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# Delivery Part 1

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Week 34 of 40

Activity



## Advice

A due date is only a guess! Full term can be anywhere from 37 to 42 weeks!

Many health care providers are comfortable waiting until 42 weeks before inducing or scheduling a C-section.

No need to rush to the hospital when you feel your first contraction, many couples are turned away and sent home because they come in too early!

Learn how to make a new dinner together! It is easy to get stuck in the same old rut! If you are looking for ideas look at the menu of your favorite restaurant and try to recreate it!

## *Discussion Points*

- *Do you know how your health care provider feels in terms of waiting until 42 weeks?*
- *Have you learned the early stages of labor, so you can be more prepared?*
- *What are you most nervous about in terms of delivery?*

## Goal

Take some time to sit down together to learn about the early stages of labor and how long they can last. If you have not already start writing what your birth plan is. But remember it is only a plan! Be ready for a plan B too!