



Getting ready for childbirth

WHAT TO DO FIRST

- Choose where you want to have your baby.
- Choose a health care provider.

HOW TO GET READY

- Get regular prenatal care from your health care provider.
 - Follow your provider's advice.
 - Get answers for your questions.
- Read books on pregnancy and childbirth.
- Take a childbirth class, if you can.



CHILDBIRTH CLASSES DO THESE THINGS

- Tell you what happens when you give birth
- Show you and your partner (or other "coach") what to do during labor and delivery
- Help lessen the fear of giving birth
- Help explain what happens with a Cesarean section (C-section). Knowing what to expect is helpful when a C-section is planned. It is helpful, too, if it is not planned, but needs to be done for the safety of you and your baby.
- Teach you how to work with the natural birthing process. You can do this through:
 - Exercises that make the muscles used in childbirth stronger
 - Massage
 - Focusing the mind
 - Relaxing and breathing methods

You can find out about childbirth classes from:

- Your health care provider
- The maternity department of local hospitals
- Local education and public health programs
- Local March of Dimes