

Preparation List for a Home Birth at My Office

I **do not** attend births **earlier than 36 weeks** (three exceptions have occurred due to circumstances) so if you go in to labor earlier than that I may have some suggestions to slow down or stop labor so be sure to call me. But if we have already tried everything then we will have to go in to the Hospital. Even though I am willing to attend an early birth 36 to before 38 weeks, our official contract says I am on call for you two weeks before your due date and two weeks after you have your baby. Unless previously discussed, arranged or there is an emergency. At which point I will have a back up Midwife on call for me. This means I may not be in the area at 36 wks, but usually I can quickly get a back up midwife but there is no guarantee.

Okay now about preparing for your birth ahead of time.

1. Pay attention to you environment. Come visit the office and ask questions. Try to envision what you may or may not want during the birth. The following are just suggestions.

To Bring

- Anything that will help you feel more relaxed and assist you during labor
- Focal point aids
- Candles, incense or calming scents
- Pick favorite calming, peaceful and alert essential oils
- Soft music CDs
- Poems or prayer books, words of affirmation printed or written down
- DVD player maybe early labor not negative or dramatic movies
- Cell phone

Not to Bring

- Television (movie in early labor maybe good) not negative or dramatic movies
- Computer
- Loud music
- Visiting family members (One well thought out friend or family member can be a blessing)
- Do not bring or invite pushy or worried people don't even give them this address please

What is available at the Home Office Birth?

- A Computer
- A DVD Player
- A CD Player
- Netflix Movies
- Pandora Music
- WiFi Pass Code
- Coffee and Sometimes a few snack items
- Menus to local Restaurants
- Birth ball and Squat bar

- 15 blue or green bed protector pads
- gloves
- Lubrication Gel
- Squirt bottle
- birthing gown and nursing gown
- baby cloths in case you forget
- 2 diapers for mom. If you need more of any of the above items you will need to buy them your self.

2. By two weeks before your delivery date I am officially on call please have the following ready and packed, As you get each thing just check off the box:

- Comfortable bathrobe night gown
- Two or Three pairs of socks or Slippers to use when you walk around during labor
- Two bras (nursing bras if you plan to breast-feed), Sports bra, nursing pads
- Several pairs of underpants, in case of blood stains
- sanitary pads
- Toothbrush, toothpaste, floss, Mints or breath strips to help alleviate nausea
- Comb, brush, curlers, and barrettes or ties for long hair
- Shampoo and conditioner, blow dryer, curling iron cosmetics
- Books, games or magazines
- Phone numbers of friends and family to call after the delivery
- Loose-fitting clothes and comfortable shoes to wear home always bring extra incase your water breaks on the way here.
- Baby shirt and sleeper
- Receiving blanket
- Diapers and wipes (may be provided)
- Pacifier (a type that has been agreed upon by you and your doctors)
- Heavy blanket, sweater, and hat if weather is cold.
- A car seat (in most states, it is against the law to hold the newborn baby in your lap while you are riding in a car). Try fitting this in your care before coming to the birth. Sometimes it takes a couple tries to figure out how
- May like essential oils on cloths
- Hand Mirror for watching the birth
- Lip balm.
- Good flashlight.
- Small bottle of olive oil.
- Ibuprofen for postpartum cramps
- Kleenex or Roll of toilet paper
- 1 thermometer for baby digital is fine
- bulb syringe for suctioning baby's nose and mouth
- 1 large bottle of Hydrogen Peroxide
- hard candy to help with a dry mouth

- Money for meals or snacks
- Change of clothes for dad
- Your favorite pillow or something that gives you comfort
- Baby book to put your baby's footprints in
- Birth preference checklist, How do you like to be calmed, or touched? How do you alleviate fear? Who will cut the cord? Who will help catch the baby? How much involvement does your partner or family member want to have?

3. If having a water birth

- A new water hose maybe garden or drinking quality water safe hose
- A fish net to remove debris in water
- a pool or tub Thermometer that can go up to 104° degrees (tub only needs to be 100°)
- 1 box of salt to halt bacteria in water
- Sports bra or sleeveless shirt, bathing suit top if wanted in water

4. Closer to the time of the birth.

- Be sure home is clean and free of clutter, especially in birth room
- Light food for labor like yogurt, soy milk, cheese, crackers, peanut butter, almond butter, honey,(good when mom is weak and needs a fast boost) (moms should eat every 5 hours even if it is only a few bites), Replacement meal drinks or bars (like Luna Bars, Boost, Ensure or Glucerna), Eggs, Bread for sandwiches, toast, Crackers, Soups and broths, Fresh fruit
- Teas, or fruit juice, frozen fruit or berries. Moms don't usually throw up very cold items. Recharge is especially good. Emergen-C drink, Frozen juice bars
- Liquid chlorophyll to quickly build blood postpartum especially if there was a lot of blood loss
- Car in good running condition with enough gas to transport

5. Optional things to have:

- Oil and/or cornstarch for massage.
- Disposable diapers for the first day or two of meconium.
- Camera with low light, fast film, and/or video recorder.
- Herbs for labor, birth, and after : ginger, raspberry leaf, Mother's wart, shepherd's purse, comfrey, squaw vine, I provide some herbs.

6. Call me between 9 am and 10 pm if you have the following signs of early labor. If these signs appear during the night, please wait until morning to let me know (unless I have told you otherwise).

- Loss of mucus plug. This is thick mucous, jelly-like and often blood-tinged. The loss of your mucous plug can occur 1-2 weeks before labor, but it is a sign that your cervix is starting to soften and dilate.
- If you start having cramping or contractions coming every so often consistently. I may come to check you, but I may not necessarily stay till the contractions come closer.

7. Call Immediately If.....

- If you think that you may have ruptured your membranes. This is indicated by water or any liquid coming from the vagina. Even if you are not sure give me a call. Note the amount the color and consistency of the fluid.

Of you feel that **some part of the baby or cord has washed down with the fluid** get in a Hands Knees position keeping your butt up high in the air and **Call 911 emergency**. Your baby's oxygen may be compromised. This is rare but serious occurrence.

- If you have bright red blood coming from the vagina. Spotting may be normal but flowing blood is not and may need to end in emergency transport.
- If you have a fever over 101F. And signs of infection
- When you want me to be with you for emotional support
- When your contractions are 3 min apart, and lasting 40-60 seconds if it is your first baby or 5 min apart, and lasting 40-60 seconds if this is a subsequent birth.

Texting IS NOT an appropriate way to contact your midwife in active labor.

Call Valerie Monterrey: Home and FAX: 814-864-5183 Cell 814-392-2277 alternate number 8174-392-3070 Always leave me a message at both numbers. Give me 40 min to get back to you, But usually it's not that long. If I am going to be out of range for any longer than that I will call you with my whereabouts. Calling on the cell phone seems to work better if you don't get a hold of me the first time leave a message and then call back and hang up as the missed calls get to me before voice messages. Texting **IS NOT** an appropriate way to contact your midwife in active labor.

Other Cell Back up Midwife Jen 814-602-0190 Joyce 814-218-0384

In an emergency If you cannot get a hold of anyone go to the hospital!