



HOW TO PREPARE FOR CHILDBIRTH

February 18, 2017 by [Kristin](#) — [Leave a Comment](#)

One of the hardest things you'll do as a mother is giving birth to your children. Childbirth is both physically and emotionally difficult, which is why you should do your best to prepare for it. If you're about to have your first child, here are a few tips you can use to help prepare for childbirth.

TAKE CHILDBIRTH CLASSES

One thing you should do in order to prepare for childbirth is to take childbirth classes. During these classes, you'll learn about what happens during labor, as well as relaxation techniques and positions that can make it easier. You'll also get to connect with other parents going through the same thing as you. This will give you a unique opportunity to learn about their labor experiences.

DISCUSS YOUR BIRTHING PLAN

Before you go into labor, you'll want to have your birthing plan in place. Talk to your significant other and your doctor about your wishes so that they can advocate for you during the pain of labor. This will give you peace of mind about the upcoming event, helping you better prepare for childbirth.

USE PERINEAL MASSAGING GEL

Although the previous two tips help you mentally prepare for childbirth, they don't help your body physically prepare for it. Using perineal massaging gel is the perfect way to prepare your body for the changes that will happen during labor. Perineal massaging gel will help relax the sensitive skin that easily tears during childbirth. This can help prevent tearing completely or can lessen the severity of the tear. If you find the right product, such as this [2-in-1 perineal massaging gel by BabyIt](#), you can also use it after labor to help promote health and healing.



ABOUT BABYIT FROM ISOLOVE

“ Using BabyIt during perineal massage helps to gently moisturize perineal tissues. BabyIt is isotonic – which means that BabyIt has a salt concentration that matches the salt levels of the cells in your perineum. Sexual lubricants suggested for perineal massage are hypertonic (with too high of a salt concentration relative to perineal tissues), and cause water to be sucked out of the cells of the perineum. This forced movement of water can change cell shape and biology, leading to irritation and tissue damage.

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