actually, when I came back because I got transferred into hospital, when I came back the next day, everything was clean and like the towels had gone in the wash, they'd come out fine, there was no blood on any of the sofa or anything.

Speaker: Victoria Eames

It's amazing, isn't it?

Speaker: Siobhan Miller

It's is incredible. Like you're thinking like oh, it's going to be so messy and like stuffs going to get ruined but as long as you have a lot of absorbent pads and stuff, yeah, it's fine.

Speaker: Victoria Eames

And it's so lovely, isn't it? Just having a home births lush, it was amazing, both times for me. I'd recommend it to everybody.

Speaker: Siobhan Miller

Recommend homebirth, don't recommend hot curry.

Speaker: Victoria Eames

No, absolutely don't have a hot curry!

Speaker: Siobhan Miller

When you said to me, I did all the things you recommended, I thought you're going to say curry and I was going to be like, I don't actually recommend that, no. But you

meant, not walking around in a hypnobirthing, yeah that's all good. But I don't recommend hot curries or another old school thing that people used to do; castor oil. And all that will do is give you diarrhoea. And there's a small chance that your bowel contracting because of spasm because of diarrhoea might set off your uterus. And all that's going to mean is you go into labour whilst having diarrhoea.

Speaker: Victoria Eames

And that's going to happen anyway so don't fucking do it. My midwife said that to me because I stayed friends with my first midwife who's actually just had her first baby. When I asked her when I was getting to approaching that 40 weeks and just getting really like, I was massive, it was hot. She was born in May so it's really hot, I just couldn't be bothered to be pregnant anymore and everything was aching and you know, I said to her, shall I take castor oil? And she was like, No! And she was like try everything but she was like do not take it, it would be chaos! Imagine if I had.

Speaker: Siobhan Miller

Castor oil and a curry. I can't even imagine how it could be worse. But yeah, don't do that. That's our main tip here.

Speaker: Victoria Eames

Don't take castor oil.

Speaker: Siobhan Miller

No. It does get easier I think in terms of like, how relaxed you feel about pooing from the fear of the first time. For sure, I felt more relaxed the second time, the third time, and now I'm pregnant with my fourth and I kind of accept that, yeah, I'm probably going to poo myself. And I recently ordered a birth pool for hopefully having a home birth and it comes with an accessory pack.

Speaker: Victoria Eames

What is in accessory? A poo extractor?

Speaker: Siobhan Miller

A mirror and a sieve.

Speaker: Victoria Eames

Yeah, that's right, because the midwife had like a mirror on a long stick and occasionally I'll just be there, bend over and see like reflection of my mangled fanny just like what the hell is going on down there?!

Speaker: Siobhan Miller

And then the sieve to get the poo out. And so it's like your accessory pack. I was like ooh what accessories have they sent me? What's going to go with my birth pool? A sieve and a mirror. So yeah, and you're just like, okay, well, that's probably going to happen now. So you do get more relaxed about it and also probably worth sharing that is a good sign if you do a poo in labour, because what's actually happening is as your baby's head is moving down the birth canal, it literally squishes your bowel flat. So anything in your bowel will come out as your baby kind of goes round the u-bend, ready to be born. So midwives if they do see someone poo in labour, that's like a really good sign that your baby's head is actually very close to coming out.

Speaker: Victoria Eames

Because when you got things like that, they'll rejoice when you pop out a little turd!

Speaker: Siobhan Miller

Yeah, it's like a happy thing exactly. Out pops a little turd, they're like out pops the baby next. Like, it is a good thing and that's why it happens, like from a physiological point of view that your baby's head is literally moving down your birth canal, squashing your bowel and anything that's in your bowel is going to come flying out.

Speaker: Victoria Eames

I didn't feel embarrassed at all. No.

Speaker: Siobhan Miller

But you do seem more relaxed than me. I didn't think I was an uptight person but when I sat with you, I'm like oh yeah, I am quite uptight.

Speaker: Victoria Eames

Some might said that I am too loose, bum holed loose. Loose lipped.

Speaker: Siobhan Miller

I know. Do you poo in front of partner and I'm like no...

Speaker: Victoria Eames

I know but there's no mystery now. You know, he's seen it all. He's fingered my bumhole as I was giving birth so there's no fucking mystery mate.

Speaker: Siobhan Miller

Whilst there was like liquid poo flying out, I mean, and he's catching it in his hands. I've just got such like vivid pictures here.

Speaker: Victoria Eames

I think we've always been like that. And I don't know, I'm from a quite an open family so you know, my mum would still do shit in front of me now.

Speaker: Siobhan Miller

Oh my God. It's not like that, mine. It's not like that. I can't even bear it when the kids leave the door open when they're pooing. I'm like shut the bloody door!

Speaker: Victoria Eames

Oh really? Oh no so you know, if I'm doing a poo, then I have the kids in there and just like having full blown conversation with me. Although my little one, she's only 3 but she's started saying can I close the door please? Obviously, I respect that. I'm not like no! I'm going to watch you! I'm like yeah of course you can.

Commercial break

The positive birth company offers award winning online courses that are affordable, accessible, and inclusive, giving you on demand access to leading experts whenever you need them. You can watch on any device from anywhere in the world at any time of day or night. They are also the creators of the Freya app, the world's first virtual birth partner app and produce tons of free resources and workshops to help you navigate everything from the early days and weeks after birth, breastfeeding, bottle feeding and baby loss as well as specific workshops for LGBTQ+ parents and black women and birthing people. All of these workshops are completely free, and you can find them on the positive birth companies YouTube channel. And if you're pregnant and looking to connect with others who are due at the same time, then go to the positive birth company's Facebook page and hit the group's tab to find your bump club. These groups are free to join and are a great place to go for support, advice and solidarity. You might even make a friend for life.

Again, I'll be sure to include links to everything I've mentioned in the show notes.

Speaker: Siobhan Miller

Moving on to post birth. So the first poo after birth. Oh my God, that's another terrifying thing.

Speaker: Victoria Eames

It's so terrifying.

Speaker: Siobhan Miller

You're terrified of birthing and doing a poo in front of someone and then after you've got through that, you've given birth, everything's tender, whether you've had stitches or not, you've got to then, get a poo out and that is absolutely terrifying. And I do actually have a funny story to share.

Speaker: Victoria Eames

Oh, yeah, go on *excited voice

Speaker: Siobhan Miller

After Arlo was born, so that's my second, I'd had quite a lot of stitches and I was really scared of going for a poo so I think subconsciously, I must have held it in like just preventing myself from going to the point that then I had like actually quite a lot of pain, ended up being readmitted to hospital and having to have an enema to clear the situation. So obviously, that was not ideal.

So then, a year and a bit later, I had my third child, Ailbe, that time, I wanted to avoid honestly the whole enema thing and was like clean to make sure that I was like going to the toilet as soon as possible. So, somebody recommended taking Movicol and it's not a laxative, but it's like a stool softener so you can take it and it makes your poo softer and easier therefore to come out and I would recommend taking Movicol but it comes with a warning.

Speaker: Victoria Eames

Yeah, I took magnesium citrate, a similar thing...

Speaker: Siobhan Miller

It is recommended like by midwives, like it makes it easier so you're not constipated, and it's therefore like, less painful to go for a poo. But James, who's the boy's dad, he took it upon himself to kind of help with this. So in his sleep deprived state, he read the packaging incorrectly. So on the back of the packaging, it says you empty one sachet into a drink and then 24 hours later, if that has not worked, you try two sachets and you've sort of build up over a period of time like you know, 24 hours later you try another one. And then it said for faecal impactment, 8 sachets.

When you google faecal impactment, that means you haven't been to the toilet for like months. It doesn't mean like a little patch of constipation. It's like you've not been able to do a shit for months. For some reason I still cannot comprehend, he the added up all of the numbers. So like one plus two plus three plus four up to eight, added all of these sachets into a drink and gave it to me. Unknowingly, I drank the drink. This is like just after I gave birth and honestly, I spent days on the toilet. Like

three days in the toilet with just brown water dripping out of me. Just no control. It wasn't even diarrhoea. It didn't even have any consistency. I just was leaking on a toilet for three days. And those are like the three days after you've given birth. You know when you're meant to having like baby love bubble.

Speaker: Victoria Eames

Could you get off the toilet or...?

Speaker: Siobhan Miller

Not really, it was just dripping out!

HERE

Speaker: Victoria Eames

And how did you work out with he giving you the wrong amount of sachets?

Speaker: Siobhan Miller

Well, at first I thought was dying obviously, you know, like I'm dying and then I was really scared that I wasn't even going to be able to breastfeed because I was like I'm so dehydrated, all my hydration is just coming out my bum, how am I going to breastfeed my baby? And I can't remember actually how we got to the bottom of it but I think I was like, give me that box of Movicol let me have a look at that. And I was like, "so how many sachets did you give me?" He was like, "I think it was 24 or something like that" and I am like What the fuck?! And then he had the absolute audacity to be like, "well, at least you're not constipated". And at the time I was like no, no, no, no, it's not okay. He's lucky to be alive to be honest. It's like a horrible game of would you rather isn't it? Like what's worse? Would you rather be so constipated you need to go to hospital and have an enema or be so laxitated.

Speaker: Victoria Eames

I'll take that one. I'll take rather be laxitated.

Speaker: Siobhan Miller

That's not even a word. So overdosed on Movicol that you spent days dripping brown water on a toilet?

Speaker: Victoria Eames

Probably that.

Speaker: Siobhan Miller

Really?

Speaker: Victoria Eames

Yeah. You in the comfort of your own home are shitting out your innards.

Speaker: Siobhan Miller

Yeah, so I am not letting anyone else take control my dosage.

Speaker: Victoria Eames

Well, with the magnesium citrate, you can't. I took that through pregnancy as well, because you get more constipated anyway in pregnancy, don't you? Which I definitely did. So yeah, I took that and then I just took like a double dose of it once the baby was born.

Speaker: Siobhan Miller

You probably had nothing left in you though to come out.

Speaker: Victoria Eames

No, not a second time. It took like a few days to accumulate.

Speaker: Siobhan Miller

That had happened. You cleared yourself.

Speaker: Victoria Eames

But it is really, really scary going because you can't explain sort of the swollen puffer fish fanny effect of giving birth.

Speaker: Siobhan Miller

So tell me your first poo. Do you remember it?

Speaker: Victoria Eames

Yeah, I do. I remember it really distinctly because I think of the fear and I was more sort of terrified of that then giving birth because at least when you're giving birth, your fanny is sort of intact.

Speaker: Siobhan Miller

But also you end with something good. A baby.

Speaker: Victoria Eames

Yeah. That's true. I mean shit is not quite as good as a baby is it.

Speaker: Siobhan Miller

Yeah, not quite.

Speaker: Victoria Eames

At least you don't have to look after it like. Yeah, and so I had stitches both times. So it was that, it just feels very much like everything is going to pop and burst open even though you're doing a poo, still just the act of just even putting just a little bit of pressure to push and then obviously, when you wee as well, it really stings, doesn't it? This is stuff that I cover in my book by the way. There's a whole chapter about sort of unexpected things that might happen in labour and pooing is big part of that. And then also going for your first piss and shit after, both of which can be really, really tender. And just things like having like a little jug of warm water by the toilet and using that to tinkle over your vagina.

Speaker: Siobhan Miller

I've actually never done that.

Speaker: Victoria Eames

It really helps.

Speaker: Siobhan Miller

It helps? You just sort of throw the water at yourself at the same time?

Speaker: Victoria Eames

Exactly. Because it just dilutes the acidity of the wee so it doesn't sting as much because then you're just essentially pouring warm water on it. And then I think the just the aftercare generally of like, you know, trying to reduce swelling, taking things like Arnica, do you recommend all this sort of stuff?

Speaker: Siobhan Miller

Yeah. And also, one thing that someone gave me a good tip, and I think you can actually buy such things now, but when I gave birth, I didn't think they were on the market just yet. But I used to put my pads in the fridge or freezer so they be all lovely and cool so then when I used to change my pad after going to the toilet to put a new one, it'd be like a nice kind of cooling.

Speaker: Victoria Eames

It's really nice. And you can you can douse it in like witchhazel or just water, wet it first and put it in the freezer. That's a good trick to calm it all down a bit. Yeah, I do

remember it and it was really it was like, you know, I had to do, I called it the hypnopooing because...

Speaker: Siobhan Miller

The breathing helps ease it out.

Speaker: Victoria Eames

Hypnopoo it out. Just breathe and think about all the things that you learned to you know... it is essentially like giving birth, but you know, just on a smaller scale.

Speaker: Siobhan Miller

And then once you've got to grips with your own bowel movements, you then need to get clued up about your babies. Did you ever get a chart to fill in?

Speaker: Victoria Eames

Yeah, because they want to see like the chart, is the colour of the poo changing?

Speaker: Siobhan Miller

Yeah. So when my first was born, and that was like, all the way back in 2007, which makes me sound like I'm ancient but I was actually only 20 when I had him. But I was given a paper chart to keep record of how often he went for a poo and also what colour it was. And then I had to record how many wet nappies he had each day, and also how much time he spent feeding and sleeping. I haven't had that since. I don't know if that was just an old school thing in 2007 or maybe it was just a Bristol thing, which is where he was born or maybe it's because they were like she's only 20 we need to like check if she knows what she's doing.

Speaker: Victoria Eames

As if like being 35 makes any fucking difference? I didn't fucking know what I was doing.

Speaker: Siobhan Miller

I felt like I was so young when I was like you're in the same boat whatever age you are when you have your first, you got no clue. But yeah, I had to actually make all these like recordings of all these things. I had no idea it beforehand that like baby's poo goes through like this whole colour chart. Do you remember the order of the colours?

Speaker: Victoria Eames

I remember just the first one being really like black and like tar.

Speaker: Siobhan Miller

Yeah. That's meconium.

Speaker: Victoria Eames

Yeah, meconium, so that's the first shit.

Speaker: Siobhan Miller

And then it goes from that like tar to like a greeny sort of colour.

Speaker: Victoria Eames

Don't remember that.

Speaker: Siobhan Miller

No, and then it goes yellow, like chicken Korma

Speaker: Victoria Eames

I just remember the baby poo just being like really, really yellow.

Speaker: Siobhan Miller

Then a little orange and then I think once they start having either formula or solids, then it starts to go more sort of brown.

Speaker: Victoria Eames

You know what, I was shit at keeping track of any of that stuff. I never did. I just kind of...

Speaker: Siobhan Miller

There's probably apps for it now.

Speaker: Victoria Eames

Yeah, there are apps for it. But in some ways knowing that, like, God, it's just it can make you feel really anxious as well because then you're like, "Oh my God, they've only done five wet nappies, and they should have done 6.

Speaker: Siobhan Miller

And they're still green and it's not yellow.

Speaker: Victoria Eames

I do feel like a lot of that stuff is really anxiety inducing, like obviously...

Speaker: Siobhan Miller

Over monitoring.

Speaker: Victoria Eames

Yeah, you got to like make sure that your baby's well, but equally, I think if you're a bit of an obsessive person like I am, then it's not good for your brain.

Speaker: Siobhan Miller

Yeah, that's true.

Speaker: Victoria Eames

Yeah.

Speaker: Siobhan Miller

But when it gets to the yellow stage that I would say is the most high-risk stage for poor explosion, wouldn't you agree? I don't know whether it's the ferocity of it how it comes out or it's like the liquid state of it but there is like poo explosions and they go up their back. You have that a lot of the time right?

Speaker: Victoria Eames

Yeah, so regularly, so regularly, especially because I did Combi-feeding with my second. I breastfed initially with Oliver but didn't work out so he went to formula. But I'd say the breast milk fed baby more poonamis for sure. Different baby so they might have a slightly different digestion.

Speaker: Siobhan Miller

I think the formula makes the poo slightly solid. I do think that but...

Speaker: Victoria Eames

He's still at them but not like her, hers were intense.

Speaker: Siobhan Miller

Oison literally would poo up his back so you pick him out of the crib and the yellow poo would be all up the white baby bow but as far as his hair, and you'd be like, how was it half way up his arse to his head? So powerful. He's going to love this by the way.

Speaker: Victoria Eames

You know, babygrows, not the ones that got the buttons, but like the short sleeve ones, the way they're designed so that you can take it off, that doesn't have to go over their head, you pull it over their shoulders, it's because of poonamis.

Speaker: Siobhan Miller

Oh that's why?

Speaker: Victoria Eames

Yeah, so you don't end up like wiping shit all over their face.

Speaker: Siobhan Miller

Oh my God I didn't know that. I thought it was to avoid like having to like move their like fragile around.

Speaker: Victoria Eames

No, its just so you can go [makes sound] you can just take it off.

Speaker: Siobhan Miller

But yeah, that's intense. And you don't realise that's going to happen when you're like looking at your sweet baby and you're like, you turn them over and you're like, why is there poo up their back?

Speaker: Victoria Eames

Well also it comes out of sides and I've had it so many times where it's just come out of side and then it ends up all over me as well and you're like, Oh, God. But you get so used to it and it's weird, isn't it? It's your baby.

Speaker: Siobhan Miller

You don't feel so grossed out by it.

Speaker: Victoria Eames

No, you don't it's just sort of one of those. It's just one of those things, isn't it?

Speaker: Siobhan Miller

I think at the beginning you don't get so grossed out by it. I remember Arlo once was in one of these door bounces and Oison still remembers this and talks about it. It's quite funny. Like he was obviously bouncing up and down a door bouncer and had a nappy on and then he was bouncing you could hear like splattering like his feet were bouncing and something wet and it was it was poo, wet poo and he was bouncing up and down his own poo. And then when we took him out and looked at his nappy, it

was totally spotless. Like there was not one speck. It had just shot straight out the side, obviously off the whole bouncer and he was like jumping in his own shit. There was not even one speck on the nappy. It was insane.

Speaker: Victoria Eames

That's amazing.

Speaker: Siobhan Miller

I know.

Speaker: Victoria Eames

I have a story about a baby doing explosive shit but wasn't my baby. I went out with my friend and our babies were born like a day apart and we went somewhere in central London. So we went on the tube with the babies and we came back in rush hour, which you know, like when you've got a baby like a new-born, it's so fucking stressful. I always found the tube with a little one that's still breastfeeding just like so stressful. And people are wankers aren't they? So they don't like get out of the way and all the rest of it. Anyway, so we were stood up because there was nowhere to sit and we had them in slings. But for whatever reason, she'd taken him out of his and she was holding him and then he just did this like massive fart. And it was hot so they had like, they had no trousers on or anything like that. It was really hot. Did this massive fart and then she was like [sniff] oh, no, no, can you smell that? Can you smell that? And he had projectile shit outside of his nappy, but she kind of lifted him away from her and she just had yellow shit all over her dress. and like no one offered to help us either. Because I was then trying to... Edith was kicking off so I had a screaming baby, trying to help my friend who's covered in shit, like take her baby off her. So then I've got like two babies and like [moans for help] And then in the end, she was like, "I've got to get off, I've just got to get off. I've got to get off" and she just literally just got off of the next step with the baby, and I sort of like waived to her from the... Bye. She's like keep going. So I had to get home to fetch Oliver from nursery or something like that so I had to and she was like "I will be fine".

Speaker: Siobhan Miller

Was that her first baby?

Speaker: Victoria Eames

That's her first baby.

Speaker: Siobhan Miller

Oh my God, that's awful. And you get really stuck short sometimes when you're out and about. I remember not having any wipes and having to take off my sock and use my sock to wipe my child down and then I was like...

Speaker: Victoria Eames

Or like having to change them in the boot. That happened a lot. Changing in the boot or the passenger seat of the car having pulled over.

Speaker: Siobhan Miller

All the things you have to use like as an emergency thing. The sock must be a common one. You're like what can I lose that I can use? And then you're like I'm just going to use it, bin that sock, so long sock.

Speaker: Victoria Eames

So if you ever see like a lonesome sock just like on the street, that's what it's probably been used for.

Speaker: Siobhan Miller

A desperate parent in like a desperate moment. But yeah, when they get older then they can actually take their nappies off themselves, and I remember Oison, I keep coming back to Oison, luckily I don't think he is going to listen to this podcast... otherwise he'll be like suing me or something.

Speaker: Victoria Eames

No, hopefully not.

Speaker: Siobhan Miller

But I remember I used to go in to get him up from his nap and he would be standing up his cot and he would frequently take his nappy off. He obviously wake up, do a poo, take the nappy off and just like smear everywhere. So there would be like poo in the cot, on the sheet, on him, on the wall. Awful, awful. And it must actually happen quite a lot because I did get a DM just the other day from someone asking me for advice on how to prevent a toddler from doing this and I was like, I don't know mate.

Speaker: Victoria Eames

I would probably say take time to maybe potty train though. Don't you think? Because otherwise, you're just going to have to keep dealing with it. Oliver, I potty trained him really late because we tried a few times it was just a disaster. So he was just over three when he actually potty trained.

Speaker: Siobhan Miller

Oh yeah, same same as Arlo. I waited till he was like...

Speaker: Victoria Eames

Yeah, I did it a few times, it was like naah, this is a disaster and yeah, like I said, I mean, I would leave with him with no pants on and you'd just find random turds in the house. I'm not sure that he's grasping the concept of using the potty. But Edith, I didn't do anything, she completely potty trained herself by just before she turned 2.

Speaker: Siobhan Miller

And Albie did that but a bit later, but I think when they've got an older sibling, and they're kind of a bit competitive, they want to be like a big girl or a big boy, they tend to do that.

Speaker: Victoria Eames

So her was easy and we didn't even have, we had like maybe a few accidents but yeah, it was so easy. Just didn't ever have to think about it.

Speaker: Siobhan Miller

I remember a day actually, when I got both of the babies. I had them 15 months apart, they were really young. Albie was like a newborn, Arlo was like a 15 month old baby and I had taken them for a bath in the morning, all three of us because it was like the only way I could sort of manage it.

Speaker: Victoria Eames

Have a wash at the same time.

Speaker: Siobhan Miller

Go out, we're all like naked wrapped in towels. And I remember putting a nappy on Albie so I was like had him on like the baby changing table and then I turned around and Arlo had just shit everywhere. But on the floor, but all in the wires, the charging wires, you know, like by the side of the bed and it was like you know, soft poo and it was like it just got in everything, in the extension, in the lead and everything. And that day, I must have just been at the end of my tether because I just remember ringing their dad crying, he was at work and just being like 'I can't do this anymore!!' I'm leaking milk, the babies are naked, there is poo everywhere. I just remember him going, "just leave the house. Just put your clothes on and leave the house. I will deal with it when I get back." And I remember just doing that being like just literally walked out of the house and just left it all and he must have come back and cleared it up. But I just remember reaching breaking point. That poo was like the one that

tipped me over the edge that's why I remember it and I was just like, I'm leaving the house. I can't like!

Speaker: Victoria Eames

Oh, yeah, I mean, I've got a lot of admiration for that. I think two kids that close together is carnage!

Speaker: Siobhan Miller

Do you have any horror stories or funny moments that you remember from that potty training journey?

Speaker: Victoria Eames

Well, this isn't even potty training but I think Oliver has, still has even now he's five, like sometimes he can shit his pants just randomly.

Speaker: Siobhan Miller

Yeah. I don't think that's totally uncommon.

Speaker: Victoria Eames

No, but he did that not that long ago when we were sort of on a family walk. It's just sudden, you know, he's like, "I need a poo now". There's no warning, because he doesn't, I don't know, maybe he's just not aware of what his body's doing or whatever.

Speaker: Siobhan Miller

Or just so distracted I think and just want to take timeout to go to the toilet until oh, no now it's actually coming out.

Speaker: Victoria Eames

Yeah. But you know, at this age as well because obviously they're out of nappies three and five, I don't carry around a thing... I'm also not organised at all. Never have wipes, never have spare clothes. But whereas my sister's the opposite. She's always got like a suitcase of stuff in the back of her car. That's not me.

Speaker: Siobhan Miller

No, I have nothing. I expect them to be like independent and self-sufficient now.

Speaker: Victoria Eames

I forget snack, I forget their water, everything I'm shit. Just too forgetful. But yeah, also we're on this walk and we're like in the middle of a country park and then he says, "Oh, Mommy, I need a poo" and then straight away, I need a poo. no, it's coming now so we didn't even have time to get his trousers down and he's like [makes squeezing sound] like that.

Speaker: Siobhan Miller

So what did you do? Did you throw away the pants?

Speaker: Victoria Eames

Yeah but then we had no trousers or anything. It was like what the hell are we going to put on him? So we had to like fashion the most insane pair of trousers that you've ever seen out of like Robs shirt. So he had like this kind of weird, massive nappy thing on like.

Speaker: Siobhan Miller

Like harem pants.

Speaker: Victoria Eames

Yeah it was like that like harem pants out of a grown adult man's shirt.

Speaker: Siobhan Miller

And did you wipe him? Did you sock or leaf?

Speaker: Victoria Eames

I can't even remember. I think we used his socks. Yeah, we used his socks.

Speaker: Siobhan Miller

Because leafs, I've had to use leafs before. When underprepared, I'm like what's the nearest thing here that I can use? I've got a funny potty training story and it isn't actually mine, it's a friend of mine but this really made me feel ill the first time I heard it so yeah, again if you're eating take a pause. Her son, it was his first poo they did in a potty and they get so excited about it don't they? And as a parent, you've got to be really excited for them too and of course he wanted her to take a photo to send to his dad who was at work. And she went to get her phone and in that moment their dog came into the room, bounded straight over and in one moment just gobbled up the poo in the potty.

Speaker: Victoria Eames

That doesn't surprise me.

Speaker: Siobhan Miller

That's like, honestly it made me gag when I first heard that.

Speaker: Victoria Eames

Dogs love to eat a turd.

Speaker: Siobhan Miller

Literally in one moment apparently, the dog just ran into the room, just gobbled up the poo.

Speaker: Victoria Eames

I mean it saves her having to clean that up doesn't it.

Speaker: Siobhan Miller

I mean but you can imagine the child. Absolutely distraught. It was like the dog had eaten his trophy and the mum hadn't even had a chance to take a picture to document it. It was like massive achievement had happened and he was absolutely beside himself and she was like trying not to vomit, and was like trying to console her child because the dog had eaten the poo. Honestly, I was like sick in my mouth when I heard it.

Speaker: Victoria Eames

No, I thought about something then because Oliver was tricky to get him to use the toilet. It took a long time. We potty trained him and then making the transition from the potty to the toilet that was quite hard too. So it was a book called "Oh Crap" I think it's called. It's really good. I'd really recommend it. But then someone else had recommended this app to me and it's called "Mr. Poo goes to Poland" and it is fucking hilarious.

Speaker: Siobhan Miller

I am going to do this whole thing again now like from the start so I need these book recommendations.

Speaker: Victoria Eames

Have you ever watched Southpark with poo, its like Mr Hanky it was kind of like "Hi there children". It's like this little animated shit. And there was this whole story

about the kid who didn't want to go to the toilet because he was scared but then he'd send Mr. Poo to Mr. Pooland to see what his family so then you just find yourself you know, like every time he wants to poo you're having this conversation. Should we go and send Mr. Poo to Pooland? But it really worked. He really liked it he sort of sit on the toilet really happily.

Speaker: Siobhan Miller

Sending his poo to Pooland.

Speaker: Victoria Eames

Sending his poo to Pooland. And we also had to get like this mad contraption to go on the toilet that was like a flight of stairs up to the toilet. But we couldn't just use the seat thing because Oliver's got DCD, so Development Coordination Disorder, so his like gross and fine motor skills are just a little bit sort of all over the place basically. He's really like, inclined to fall over, balancing is quite difficult. So when you put one of those things on the toilet...

Speaker: Siobhan Miller

And that might have made going to the toilet difficult for him.

Speaker: Victoria Eames

Yeah, because it like wobbled about like a little bit so that would just make him feel really on edge and like yeah, like anxious so we have this massive thing, but it was just...

Speaker: Siobhan Miller

Make a throne.

Speaker: Victoria Eames

Mate it was so ugly as well.

Speaker: Siobhan Miller

And you've got a beautiful house

Speaker: Victoria Eames

My beautiful house and my beautiful interior and its like look at this hideous monstrosity.

Speaker: Siobhan Miller

Have you been able to get rid of it now?

Speaker: Victoria Eames

Yeah, it's gone now but we had to have it for a long time.

Speaker: Siobhan Miller

I didn't have one of those but my kid once did get stuck in the toilet literally sandwiched in half like falling down and the legs were up by the face and he was like literally sandwiched inside the toilet and like had to be fished out. I mean, that was quite funny.

Speaker: Victoria Eames

Luckily, mine haven't been too bothered about playing with poo or anything like that they've never really done anything like that.

Speaker: Siobhan Miller

Oh that's good. You've trained your kids well. Like they don't mess up your house.

Speaker: Victoria Eames

No, it's not that I've done anything about it. It's not me. I think maybe it's just my oppressive force, I'm just joking. I'm a gentle parent all right.

Speaker: Siobhan Miller

And then at some point, they start going by themselves, which is absolutely amazing. And I was going to say and they wipe their bottoms, but actually that comes later because I've skipped the whole I'm finished stage. So do your kids do that?

Speaker: Victoria Eames

Edith does but she's like the most self-sufficient three-year old that you're ever going to meet in your life. She's just so like, determined and headstrong.

Speaker: Siobhan Miller

So she doesn't like shout for you to wipe?

Speaker: Victoria Eames

She wants me to go to the toilet with her. I'm not allowed to go in; she has to close the door and I have to. She says Mommy, you have to wait in the bedroom. You have to wait in there and then when she's finished, she'll call me then I'll go in, and we've

got like those wet wipe for bums. And then she would be like no not the wet one. I want the dry one. You know, she's such a madam.

Speaker: Siobhan Miller

She knows what she wants.

Speaker: Victoria Eames

She knows what she wants, but she'll do it herself and then I'll be like, can I just make sure please? And then sometimes she'll say no, and I just respect it. I'm like, Okay, fine. You're going to have shitty nickers today that's fine.

Speaker: Siobhan Miller

She wants to herself.

Speaker: Victoria Eames

But Oliver no. He's like "Mom! Wipe my bum!" He can't do it.

Speaker: Siobhan Miller

Literally, mine would sit there just shout "finished" and just knew what finished was. I'd just hear it from anywhere in the house. I'd just hear them hollering "finished!". And if you just came to the house, you'd be like finished what? What have they finished? And I'd be like oh I know.

Speaker: Victoria Eames

But what aged do you think that actually disappears then?

Speaker: Siobhan Miller

I don't know. They did that for a long time. I think they're lazy. They just rather that I came and wiped their arse. But they shouted probably until they're five maybe until they started school because then I was like you to do it because you cant shout finished to the teacher.

Speaker: Victoria Eames

He just comes home with massive skidders.

Speaker: Siobhan Miller

Because they can't be shouting finished in the school toilet though. No one's coming. So I think it was about then but now they do it all themselves. You're not quite there yet?

Speaker: Victoria Eames

No, not quite there.

Speaker: Siobhan Miller

Mine six and seven going on eight. And yeah, so kind of free of it. But I'm about to have another baby...

Speaker: Victoria Eames

So you're going right back to the start.

Speaker: Siobhan Miller

So tips for people. What have we shared so far: Don't eat hot curries or castor oil. Read packaging carefully if using Movicol.

Speaker: Victoria Eames

I think for the aftercare, use a jug of water on your fanny when you're doing a wee, and also you can do like counter pressure so you can hold a bit of toilet paper as you are shitting.

Speaker: Siobhan Miller

A bit like the midwife did with the bum press and like your husband was doing with the fingering your bum hole. But you can do it yourself.

Speaker: Victoria Eames

Do it yourself. Don't need your husband to do it.

Speaker: Siobhan Miller

Don't need your husband. That's good.

Speaker: Victoria Eames

So do that counterpressure as you are actually pooing and then obviously like staying hydrated things like that. You just got to drink loads of water. It's hard though because people are like "make sure you're eating a healthy diet." But actually, when you've just had a baby, you're just like fucking give me whatever. And also I just wanted to eat shit. I was so knackered. I wanted like sugar, I mean it's a terrible advice. Don't listen to me.

Speaker: Siobhan Miller

We've got some advice that you should take, some advice that you should not take.

Speaker: Victoria Eames

And then potty training, I do think you need to go by the kid. Like they're just not going to do it until they're ready. Someone's always going to judge you but fuck them. It's not their life as it?

Speaker: Siobhan Miller

That's good advice as well. Right? It really is time to wrap up. Congratulations by the way, if you're still listening. A whole episode on the subject of poo. Who would have thought we've had so much to talk about?

Speaker: Victoria Eames

I've got a lot more in me. Let's put it that way.

Speaker: Siobhan Miller

Haven't been this morning then. But before we sign off, I was want ask you one question. This is something I'm asking every guest at the end of that episode, and it's what message would you give your younger, pre-motherhood self if you could go back in time?

Speaker: Victoria Eames

Go out more, have more hangovers, get more dick. No, I'm joking. Don't put any of this in.

Speaker: Siobhan Miller

It's all in. we don't edit.

Speaker: Victoria Eames

I think just, I mean, this is really difficult because, you know, obviously, we've talked so much about motherhood, but just to not have any expectations. Try not to have any expectations or just have very low expectations because then you'll be pleasantly surprised.

Speaker: Siobhan Miller

Low expectations that you can't be disappointed.

Speaker: Victoria Eames

Yeah, because it's fucking hard. It's really hard and there's so many aspects of it that are still really unspoken about. Then when you're suddenly in it and you think what the hell is going on in my life? You feel so alone and isolated and like, there's

something wrong with me because I must be the only person that's ever experienced motherhood like this when actually you're not. Even stuff like the pooing, that all plays into it, doesn't it? So yeah, just try and manage your expectations...

Speaker: Siobhan Miller

And your book reminds people of that. Your book reassures people that it's really normal to have all these things.

Speaker: Victoria Eames

Yeah, it's really normal when you've just had a baby, if your world turned completely upside down and feel like everything is chaos, and just know that everything is a phase. I think that's always useful to know, isn't it? Everything in motherhood with your baby is a phase.

Speaker: Siobhan Miller

And first time around these phases feel really long and then second, third, fourth time around, they just go really quickly. Just know because they're not going to last.

Speaker: Victoria Eames

Because you know what to expect whereas that first time you don't, and sometimes, phases do last a long time, you're like fucking when it's going to end but it does and then you'll be on to the next thing, you know? Yeah.

Speaker: Siobhan Miller

My advice to my pre-younger self would be you will poo and they'll probably lie and just so I knew that, like going into it.

Speaker: Victoria Eames

And there's no shame about shit.

Speaker: Siobhan Miller

No shame. It's really it's really time to finish now. But one last thing I'd like to say I'm sure everyone listening has heard of Dame Deborah James, aka Bowel babe, who very sadly died leaving behind two children. Well, if you follow Deborah, you'd know what force of life she was and so funny and probably would have loved this episode and loved talking about poo. So I just think it's important because we talk about the topic that we give her a mention since she was diagnosed with bowel cancer. Deborah did so much to raise awareness of the symptoms of bowel cancer, and raised millions of pounds for cancer charities. And closer to home, sadly, I lost a school friend to bowel cancer in 2019 and she was only 33. And before she died, she set up the never

too young project in conjunction with Bowel Cancer UK to provide support and resources for young people diagnosed with bowel cancer. Discussing poo in such depth, we should take the opportunity to share the signs and symptoms you need to pay attention to when it comes to your bowel movements. So in memory of both Dame Deborah James and my dear friend Sophia, they are bleeding from your bottom and or blood in your poo, a persistent and unexplained change in bowel habits, unexplained weight loss, extreme tiredness for no reason, or a pain or lump in your tummy. And as Deborah would always say, check your poo, it could save your life. So as much as we're laughing about poo, if you do have any of those things in your poo, please don't be embarrassed. Please go and see your GP and push for investigation because I know that lots of times young people get dismissed and then it ends up being too late for them to get lifesaving help. So check your poo, it could save your life. Laugh about it, if all is well.

Speaker: Victoria Eames

And don't be ashamed. It's just no shame about it. It literally a bodily function.

Speaker: Siobhan Miller

Thank you so much for joining me Victoria. Do you want to tell people where they can find you and also where they can get your book?

Speaker: Victoria Eames

Yeah, so I'm on Instagram and Tiktok as VictoriaEames is EAMES. Also I have an interiors account which is VictoriaEames_home and then my books just available to buy on all the sellers places. Amazon and Waterstones and WH Smith and it is called Welcome to motherhood bitches.

Speaker: Siobhan Miller

I think it's a great book to read for yourself but also to gift to people.

Speaker: Victoria Eames

Yeah, because it's essentially it's for like either expectant or new mom and it covers pregnancy, birth and probably the first sort of six months postpartum, but it's not really about the baby. The focus is the mum

Speaker: Siobhan Miller

And it's loads of tips but also really reassuring and funny to read.

Speaker: Victoria Eames

Lots of practical stuff in, there practical advice.

Speaker: Siobhan Miller

But not like a boring how to. It's really really funny.

Speaker: Victoria Eames

No not at all. I mean like the fanny count of how many times I said fanny is just off the charts.

Speaker: Siobhan Miller

Definitely look that up, but I'll put all the links to your Instagram accounts and the link to buy your book in the show notes so people can find that, and of course, a massive thank you to everyone who has listened to this episode.

Speaker: Siobhan Miller

If you've enjoyed this episode, please do share it. We are new to podcasting. In fact this is our very first episode. So every share really helps us spread the word. You can also tweet us directly at Uptheduff pod. We'd love to hear your feedback and of course your own stories of poo dramas.

Next week, I'll be joined by Tinuke, the co-founder of five times more, and we will be discussing wee. Well, we can't very well cover poo and not cover wee. From the near misses and little leaks to full blown accidents, we are going to be talking about bladder weakness and stress incontinence that is commonly experienced in pregnancy and after having a baby. We will be sharing our own experiences and advice so please tune in for that.

And finally, a big thanks to the team at the positive birth company for making this podcast possible.

If you're trying to conceive are pregnant, approaching birth, postpartum or navigating the early years of parenting, then please do check out the positive birth company at the positivebirthcompany.co.uk or [@thepositivebirthcompany](https://www.instagram.com/thepositivebirthcompany) on Instagram, Facebook and YouTube.

How many times can I say the positive birth company? Thank you again for listening and a massive thank you Victoria for being a brilliant guest. Honestly, I had no idea how many stories you had about poo but it's been absolutely fantastic.

Speaker: Victoria Eames

Thank you so much for having me. It's been a pleasure.

Commercial:

Elvie have two hands free electric breast pumps, the super smart Elvie pump and now their latest innovation the amazing hospital grade Elvie stride. I use the Elvie pump and I absolutely love it. As a busy working mom of four it means I can cook dinner, drive my kids to their after-school clubs and do a million other things whilst expressing. And I know that every bottle of milk I pump buys me a little bit of freedom or a little bit extra sleep.

The Elvie pump is the smallest, smartest and quietest pump out there. It's also super discreet, you can literally slip it in your bra and pump away and nobody would even know. You can choose from four pumping rhythms to manage your milk supply based on your personal needs and it's so clever that it even stops pumping when it's full, so you don't need to keep checking or worrying about any leaks.

They now also have the Elvie stride. What's amazing about Elvie stride is that it's small but mighty with its hospital grade power. That's right finally hospital grade performance at home. It's powerful, ultra-quiet, lightweight and comfortable and still hands free. What a game changer?! There's lots of reasons why you might choose to pump whether it's to share feeding your baby, or to buy yourself some freedom or to increase your milk supply. The Elvie pump and the Elvie stride will help you make that possible.

Discover Elvie for yourself with 25% off trainer and 15% off the Elvie breastfeeding range with the code "uptheduff". Discount is available between 19th of June to the 14th of August. This offer is available online from Elvie.com and is not available in conjunction with any other offer.