



LOAD YOUR MP3S FOR LABOR

Once you've compiled a long list of music that you want to have available during your labor, carting along all the compact disks seems like a hassle. This is where an iPod or MP3 player is a wonderful addition to the labor bag. It gives you a convenient way to carry all of your music, and it is sorted nicely as well.

If you plan to bring your iPod, be sure that it is loaded up with a specific play list for labor. This can be a great early project in the last few weeks of your pregnancy, maybe one night when you are having trouble sleeping. Make sure that you pack something to charge your iPod and both speakers and head phones so you can listen to the music in multiple ways.