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Childbirth: Preparing For The Unexpected

By Amy Thomas

Each year a large number of women give birth. Many of those women have been through the process before, but many are first time mothers. Whether or not you are a first time mother, it is advised that you prepare for the unexpected. The unexpected, when it comes to childbirth, is a quick birth that may result without the presence of a healthcare professional.

The first step in preparing for the unexpected is to realize that the unexpected could occur. Unfortunately, there are too many expectant mothers who rely on the assistance of a healthcare professional. While in most cases, a healthcare professional will be present for the birth of your child, it is not guaranteed. For that reason, you may want to make sure that you and those around you are prepared. This preparation often requires little or no effort and it can be done in as little as a few hours.

Most birthing center rooms are well cleaned. This cleanliness is important to the health of both you and your baby. Whether your baby is born in your home or in your vehicle, it is advised that the conditions be as clean as possible. For this reason, it is recommended that you have soap, water, and gloves on hand. Pillows, towels, and blankets are also recommended. While most of these supplies can already be found in your home, it is advised that you also carry them with you in your vehicle. Should you go into labor in your vehicle or at another location, you should have these important items on hand, otherwise they may be unavailable.

It may also be a good idea to purchase a number of books and other resources on at-home child births. For an affordable price, these materials can be purchased from most traditional book stores or online. Many of these resource guides could offer you and those around you assistance, especially if you are left alone with young children or those who are unfamiliar with the birthing process. Depending on the type of resources you obtain, you should be able to find detailed pictures of the birthing process as well as step by step delivery instructions.

In addition to the above mentioned preparation steps and tips, it may also be a wide idea to enroll in a birthing class. Most hospitals and Ob-Gyn offices host birthing classes. Many of these classes are available for free or a small fee and most are held at convenient times. Although most child birthing classes are designed to prepare you for delivery with a healthcare professional, you may find the

teachings valuable, especially if your baby comes sooner than expected.

Many mothers, once early childbirth begins, are automatically aware of the fact that they will be unable to make it the hospital or to their pre–assigned birthing center. If this is the case, it is still advised that you call for assistance. Although your intended delivery doctor may be unable to make it, it is likely that you will receive assistance from emergency workers. In the event that those emergency workers make it in time, they may also be able to assist in the delivery process. If they arrive after the birth, it is still advised that you and your newborn be transported to the hospital by the responding emergency workers.

As previously mentioned, there is a good chance that your baby will be delivered under the supervision of a qualified healthcare professional; however, it is advised that you still take the above mentioned precautionary measures. These measures are important, especially if you and your child are at risk for

a quick delivery. These risks may include previous instances of premature labor and the rapid delivery of a previous child.

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have many health topics including

<http://www.healthline.com/galecontent/childbirth–education>

How You Can Benefit From Childbirth Education

By Amy Thomas

Childbirth is amazing, but for those who are experiencing it for the first time, there may be a little bit of uncertainty. Whether are a first time mother or even if you have given birth in the past, it may be a good idea to take a childbirth education class. Childbirth education classes come in a wide variety of different formats. Many of these formats focus on pregnancy as a whole, while other focus solely on the birthing process. Whether you are interested in taking a specific class or not, it is advised that you obtain this important childbirth education information.

The first step in obtaining childbirth education information is to find a class nearby. A large number of hospitals, birthing centers, and non–profit organizations will offer pregnancy classes. If you are interested in finding these classes, it is advised that you speak to your pregnancy care provider. In the event that they are not hosting any birthing classes, they may be able to point you in the direction of someone who is. If you are concerned the cost of childbirth education classes, you are advised to examine the classes provided by your local non–profit organizations. Many times, these classes are

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available for free or for a reduced costs, especially to those with qualifying incomes.

Once you have found a facility or an organization that offers child birthing classes, you will need to determine when these classes will take place. Most childbirth education classes will take place on a weekly basis, while some may cram a number of classes all into one week. When searching for childbirth education information, you are advised to sign up for a class that is held at a convenient date and time. This will help to ensure that you will make it to all of your birthing classes. One missed class, depending on what you missed, may result in the inability to continue on.

As previously mentioned, childbirth classes come in a wide variety of different formats. If you are interested in taking a childbirth class, you are advised to familiarize yourself with these formats. A large number of healthcare facilities and non-profit organizations offer classes that focus solely on the birth of a child. These classes often teach valuable childbirth education information, such as preparing for delivery, managing labor pains, and much more. Although it is important to receive instructions and valuable information on the delivery process, you may also want to stay up-to-date on other common pregnancy issues. These issues may include, but should not be limited to sex and pregnancy, fetal development and growth, prenatal care, and breastfeeding.

All of the above mentioned childbirth education classes may not be available in your area; however, there is a good chance that a number of them are. If you were interested in taking an educational class on breast feeding, or other issue, but one was not available, you are still advised to familiarize yourself with this topic. In the event that you are granted limited access to childbirth education information, your primary care physician, certified nurse-midwife, or Ob-Gyn should be more than willing to offer you assistance. This assistance may include informational packets, brochures, and links to online resource guides.

The best way to obtain and absorb important childbirth information is to actually see and experience it first hand. That is why child birthing classes are in such demand. They not only provide you with valuable resources, but with informational videos, diagrams, and often detailed displays. This hands-on experience is difficult to find anywhere else, but, as previously mentioned, your physician may be able to provide you with suitable alternatives.

Healthline specializes in providing current

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