

Planning for your birth is really exciting. It's fun to start thinking about the time this baby that you're growing is actually going to come out and be in your arms.

So this is a great time to kind of refocus on nutrition, maybe going on walks every day, and be starting to write some specific things down that you want and don't want.

Usually around 36 weeks is when you'll sit down with your physician or your midwife. We have a checklist that we can go through but you don't have a whole lot of control about how your labor goes.

If your labor is longer or more painful than you expected and you do need some kind of pain management, it's just good to be aware of those options before you're in the work of labor.

My labor and delivery plan was a healthy baby delivery. I wanted to push the baby out but if it turned out to be a C-section I wasn't upset about it. I just wanted it to be a safe and healthy delivery.

I wanted the same thing and they talk about in the classes and you hear about it from your friends and other folks who've been pregnant about what the

delivery looks like. And most of the time it's just like you just go with the flow and there's a lot of people in the room. There's a lot of activity. You make decisions really quickly.

Labor is a natural process and it is great when it goes kind of how you think it's going to go, textbook, but often it doesn't.

So it's really good to think of your birth preferences as just that and not a plan because we really can't plan how labor goes.