

## *PREPARATION FOR BIRTH*

Refer to your birth supply list (back page) to be sure you have gathered all of the items needed. These, along with your birth kit that has or will be given to you, should all be put in **one** place that is easy to get to. Many clients use a laundry basket.

About 2-3 weeks before your due week, take clean wash cloths, receiving blankets, sheets and bath towels. Place them in paper bags. Tape the bags closed and label them.

These can be freshly washed **or** be sterilized in your oven and then placed into the paper bags.

To sterilize them, put a few of the packaged paper bags in the center of a preheated oven at 320 degrees for 1 hour. Be sure to place a separate pan of water in the oven to prevent scorching of the bags.

When in early labor or when you feel that labor is imminent, make your birth bed. First strip your bed completely. Next put one of the sheet sets on the bed and tuck the flat sheet in. Then place one of the plastic covering over these sheets (the curtain can be found in your birth kit). This will ensure birth debris does not get onto this set of clean sheets. Now put the second sheet set over all of the bed covering. This second set of sheet will be the one that you labor and birth with. After the birth, we simply pull off the soiled sheets and the protective curtain liner and “VOILA” a fresh, clean bed underneath!

If your labor does not allow you to make your bed, no worries, it will be done for you by your Midwife team when they arrive.

Please note that no matter where you choose to birth, we will place you with your baby in bed to rest and get to know one another after the birth, so a clean bed is important for your birth.

Keep all the other birth kit items in the bag you were given for your Birth Team to use as needed.

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 (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](http://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](http://www.amazon.com) and [www.apeainthepod.com](http://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 in your birth kit, 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 large kettle is for heating water. During your birth, we may put cloth diapers in hot water and wring them out with the dishwashing gloves. 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!

The receiving blankets are used to dry your baby off after birth. They are heated with a heating pad during your labor, so they are toasty warm for baby at birth. They are changes frequently, as soon as they are damp or get cold, so they get used quickly. Please make sure the receiving blankets are washed too.

Be sure to have 4 – 5 trays of ice cubes or we can use your ice maker. Ice is used during the birth to cool the wash cloths and then the wash cloth is placed on your head, neck and face. It feels so good, especially to our underwater birthers!

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!*

## BIRTH SUPPLY ITEMS

- 6 hand towels
- 2 sheets sets
- 6 large bath towels
- 3-6 receiving blankets (pre-washed)
- 20 overnight sanitary pads
- 1 bottle unopened virgin olive oil
- 1 large kettle/pot
- 1 roll of paper towels
- 3 large kitchen garbage bags
- 20 medium flow sanitary pads
- 2 ziplock bags (placenta)
- Ice
- Bottle of bleach
- Bottle of hydrogen peroxide

## OPTIONAL LABOR AID DRINK (for energy)

- 6-12 lemons (12 lemons for first time birthers and for those known to labor long)
- 1 bottle of honey

## MOTHER'S ITEMS

- Nightgown and or robe for labor
- 2 laboring/birthing tops (ei: bravado)
- 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
- Nursing outfit for after baby's birth
- Ibuprofen
- Lip balm

## BABY ITEMS

- Pre-washed outfit
- Diapers
- Wipes

### **"Original" Birthday Celebration Meal:**

Breakfast: Eggs with cheese, hash browns, bacon & OJ

Lunch/Dinner: Spaghetti with ground turkey and marinara, veggie & garlic toast

Both meals come with a bottle of Martinelli's sparkling apple cider to celebrate!