

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

Birthing classes are really good ways to help you feel comfortable with the whole process of having a baby.

You will learn what to expect not only during the pregnancy but during the labor process itself.

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

You probably would do well to start those in the early part of your third trimester or not too far into your third trimester so that the information is fresh.

There are different philosophies about childbirth education. Some are focusing more on natural methods of childbirth pain management and some are an overview that include all kinds of pain management.

And so it's ideal if you can start learning as much as you can about those options.

The birthing class can also introduce you to the hospital setting where you will have your baby and really get you to feel comfortable with how the room looks and what to expect on the day that you come in.

So it's really helpful and important to have a support person with you.

It was nice to have my husband there with me kind of supporting me and taking the class seriously and being there right alongside me changing this baby doll's diaper.

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 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.

Because what we know about labor is that we can't really control what happens. So childbirth education is a really important resource.

Talk to your provider and see what's a good fit for you.