

# Fourth Trimester Podcast

## Episode 124: Future-Ready Kids: Boost Success Through Mindset And Reading Practices

**Sarah Trott:** [00:00:05] My name is Sarah Trott. I'm a new mama to a baby girl and this podcast is all about postpartum care for the few months following birth, the time period also known as the Fourth Trimester. My postpartum doula, Esther Gallagher, is my co-host. She's a mother, grandmother, perinatal educator, birth and postpartum care provider. I've benefited hugely from her support. All parents can benefit from the wisdom and support that a postpartum Doula provides. Fourth trimester care is about the practical, emotional and social support parents and baby require, and importantly, helps set the tone for the lifelong journey of parenting.

When I first became pregnant, I had never heard of postpartum Doulas, let alone knew what they did. So much of the training and preparation that expecting parents do is focused on the birth and newborn care. Once a baby is born, often the first interaction parents have with medical or child professionals, other than the first pediatrician visits, is the six-week checkup with the OB/GYN. *What about caring for mama and family between the birth and the six week doctor visit? What are the strategies for taking care of the partner and the rest of the family while looking after your newborn?*

Our podcasts contain expert interviews with specialists from many fields to cover topics including postpartum doula practices, prenatal care, prenatal and postnatal yoga, parenting, breastfeeding, physical recovery from birth, nutrition, newborn care, midwifery, negotiating family visitation, and many more.

First-hand experience is shared through lots of stories from both new and seasoned parents. Hear what other parents are asking and what they have done in their own lives.

We reference other podcasts, internet resources and real-life experts who can help you on your own parenting journey. Visit us at <http://fourthtrimesterpodcast.com>

**Sarah Trott:** [00:00:00] Hi, this is Sarah Trott and welcome back to the Fourth Trimester Podcast. I'm here with a guest today who I'll introduce in a moment. And before I do, I'd like to remind our listeners that we have a website which is [fourthtrimesterpodcast.com](http://fourthtrimesterpodcast.com), and you can go there and subscribe to our newsletter. You can also hit follow or subscribe wherever you listen so that you can be alerted every time we have a new episode that's released.

**Sarah Trott:** [00:00:24] And today's topic is the power of positive thinking. We're going to be talking about the importance of the way that you think as a parent, and how that is emulated and how that's experienced by you, but also for your children. We are the examples for our children in the way that we behave and the way that we think. And there are some beautiful things that we can do to introduce calm patterns of thinking and loving patterns of thinking in our children's life, particularly through reading.

**Sarah Trott:** [00:00:55] My guest today is Jesse Bennett. She is the author of four and soon to be five children's books. They are all written and illustrated by her. She writes books that really consider the power of kindness and encouraging children and parents to be good to ourselves and be good to one another. And they also include yoga practices such as guided meditations, breathing exercises, mindfulness, and more. And I personally have really enjoyed her latest book called *Ripple*, which I've read with my children. I found it an extremely calming and wonderful experience. So I want to say thank you, Jesse, for your book.

**Jesse Bennett:** [00:01:45] Thank you so much for having me. And I love that *Ripple* is in your home with your family.

**Sarah Trott:** [00:01:51] Yes, we've really enjoyed it. It's such a sweet book. And I know you have it with you. And so we might just ask you to do a little bit of a reading at some point here.

**Sarah Trott:** [00:02:03] Jesse, why don't you go ahead and introduce yourself in your own words?

**Jesse Bennett:** [00:02:06] Yeah. Well, thank you so much for having me. I'm Jesse, I'm a mom of two. I have written four books so far on the way to five. I teach pilates and yoga, and I just love sharing the message of kindness, not only with kids, but for moms and in my classes. So whether I'm visiting a school and doing some kids yoga in the classroom, or sharing my books with students or on the mat with parents, I just love to focus on how we can be kind to ourselves. And that's really where kindness begins. Because when we can tap into that for adults and kids, then we just can go out in the world and have more to give.

**Sarah Trott:** [00:02:49] Yeah. So it's the power of kindness in our thoughts and then that translates into action.

**Jesse Bennett:** [00:02:53] Absolutely. But it's an inside job. What inspired me to write and to share this message is truly my kids. I was hoping to put a message out in the world that I hope that they can live in and and really begin the self-talk early about loving yourself and being kind to yourself and believing in yourself and loving your light. And so that's the message that I really wanted to instill in my kids. And so I started writing ideas and doodling around them and realizing that the books that I was buying are the books that I could truly create, and I could create something they could hold with a message that I hope they can carry into the world. And it's beautiful because I see them do it every day. And so it's working.

**Sarah Trott:** [00:03:48] Yeah. Yeah, absolutely. It works. I mean, that's the thing. Like have you ever accidentally said a curse word and then magically your toddler or someone then suddenly repeats it, uh-oh, that came out interesting. Yes. Our children, our children are our mirrors. So for sure, I feel a deep sense of responsibility as a parent to make sure that I'm introducing ideas that align with my values, what I believe in and how I want to see them live and behave.

**Jesse Bennett:** [00:04:29] For sure. And if we can have that foundation from home in the conversations that we have, how we speak about ourselves, how we communicate with them, and even the belief we have in them to change the world with kindness in the simplest of ways, it empowers them to quiet that other loud noise that can be out there,

that they can confront in the world. They can have that foundation of love and kindness and a little bit more empathy as you know, the world sends out its other messages. We know we've done our part to kind of send them out armed with a little extra love and light.

**Sarah Trott:** [00:05:04] Yes. Yeah. That's so beautiful. I want to ask you if you would mind sharing a little bit about your own Fourth trimester experience. And in particular, are there any any specific takeaways that you have or lessons learned or things that really speak to things you wish you knew before that you would like to share with other new and expecting parents?

**Jesse Bennett:** [00:05:28] My fourth trimester. I'm so grateful that I was part of a birth community that was so powerful and so much mom focused. I'm really grateful I had that experience with both of my babies. Fourth trimester for me was really about embracing the slowdown. I had two very different fourth trimesters with my daughter and with my son. And so I would say for my first, because it was my first go around with my daughter. My fourth trimester, I did not feel well. Honestly, it wasn't like I wanted to embrace the slowdown and I did. I was forced to, but I really had a rough first fourth trimester. and so I learned from that because I learned to trust my body and really tune in. And so when I had my son almost three years later, I really leaned into that fourth trimester and I said yes more to accepting help, taking rest, not rushing back into things, not trying to prove anything.

**Jesse Bennett:** [00:06:31] So I learned from my first to honor my body, to not be afraid to ask for help, and to truly savor the magic of this fourth trimester as part of the whole experience. So I wish I had known in my first time to savor and slow down a little bit more. And I was grateful that in my second experience in fourth trimester, that I honored that phase and that time to heal and take more time to tune in and accept meals or accept help. And maybe it's because I had a toddler and I didn't have a choice to bring in more. But I really savored and loved that time.

**Sarah Trott:** [00:07:12] Yeah, I know, I saw something recently that said, my first child made me a parent and my second child made me a confident parent.

**Jesse Bennett:** [00:07:30] I do believe in that. I think of that a lot because for our experience, at least we were a family. We were in the flow of being a family. And so we had that experience of that wonderful, life changing experience of having our first. But when our second came around, we were a unit ready to add another crew member. And so it did feel different. And I always tell that to mamas who are about to have their second, because people love to share what they love to share. But I always love to share the positive side of our experience, which was, you've got this. You've been through it. You know, all you really need is love and nourishment for your baby. And that's really all they need, where it's like all the stuff of the first baby. You think you need every little thing and gadget. And then the second you're like, we really just need nourishment, sleep and some rest, right? Lots of diapers.

**Sarah Trott:** [00:08:26] Yes. Yeah, exactly. Yeah. And babies don't really need a lot of expensive toys. Because we're talking about second babies: one, we have a great episode on the second child transition about the practical, social, emotional side and tips around preparing for that. And then also an episode on wiring your baby for success through optimal brain development.

**Jesse Bennett:** [00:08:51] Wow.

**Sarah Trott:** [00:08:52] Your children do not need special fancy toys. They need connection. They need engagement, and they need you. So I'll put links to those episodes in the show notes for anyone who's interested, because those are really awesome, rich topics there. But tell me more about the support that you learned to ask for and what was most helpful for you. I know you mentioned groceries.

**Jesse Bennett:** [00:09:15] Groceries, food. I found a great connection in other moms who were going through either right ahead of me having had their second baby or their first that were just a couple steps ahead of me. I remember I have a very dear friend and these are like core memories now locked in who said, I'll come over, I'm going to hold your baby. I want you to lay down and rest, and I'm going to make you tea. And sometimes it's hard to receive. We feel like we have to do it all. But I really leaned on

the comfort of mom friends that we were experiencing new things together, or I was a little ahead of another mama who was about to go through, and I would do the same, so paying it forward.

**Jesse Bennett:** [00:09:54] But when I had a mom friend who's like, this is what we're going to do, I'm going to leave a meal at your doorstep. Don't open the door. Don't open the door for me. Know it's there. And so that was kind of the culture of moms that I was lucky enough to have my babies around, where they understood there was no pressure. You do not have to answer the door. You do not have to make a date. Just know we're here and we'll show you how we're here. Or there's a bag of clothes on your doorstep. Don't come out and meet me. Just know they're there. And so just having that hand on your back is something that I really felt and accepted from my mom friends and tried to do the same for and still try to do that in this chapter that we're in.

**Sarah Trott:** [00:10:37] Yeah, I like those practical examples and how beautiful it feels to receive a nice warm meal that's home cooked. Or maybe someone even picked up food for you and left for you. It feels so wonderful. The food is great always. But then that feeling that someone took the time to care for you and that love and that kindness that really comes through and that that I don't want to skim over that. I want to emphasize how important that is and how wonderful that feels.

**Jesse Bennett:** [00:11:10] It really does. And just like Ripple, it just sets off that ripple of kindness. When someone's done something for you, then you want to pay it forward. And if that's what we can do for our, you know, our friends in our life and moms in our lives or whatever season someone's going through. Doordash is great for that. And, you know, what are you craving? I will have it at your door. You don't even know and sometimes that's what we need.

**Sarah Trott:** [00:11:35] Yeah, it sure is. And also like when you're in that fourth trimester moment and you're depleted and people are giving you things, I think one of the things that's tempting to do in our society is, like, you immediately have to give back, like it's okay to just say thank you and receive. Yes and not not have to immediately reciprocate. You really don't. And that's not expected. I think that's okay.

**Jesse Bennett:** [00:11:58] That's really good to put out there in general as women, because we feel like that's the next step. But that step will come for the next person who needs it. So I love that. It's such a great reminder.

**Sarah Trott:** [00:12:12] To just smile and say thank you to a compliment or a gift or yes, bring you a meal.

**Jesse Bennett:** [00:12:18] I think that's so great. And that's something I teach my kids, is to accept a compliment, you know? I think that's a really important life lesson, too. It's like, if I were to give you flowers, would you take them? Yes. Right. Yes. Yeah.

**Sarah Trott:** [00:12:32] Yeah. Thank you. Yeah.

**Jesse Bennett:** [00:12:34] Thank you.

**Sarah Trott:** [00:12:36] So let's hone in on this from a parenting perspective in particular. Why is it important to feel calm and confident as a parent? And how does that impact our day to day, and how does kindness fit into that picture?

**Jesse Bennett:** [00:12:53] Our kids sense everything that we feel. They just pick up on whatever tone we set, and it is amplified. And so I just I hope that the calm and confidence that they see in me, it gives them confidence and also in the lessons that I'm trying to instill in them, which are kindness and so and, and confidence and, and so if I lead with that, then they have confidence in me and trust, and they feel safe.

And if they can feel safe and loved and that is a message I try to really it's not that I even write it in my books. It's just a hope that kids feel in my books is that they are safe and that they are loved and accepted. I feel like if we can lead with that feeling as parents, they feel it, then they can go out in the world feeling secure and confident. And when kids have that feeling, they are kinder to themselves and to others.

**Jesse Bennett:** [00:13:50] So it's again how we are Ripples right into them and really informs. It can inform how they start their day, how they feel. We are really like that first grounding element in their life and in every single day. And so that is so powerful to think about the impact that we can have on their lives, on their day, every little moment.

**Jesse Bennett:** [00:14:11] I mean, even right before this, my daughter called me. She's about to take a midterm. She's a freshman in high school. And we did our breathing over the phone. We talked kindly. We had our mantra like, these are things that we just naturally instill in our day, and they're a part of her, and they're part of her toolkit to feel calm and feel confident and to shine. So it all starts with us and it melts into their day. And and so I feel very grateful that my kids lean into it because it makes a difference in them.

**Sarah Trott:** [00:14:46] Yeah, I mean, that sounds so lovely as a routine and something that is probably creating a lot of sense of connectedness between you and your kids as well. Do you have a different mantra for different kids, or is it something that you created for your family?

**Jesse Bennett:** [00:15:02] Both kids are really, really open to mantras and affirmations, so I'm very grateful for that. For my daughter, we always do one of my favorites, which I learned from a peloton instructor, which I love, which is I am, I can, I will, I do. That's when we say a lot. But we always focus on our capability, that we are capable, that we are kind, that we are prepared. My daughter needs a lot of "I am safe". That's one that she needs a lot.

**Jesse Bennett:** [00:15:37] And for my son I really lean into his strength. I am calm. I am strong, I am grounded. These are things that resonate with him. And when he goes off to school, I always say, go shine your light. And he's like, yeah, so, you know, every kid needs a little something different and you never know what words hit. So I asked my daughter last night before bed, what mantra are you going to say to yourself when you feel the nerve? Because she was saying how she was starting to feel nervous about her midterm, I said, what is your mantra? What are you going to tap into? And she said, I

am, I can, I will, I do. That's what I'm going to do. So it's nice to ask them what lights them up.

**Sarah Trott:** [00:16:19] Right. What feels meaningful in that moment? It could change moment to moment. Yeah. So say that one again. Let's say it together slowly.

**Jesse Bennett:** [00:16:27] I am, I can, I will, I do. And that's from Christine D'Ercole. And she is an incredible athlete and coach. And her words really inspire our family.

**Sarah Trott:** [00:16:43] That's beautiful. Well the reading specifically, I want to talk about that. So we know that reading is really beneficial for babies and young children and children as they grow, and it leads to school success. It leads to emotional learning. It supports their language skills, it supports bonding. And so I remember back when I started reading, even to my infants, it would be something for me to do with them because, yeah, they're really little. And, you need to break up the day and have your own routine. Or like, did you ever have those indestructible books where the pages can be chewed on. They can get wet. They can't be ripped. They just don't fall apart. We we had so many of those. And the kids would just use them to no end. Or they ended up being these little crumpled balls. But I think those are really cool. for, for kind of early interaction as well.

**Sarah Trott:** [00:17:51] But I think one of the things that's been so lovely about reading with children is just having that time together. It feels really special. It's quiet, it's calm. So tell me more about your experience with that? I mean, prior to writing your own books, did you read with your children regularly? What did you like to read? And did you have routines and traditions around that?

**Jesse Bennett:** [00:18:17] Yes, every night. And we still do it every night. So we started when our babies were infants. So when my daughter was just newborn, that was our routine every night before bed even, you know, I mean newborn. We were reading Shel Silverstein, we were reading The Lorax. We were those are two that we always read over and over. We read all the Sandra Boynton books, Little Pookie. That is something that has never stopped. That's something we still do every single night. Our books have

changed, but sometimes we are back reading The Lorax or we read a lot of Junie B Jones because it's super silly.

**Jesse Bennett:** [00:18:56] Even still, my kiddos are 14 and 11 and I still read picture books to them at night. Like it's just our way of snuggling in and connecting. And we read Dragons love tacos and dragons love tacos, too, and all the fun books. And it's just our way of slowing down, connecting, changing the channel of our brain from daytime to nighttime. And it is something we established when the kids were infants and we just never stopped.

**Jesse Bennett:** [00:19:22] And it's something also for my husband who is working all day. It became his thing. And he's read so many big chapter books out loud to the kids. And I just think that it's just a sign of connection and love that you're going to put everything aside from the day and just sit down together and connect over a book. So it is a huge deal for our family and something we are not stopping anytime soon. Our kids look forward to it and we look forward to it.

**Sarah Trott:** [00:19:51] Yeah, I find it interesting. it's so beautiful when the kids want to read or they read on their own, And that's a chosen activity.

**Jesse Bennett:** [00:20:18] It's a chosen activity. I think that is so beautiful. And I think it's something that it really does help to instill it early that just books are around.

**Jesse Bennett:** [00:20:27] So for example, my son for example at lunchtime when he's done eating his lunch, he grabs his book and he reads until class time for some quiet to dive into another world and for him, for his personality. That takes a little of the social pressure off of him. That is something that he just likes to have some quiet time. And he's not a rough and tumble kiddo, and he just wants to relax at the end of lunch and read his book. And that makes him so happy. But I would hope to think that some of the not work, but some of the time we took together early on really established both of my kids love of reading now.

**Sarah Trott:** [00:21:06] Yeah. And not every kid is a natural bookworm. All kids are going to be different and develop at different levels, and that is okay.

**Jesse Bennett:** [00:21:30] And that is okay. And it can. Yeah. And it doesn't ever have to look a certain way. It's just thinking about mindful time together, slowing down connecting. Reading just happens to be a really great way to do it that has so many benefits.

**Sarah Trott:** [00:21:47] And so would you mind sharing a bit more about your book in particular, and perhaps read some of the really lovely affirmations in it that are useful?

**Jesse Bennett:** [00:21:58] I've got Ripple right here, which is my fourth book. And one of the neat things I do, because I visit a lot of schools in the area, and often after I read the book I have, I have the whole school do the affirmations with me. And so recently I read my book lift, and I had 750 elementary school kiddos reading these affirmations out loud. And it's just so it's so powerful because just saying them, saying these words, they land. I hope on some level they land and kids really believe how powerful they are. And the power of self-talk, positive self-talk is huge for kids. So these are the Ripple affirmations.

**Jesse Bennett:** [00:22:40] I am kind to myself. I am kind to others. My words matter. My actions matter. I can set off a Ripple. I am a Ripple starter.

**Jesse Bennett:** [00:22:51] And just empowering kids that they have the power to change the world and worlds around them. Just by an act of kindness is huge. So just to empower them that they have the power to change the world for the better is what I hope to do.

**Sarah Trott:** [00:23:09] I really like that affirmation. By the way, I want to say it's really beautiful for children, but I think it's really helpful for us as adults and parents as well.

**Jesse Bennett:** [00:23:21] Yes. We need it too and we have to speak kindly to ourselves and be gentle with ourselves. And that is something I have learned through

motherhood. And I learned it because I want to be an example of it. And I had to live it to be able to share it.

**Jesse Bennett:** [00:23:40] Because there were many years where I was not that to myself. I was not kind to myself, but because I so hope that my kids can be kind to themselves, I had to do it for myself first. So I'm grateful that they make me better to myself. My kids do.

**Sarah Trott:** [00:24:02] Creating new generational patterns isn't always easy. It might feel a bit strange at first.

**Jesse Bennett:** [00:24:08] It's so true. I love how you said that. It's so beautiful.

**Sarah Trott:** [00:24:13] Thank you. Yeah, well, it might feel strange at first, but keep at it. And after a while, try it for 30 days. I would put that out there as a challenge for someone. Try the book, try reading it for 30 days and it will start feeling completely normal. It'll start feeling like your own thoughts, and you'll start seeing that come through in your day to day.

**Sarah Trott:** [00:24:13] It's really interesting. There are a lot of beautiful affirmations designed for different things. I mean, outside of this book, but just generally there are a lot of great practitioners out there. Louise Hay is a pretty famous example of one of the people who really embraced the concept of positive thinking and affirmations to help drive change for oneself and the people around them.

**Jesse Bennett:** [00:24:53] I love that, and I believe in it completely. So, so cool to share that.

**Sarah Trott:** [00:24:59] Yeah. Yes. Thank you for reading. And tell me more about the story in this book. Like, what is your concept of Ripple?

**Jesse Bennett:** [00:25:08] Ripple is truly about the power that we all have to change the world with an act of kindness and with how we have to be kind to ourselves to set off

a Ripple. And then the simple act of kindness will set off a Ripple in someone else's world. And it's important for kids to know that they have the power to set off a really great Ripple in the world. And they also have the power.

**Jesse Bennett:** [00:25:29] Our words, our words hold power. So we have to think of how we use them. And I addressed it in the book of just that. Your words hold power for you and for me. And so the Ripple can go this way or that. It can go up or down. So what kind of message and energy do you want to put out in the world? What kind of Ripple do you want to start? And that is something that the book touches on. How do you want to use your light? Do you want to feel great about yourself?

**Jesse Bennett:** [00:25:57] At the end of the day, you know, do you want to be proud of the Ripple you sent out? And that's what I hope kids feel. And no matter what, they know that every day is a fresh start. And if they didn't send out the Ripple, they hope to, well, that they still can. So that is truly the Ripple effect. And it's a nice reminder for parents too, that they can, we can all set off a Ripple. We can all set off a little kindness. And it can be as simple as opening a door for someone or sharing a smile, or just asking 'how are you' and meaning it?

**Sarah Trott:** [00:26:30] Yeah. These small things and our children are watching everything. They notice everything.

**Jesse Bennett:** [00:26:35] Everything. They have laser eyes and laser ears and they know everything. And they sense it all.

**Sarah Trott:** [00:26:42] Yes they do. You mentioned breathing earlier that that was something that you were doing with your daughter. Let's talk about that for a moment. How can breathwork help calm parents in moments of stress?

**Jesse Bennett:** [00:26:55] Breathwork is incredible. I have a breathwork exercise actually in the back of Ripple, but we do a lot of breathing in our home. A lot of breathing that our breathwork taking our big breath in, pausing, taking a big breath out just brings us home to ourselves. I always tell my kids, this is how we take our power

back. This is how you move forward with strength and on your terms. So it's how we quiet the chatter. We come home to ourselves and then we proceed. You know, if we're excited about something, I don't want to take those butterflies away. But I want you to be able to know how to use them for yourself. Right? To excite, to be excited or to do your most passionate work, whatever it may be, but to not bring us down.

**Jesse Bennett:** [00:27:39] So we use our breath in our house to calm, to come home and to self-soothe. Which is huge for both of my kiddos and for myself. But it's something that even my husband does it too at work now, like he's into breathwork. But so simple. When I visit schools or I do it with my kids we can turn our palms up.

**Jesse Bennett:** [00:28:00] We do at night. Sometimes we take a big breath in. We rise up, we pause, we breathe out, and we just feel our energy grounding. And in my first book, I wrote a meditation all about breath. And it really came from my daughter being an infant and having her lay on me and having her match my breath to calm her. And that's where the meditation came from.

**Jesse Bennett:** [00:28:19] And talk about a practice like you said, try it for 30 days. I wrote that meditation in the yoga house, my first book, and I just started reading it every night for about six months, realizing it helped calm her. And that's how I wrote my first book. I thought, I have something here, it's working for her. And I wrote the book around that meditation, and I still read it every night to the kids. So we're big on breathwork breathwork, and I have them match my breath when they can't find their own. And we've had to use it in really hard situations and it's really helped our family.

**Sarah Trott:** [00:28:54] Oh, absolutely. If someone's hurt or upset or just needs a moment be that, just hold, be present and breathe. I found that so powerful as well. Yeah. Thank you for sharing that. and then also you mentioned your husband or adults, it doesn't have to be a parenting tool. Any situation.

**Jesse Bennett:** [00:29:17] It's so true. My husband's a surgeon. And he said between cases he does this.

**Sarah Trott:** [00:29:25] The breathing in and breathing out. Right.

**Jesse Bennett:** [00:29:27] Yep. And just I always have like there's this feeling of calm that I find. So I do it at the end of the classes I teach. I do it with my kids, but he does it between cases and I'm so proud of him.

**Sarah Trott:** [00:29:39] We all need moments of calm and stress. We all live very, very busy lives and it can help with calming our kids and ourselves.

**Sarah Trott:** [00:29:52] I invite you if there's anything else you'd like to share with our listeners on this topic or anything related to fourth trimester that you'd just like to leave us with.

**Jesse Bennett:** [00:30:03] For the mamas and their fourth trimesters. I just want to share that it is such a beautiful time and important time, and I feel like it's a very special time to lean in and be so proud of what your incredible body just did. So to give yourself time to process and to love your body exactly where it is and to lean into the present day, because sometimes it feels like where we're at that point in our journey, it can feel like maybe sleepless nights or long days could feel like you're forever.

But if I learned on my second if you could just savor where you are and know that the good, beautiful and wonderful and hard, this too will turn to a next chapter, that if you can savor that fourth trimester and give yourself so much grace and so much love and so much proud pride in the strength you just put forth it will really make that time a special time for you that you will remember and maybe won't be such a blur.

**Sarah Trott:** [00:31:20] Beautiful. We're going to wrap up here. That was so lovely, Jesse, thank you so much for being on the program.

**Jesse Bennett:** [00:31:25] Thank you so much for having me. I love chatting with you.

**Sarah Trott:** You can subscribe to this podcast in order to hear more from us. [Click here for iTunes](#) and [click here for Spotify](#). Thank you for listening everyone and I

hope you'll join us next time on the Fourth Trimester. The theme music on this podcast was created by Sean Trott. Hear more at <https://soundcloud.com/seantrott>. Special thanks to my true loves: my husband Ben, daughter Penelope, and baby girl Evelyn. Don't forget to share the Fourth Trimester Podcast with any new and expecting parents. I'm Sarah Trott. Goodbye for now.