

Month-9



Intro

Dear Mommy

You have spent several months in preparation of the day of your baby's birth. You have heard all kinds of suggestions; you have read all that there is to it; you have also probably seen a few birthing videos.

Yet, no words or descriptions can come close to the joy of bringing a brand new life into this world.

You have laboured a lot over the last few months, but the real labour of love that you will feel on your due date will be quite different and more special than anything that you have ever experienced!

You will feel pain in the process of birthing your baby, but each moment of it will prove to be worth it, once you hold your little darling for the very first time! Read on to find out what you can expect, at childbirth.

Get ready for the ride

Dear mommy,

The day of our first meeting is, now, closer than ever before. I hope your bags are packed and you are ready to go for the best ride of our lives. Yes mom, our journey to the hospital will be a crucial one and you don't want to be underprepared for it! So, make sure that you get all the ticks on the following checklist:

- Bathrobe and slippers
- Hair brush
- Toothbrush and toothpaste
- Something comfortable that you can wear
- Nursing bra, whose cups open for breast feeding.
- Nursing Gown
- Sanitary pads
- Baby clothes for me
- A light blanket and a warmer blanket

Before Reaching The Operation Theatre

Mom, even though you will be in a hurry to meet me, after-reaching the nursing home with your labour pain, there are certain protocols that need to be followed before you can be sent to the Operating Theatre. For instance, the nurse will:

- Measure your weight and blood pressure.
- Check the extent to which your cervix has dilated
- Time your contractions

All of these procedures will play a vital role in my successful birth. You can see if I am moving down by noticing the space between your breasts and abdomen. You will also experience the following, during lightening:

When To Call The Doctor

Mom, you will know that I am ready when:

- Your contractions get stronger or come more often when you walk
- You get contractions every 5 to minutes, for 1 hour
- Your water breaks.

Relief From Pain

Mom, I know that you are worried about the severity of your labour pain, but please don't be too anxious. Nature has equipped you to manage normal labour pain and many other mummies do well with simple breathing and relaxing exercises.

You may also seek the support of a close friend, family member or partner to make the process less painful and more bearable. However, I want the best for you. So, in case, this is not enough, feel free to avail the following options:

Pain Relief without Drugs: You may try massages, heat or cold therapies, hypnosis, reflexology, music and acupuncture to ease the pain of birthing me. Some hospitals also offer large bathtubs, since labouring in warm water eases and shortens the labour pain for many other moms-to-be. You may also find a shower helpful.

Epidural Block: Mom, this is a common type of relief from labour pain that most — but not all women — find helpful. An epidural leaves you alert, but unable to feel your contractions. However, be aware of side effects like:

- Failure to stand, walk or even get out of bed, during labour and for several hours after birth
- Inability to use the bathroom. You might need to have a small tube, called catheter, put in your bladder
- Need for constant blood pressure monitoring
- Fever that is caused by the drug. This symptom is probably a sign of infection, requiring extra tests and treatment for you and your baby
- Longer labour
- Shivering
- Nausea
- Backache that lasts well after birth

Episiotomy: In the past, this process of cutting the area between the vagina and rectum, to facilitate childbirth, was common among doctors. Mom, this sounds like a risky option. Thankfully, routine episiotomies are no longer recommended. However, an episiotomy may be called for, if:

- There is a scope for extensive vaginal tearing
- I appear in an abnormal position
- I need to be delivered quickly

Moving Around Frequently: Mom, even though you may find it inconvenient, it is very important to stretch and walk around, during labour. Be forthright and ask your nurse to remove the monitors, if and whenever you want to get up. During labour, push, as needed, from just about any position. In fact, your nurse might even suggest you to change your position, now and then, to make labour easier.

Getting A C-section

In certain situations, your doctor may schedule for a C-Section. This refers to a caesarean section, which will require a surgical incision into your abdomen and uterus, in order to deliver me. This may be also done in response to an unforeseen complication.

In case of a planned C-Section, your doctor will advise you of the procedure, in advance. However, if an unplanned C-Section is on the cards, it can cause harm to your and my health. Mom, I am worried. So, please request your doctor to discuss it with you and our family, before undertaking an unplanned C-Section.

Mommy, ease your mind! I'll be with you in this and we both will be fine