

Shmanners 24: Pregnancy LIVE

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[theme music plays]

[audience cheering]

Travis:

Hello. So this is going to be interesting 'cause this is our first live Shmanners and this is where our... Oh, thank you, thank you. This is where our intro joke goes, and then we do the sound cue, and then we do the show, but we just played the sound cue. So we're still going to do the intro joke, and then we're going to pause awkwardly for half a second and start the show.

[audience laughs]

Travis:

Hey Teresa, what's that delicious smell?

Teresa:

Well, I have a bun in the oven.

Travis:

It's Shmanners.

[audience cheers]

Travis:

Hello internet, I am your husband host Travis McElroy.

Teresa:

And I am your wife host Teresa McElroy.

Travis:

And you're listening to Shmanners.

Teresa:

It's extraordinary etiquette...

Travis:

... for ordinary occasions. Oh, we practiced that so hard backstage. [laughs]

Teresa:

[laughs]

Travis:

I knew I was going to blow it. First, welcome—

Teresa:

I knew you were going to get it.

Travis:

We're live—

Teresa:

I knew it.

Travis:

I did it, I nailed it.

Teresa:

You did great.

[audience laughs]

Travis:

Um, welcome. We are live at the Lincoln Theater here in Washington DC for our first ever live Shmanners!

[audience cheers]

Travis:

I know. It's magic, it's a magical evening. Uh, first, let me get a little stuff out of the way. I want to say a big thank you. Usually we save our thank yous to the end of the show, but I want to say a big thank you to Sam, uh, the sound tech guy here, who saved my butt, uh.

I forgot a very important cable, um, you would all be able to hear this show, but no one listening on the internet would be able to hear this show right now if it weren't for Sam, so a big thank you to Sam. Let's start off by saying Teresa is pregnant.

[audience cheers]

Travis:

And I don't know if you guys saw, but Griffin and Rachel just announced on Twitter that they are also pregnant. And it's important that you all know that or else us doing an episode about pregnancy would be weird.

[audience laughs]

Teresa:

Well, thank you for... thank you very much. I am 16 weeks on, uh, Thursday, so yesterday—

Travis:

Yeah, they do a weird count.

Teresa:

... I just hit 16 weeks.

Travis:

We got yelled at because we tried to say 16 weeks halfway through 15 weeks, and someone's like, "No, no, no."

Teresa:

Well, so they count it at the end.

Travis:

Yeah.

Teresa:

So you have to be... You're done with 16 weeks...

Travis:

It's like an Xbox achievement.

Teresa:

... on Thursday.

Travis:

You have to do it...

Teresa:

Right.

Travis:

... before you even say you did it.

[audience laughs]

Teresa:

Exactly, Travis.

Travis:

Yeah, it's exactly... it's exactly like an Xbox— I've been reading a book called, Dude, You're Going to Be a Dad.

[audience laughs]

Travis:

Um, where a lot of information is conveyed either through sports metaphor or video game metaphor, or for some reason, stocks, um.

[audience laughs]

Travis:

And so I'm thinking about fatherhood and more, like, dude-hood, so.

Teresa:

Oh, boy.

Travis:

I know. So, it... and I... we were thinking about it 'cause, uh, since we've been pregnant, um, reading books, talking to people, just other people talking to us on the interwebs, it's a minefield for both sides, you know?

Like, what's the right way to respond to a thing? What's the right way to ask about the thing? I mean, when we said we were doing this episode, we probably got 30 or 40 different iterations of, "Please tell people not to ask if someone's pregnant." [like it's obvious] Yeah.

[audience laughs]

Travis:

Like, don't do that.

[audience laughs]

Travis:

And I thought about it, and unless you're also comfortable walking up to someone and going, "Just have a big lunch," you shouldn't...

[audience laughs]

Travis:

... shouldn't ask if someone's pregnant. You also just shouldn't walk up and touch someone's stomach unless you do that to everyone. You're probably fired by that point.

Teresa:

You probably shouldn't do that to everyone.

Travis:

No.

Teresa:

You should stop that.

Travis:

So before we get into, like, the modern-day version of it, let's talk a little bit about the history.

Teresa:

Right. Well, Travis, did you know that women have always been having babies?

[audience laughs]

Travis:

What?

Teresa:

From, like, the beginning of time.

Travis:

Wait, like... Hold on, hold on. How... wait.

Teresa:

I know.

Travis:

How did they... wait.

Teresa:

It's mind-boggling.

Travis:

How did they do that before, like, we knew all this stuff and Dude, You're Going to Be a Dad books were written?

[audience laughs]

Teresa:

You know, uh, they just fell out.

[audience laughs]

Travis:

Do you... wait. What? I have a fundamental misunderstanding of how the actual birth happens. Can you just, like, be walking down the street, and boom, baby?

Teresa:

Wait... It does take slightly more than that.

Travis:

Okay.

Teresa:

Um, but in ancient times, the preferred method was standing childbirth, um, where often people were placed on small stacks of, uh, rocks or bricks, one on each...

[audience laughs]

Teresa:

Yeah. I know. [laughs]

Travis:

What?

[audience laughs]

Teresa:

You would... you would stand on that.

Travis:

They also had to balance?

[audience laughs]

Teresa:

Well, uh, there were other people to help. You didn't usually do it by yourself, but, like, you would stand on these stacks of rocks or bricks, and then somebody would kind of like, catch it.

[audience laughs]

Teresa:

Sometimes they put down, like, leaves and, like...

[audience laughs]

Teresa:

... straw and stuff.

Travis:

How... how far back are we? Hold on, hold on, hold on.

Teresa:

I... I said—

Travis:

How far back are we?

Teresa:

I said, "Ancient times."

Travis:

Okay. Before they knew better. [laughs]

Teresa:

Well, it was about like that until probably the 16th century.

Travis:

16th century people, you knew better.

[audience laughs]

Teresa:

Well, I mean, at that point, they really started doing, um, the whole, like, midwife stuff.

Travis:

Okay.

Teresa:

Right? So, instead of...

Travis:

They graduated from low-wife.

[audience laughs]

Teresa:

[laughs] Oh boy, this is going to be a long show.

Travis:

I'm practicing my dad jokes.

[audience laughs]

Travis:

Okay. Do you guys want to hear the dad joke I came up with?

Teresa:

Ugh.

Travis:

Uh, okay. So we were in the airport, um.

[audience laughs]

Travis:

How do you guys feel about motorized stairs? No, you know what? I'll ask-yalator.

[audience laughs]

Travis:

Thank you, thank you very much.

Teresa:

He has now told that joke a total of eight times.

[audience laughs]

Travis:

I'm very proud of that joke.

Teresa:

So in... in the 16th century is when they were like, "Okay, not just anybody can, like, be there to catch your baby. They should probably have some experience."

[audience laughs]

Travis:

[laughs] Listen, a lot of trial and error here, but...

Teresa:

And uh, and that's when midwifery started to really become popular.

Travis:

Mm-hmm, and if you didn't catch the baby, that was called a wif.

[audience laughs]

Travis:

Okay, I'm done, I'm done now.

Teresa:

Thank you.

Travis:

Okay.

Teresa:

Um, so, but there were really two sides to the midwife, uh, history, uh, the first one being that, uh, midwives were skilled in the department of labor, and some—

[audience laughs]

Teresa:

That's the first part, right? And, um, some of them were so highly respected in their villages that they were often licensed through local bishops, right?

Travis:

Oh, okay.

Teresa:

So it was kind of like the church was like, "Well, this is a good one."

Travis:

Okay. So this is a time at which, like, the midwife was kind of similar to, like, what I think of as, like, a medicine man. Like, they weren't just there for the baby, they were kind of, like, very venerated and—

Teresa:

No, they were pretty much just there for the baby.

Travis:

Oh.

Teresa:

They were just there for the baby.

Travis:

So you weren't, like, going to them for, like, other advice and, like...

Teresa:

They're... I mean...

Travis:

I don't know.

Teresa:

There wasn't a lot of other stuff. It was, like, "Well—"

Travis:

I haven't read her notes.

Teresa:

"...I guess, you're pregnant now, so hope it goes great."

Travis:

[laughs]

Teresa:

There wasn't a lot of stuff.

Travis:

Okay.

Teresa:

Um, as well we know from Sawbones, the baby stays on the inside until it's born so...

Travis:

Mm-hmm.

[audience laughs]

Teresa:

[laughs] There's not a lot that you can see from the outside.

Travis:

Got it.

Teresa:

Uh, except for the bump.

Travis:

I knew that much.

Teresa:

Right.

Travis:

Okay.

Teresa:

So, uh, with the baby on the inside and it was just kind of hard to tell. Some people, like, the midwives would be there and, I suppose at some point, before labor started, you could talk to a midwife, but they weren't going to do much for you.

Travis:

Yeah.

Teresa:

Until labor.

Travis:

They just say, like, "Don't eat sushi."

[audience laughs]

Teresa:

No, I don't think that they even did that.

Travis:

They let 'em eat sushi?

[audience laughs]

Teresa:

You know, the age of the internet..

Travis:

Gosh.

Teresa:

... has really made us very cautious about the things, especially, that we eat, but we're going to talk about all that.

Travis:

Okay, what about a little bit later on?

Teresa:

Okay. So what happens in the 17th century is doctors arrive, and they're like, "We should probably be doing this instead of those midwives." And the results were mixed.

[audience laughs]

Teresa:

Um, because midwives had been doing it for so long...

Travis:

And they were very specialized.

Teresa:

... and they were very specialized, exactly. Midwives had been doing it for so long that they, you know, were experienced and they had done several births, and the doctors were kind of like, "Well, we know to do this better. I've never done it before, but it can't be that hard."

Travis:

And at that time, like, to be a doctor, you just need someone else to say you're a doctor, right?

[audience laughs]

Teresa:

There... there weren't schools, but most doctors had apprenticeships, or had at least..

Travis:

Yeah, that's what I'm saying. Someone else is, like, "You did great."

[audience laughs]

Teresa:

They could at least read.

Travis:

Okay, well, that... top notch.

Teresa:

Well, midwives probably couldn't read.

Travis:

They couldn't?

Teresa:

Doctors could read.

Travis:

Oh.

Teresa:

Hopefully.

Travis:

I know lots of smart people who can't read. [whispering] I don't.

[audience laughs]

Teresa:

Um, so then once the doctors got into it, uh, it was kind of like the midwives were almost kind of banished to the background, and a lot of that wealth of knowledge was forgotten.

Travis:

Mm-hmm.

Teresa:

And doctors tried to make everything better. They were like, "We can do this better." So, um, in, let's see, here's some good ones; in the 1800s, they started using chloroform to assist in labor.

[audience laughs]

Teresa:

Queen Victoria swore by it. She had, like, eight kids.

[audience laughs]

Teresa:

Yeah.

Travis:

How many of 'em did she chloroform? [laughs]

Teresa:

[laughs] No, no, no, you don't chloroform the kids.

Travis:

Oh, okay.

Teresa:

You— The mom gets the chloroform so she's pretty much, like, knocked out.

Travis:

What the... oh, hold on. Once again, very little I know about pregnancy. She has to do some stuff during the baby coming out process, right?

Teresa:

I mean, a little bit, but eventually, I think it just comes out, I guess.

Travis:

Then you get chloroformed halfway through, you're like, "I'm out." [laughs]

[audience laughs]

Teresa:

Yeah, [laughs].

Travis:

"Take me out of here, doc. See you on the other side, baby."

Teresa:

So, um, I mean, she said, she encouraged her, uh, everyone to do it. She was like, "This is the best thing ever."

Travis:

I mean, everyone did what Queen Victoria did, that's why we have that era.

Teresa:

I mean, it was highly en vogue.

Travis:

Yeah.

Teresa:

Um, so for the birth of Prince Leopold in 1853, that's— She was totally knocked out and she loved it.

[audience laughs]

Teresa:

Um, the thing that I want to talk about at... at this point in history is the idea of confinement...

Travis:

Now, I've heard about this.

Teresa:

... during pregnancy.

Travis:

You've told me a little bit about this, which is basically that... Please, correct me if I'm wrong.

Teresa:

Okay.

Travis:

That when someone was pregnant, they were basically, as soon as, like, they were revealed they were pregnant, they were basically shut away in their house until the baby was born and then they could reenter society.

Teresa:

Well, um, yes and no.

Travis:

All right.

[audience laughs]

Travis:

A little hit and miss, 50/50, I'll take it.

Teresa:

If you were rich?

Travis:

Uh-huh?

Teresa:

Yes.

Travis:

Okay.

Teresa:

If you were poor, you pretty much had to keep working until the day the baby was born, so you were not... I mean, your livelihood depended upon it.

Travis:

Okay.

Teresa:

Um, so you were probably not put into confinement, um. But there's a really great story about Anne Boleyn.

Travis:

I've heard of her.

Teresa:

Yep, mm-hmm.

Travis:

I'm familiar.

Teresa:

And, um, she actually was sequestered in her bedchamber for the last five months of her pregnancy. Sounds awful.

Travis:

Hey, you all whistle, but, like, she's getting waited on, she wasn't just, like, locked in there.

[audience laughs]

Travis:

I would like to stay in bed for five months.

Teresa:

I mean...

Travis:

Once, once. Not all the time.

[audience laughs]

Teresa:

She wasn't allowed to leave, and, uh, it was, uh... it was a highly contested pregnancy, her being Henry's second wife and all. Um, and they even went to the trouble to plug up nooks and crannies with handkerchiefs so that the air...

Travis:

Of her?

[audience laughs]

Teresa:

No, [laughs]. The room, Travis.

Travis:

Ah, got it.

Teresa:

So they plugged up nooks and crannies of the room with handkerchiefs to keep the air stilted inside so that— To, um... I mean, I suppose the idea was to keep her from evil spirits...

Travis:

Uh-huh.

Teresa:

... or whatever, but I think they just really wanted to keep really close tabs on her. And, um, they had a fire lit the entire time. It was stuffy and hot and sweaty and gross in there. Um...

Travis:

That doesn't sound ideal for a pregnant lady.

Teresa:

It really isn't, but it actually happened a lot for, um, for royal people.

Travis:

And this is what allowed... You were telling me this before, this was what allowed for people who maybe, like, a daughter out of wedlock would get pregnant, and like, the mom would claim it was hers, and the way that that happened is 'cause it wasn't uncommon for people to be confined away for the entirety of their pregnancy.

Teresa:

Right, especially, like I said, rich people.

Travis:

Yeah.

Teresa:

And I mean, going back a second to Anne Boleyn, uh, one of the reasons they did that is because they wanted to make sure she wasn't going to switch babies, so they...

Travis:

Oh, to get a dude.

Teresa:

Yeah.

Travis:

To get a dude baby.

Teresa:

So they wanted to make sure this was an actual royal baby, not some rando baby that she...

Travis:

You don't want a rando baby.

Teresa:

... kind of switched in there.

Travis:

I don't know much about pregnancy, but you don't want a rando.

Teresa:

Right.

[audience laughs]

Teresa:

So what you were talking about, uh, the idea of children out of wedlock, um, and I know that we see it in movies where, you know, I... she's not your sister, she's your mother and I'm your grandmother type thing.

Travis:

Twist.

Teresa:

[laughs] Because if you were rich, you were able to kind of just disappear for a little while.

Travis:

And that wasn't weird.

Teresa:

And it wasn't too...

Travis:

Yeah.

Teresa:

It wasn't that weird, you know, you go and visit your family upstate or whatever, and you come back with a baby and no one was there to see it, so whoever they say is the mom is the mom, I guess.

Travis:

Cool.

Teresa:

Yeah.

Travis:

So what about more of, like, the modern day?

Teresa:

Well, so into the 20th century, um, it largely stayed the same, as far as, like, doctor-assisted childbirth.

Travis:

The doctors get better though.

Teresa:

Yes.

Travis:

Okay.

Teresa:

Eventually they did.

Travis:

Okay.

Teresa:

You know, with the, uh, discovery of germ theory, things got a lot better.

Travis:

Mm-hmm.

Teresa:

That's a Sawbones thing, so you guys will have to listen to the backlog for that. Um, but, so in 1905, the first maternity line was launched by Sears.

[audience laughs]

Travis:

Really?

Teresa:

What do you think that people did for, like, wearing baby— Uh, maternity clothes before then?

Travis:

Probably just, like, sacks.

Teresa:

[laughs]

[audience laughs]

Teresa:

Just... just sacks?

Travis:

They weren't going out.

[audience laughs]

Teresa:

I suppose that's true, you know, they weren't going anywhere.

Travis:

They didn't have to impress, yeah.

Teresa:

Um, well, so they pretty much just wore, well, sacks.

Travis:

Yeah!

[audience laughs]

Teresa:

I mean, I guess they just kind of wore sacks.

Travis:

Got it in one.

Teresa:

They called them smocks.

Travis:

Oh, okay.

Teresa:

So you kind of wear your dress. Some of them buttoned up the front.

Travis:

Okay.

Teresa:

Right? You'd kind of wear your dress unbuttoned halfway down as far as you could button it up and then leave it down and then put kind of a big smock over top, like a poncho.

Travis:

Got it.

Teresa:

Yeah.

Travis:

It's not a bad look.

Teresa:

No, it's a pretty bad look.

Travis:

Okay.

[audience laughs]

Teresa:

Um.

Travis:

I don't know.

Teresa:

But you had to make it. It wasn't commercially available. So, uh, in 1905, Sears launched it, and one of the very interesting things I found about this is in any of their advertisements, they were not allowed to print images of pregnant women, so you would see maternity wear on non-pregnant women.

[audience laughs]

Travis:

That's not a good way to demo that.

Teresa:

I don't think that it gives the full effect.

Travis:

No.

Teresa:

No, it really doesn't. Um, but it... maternity style maintained kind of the same way that everybody else kind of dressed, but you just got it a little bigger and tenter, and you got that smock kind of on. There weren't special dresses or there weren't... there were special corsets you could wear.

Travis:

Mm-hmm.

Teresa:

Um, some of which were a little more restrictive, some of which were a little more supportive, so.

Travis:

You know...

Teresa:

It's not that much different from, like, a belly band today.

Travis:

Well, I... Was not one person standing there going, "We shouldn't smoosh the baby?"

[audience laughs]

Travis:

Like...

Teresa:

People really weren't worried about that.

Travis:

What?

[audience laughs]

Travis:

When the dog jumps in your lap, I freak out. Are you kidding me?

[audience laughs]

Teresa:

They weren't worried about it. Um, and like I said, some of them were supportive, but some of them were kind of restrictive, you know, whalebone and all that stuff goes in there, so.

Travis:

Hmm.

Teresa:

Whatever. Um, but up until...

[audience laughs]

Teresa:

[laughs] I didn't mean that, I didn't mean whatever.

[audience laughs]

Travis:

Whalebone, whatever, whatever you can find.

Teresa:

If that's what you like.

Travis:

Yeah, go for it, whatever.

Teresa:

Um, so, I'd like to skip ahead because pretty much, if it was in fashion, and you could wear it without looking pregnant, you could just wear it, you know?

The flapper dresses in the '20s, and in the '30s, the wrap dress was invented, and that was really great because you could kind of expanded the wrap around the middle. Um, in the '40s, basically the same as the '30s 'cause of the wars.

Travis:

Mm-hmm.

Teresa:

Um, but then in the 1950s, something very special happened? Do you know what that is?

Travis:

I think my dad was born?

[audience laughs]

Teresa:

Uh, Lucille Ball...

Travis:

Okay.

Teresa:

... was shown pregnant on television.

Travis:

Ooh.

Teresa:

She was the very first woman to appear pregnant on television.

Travis:

Let's hear it for Lucille Ball, and she's here tonight.

Teresa:

[laughs]

[audience laughs]

Teresa:

So it happened in 1952. Uh, in 1952, um, she appeared on television pregnant, um, but her and Desi still had separate beds in the show.

Travis:

So people had put two and two together [laughs]. "Well, huh, hold on."

Teresa:

And they weren't allowed to say the word, "pregnant." They were allowed to say the word, "expecting." Expecting what, do you say?

Travis:

[laughs]

Teresa:

Um, so, and... I mean, there were definitely restrictions.

Travis:

Okay.

Teresa:

Uh, but she did sport some... some highly fashionable pregnancy clothing. Uh, there are some really great pictures of her in the smock that I described earlier. She has, like, kind of a pencil-type skirt on, and a very large voluminous top with, like, giant bows at the neck.

Travis:

Oh, I've seen that outfit. I know what you're talking about.

Teresa:

Right, and that was all to distract the eye up to Lucy's face, away from Lucy's belly.

Travis:

And now people just, like, hold potted plants and, like, bags in front of their stomach on TV.

[audience laughs]

Teresa:

Well, the first person to really, uh, put that in the spotlight, the holding the bag in front, was Grace Kelly. She was photographed pregnant with a large Hermes bag in front of her, right?

And that really made the craze start for these Hermes bags, these big, beautiful Grace Kelly Hermes bags, and she was just trying to hide her baby bump from the paparazzi.

Travis:

Really?

Teresa:

Yeah.

Travis:

Well, no one does that now.

Teresa:

Oh, well, of course not.

Travis:

They do.

Teresa:

They do.

Travis:

That was the joke.

[audience laughs]

Teresa:

Right.

Travis:

They do.

Teresa:

Um, and so, we do start to see advancements in advertisements, especially after Lucy appears on TV pregnant. Um, you begin to be able to show pregnant ladies in the advertisements, which I think is very important for actually selling maternity clothes.

Travis:

Yeah.

Teresa:

Um, and the... the fashions of the '60s and '70s were actually really great for pregnant ladies. That was when the baby doll dress started with the big empire waist, and um, you know, free love and all that brought out all the hippy fashions, which were quite flowy.

Travis:

Mm-hmm, and all the hippy babies. [laughs]

Teresa:

Yes, a little later than that.

Travis:

Oh, okay.

Teresa:

So, I mean, it takes nine months, so.

Travis:

Oh, is that how that worked?

Teresa:

[laughs] Um, so then let's fast forward through the '80s, which was... I'm not a fan of all that.

Travis:

Wait, of the '80s?

Teresa:

To the styles.

Travis:

Okay.

Teresa:

The styles of the '80s.

Travis:

The only style of the '80s I remember is my white shorts and my sweet Garfield as a surfer T-shirt.

[audience laughs]

Travis:

And I want to tell you, I would wear that now. It wouldn't fit, but...

Teresa:

Good for you.

Travis:

Thanks, honey.

[audience laughs]

Travis:

I'm bold. What can I say? I'm a trendsetter.

Teresa:

So then, um, in 1991, a very pregnant Demi Moore was featured on the cover of Vanity Fair. And she is considered as, uh, opening up, sort of the pregnant belly, what— Stigma.

Whereas before, it was kind of to hide your belly and cover it up. And then after she posed on the cover, that's when they were like, "Well, maybe we should make things kind of like, form-fitting and be sexy, like Demi while she's nine months pregnant."

Travis:

Mm-hmm.

Teresa:

Um, and so that's when we really started to get the fashion that we know of today.

Travis:

Gotcha.

Teresa:

Where it's a little more form-fitting and the ruching and all. You don't know any of that stuff.

Travis:

I do, too. I took costume history in theater school.

[audience laughs]

Travis:

I know how to sew.

Teresa:

Okay. Um.

Travis:

Not well.

[audience laughs]

Teresa:

[laughs] But the last thing I want to talk about as far as, like, the history goes is the idea of the bump watch.

Travis:

Mm-hmm.

Teresa:

And I feel like, just every tabloid and every celebrity is like, "Hmm, is it a food baby or a real baby? Hmm?"

Travis:

Well, this just happened, Courtney Stoddard, I think is her name, was photographed with, like, a pregnancy test and, like, making a big deal when she was four weeks pregnant. That's not a thing.

Teresa:

Yeah.

Travis:

And I just mean, uh, we know this, the doctor won't even, like, officially confirm it until, like, six or eight weeks. So it was weird that, like, that was, like, a big cover story, trending news story.

Teresa:

Right. And so now, uh, celebrities have really taken their, uh, their bump watches into their own hands with their Instagram accounts.

Travis:

Yeah.

Teresa:

Pink had a really great Instagram announcement, same thing with Anne Hathaway. A lot of these celebrities are trying to reclaim their baby bumps away from the tabloids.

Travis:

So, uh, we got a couple more minutes, so before we wrap up, I'm just kind of going to quick fire, hit on some topics...

Teresa:

Okay.

Travis:

... that everyone wanted to talk about. So we've already covered, you should never ask someone if they're pregnant. I kind of... We were talking about this earlier, and I think the rule of thumb that we kind of came to is, like, if you don't know the answer to the question, you shouldn't ask the question.

Unless you, like, 100,000% know the answer, don't ask it, because, like, if they wanted to tell you, they would. And if they're not ready to tell you, you shouldn't make them, and there's always the chance that they're not pregnant, and you're a jerk.

[audience laughs]

Travis:

Um, but so, one of the things people wanted to talk about was, like, the idea of, like, people touching a pregnant lady's stomach.

Teresa:

Mm-hmm.

Travis:

Uh, without asking or without being invited to do so.

Teresa:

Well, the Today Show did a nice survey, um, and they were talking about how, um, most women find that the people who want to ask them questions and touch them are not strangers, but they're family, their nosy, nosy, family.

[audience laughs]

Travis:

Nosy family is fine, nosy strangers are bad. Um, one of the things we get asked a lot is about... is like, um, the announcement.

Teresa:

Mm-hmm.

Travis:

When is it time, especially in the day and age now, of like, Instagram and Twitter and Facebook, um, that it seems, uh, since we have done it, I will tell you from the inside out, is a very scary thing because you're taking a very personal thing and suddenly, like, sharing it with everyone. Um, what's kind of the appropriate way to go about maybe the Facebook announcement? Is there a certain time period you're looking at?

Teresa:

Well, an announcement in general, really what... I want to talk about this in terms of the fear...

Travis:

Uh-huh.

Teresa:

... of the announcement. Um, because miscarriage is something that we don't really talk about in our society very much, um, but it is very common, especially for first pregnancies.

Travis:

Yes, we had one.

Teresa:

We did have one.

Travis:

Um, and we were very open about talking about that because it's the kind of thing where it can be very scary when you have one because you feel all alone in it. Um, and that is, I think, where a lot of the fear of the announcement, 'cause what you hear is, like, you don't want to jinx it.

Teresa:

Right, which is not a thing.

Travis:

Yeah, that's not how medicine works. And coming on next, Sawbones.

Teresa:

[laughs]

[audience laughs]

Teresa:

So I think that a lot of people do tend to feel more secure in their pregnancy when they begin their second trimester because statistically, a lot more miscarriages occur in the first trimester. Um, so that, I would say, is the general trend that I see.

Travis:

Mm-hmm.

Teresa:

But the thing is, you telling someone isn't going to make your baby disappear. There's nothing that you can do to prevent a lot of these

miscarriages because they're, you know, it's oftentimes a chromosomal defect...

Travis:

Mm-hmm.

Teresa:

... that your body recognizes and takes care of for itself. Um, so this fear, this stigma, is something that, I think, as a society, we really need to work on. And the answer to, "When should you, uh, post it on Facebook?" When you feel ready.

Travis:

Yes.

Teresa:

If you never feel ready, you never have to post it. If you feel ready when you're 10 weeks, then post it. It's...

Travis:

Just like being naked in front of someone else.

Teresa:

[laughs] Sure.

[audience laughs]

Teresa:

That's a good thing, and you, um, it's never the wrong time, so if that's when you want to do it...

[audience laughs]

Teresa:

Okay.

Travis:

It's never the wrong time to be naked in front of someone else. Now, as you... as you scale up the number of people you're naked in front of there is a wrong time.

[audience laughs]

Teresa:

What I'm saying is, if you feel ready, just like when you feel ready, as long as it's safe, uh...

Travis:

Man, it applies across the board. Um—

Teresa:

You should be able to announce it whenever you like if that's the right time because that's the right time for you.

Travis:

Um, the last thing I wanted to hit on, um...

Teresa:

Thank you.

Travis:

Thank you.

[audience applauding]

Travis:

The last thing I wanted to ask about 'cause I feel like this is... There's, uh, people do it bad from both directions, and that is people commenting about, um, the pregnant lady's size compared to, "You don't look pregnant," or, "Are you sure it's not twins?"

Teresa:

Right.

Travis:

Right? Because, I mean, think, especially, the people who are like, "You don't look pregnant at all," and it's like, "Cool, thanks—" Like, there's no good way to talk about the size someone is, period.

[audience laughs]

Travis:

Like, and I think that's true whether it's pregnancy or not.

Teresa:

Right.

Travis:

People feel comfortable saying, like, "You're so skinny, you should eat something," it's like, "Yeah, don't comment on my body, please."

Teresa:

Well...

Travis:

"Thank you, it's my body. Don't comment on it."

[audience woops]

Travis:

I'm a hero.

Teresa:

[laughs]

Travis:

Um, but so I think that, like, how... But, it is a very visible change in a person. Is there a way...

Teresa:

It oftentimes is most... is very visible, but everybody's baby bump is different.

Travis:

Yes.

Teresa:

Um, and I think that instead of saying something like, "You're look like you're going to pop," or something like that, it is always safe to ask them, "How are you feeling?" It's a... It's a very, uh, open-ended question. They can say what they want to say, "Oh my gosh, I can't believe it's still here. I've been waiting forever, I just want to get this baby out," might be their response. Um...

Travis:

Or they might say, "I just ate a huge burrito and I feel terrible."

Teresa:

[laughs] Exactly.

[audience laughs]

Teresa:

So if you... if you make it a little more personal and a little less exclamatory, "Oh my God, you've got two in there, maybe three!" Um...

Travis:

Don't do that.

Teresa:

Don't do that. Uh, you can ask, "How are you feeling?" And if they want to tell you, they will tell you, and if they don't, they'll say, "I'm fine, thank you," and keep walking.

Travis:

Uh, so I think that's going to do it for us. We're going to wrap here in a second. Um, thank you.

[one person cheers, audience laughs]

Travis:

Thank you, person who's excited we're done.

Teresa:

[laughs].

Travis:

I am, too. I'm going to go backstage and have some pizza.

Teresa:

[laughs]

Travis:

I'm very excited. Um, we first wanted to say thank you for coming out to the show. You're going to hear this probably at least two more times, if not more. Thank you for coming out, we appreciate you.

We wouldn't be doing this show if you guys weren't here. Um, we also want to thank you again to the Lincoln Theater. You have been wonderful. Um, if you're looking for a place to host your podcast live show...

[audience laughs]

Travis:

... might I suggest the Lincoln Theater?

Teresa:

[laughs].

Travis:

Um, let's see. We're excited for you guys to watch Sawbones. And then I can't wait for you guys to see this little, uh, known band called My Brother, My Brother and Me.

[audience cheers]

Travis:

I hear they're great. Um, yeah, I want to thank Teresa for being my wife.

Teresa:

Aw.

Travis:

Um, this is our first live show and as far as I know, the first time we have performed on stage together, um.

Teresa:

I think so.

Travis:

Yeah.

Teresa:

I mean, we were both actors in another life, but not together.

Travis:

Yeah, so we've never been in anything together, so this is very exciting for me. Um, I want to thank my unborn child for allowing me to talk about pregnancy.

Teresa:

He's really milking this, you guys.

[audience cheers]

Travis:

Did I mention, we're going to have a baby? It's nothing, it's nothing, don't worry about it.

[audience laughs]

Travis:

Um. Yeah, so I think that's going to do it for us. And join us again next week.

Teresa:

No RSVP required.

Travis:

You've been listening to Shmanners.

Teresa:

Manners, Shmanners, get it?

[audience applauds]

[theme music plays]

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