

# TIPS

TO PREPARE YOURSELF

# FOR LABOR & CHILDBIRTH



Eat healthily and be physically active



Know the stages and signs of labor



Practice breathing and relaxation techniques



Arrange for a caregiver to look after your children/pets



Choose a birth plan and place to give birth



Prepare your hospital bag



Make arrangements at home to bring your baby



Speak to your doctor, if any concerns

Mom Junction

Source: [https://www.momjunction.com/articles/when-is-your-baby-likely-to-drop\\_00122073/](https://www.momjunction.com/articles/when-is-your-baby-likely-to-drop_00122073/)