

# WEIS M-O-M-S Class #7

## Agenda:

- Briefly summarize and discuss content from last session.

## CLASS CONTENT

- Preparation for Labor
  - 'Nesting' behaviors
    - Prepare meals ahead
    - Wash all the baby's clothes
    - Set up the crib
    - Pack your bag for the hospital
    - Good ideas in BOM p. 33
  - Childbirth classes
  - Planning for labor
    - Transportation plan – route to hospital
    - Baby-sitter for other children
    - Support person (has the person(s) been to training)?
    - Birthing plan
    - Items to pack for hospital
  - Helpful to create lists
  - Communicate personal plans
  - Discuss questions posed in BOM manual p. 31
- Questions/concerns?

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