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Pregnancy

# 5 Things Moms Don't Expect from Labor and Birth



by **Judy Koutsky**

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Giving birth can be both exhilarating (baby's almost here!) and frightening (I can really get *all that* out of my vagina?) — with a number of surprises along the way (even for moms who've already been there, pushed that). Here, two experienced doulas, Brandi Jordan, from [thecradlecompany.com](https://www.thecradlecompany.com), and Giuditta Tornetta, from [joyinbirthing.com](https://www.joyinbirthing.com), talk about five things the many moms they've worked with don't always expect from the big day:

**READ: [Most Common Anesthetics Used for Childbirth](#)**

1. **The first time takes time...** First-time moms often don't expect to be in

labor a long time. Many women are surprised by just how long their first-time labor and delivery can last: It's not uncommon to last until 24 hours or even longer.

2. **...but the next time's quicker.** Ironically, lots of second-time moms who had a long labor the first time around are shocked to find the second baby comes fast and easy. While it's always best to labor at home for as long as possible, once those contractions start getting close, listen to your body telling you it's game time.
3. **Your doctor likely won't be there the whole time.** Many moms expect their doctor to be with them a good chunk of the way and are often surprised to see him or her there for only a short time (often [after advanced labor](#), only [once they start pushing](#)). [Having a doula present](#) ensures you have someone with you for the whole duration if you're looking for more one-on-one support through the whole process.
4. **You might not need drugs after all .** Among moms who are hoping to go drug-free, many are surprised that they are able to labor and deliver naturally. Time and time again we've heard moms talk about the sense of accomplishment they feel after bringing a new life into the world naturally — and how their body was able to do more than they ever thought possible.
5. **Your partner might get emotional (and you may too).** Many women are surprised to see their partners cry when the baby's born. It's such an emotional experience — a culmination of nine months of hopes, expectations, anxiety and joy — coming through in a single final moment. At the same time, many moms are surprised that they may feel depressed after birth. [Postpartum depression](#) is really common, and it's important to get support and find the resources you need to make sure both you and your baby are able to adjust.

**FOR YOU: [9 Natural Ways to Induce Labor](#)**

### 3 Things to Read Next:

- [What Really Happens During Labor](#)
- [Stages of Childbirth](#)
- [Natural Ways to Induce Labor](#)



**Written by Judy Koutsky**

Judy Koutsky is the former Editorial Director of KIWI magazine, a green parenting publication. She was also Executive Editor of Parenting.com, AOL Parent and BabyTalk.com. Her work has appeared in over 30 publications. Follow her on twitter [@JudyKoutsky](#).

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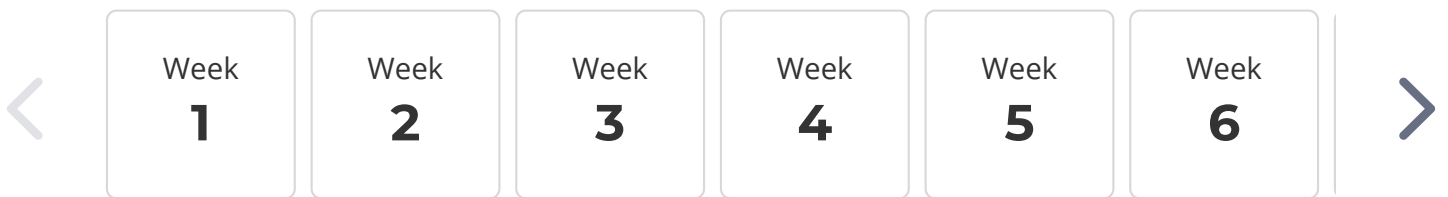
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