

0:34 my name is Kristen and I'm a first time mom to my daughter Stella who was born just two weeks ago.

0:10 my name is Lisa, my daughter Karen was born 5 months ago.

0:08 My name is Genna Campbell, my son Liam is 8 mo old.

(Kristen) 2:09 2nd trimester was easy breezy. I continued to run. Actually ran a half marathon at 5 months. That was totally cool. Regular activity. I scaled back running toward the 3rd trimester. But nothing overly, cravings or tiredness that I had in the 1st trimester. It was kind of easy going

(Lisa) 1:48 I would say, not a lot of changes, my energy level came back which was great. I really didn't experience any cravings or any of the things people experience. But my energy did come back, which is good.

(Genna) 2:10 second tri was much better. You're bigger. It's easier because everyone knows you're pregnant. You're not keeping that secret. You aren't as tired, appts were easy. You're not near enough to labor to worry, so it's kind of the sweet spot of pregnancy.

3:06 to me that was easier than before when no one quite knows if you're pregnant and they're afraid to say anything and it can be awkward in that first tri. The 2nd one's nice because you can talk about that.

0:13 my name is Michelle, I'm a labor and delivery nurse manager

2:15 they do a screening for gestational diabetes in the 2nd trimester. There are routine screenings that providers do. So that's another good reason to make sure that you're seeing your provider.

1:37 most often, the morning sickness tends to go away in the 2nd tri. Every woman is different; there are some who won't have morning sickness at all. There are some who'll experience it throughout. For the most part, the sickness subsides after that first tri. They often have more energy and their appetite returns in the 2nd tri as well.

[text: Aside from regular check-ups, what were you doing to prepare for your baby's arrival?]

(Kristen) 5:19 beforehand I went to a breast feeding class. It was an evening class I attended by myself. They give you a lot of great tips. One thing I learned there I wanted to do skin-to-skin with the baby. It helps you connect with the baby and helps regulate their heart rate and breathing. And then you get them to breastfeed within the first hours of their life. I did that and I think it strengthened the bond with my daughter. She's a great nurser she latches well. That really helped, it wasn't, what do I do now?

(Genna)3:49 I talked with my midwives a lot. They're really good about educating patients they answered all my questions. They gave me good resources like classes John, my husband and I could attend. And I took full advantage of all those opportunities because I knew nothing. All those educational pieces I was right on top of.

4:52 my husband and I went together, we spent the whole day on a Saturday learning about lamaz and pain options and how to care for a new born. That helped him because he had never been around babies before.

(Michelle) 0:30 Childbirth education really helps parents to be educated about the whole pregnancy and childbirth process. Pregnancy starts at the beginning. It's just information about being healthy and having a healthy pregnancy and then toward the end, info about what they should be concerned about and the actual labor and delivery process.

(Lisa) 6:13 I would say it's extremely important. In talking with the instructors and other moms there who are experienced, they play videos, and give you greater awareness of what to expect. They have tools and tricks to make labor and delivery easier.

(Michelle) 1:04 we do recommend our breast feeding class for parents who are planning to breast feed. That is the healthiest feeding for the child. Being educated about that and making sure you know what you need to know is recommended.

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