

**JEWISH LATIN PRINCESS**  
**SOPHIA SILBERMAN FOUNDER OF THREE UNDER 2**  
**EPISODE 69**

***You're listening to Jewish Latin Princess Podcast by Yael. Every week get your dose of inspiration from the world's most uniquely talented Jewish women and from Yael herself. Seeking profound and practical ways to live a joyful, richer Jewish life? Welcome to Jewish Latin Princess Podcast.***

***And now, Jewish lifestyle expert and bilingual blogger at [www.jewishlatinprincess.com](http://www.jewishlatinprincess.com), your host, Yael.***

Yael Trusch: Have you or anyone you know suffered with infertility? Have you done IVF? Did you wish you had more emotional support along the way? You're listening to Jewish Latin Princess, I'm your host, Yael Trusch.

Today's interview is really special. I have the honor of speaking with a woman who like many of my guests has taken a difficult very challenging situation and turned it into an opportunity to help others. I have Sophia Silberman on the show. Sophia is the founder of Three Under 2, now a foundation for women undergoing IVF. She is the co-author of a self-help manual for women undergoing IVF in Spanish and English, it is titled, Who the @\$! Am I? Dealing with the emotional demanding road of IVF, 30 days to feel supported, manage stress, and cope with emotions.

If this sounds familiar it's because she's published this manual with Psychologist Jael Toledo who has been on the show before and actually been on Jewish Latin Princess Blog as well and this manual follows Jael's signature manuals, Who the @\$! Am I? And of course, we can't forget that all of this started with her blog at Three Under 2, where she started opening up about her journey with infertility and offering countless women support.

Today we talk about Sofia's journey with infertility, the rocky road and her relationship with God including the Mitzvah of Mikveh, and the ultimate

reconciliation and path of spiritual growth that she's on now. Sofia says God had a very clear plan for her and she was able to listen to His messages and transform her challenge, the challenges of those facing IVF including the very practical topic of finances and the role of the husbands. What she's learned through this journey, the blessing of motherhood and more with the absolutely inspiring Sofia Silberman.

***[THEME MUSIC]***

Yael Trusch: Sofia Silberman, welcome to Jewish Latin Princess.

Sofia Silberman: Thank you, thank you! Thank you for having me.

Yael Trusch: I'm so excited to connect with you. We tried to do this for a while and I'm so happy to be able to share your story. You are the blogger behind, Three Under 2, the founder of the non-profit, the foundation, the 302 Foundation and now an author of a self-help manual regarding women undergoing IVF and all of this happened because of your own personal journey.

Sofia Silberman: Yes.

Yael Trusch: So I want to go back a little bit to that journey and tell us what you went through before we get to all your amazing new projects.

Sofia Silberman: Okay. I'm going to try to make it not so long because if not, we're going to take an hour, but it is a very hard and lonely and dark – I always describe it as dark road that I went through with infertility, right? Every time a woman decides to make... a couple decides to make a decision of having a baby, I mean it's a big decision to make so when you make it, I think, when you want it from, in my case, I wanted it now. The moment, you know, the moment I decided I want this, I want this now. That's my personality and things didn't go that way, so it was really hard on me and my – emotionally to go through that road.

I started – I got married to my seven-year-old boyfriend, I mean like, he was like forever my boyfriend. We got married, had a beautiful wedding and then you know, that time came to dis... that we decided, you know what,

we should start trying and we started, we started, we started – you know, trying and trying, and then every month nothing happened. And when I got married I started going to the Mikveh and everything and you know it was like I was doing everything I'm supposed to be doing as a Jewish woman and nothing is happening so it was really that hard on me emotionally not to get pregnant naturally, you know?

YAEL TRUSCH: How long was this period of infertility, because now you're blessed with children?

SOFIA SILBERMAN: The whole infertility was like around three years and a half.

YAEL TRUSCH: Wow!

SOFIA SILBERMAN: Yeah, 'til I had the twins but the time that I spend trying without getting any help was almost a year. That is like the time where, what like the gynecologist tells you, okay, like nine months to a year you are ready to go to an infertility doctor – I don't agree with that because I think that after nine months or a year you are already drained emotionally. I would be more proactive, and I would do it before that, that's my recommendation, not as a doctor, as a person.

YAEL TRUSCH: Oh, that's interesting. You would say –

SOFIA SILBERMAN: Yeah, for me it was too long.

YAEL TRUSCH: Really?

SOFIA SILBERMAN: Yes.

YAEL TRUSCH: So I, coming from another, completely different perspective would say, well, you know, keep trying. Don't submit yourself to treatments yet because anything can happen –

SOFIA SILBERMAN: It's not –

YAEL TRUSCH: In another year, but who knows – I don't know?

SOFIA SILBERMAN: It's not submit yourself to treatment, it's figure out if there's something wrong.

YAEL TRUSCH: Aha!

SOFIA SILBERMAN: That's very different.

YAEL TRUSCH: Start investigating, I hear you.

SOFIA SILBERMAN: Yes.

YAEL TRUSCH: Thank you for clarifying, okay.

SOFIA SILBERMAN: It's very different because if you know, if there is something wrong physically then you can fix it. There's so many ways to fix it.

YAEL TRUSCH: I hear you, aha!

SOFIA SILBERMAN: You know I had a physical problem in one of my fallopian tubes was completely blocked, not working. The chances of getting pregnant with a blocked fallopian tube are like 5% each month so my chance was really low and you know what? If I would've have known that –

YAEL TRUSCH: Wow!

SOFIA SILBERMAN: Before, then I would have gotten pregnant before.

YAEL TRUSCH: Of course.

SOFIA SILBERMAN: You know whatever I had to do to do it, I'm a very proactive person. If you tell me I have this wrong, I'll fix it, you know? But have to wait a—I waited a year for that. I think by that time I was already very, very like drained emotionally.

YAEL TRUSCH: So after that whole year, do you tell your doctors can we looked into something or do they just discover it by chance?

SOFIA SILBERMAN: No, so there's like a set of test like very, like a set of test that they do to see – there's blood test, there's ICG test. There's a lot

of test like the tube test that they do to determine what could be wrong. And I mean there's a thousand things that can be wrong since like from the smallest little thing to the biggest thing, you know like and there's just like standard test that they do but that you have to go through a fertility specialist.

Yael Trusch: Hmm, okay.

Sofia Silberman: To get them.

Yael Trusch: So you did your test and they discovered there was an issue?

Sofia Silberman: Yeah, there was issue. It wasn't – it wasn't like huge but it was like it was something that had to be fixed and the way to fix it was by an operation. So I got an operation done, they went in and they try to unblock the fallopian tube or if not to remove it so they had to remove it in my case. They couldn't unblock it they removed it.

Yael Trusch: Oh.

Sofia Silberman: And after that the doctor told me, look, right now you've been through a lot of stress, so now it's mental more than physical but you need to get in vitro done because a person that has been through so much shouldn't go through more. You know like, your chances of getting pregnant right now with the stress that you have, are low, so I recommend you to an IVF.

By this time I didn't, I mean, you start not trusting the doctor and you start not trusting yourself so I got two opinions, for me that was important to get two opinions and both doctors told me the same thing, operation and after operation IVF so that beside, before that I did some artificial inseminations also. So I had been going through hormones and things and treatments... so at that point I was already ready to do an in vitro. And I was scared, I was very scared. The word in vitro to me was like it's huge it's not like I thought it was a huge, huge, huge... process till I did it. I think that you set yourself up emotionally to do, I mean, I was very scared at the beginning.

Yael Trusch: So you started the in vitro process and what happened after? The conception happened right away?

Sofia Silberman: For me, yeah. I did in vitro it was a very simple in vitro. There are different types of test that they can do while you are doing in vitro. Mine was very, very simple because they already corrected my issue. They had already done the operation so it was a very simple in vitro. I took my hormones which are not easy on any women or the couple that has to endure a – your wife going through hormones it must be not like easy at all and I did my in vitro, it was easy it wasn't that hard at the end it was like, this is it? You know like, and I got pregnant for the first time. So this was like –

Yael Trusch: And that was the twins?

Sofia Silberman: No. So I got pregnant with one even though I put two embryos in. I implanted two embryos, I only got pregnant with one but I was very – I was... emotional I wasn't in the right place at that time. I don't know I was like very scared, I didn't want to tell anybody I was ashamed, I don't know. There was so many things going in my mind at that time and at 10 weeks I lost the baby.

Yael Trusch: Ay...

Sofia Silberman: I had a miscarriage and that was like, I don't know, I hit rock bottom with that, it was terrible.

Yael Trusch: I can only imagine.

Sofia Silberman: It was like I lost, after winning a battle –

Yael Trusch: Right.

Sofia Silberman: I lost it in a second, you know, and it was really devastating for me. I lay in the couch for like days. I didn't want to talk to anybody, it was the first time that I saw my husband crying because he was like desperate for me, you know that's – why do I have to go through all these things? And it was really hard and after that I got up and I said, you

know what I'm going to do this, I'm going to be a mom. There's no way that I'm not going to be a mom.

I got pregnant, it was a big step, I did get pregnant so that was like a release, now I just have to figure out a way for to come back to me, you know, to emotionally come back to whom? To me so I worked on myself, I did therapy and I did acupuncture and I did many things that I – you know I concentrated on myself I even diet for awhile. It was like for three to four months that I only concentrated on me. It wasn't about being a mom, it was about me again. That for years I have not thought about myself, so I took that time –

YAEL TRUSCH: Yeah.

SOFIA SILBERMAN: And then I got ready and did a second in vitro and got pregnant with the twins. And since that day that I got pregnant with the twins everything was started going amazing for... it was like God send me at that moment, at the perfect moment to get pregnant, to have twins, I got a new house, I got everything just started going, perfect, perfect since today, until today! I mean like everything just started going –

YAEL TRUSCH: Like a flow.

SOFIA SILBERMAN: Uphill. It was like I had to wait for that perfect time that God send me my kids.

YAEL TRUSCH: So, I want to touch on so many things here because I want to touch on the role of the spouse, I think it's very important but before that you mentioned the timing and God and finally everything, God bringing the blessings at the right time and everything now going uphill, thank God, but and you mentioned working on yourself –

SOFIA SILBERMAN: Yeah.

YAEL TRUSCH: In terms of therapy and acupuncture and diet, and you did mention the Mikveh before as a spiritual thing that you were doing and you did and it almost, I almost heard a little bit of frustration like, well –

SOFIA SILBERMAN: Yeah.

Yael Trusch: What's happening? So was there a rocky road in your relationship with Judaism and God going into this?

Sofia Silberman: Yes, definitely.

Yael Trusch: Talk to us about that relationship?

Sofia Silberman: So, when I started not getting pregnant when I started figuring out like, okay, it's been two months, three months, four months and I haven't gotten pregnant, I started like getting a little bit I don't have the right word is mad, but I was like, why are you doing this to me? Like – Why is this happening to me? I'm a good person, I'm a Jewish person, I mean I do Shabbat in my house, I do *Challa* light the candle – you know like why are you...

Yael Trusch: Listen, going to the Mikveh already is like a huge deal.

Sofia Silberman: I'm going to the Mikveh, you know like every day I'm trying to be like a good Jewish – I mean I'm not orthodox but I'm trying... you know I'm trying to do be a good a Jewish wife and why are you sending this to me? I mean, I don't deserve it? So I started like drifting away from my Jewish like my emotional like my feeling of being close to God, I was like resenting it a little bit, you know like—

Yael Trusch: Right, right.

Sofia Silberman: I don't want... you know what? A lot of people get pregnant, they don't even go to the Mikveh, they don't do anything and I'm not getting pregnant so you know like it doesn't work this way. I don't have to go to the Mikveh to get pregnant, you know? I think like that, that's what –

Yael Trusch: Let me tell you something, dear God here!

Sofia Silberman: Like spiritually I was going backwards. And I went backwards completely and I did my treatments without going to the Mikveh without any supervision and I stopped going to the Mikveh and then I had my twins and I did not go back to the Mikveh and then after having my third time because after the twins I got pregnant really quick for a second time

no another time like at six months I stopped breast feeding and I got pregnant right away naturally, and then and I find out that I had two boys with the twins, right?

YAEL TRUSCH: Right.

SOFIA SILBERMAN: And I found out that that was a girl, that I was pregnant with a girl and I was like, wow, I mean, that's like the perfect gift that God is sending me and then I had a miscarry. And I miscarried again and I was like this is so weird. Why is God – I never, I have never doubted my faith, I mean I know there was a God, it was just that I thought that I didn't have to do anything spiritually to be, to receive anything back from God, do you understand?

YAEL TRUSCH: Hmm, yes.

SOFIA SILBERMAN: That's the point that I was there.

YAEL TRUSCH: And so at what point did you realize that, that there's a spiritual connection?

SOFIA SILBERMAN: So when I had a mis – so I had that second miscarriage and I knew that it was a girl and I was like, why did you... why is God sending me this messages? I mean, why didn't I have a miscarriage in the beginning? I had a miscarriage a little bit more far along that I already knew the sex of the baby and then I get pregnant again a month after, naturally, again pregnant. I was like I couldn't stop getting pregnant at this moment and it was a boy.

I'm like, wow, okay, and I really wanted a girl, of course, you know you want to have every experience and I said, you know what? This is God sending me a message. You, you're maybe not supposed to have – you're supposed to have another child that mean if I... maybe if I would have had the girl then, I would have stopped at three.

So that's when I started like thinking, there is a way, there's a reason why God sends you things. So I had my third son and after my third son, I... we started hearing like more classes, more spiritual classes not so much in like

Judaism, like Mitzvah and stuff like that? More like the spiritual part of why things happened to you.

YAEL TRUSCH: Right.

SOFIA SILBERMAN: And why are we standing at a certain point in life and how you have to communicate with God and how you have to see bad things that happened to you in some good ways and I went completely back to that point where I said, you know what? I had to go through all of this because I have to help people. I have to speak about it. I'm going to do a blog, I'm going to speak about it. I'm not going to leave it all into myself and I'm going to try to help as many people as I can throughout this process and that's why God send me this problem, because after achieving my goal, having three kids and having a full house with my children and the whole family, now I can say that God send me all these things so I could help people.

YAEL TRUSCH: Wow.

SOFIA SILBERMAN: And that's when I went back to my Mikveh and my lighting the candles and doing my Halal and all these and this time I got... then I got preg – now I'm pregnant again with my fourth child and it's a girl.

YAEL TRUSCH: B'sha'ah tovah!

SOFIA SILBERMAN: Yeah, so, all the things that I did think they're happening and it's not coincidence it's because now I have that connection and I know that it happens for a reason.

YAEL TRUSCH: This is such a beautiful story and it's such a clear example of *yerida le zorech aliya*. Like sometimes we think a descent is like where we're falling on this pit but it really is for the sake of something so much bigger and better that Hashem has in store for us and –

SOFIA SILBERMAN: Yeah, and sometimes when you're in that dark place, you're not going to be able to see it because you're not – you're blind. But then when you, when I had my house already full, full of kids, I was like,

wait, there's a reason, I should not have drifted apart from God. It's not that He did because I'm a bad person, because I'm not.

Yael Trusch: Right.

Sofia Silberman: He's doing this because He –

Yael Trusch: It wasn't a punishment, God forbid!

Sofia Silberman: No, it was, He – God doesn't punish. He put me in this world maybe to help people and that's maybe what I should do.

Yael Trusch: So after your third son is born, you start the blog, you start talking about it, what was the reaction from people?

Sofia Silberman: Well, some people were like, wow, I didn't know that... you know, you seem to have like the perfect life. I didn't know that you went through so many things.

Yael Trusch: Wow.

Sofia Silberman: So that's a good thing that was nice for me to hear because that is very common. A lot of people think that you have like the perfect life but inside you're going through so many things you know personally that could be infertility –

Yael Trusch: Right.

Sofia Silberman: Or so many other things. You know that it was good and then a lot of people started talking me about it like I don't want anybody to know but I can talk to you because you have gone through this.

Yael Trusch: Right.

Sofia Silberman: And you can understand and they don't feel ashamed to talk to me about it because I already did it, I already went through – insemination, in vitro operation, miscarriages... everything, so I can talk to you.

Yael Trusch: Right, they could find that empathy and somebody else.

SOFIA SILBERMAN: Exactly.

YAEL TRUSCH: Sofia, talk to me about the role of the spouse because well, let's talk about I guess, your... from the perspective of your husband but I can only imagine –

SOFIA SILBERMAN: Yeah.

YAEL TRUSCH: That in general, I mean, we're focused on the woman but there is a spouse who is also experiencing this on a different level and you know, talk to me about that because that has to be part of the equation.

SOFIA SILBERMAN: I think for – for the couple, like for the spouse, it's very hard. I mean, it's very hard for... I know my husband at all the times was thinking, why does she have to go through this? It wasn't like personally for him, he's a lot more patient than I am and he's a lot more connected to God than I am. But I think that all the time he was thinking like why does she have to go through this, but the important thing here is to think, it's very hard. A lot of people fight, a lot of couples fight and it's normal. Hormones are really high, so imagine the stress that a woman has plus adding the hormones, I always say it's like a bomb, you know? It's like a –

YAEL TRUSCH: Nuclear bomb.

SOFIA SILBERMAN: If they do become this, you know like if they touch you, you explode, you know, it's like –

YAEL TRUSCH: Right.

SOFIA SILBERMAN: And it's not easy for a spouse to be able to handle that and a lot of – one of the things that I did with Jael which we'll talk about the book later, that she's my co-writer, is that we figured it out that spouses sometimes want to resolve issues like, okay –

YAEL TRUSCH: Yeah.

SOFIA SILBERMAN: You feel bad? Let's go to the movies, I'll take you to dinner and sometimes you don't want that. Sometimes you just want him to

hug you and like say I'm here for you. You don't need to go and fix it, it's not something that you can fix. It's just that you need the support.

Yael Trusch: Right.

Sofia Silberman: And also I always recommend for the spouse to and for the – I mean for both persons in the relationship, to think about that you're a team. You're not against each other, you are a team with a goal and you're fighting an obstacle together to achieve that goal so you have to have that in mind. I'm not against you, I'm with you in this and try find a balance of what both personalities to be able to achieve that goal because at the end what you're trying to conceive is a child. It's from love it's from a group relationship. You don't want to bring a child into the world in a relationship that's broken.

Yael Trusch: Right.

Sofia Silberman: So you need to have that strength and try to keep that strength. It's not easy, but you have to, you can't neglect your partner, you know –

Yael Trusch: Right.

Sofia Silberman: You can't neglect your relationship.

Yael Trusch: You mentioned that your husband is very connected to God.

Sofia Silberman: Yeah.

Yael Trusch: Do you think that helped throughout? Would you think that did that come through?

Sofia Silberman: I think he also stepped back a little bit.

Yael Trusch: He struggled?

Sofia Silberman: Yes. We both took a step back. We were really, thank God –

Yael Trusch: Like your faith was being tested?

SOFIA SILBERMAN: Me and my husband, we were really connected in this whole process. We really didn't fight that much, we were not that type, I mean he's a lot more relax than I am, he's really supportive, but we both took a step back from our religion.

YAEL TRUSCH: It's like your faith was being tested.

SOFIA SILBERMAN: From our faith a little bit and then inside of him, I think he, he's the one that really started taking that step forward again and brought me back.

YAEL TRUSCH: Mm-hmm. Beautiful.

SOFIA SILBERMAN: You know, like pull me into it again.

YAEL TRUSCH: Beautiful, beautiful.

SOFIA SILBERMAN: And right now, I can really say, that I mean, with these classes that we've been hearing that they're very spiritual, they have taken us to, to another even a deeper level that we were in originally.

YAEL TRUSCH: Beautiful, beautiful.

SOFIA SILBERMAN: Yeah.

YAEL TRUSCH: So you decided last year to publish a Work Book with a friend of the show, psychologist Jael Toledo.

SOFIA SILBERMAN: Yeah.

YAEL TRUSCH: She's been on the show. We've worked together numerous times. Tell us about the new book?

SOFIA SILBERMAN: Okay so the book is the same, Jael came up with this book for women and then for teenagers, so we took the same concept, the same way of doing the book. It's a thirty day work book concentrating on the process of in vitro, so it's a women... it's for women that are going through exactly the process of in vitro. I mean if you're going through infertility, you can do it but there's some two or three specific exercises that are done for in vitro, so it kind of guides you emotionally on how to take all

this emotions and feelings and it has like the psychological part of Jael, you know, as her as a therapist, plus parts of my experience and my story for them, for anybody that's doing it to feel like really related to me and the book and then you know, you're not the only one that has gone through these emotions and at the end you have to know something.

Anybody can go through infertility because of a thousand reasons, but if you ask anybody that has gone through anything with infertility, even unknown infertility, secondary infertility, infertility because of a tube or ovaries, anything.

We all feel the same emotions, so that's what we're trying to cover in the book. It's the emotional part of doing the process of IVF. How to talk to your couple? What to do if you feel down? Things like that, the emotional part of IVF.

Yael Trusch: Mm-hmm. And what has been the response from the women who are doing these exercises?

Sofia Silberman: Amazing, amazing. Like we are very open, I give my email out. I talked to most of the people that – most of the people they are doing the book right to me as we are doing it.

Yael Trusch: Nice.

Sofia Silberman: And the connection is just amazing, like a lot of people have thanked us for writing this. It's very simple, the wording is very simple. It's very – it's for them to connect to us in a very personal level. We are always there for them. We always answer emails and it's like a really big help emotionally for anything, anybody, and you know a support that's going through this lonely time.

Yael Trusch: And also, I don't think, was there, was there anything else out there like this? I don't think so.

Sofia Silberman: I haven't seen, I mean there are a lot of books on that like the theory –

Yael Trusch: Right.

SOFIA SILBERMAN: And the process. This little work book, I mean you sit down alone, you don't have to tell anybody that you are doing this, you don't have to answer to anybody. It's just like a personal going inside your deepest emotions and doing this 30 day exercises.

Yael Trusch: Right, right. Because it's – I actually had a guess on the show not long ago, Chavie Bruk, who also went through infertility and like you, she was determined to be a mother and their case, in this couple's case, it wasn't possible naturally. There was a problem that was not fixable, so their choice was adoption and that's what they did, and she was very vocal about this idea of –

SOFIA SILBERMAN: That's amazing!

Yael Trusch: Yeah, it's a really an incredible story and Chavie was very vocal in that episode about this concept that you're trying to tackle in your book, in your manual, which is, there are emotions and we can't just brush them under the rug. We can't just go through life and say, okay, I'm fine, I'm doing this head on. You have to face them, cause if you don't face them and as you're going through them, they're going to come and haunt you and it's not going to be pretty.

SOFIA SILBERMAN: Yes, no and really a lot of people tried to help but really, who hasn't gone through this? That's, I mean it's not... they're not trying to be mean or anything but no, most of the people tell you, oh, relax – I mean, you can't relax in a situation like this like that's the worst thing that you can hear and they don't mean wrong.

Yael Trusch: Right.

SOFIA SILBERMAN: But talking to somebody that has gone through this is completely different.

Yael Trusch: Right.

SOFIA SILBERMAN: Completely.

Yael Trusch: Right.

SOFIA SILBERMAN: I mean completely.

YAEL TRUSCH: Right, right, right. Yeah, it's one – it's these experiences unless you've been through them it's really, they're just very hard to relate to.

SOFIA SILBERMAN: Yes.

YAEL TRUSCH: So that's what the book accomplishes. Now I know that you have bigger plans for Three Under 2, and right now you have the Three Under 2 Foundation, congratulations!

SOFIA SILBERMAN: Thank you very much.

YAEL TRUSCH: So tell us about that project because that sounds like, wow, taking this to a whole new level.

SOFIA SILBERMAN: Yeah, so, what it really started to talk about this. I started to see that a lot of people can't afford this, I mean, yes –

YAEL TRUSCH: Yeah, let's talk about that –

SOFIA SILBERMAN: There's so many things that we can do –

YAEL TRUSCH: This is very expensive. Let's talk about that.

SOFIA SILBERMAN: Yeah.

YAEL TRUSCH: That's crazy. Tell us about it?

SOFIA SILBERMAN: So, okay, you have a problem and thank God and thank to science and God, there's a thousand ways to fix things, right?

YAEL TRUSCH: Mm-hmm.

SOFIA SILBERMAN: But they're very expensive. Very, like extremely expensive and in the light of day, if you have insurance, it doesn't cover it, like in Florida they don't cover it and it's not, I mean a lot of people don't even have insurance, you know, like I talked to so many women it's just crazy that for me, in my mind, it's like crazy that you have a problem and

you can fix it and you can become a mother but you can't because of money.

YAEL TRUSCH: Oh, gosh.

SOFIA SILBERMAN: I mean, for me that's heart breaking. And there is lot of none profit organizations that help with funds but most of them, the way they chose the candidates to give them the grant too – Is mostly the one that are have the biggest chance to get pregnant, not, and I don't think that's really fair, because I mean –

YAEL TRUSCH: But what does that mean? They have to because chance...

SOFIA SILBERMAN: Okay, so let's say they have the person that is 27 and has a fallopian tube, like me, I had blocked fallopian tube. I had a huge chance of getting pregnant with in vitro – Right? But let's say there's a 40 year old person that has been struggling 10 years to get pregnant –

YAEL TRUSCH: Oh, gosh.

SOFIA SILBERMAN: And can't and her ovary re-service like she is 40 already, I mean it doesn't mean that she doesn't deserve it, she does. Maybe she deserves it more than the 27 years old, do you understand?

YAEL TRUSCH: Yes.

SOFIA SILBERMAN: But since the 27 years old has more chances, they're going to give it to them because you know the chances are they're going to get pregnant so they can say, we donated this, and she had a baby.

YAEL TRUSCH: Right, right.

SOFIA SILBERMAN: So I was like, no, this can't happen and I want, what – the way that I want to do things in future, God willing is that I want to do it by lottery, by you know, I want to pick a name. Of course there's ways that people have to go in through a process like this but I don't want to choose by chance, you know like numbers. I want to choose by just lottery, you know like by –

Yael Trusch: Right, right. So not based on your medical record and your –

Sofia Silberman: Exactly.

Yael Trusch: Right.

Sofia Silberman: Right now we don't, we haven't had like we were not ready yet to give out grants. I want to, that's my goal in the future is to give grant. I don't know the amount of money or the grant, how much amount, yet they will be. I'm just trusting in God that He will help me with this and I will get to the point that I will be able to give out grants but that's my goal with the foundation.

Yael Trusch: So did, had people approached you in certain instances and say, you know, I wish I could do treatment but it's just prohibitively expensive for us?

Sofia Silberman: Yes, a million people like thousands, hundreds of people.

Yael Trusch: Wow.

Sofia Silberman: Hundreds of people have brought – Do you give out money? I don't have the money –

Yael Trusch: Oh gosh.

Sofia Silberman: You have no idea how much people... I mean, here in Miami there's a lot of immigrants, they don't have insurance, they don't even have like ways to ask for loans.

Yael Trusch: Right.

Sofia Silberman: It's just heartbreaking, you know, because that shouldn't be like I mean, it's just being a mom, you know, being parents, it shouldn't come to money.

Yael Trusch: Right.

SOFIA SILBERMAN: And that's really my, I really hope that God gives me the possibility and the strength to be able to do this in the future.

YAEL TRUSCH: Wow, very, very, very inspiring and of course we can find out about the foundation through your website –

SOFIA SILBERMAN: Yes!

YAEL TRUSCH: [www.threeunder2.com](http://www.threeunder2.com), right?

SOFIA SILBERMAN: Yes! Correct.

YAEL TRUSCH: And for everybody listening, it's Three Under 2 with the number 2, okay –

SOFIA SILBERMAN: Yeah.

YAEL TRUSCH: Not spelled – not with the word spelled out. Now Sofia if you would look back at these past, what it's been, five - six years?

SOFIA SILBERMAN: Yeah, well yeah.

YAEL TRUSCH: That you –

SOFIA SILBERMAN: Since I have –

YAEL TRUSCH: How old is your oldest?

SOFIA SILBERMAN: The twins are five, almost five.

YAEL TRUSCH: Uh-huh, right. So you've been in this journey over five years –

SOFIA SILBERMAN: Yeah.

YAEL TRUSCH: Probably closer to seven years.

SOFIA SILBERMAN: Like eight.

YAEL TRUSCH: Right.

SOFIA SILBERMAN: Yeah, like eight years, uh-huh.

Yael Trusch: What would you say are some of the most I guess important powerful lessons you've learned about yourself like things that maybe you wouldn't have discovered or you didn't know about yourself before?

Sofia Silberman: One thing is to be a little bit more... I learned that things happens for a reason, that everything in life is just waiting for the right thing to happen because there is... it's like a chain reaction that are thing, I mean of course there's things that you have to choose in life to do or not.

Yael Trusch: Right.

Sofia Silberman: But there is a road that God sends you through.

Yael Trusch: Right.

Sofia Silberman: And sometime I am a very impatient person. I was a very impatient person and I learned that that some things I just need to relax a little bit, enjoy what I'm having because there a reason for things.

Yael Trusch: Yeah, let go. Let go.

Sofia Silberman: Yes, there's just like a plan, it's... there's like a bigger plan that God has for you and you know God doesn't punish or sends you like bad things for... because you're a bad person, that doesn't – it doesn't work that way.

Yael Trusch: That's not Judaism, correct.

Sofia Silberman: Also, also, it doesn't mean that for you to be a good person you have to do this and this and this it doesn't work that way either. It's just that feel good with yourself, be patient, know that things happen for a reason, you know like that's the biggest things that I learned through all of this, have a little bit more patience.

Yael Trusch: Right, right. I hear it's even like trust that God can handle our problems, we don't have to get impatient.

Sofia Silberman: Yes, yes.

Yael Trusch: It's like let the load off on him.

Sofia Silberman: On him, yes, yeah, exactly!

Yael Trusch: Yes, it's such an incredible lesson –

Sofia Silberman: Yeah, that's the biggest thing I think I'd learned in these years, like maybe you're not prepared maybe you think you're prepared to be a mom but you're not and there's a bigger things coming, I mean it's not easy to have twins and there was a bigger picture for me, I mean –

Yael Trusch: Right.

Sofia Silberman: I've waited all that time and then there was this double blessing coming to me that I didn't know and the way for me to prepare for that huge blessing was that weight because when they did finally get to my arms I was like, I was never like, oh my God, this is too much for me, no! I was grateful, I was like so happy and grateful that for me the twins were not a hard thing to raise or to have, you know like –

Yael Trusch: I love that.

Sofia Silberman: It was like, it was amazing. I was smiling, I was like this is the best thing that has ever happened to me, I don't have one I have two, I have two kids to breastfeed, I have two kids to take care, it was a good things, it wasn't like a stressful thing.

Yael Trusch: You could fo—

Sofia Silberman: But that was because I was waiting for it for three years.

Yael Trusch: Yes, you could appreciate the blessing and then –

Sofia Silberman: Yes.

Yael Trusch: And then to have a third one right away which you can look at it as this whole overwhelming thing.

SOFIA SILBERMAN: And for me it's like I looked at them and they're it's like now they look like triplets because you know Jack is only 20 months apart from the twins.

Yael Trusch: Right.

SOFIA SILBERMAN: They look like triplets and I looked at them and yes, there are – sometimes I don't have patience and sometimes I want... you know, I want to like oh, my God, you know I want to run from my house but they're amazing, it's like the biggest thing that I've done in my life is to have those kids and now everybody tells me, oh my God, you're going to have a fourth –

Yael Trusch: Wow!

SOFIA SILBERMAN: Then I'm like, this is... it's amazing for me. I love kids it's a huge blessing but I would not have learned that if it wasn't for my journey.

Yael Trusch: Hmm, did you always know growing up that you wanted to be a mother and have large family?

SOFIA SILBERMAN: Yes.

Yael Trusch: Oh, really?

SOFIA SILBERMAN: I've always wanted four kids.

Yael Trusch: Wow!

SOFIA SILBERMAN: Always, yeah.

Yael Trusch: Wow, do you come from a large family?

SOFIA SILBERMAN: Well, I have two – a brother and a sister so we're three.

Yael Trusch: So three, uh-huh.

SOFIA SILBERMAN: But I had a friend like one of my best friends since growing up, she had three brothers and sisters and she was four and I love

that dynamic of that house that it was so full always and I always told my husband I want four and he was like, no, I want three, and I go I want four and look! Now we're having the fourth, so—

Yael Trusch: Okay!

Sofia Silberman: Yeah.

Yael Trusch: Listen, you guys sound like awesome parents and you could continue on this journey. You're pretty young.

Sofia Silberman: Yeah, I always tell every – everybody tells me, this is it, because they're afraid, you know like my mom and everything, they're like, they see me like I could have ten kids like, and I'm like nah, for now this is it, but –

Yael Trusch: Let's take one blessing at a time.

Sofia Silberman: We'll see, yeah, exactly.

Yael Trusch: Let's share, let's take one blessing at a time.

Sofia Silberman: Yes, yes.

Yael Trusch: Listen, I always say that, nobody at the end of their lives ever said I wish I had less children.

Sofia Silberman: No.

Yael Trusch: God forbid.

Sofia Silberman: And now, at the beginning it's not easy, I mean –

Yael Trusch: Of course it's not, it's work.

Sofia Silberman: It's a lot of work but then I think the blessing is bigger than the work, so –

Yael Trusch: Yeah, well, you said it yourself. You said before this is the biggest thing I've done in my life and –

Sofia Silberman: Yes, definitely.

Yael Trusch: That is truth right there, they couldn't be a better job a more important job and more important role in life than motherhood, so, Sofia let's some do a little bit of JLP fill in the blanks.

Sofia Silberman: Yes.

Yael Trusch: This is the part of the show where I give you an open-ended statement and you finish it with the first thing that comes to mind.

Sofia Silberman: Okay.

Yael Trusch: Alright.

Sofia Silberman: Perfect!

Yael Trusch: I'm Sofia Silberman and I feel most spiritual when?

Sofia Silberman: Okay, so I have to say that I feel most spiritual when I have learned in the past let's say, year or something, that I have to talk to God, like my relationship with God means that I just have to talk to him. I don't have to be in the synagogue or praying, or exactly doing a Mitzvah, I just have to talk to Him, and that has been huge for me and that's when I feel more spiritual and connected to God, it's when I just start speaking to him.

Yael Trusch: Wow, I'm so happy that you brought that up because by the way that is the feminine paradigm time of prayer, just that ongoing conversation and we women are very apt at it, we're very good at that type of relationship. In fact if you ever go back and learn the story of Chana, the structure of prayer that we have today to fill us, we do it from a seder and shul really comes from that model of Chana opening up to God through her struggle with infertility by the way.

Sofia Silberman: Yeah!

Yael Trusch: And really pouring her heart.

Sofia Silberman: Yeah, you know most of the important women in our history –

Yael Trusch: In Torah?

Sofia Silberman: Has gone –

Yael Trusch: Yes?

Sofia Silberman: Through... they we're infertile.

Yael Trusch: Yes.

Sofia Silberman: That's the other day I was hearing a class and they said, that guy said why do you think that God send them that, and it was for them to have a special connection to God.

Yael Trusch: Yes.

Sofia Silberman: And I stared like, oh my... that was like the perfect line for me, you know like –

Yael Trusch: Yeah.

Sofia Silberman: That's exactly what happened to me.

Yael Trusch: Very, very powerful. Alright, my favorite Mitzvah or one I feel most connected with is?

Sofia Silberman: I have to say going to the Mikveh.

Yael Trusch: Ah

Sofia Silberman: Going back and it's really for me it's like a before and after thing, you know like before you went in and after you went in, you just feel completely different, it's like it's amazing.

Yael Trusch: Yeah, it's nice that you see it. There definitely, you could feel the transformation. I am, yeah.

Sofia Silberman: Yeah, exactly.

Yael Trusch: Yeah.

Sofia Silberman: Yeah.

Yael Trusch: My fondest sweetest Jewish memory is?

Sofia Silberman: Last year, I had the opportunity, my mom like pulled to go to the Rebbe-Lubavich

Yael Trusch: Ohel?

Sofia Silberman: How do you say it?

Yael Trusch: Yeah, the Ohel.

Sofia Silberman: You know the – yeah, exactly. And at the beginning I was like, ah, Ma, really? I mean, she was going through a tough time, my grandfather just passed away. She really wanted to go, she never had gone –

Yael Trusch: Mm-hmm.

Sofia Silberman: And I was like Ma, really? She called to a day to New York. The kids, you know, like I have to leave the kids, I was like dreading it a little bit but I'm very close to my mom and I was like, okay, let's go and really it was like the best most spiritual day I have ever had in my life. It was just amazing like everything that happened that day, the way that it happened, it was just... it was, wow amazing.

Yael Trusch: Yeah, it is a very special place.

Sofia Silberman: Yeah.

Yael Trusch: And you could continue writing letters into the Ohel, in fact you should write in that you're pregnant now, have you done that?

Sofia Silberman: No.

Yael Trusch: Well...

Sofia Silberman: But I would have go, right?

Yael Trusch: No, you can fax it in or you can email it and there is a person –

Sofia Silberman: Oh, really?

YAEL TRUSCH: In the staff at the Ohel that takes your letter. They don't read it they ripped it just like what you would have done if you're there, so after we get off the phone just sit down, talk to God, say that write all your everything that you want and share the good news that you're pregnant now and ask for blessings.

SOFIA SILBERMAN: Oh, my God, I'm going to do it. I'm going to do it for sure.

YAEL TRUSCH: Yep.

SOFIA SILBERMAN: I didn't know that, thank you.

YAEL TRUSCH: I'm actually going to be there next week, God willing.

SOFIA SILBERMAN: Oh, nice!

YAEL TRUSCH: So, I'll put in your name, I'll ask you your full Hebrew name after. Alright!

SOFIA SILBERMAN: Okay.

YAEL TRUSCH: Something I wished I had learned about Judaism growing up is?

SOFIA SILBERMAN: I have to say that learning a little bit more how to pray. My parents have always been very spiritual, have had a lot of faith and everything but they've never really taught me to pray, like actually to pray and like now I wished I would've known a little bit more on how to do that.

YAEL TRUSCH: Yeah, just to feel comfortable with the structure. It's hard I also didn't grew up with it and ...

SOFIA SILBERMAN: Yeah.

YAEL TRUSCH: Like my kids, my kids are so comfortable with it and I'm like –

SOFIA SILBERMAN: Yeah, I see my husband that did that does not like I see him and he looks like so calm and like...

YAEL TRUSCH: Yeah, my husband, too.

SOFIA SILBERMAN: When we pray, he said I'm like, I wish I could know how to do that.

YAEL TRUSCH: But listen, it sounds to me like your form of prayer which is the epitome of prayer, you're very good at it so keep up...

SOFIA SILBERMAN: Yeah, I know.

YAEL TRUSCH: Keep doing what you're doing.

SOFIA SILBERMAN: I could talk, that I can do.

YAEL TRUSCH: Alright, when I give Tzedakah I like to give to?

SOFIA SILBERMAN: Well, of course, women that are going through this and children. For me, children that are having like a hard time is just devastating.

YAEL TRUSCH: Yeah, finally, I'm Sofia Silberman and today I'm most grateful for?

SOFIA SILBERMAN: I already said it's my family, of course, my family, my journey. The way that at the end I had – what I had to go through in order to be able to have this amazing blessing that it is my family and for me to be able to appreciate it in a whole other level because of the journey that I had to go through.

YAEL TRUSCH: Beautiful. Sofia, it was such a pleasure to talk to you. I'm sure you've inspired many listeners out there. Everybody, Sofia can be found at [www.threeunder2.com](http://www.threeunder2.com) and that is three under the number two dot com. And stay tuned for a little giveaway on Instagram. If anybody is interested in winning Sofia's 30-day workbook on Dealing with the Emotionally Demanding Road of IVF, please stay tuned for that because we're going to be giving out one workbook to an amazing listener or reader.

SOFIA SILBERMAN: I want to thank you so much for having me, really, and I want to tell everybody that anybody can write to me. I try to respond to email on a daily basis. I love to help people, support them and try to be

there for them and listen to their stories, anything they want to communicate with me I'm just here for them. That's right now, that's what I'm doing, that's my mission besides being a mom, it's just being there for people that are going through this tough time.

Yael Trusch: Amazing, Sofia, you're an inspiration, beautiful, thank you coming on the show.

Sofia Silberman: Thank so much. Thank you, thank you.

Yael Trusch: Thanks for Sofia Silberman for stopping by. To reach Sofia, read more about her journey, purchase a copy of her book and donate to Three Under 2 Foundation. Visit [www.threeunder2.com](http://www.threeunder2.com) that is three under the number 2 dot com. And of course, you can follow Sofia on Instagram at @threeunder2, again with the number 2.

Over there we are excited to be co-hosting a giveaway for a copy of Sofia's and Jael Toledo's 30 day workbook to deal with the Emotionally Demanding Road of IVF, just head over to Jewish Latin Princess on Instagram where I will be launching the giveaway and follow the instruction on that post. One of you could be the winner of this beautiful work which could be helpful to you or to someone you hold dear so good check it out.

If you enjoyed this episode, ladies please go ahead and leave a review and rating on iTunes. That is the best that we can get iTunes to recommend the show to Jewish women around the world looking for good quality Jewish content, and of course, share it with the women you love. I know you have many Jewish women friends, family who would like to enjoy this as much as you are doing so why not share the love.

Speaking of love, I'm headed out this week with my husband to help celebrate the wedding of my friend's oldest daughter. She's actually much more than my friend. She's my mentor, Racquel, a big Masal Tov to you and the family and speaking of Mekvah, she was my Mekvah teacher as well when I was about to get married thirteen years ago. We are beyond excited to be celebrating this beautiful occasion with such dear people in our lives.

To all of you, I wish you a week full of joyous occasions and blessings. See you here, next time.

***[THEME MUSIC]***

***You're listening to Jewish Latin Princess Podcast by Yael. Every week, get your dose of inspiration from the world's most uniquely talented Jewish women and from Yael herself. Seeking profound and practical ways to live a joyful, richer Jewish life? Welcome to Jewish Latin Princess podcast.***

***And now, Jewish lifestyle expert and bilingual blogger at [www.jewishlatinprincess.com](http://www.jewishlatinprincess.com), your host, Yael.***

End of Audio Transcription