

Preparation List for a Home Birth

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. Try to envision what you may or may not want during the birth. The following are just suggestions.

To Have

- Candles or calming scents
- Low lights but a bright option too
- Soft music
- Poems or prayer books, Words of affirmation printed or written down
- Birth ball
- DVD player maybe early labor

Not to Have

- Television (movie in early labor maybe good)
- Computer
- Loud music
- Visiting family members (One well thought out friend or family member)
- Pushy or worried people

2. By three weeks before your delivery date please have the following ready in the birth room, As you get each thing just check off the box:

- Plastic covering for bed (shower curtain will work)
- Firm bed (plywood under the mattress for a saggy bed). A mattress or foam pad on the floor is fine.
- Two sets of clean sheets. Have one set made up under the plastic sheet so when the plastic and upper sheets are removed after the birth, you'll have the bed all made.
- 5 clean wash cloths. And a Crock Pot to heat them in.
- May like essential oils on cloths
- Space heater for the birth room if normal heating source can't quickly heat the room to 70 degrees.
- Crushed ice for eating during labor and perineal cold pack to reduce swelling after delivery.
- 4-8 clean Towels

- Hand Mirror for watching the birth
- Lip balm.
- 1-2 large (30 gal) plastic trash bags, and 4 Kitchen (15gal.) sized plastic bags. These are used for placentas, soiled laundry, trash like blue pads and gloves, vomit and feces and to protect pillows and other furniture. **2 Kitchen sized Garbage cans or laundry baskets** this is important to keeping our work area clean.
- Good flashlight.
- A wall clock with a second hand
- Small bottle of olive oil. Or Lubricating Gel
- Emergency numbers clearly posted by the phone with directions to the nearest hospital. Important. Phone number to the Hospital you want to transport to in case of an emergency.
- Ibuprofen for postpartum cramps
- Kleenex or Roll of toilet paper
- 1 thermometer for baby digital is fine
- Heating pad or hot water bottle
- bulb syringe for suctioning baby's nose and mouth
- 1 large bottle of Hydrogen Peroxide
- package of large peri pads (sprinkle water or comfrey tea on three of them put in a zip lock bags and freeze)
- A low sided metal bowl, or cake pan to catch the placenta in

3. If having a water birth

you should still have a bed close by and prepared as directed above. In the end water birth is not for everyone and as the time of birth gets closer you may decide to return to the bed or pool.

- Provide a bucket to remove cool water and bring new hot water.
- An adapter to your water faucet of your sink, shower or washer hook up to connect to the water hose
- A new water hose maybe garden or drinking 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

4. I provide

15 blue or green bed protector pads, gloves, Lubrication Gel, one Skirt bottle, and 2 diapers for mom. If you need more of any of the above items you will need to buy them yourself.

5. 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, fruit, soy milk, cheese, crackers, peanut butter, honey,(good when mom is weak and needs a fast boost) teas, ice cubes made from water, teas, or fruit juice, frozen fruit or berries. Moms don't usually throw up very cold items. Recharge is especially good. Emergen-C drink, liquid chlorophyll (moms should eat every 3-5 hours even if it is only a

few bites)

- Car in good running condition with enough gas to transport
- Change of cloths for mom and baby close to the birth environment
- Remember, your midwives and the birth team may be at your home for quite a while and need to eat too! Frozen meals, lunch meat, cheese, crackers, bread, yogurt, fruit, soup, bread and peanut butter and/or coffee etc, is fine. (you may wish to give this job to someone who is attending the birth),

6. 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.

7. 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.

8. 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.
- If you have bright red blood coming from the vagina
- If you have a fever over 101F.
- When you want me to be with you for emotional support
- When your contractions are 3 min apart if it is your first baby or 5 min apart if this is a subsequent birth.

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.

Other Cell Back up Midwife Jen 814-602-0190 or Jill 814-572-8956

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