

During these last few weeks, your baby can be born at any time. It's important to have your birthing options in place and to learn about the three stages of labor.

Here's some advice from the experts providing some key discussions for you and your provider about your delivery options.

Stick around for my chat with a new mom to talk about her own labor experience.

So a birth preference worksheet is really important when you're nearing the labor stage of pregnancy. You want to think about the things that you would want to have or wouldn't want to have in labor.

There's a lot of different philosophies and approaches to manage your pain in labor. Some women definitely don't want to use any pain medications.

Some women will decide that they would like either IV medication or an epidural.

Many locations have an option called nitrous oxide also called laughing gas. It's unlikely to cause you to laugh but it does make the intensity of the

contractions that you're feeling less severe.

The second stage of labor is when your cervix is completely dilated. At that point you could start to push.

After the baby is born, we'll be helping delivery your placenta.

This doesn't require a whole lot of you. You can pay attention to your baby more than anything else.

Were you at all stressed knowing that the baby could come at any time?

He did come at any time. He was six weeks early.

What happened?

I was working. I called my husband and said, "I'm not feeling that great." But I had a doctor's appointment the next day.

I almost didn't go and thankfully I did because they were monitoring his heartrate and on this particular day they said his heartrate was dropping.

And we were just of course super happy that he was okay. Had I not kept that appointment, I don't know what would have happened.

Which is another reason why it's so important to see your doctor on a regular basis especially when there are any preexisting conditions.

The process of labor and delivery can be overwhelming but when you're prepared with a birthing plan and you know what to expect, the experience is more manageable and a positive and exciting one.