
Delivery Part 3

Week 36 of 40

Activity




Advice

Walking around a lot during early labor! Many people believe this helps labor go quicker!

Most of the time the doctor or midwife are there to check in once in a while and to “catch” the baby, so don’t expect them to be there the whole time!

Don’t be surprised how much your body might change after child birth! Especially the first 24 hours, be prepared for some crazy hormone changes!



Choose the coming home outfit together! It is so exciting to bring your little one home for the first time! You don’t really get many chances to dress a newborn up, but this is one of them!
Have fun!



Discussion Points

- *Are you planning on having an epidural? Or open to the idea?*
- *Have you looked into Lamaze classes? Breathing is huge during labor!*
- *When have you decided to head to the hospital? 5- 7 minutes apart? Maybe a little closer together?*

Goal

Have the go bag ready by the end of the week! Having the go bag ready can help ease some of the jitters you may be getting! Look around online and ask friends about what is essential to have in your go bag for some ideas! There may be something simple you left off your list!