

Preparing for Childbirth

A satisfying childbirth experience requires a lot of work from both your mind and your body. The best way to make each birth experience the best possible is to be prepared. You can become prepared by learning what to expect during labor and delivery, including the medications and anesthesia used. Also, it is important to know about caring for the new baby. By knowing what to expect and how to respond, the prepared woman can overcome fear and frustration. The woman and her partner can then take an active part in the birth process. Fear is thought to be a factor in causing significant pain during childbirth. Reducing fear makes labor and delivery easier and the whole experience more enjoyable.

We feel the best way to prepare for childbirth is to take a series of classes. Unfortunately, there are many classes with different names, creating confusion. Besides the term "prepared childbirth" you may come across the terms "natural childbirth", "childbirth without fear", "childbirth without pain", "conditioning for childbirth", "Lamaze method", "childbirth and family life", and many more. All of these classes are directed toward education about and overcoming fear of childbirth.

Hospitals that permit the father or "coaches" in the delivery room usually require that the couple attend that hospital's or another organization's childbirth classes. You may have to find classes through another organization. To learn more about childbirth classes and locates classes in your area, check out this article on babycenter.com.