

MOM'S GUIDE TO CHILDBIRTH



PICK YOUR PROVIDER

Ask Questions

1. C-Section Rate
2. Where do you deliver?
3. Feelings on assisted delivery?
4. I want to.... how do you feel about that?

Tolerant Vs. Supportive



BIRTH TEAM

1. Doctor/Midwife
2. Doula
3. Chiropractor
4. Birth Photographer
5. Pelvic Floor Therapist



WHERE TO DELIVER

1. Hospital
2. Birth Center
3. Home
4. Anywhere you please



BIRTH PLAN

1. Induction
 2. Cervical Checks
 3. Monitoring
 4. Pain Relief
 5. Pushing Options
 6. Cord Cutting
- ** Much, much, more



PREPARING FOR D-DAY

1. Birth Class
2. Exercise
3. Proper Nutrition
4. Read 3 books on birth



AM I IN LABOR?

1. Consistent Contractions
2. Water Breaks
3. Lightening (Baby Drops)
4. Cervical Change
5. Bloody Show