

Preparation for BIRTH at the Mermaid Tales Birth Center

We are so pleased that you have chosen to use our birthing facility for the birth of your child! Let's go over a few things to help make your stay and your birth as easy and wonderful as you want it to be.

Please be aware that the facilities are for the birthing parents and the guests you invite. In compliance with HIPAA, medical information will not be shared to the waiting room in regards to your care or your baby, unless you give us direct permission to share that information.

If siblings are to attend the birth, we ask that you bring a care provider to look after them.

There is NO smoking at any time on the premises or grounds. Please ask those who smoke to find other, more suitable places to smoke.

It is possible that clinic appointments may be going on during regular working hours while you are in the birth center. We do not anticipate that this will interfere with your birth or postpartum.

Wheelchair accommodations are provided at the birth center.

LABOR AND BIRTH AT THE BIRTH CENTER:

Call when your labor has begun and if your water breaks, day or night. We will stay in contact as your labor progresses. It is preferable that a woman be in active labor before having them come to the birthing center. This usually means contractions are coming every 5 minutes are lasting 1 minute and have been doing that for 1 hour. Your birth team is there for you anytime and if you want to come to the birthing center, then you can.

When you arrive at the birth center, you should find the door open and a warm room to unload your personal items into.

Upon settling into the birth center, an assessment of your well-being and your labor will be made.

Comfort measures will be used throughout your labor. We are here to serve you and make your birthing experience everything you desire. Please do not hesitate to ask for anything.

The food provided for your labor and birth is strictly for only the mother and father. You may also bring in your own food, as a full kitchen is available to you anytime.

Other guests/siblings are free to bring food into the birthing clinic for themselves or go out for food.

There is a waiting area provided for those guests you do not want directly in the birthing suite. Your birth team will honor your wishes to have whomever you would like with you during your labor, birth and postpartum. At times, we may ask that guests or family member leave, if the situation calls for it.

During your birth, we may use "hot rags". These are cloth diapers placed in hot water and then wrung out. The hot diaper is then placed on your body, especially the low back, during labor. These hot applications are very soothing and all of our Moms love them! It's better than an epidural!

Receiving blankets and your towels are used to dry your baby off after birth. The receiving blankets are heated with a heating pad during your labor, so they are toasty warm for baby at birth.

Your Birth Team will support you during your entire labor and usually about 2 hours after the birth when everyone is stable. You are welcome to stay up to 8 hours at the birth center, unless another client is in labor, in which case you would then be moved to another room.

After your birth team officially leaves, we may check in on you from time to time. If a concern or urgent need arises, please call your birthing Midwife immediately by cell phone. An additional 24 hours of stay at the birth center may be available for \$200.

PREPARATION & PACKING LIST FOR THE BIRTH CENTER:

Around 36-37 weeks you should gather all of the items needed for your birth. These items, along with the items kept at the birth center, will be used to care for you during your birth.

For the labor and birth, a mother will want to have a robe and/or a nightgown. If you want to get in and out of the tub, it is a good idea to have 1-2 tops (nursing bras or swimsuit tops, like Bravado bras) for you to change into. Slippers or socks are nice too. If you are very private and wish to keep mostly clothed, you can find a great "birthing outfit/suit" at www.birthinbinsi.com. For after the birth, you should have a clean, easy access topped outfit, robe or nightgown to change into. Nursing night gowns can be found at Target or Motherhood Maternity, www.amazon.com and www.apeainthepod.com.

For your baby you should have diapers (size newborn or preemie, if you expect a baby under 7 lbs) and one prewashed outfit to put baby in. Naked babies are okay too, if you wish to keep your baby unclothed. A hat will be provided, but having more than one will help keep your baby toasty warm. Be sure to wash all your baby's clothes in a mild detergent before your baby wears them.

The last preparation for your birth is to relax. You have done the work of eating well, learning relaxation, walking, drinking lots of water, squatting, talking to your baby and visualizing a normal birth. No two births are exactly the same. Your Midwife team is there to guide you through this miracle and spiritual experience that only happens to us, as women, only a few times in our lives. As you are prepared, your baby is prepared and your Midwife team is prepared. We will come to you as soon as you say you need us. Always know you can call us anytime and for any reason. *We are looking forward to when you call us in labor!*

MOTHER'S ITEMS:

- Nightgown and/or robe for labor
- 2 laboring/birthing tops (ei: Bravado)
- Favorite pillow
- Special food(s) for labor or after the birth
- Toiletries, hair clips/ties & lip balm
- Nursing bras (1 that you should wear starting now and one that is 1-2 cup sizes bigger for when your milk comes in)
- Slippers and or socks
- Comfort tools (lotion/oil, music, movies, etc)
- Camera(s)
- List of phone # for after baby's birth
- Nursing outfit for after baby's birth

BABY ITEMS:

- Car seat
- Pre-washed outfit(s)
- 2-4 receiving blankets (pre-washed~ to take baby home)
- Diapers & Wipes
- 2 hand towels washed at home

HOME SUPPLIES:

- 20 overnight sanitary pads
- 20 medium flow sanitary pads
- Ibuprofen

LABOR AID DRINK (for energy)

- 6-12 lemons
- 1 bottle of honey