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10 Things to Know Before Birth

1. Want a 30% easier labor and delivery, research shows that the Webster Technique in Chiropractic helps to achieve this!
2. Have a clear picture of what you want your labor and delivery to look like, but be flexible.
3. Have a Doula to support you and advocate for your delivery desires.
4. Exercise through out pregnancy.
5. Figure out what the first couple months of new born and postpartum appointments will look like after delivery for you and your new born (what will be covered during those appointments so you can be prepared and ask any questions before that time to seek out what feels right for you and your growing family).
6. Spend some quiet time talking to your baby while pregnant and feeling them move and do it frequently.
7. Take a birthing class.
8. Have date nights prior to birth, they will be harder to come by after delivery.
9. Write a letter to the baby.
10. Eat better and ask what prenatal vitamins are important!

