

[Music]

During these few weeks, it's time to start thinking about the delivery of your baby, and there are a lot of decisions to be made. Let's see what the experts have to say about the later stages of pregnancy and what you need to think about. After that, I'll be back to talk to a new mom about her own experience in late pregnancy.

As people transition into the third trimester, it's a great time to start thinking about the delivery and about birthing classes.

You still have a long time before you're likely to deliver, but you should start thinking about where do you go and signing up for hospital tours if you're interested in doing those things.

There are lots of different methods that you can read about, and there are also hospital-based classes at almost every hospital that you can look into.

We start talking to people about preterm labor symptoms so that you can watch out for those.

Symptoms of preterm labor to worry about are frequent contractions coming closer together, pelvic pressure and pain.

Leakage of fluid or you're bleeding or you're worried your baby's not moving.

Then you would want to come see us and we can check you out and make sure everything's fine.

All right, Jamie mom of three., a son and then twins. What's your son's name?

Jack.

How old were you when you had Jack?

I was 37 when I had Jack. When he was four, I tried to have other babies. I had some trouble; had a couple miscarriages. I was going to go in to start in vitro or something like that. So I basically did the pregnancy test before I came in to the doctor that day, and I was pregnant. I went in for an ultrasound at nine weeks, and I was expecting twins. And it was the most amazing, amazing experience. It was tremendous.

How was that pregnancy?

It was tough to get around. It was tough to breath, but I held them in for until 38 and a half weeks.

Was there any sibling rivalry at all?

Yes. We bought him a present from them, and so he was so excited. Then he was all happy to be a big brother, and he was like, oh look at what Gracie and Rider bought me. So it was really -- it was sweet.

The later weeks of pregnancy have their own unique challenges. Creating a birthing preference and preplanning for the coming weeks is an exciting and necessary task.

[End of recording]