

BIRTH CENTER SUPPLIES and PREPARATION SHEET

Please have the following items collected and ready to go at least 4 weeks prior to your due date:

- ◆ Keep at least a half-tank of gas in your car at all times.
- ◆ Your newborn car seat (should be installed in your car before you leave for the birth center)
- ◆ Slippers
- ◆ A clean night gown for after birth
- ◆ A loosely fitting clean set of clothes to go home in
- ◆ Shoes that you can go for a walk in
- ◆ Toiletries, esp. toothbrushes, toothpaste, hairbrush, shampoo, hair ties, and chapstick
- ◆ A 4-inch piece of fresh ginger root (keep in the fridge or freezer until you leave for the center)
- ◆ Clothes for the baby, 3 cotton stretch newborn hats, 2 receiving blankets, and a heavier blanket or sleeper for the way home
- ◆ Fluids: *Recharge* (an electrolyte drink available at the Coop, Ralph's Thriftway or Fred Meyer), juices, herbal teas, honey
- ◆ Plenty of food and snacks for yourself and your support people
- ◆ A change of clothes for your partner and other support people
- ◆ Your pink Postpartum Instructions sheet from your midwives
- ◆ Insurance information

Optional items to bring

- ◆ Comforting items, such as your favorite pillow(s) and blanket(s), photographs, special massage oil, music (CDs), etc.
- ◆ Homeopathic arnica tablets
- ◆ Camera & lots of film
- ◆ Swimsuit for partner, if wanted

To have ready at home

- ◆ Overnight maxi pads (24+ count)
- ◆ 3 days prepared food in your freezer (ask your friends or family for help with this)
- ◆ 1 digital thermometer that signals when finished (ear thermometers do not work well with infants)
- ◆ 1 small jar of calendula salve (available at our office) or Arbordoun's calendula cream (optional- ointment for nipple care)
- ◆ 3 packets of sitz bath herbs (available at our office, or "Marijke's After Birth Sitz Bath" available at Radiance pre-packaged)
- ◆ 3 whole fresh garlic bulbs (not just the cloves)
- ◆ 3 cups sea salt

REASONS TO CALL AT THE END OF YOUR PREGNANCY: *(Please post the dark green sheet "How to Reach Your Midwives" by your phone to reference full list)*

Before 37 weeks of pregnancy, please notify us right away if any of the following things occur:

- ◆ Menstrual - like cramps > 4 per hour
- ◆ Low menstrual back pain, different than postural back pain of pregnancy
- ◆ Bloody show or loss of mucous plug
- ◆ Leaking amniotic fluid, a gush or just a trickle
- ◆ Decreased frequency of fetal movement

After 37 weeks of pregnancy, call and page us if you are having the following:

- ◆ Firm regular contractions, less than 7 minutes apart
- ◆ Your membranes rupture- this may be a sudden gush or just a trickle- notify us either way within 5 minutes
- ◆ Baby stops moving for a long period of time, or moves less often
- ◆ You experience significant bleeding from the vagina
- ◆ During the day you may want to report any bloody show, diarrhea, and any other signs that may suggest that labor is imminent.

WHEN YOU ARE IN LABOR: Your midwife and you will have made a plan to meet at the birth center. Bring your to-go bag.

MAP TO THE TACOMA BIRTHING INN:

Click on this link to The Birthing Inn for a map and directions.

www.thebirthinginn.com

AFTER THE BIRTH: Make prior arrangements to have another adult stay with you for **at least** the 1st 24 hours. We strongly recommend bedrest for 3 days except for trips to the bathroom. Please read, and have everyone around you read, the pink postpartum information sheets well before your due date, and keep them handy for after birth to record findings and for reference.

IF THE BIRTH HAPPENS RAPIDLY...

Stay calm. Most sudden births are normal. Page the midwife again, to let her know the birth is imminent. Breathe deeply and let your whole body relax during contractions. Rest and go limp between. Do not bear down or push unless you have an uncontrollable urge to do so. Do not get into a bath. If you are in a bath, get out. You may breathe in short quick breaths to control the urge to push. Between contractions be sure to take full deep breaths to share oxygen with your baby. When the baby begins to appear in the birth opening -pant. Keep calm. Pour a little olive oil over the vagina. Breathe the baby out. Do not push. If the head is out and the shoulders are a little slow to come, move to hands and knees, and push the shoulders out. Never pull on the baby's head.

When the baby is born, bring the baby up onto your belly, dry the head and body. Cover your baby with warm blankets. Gently massage the baby's back while holding the head slightly lower than the rest of the body, allowing mucus to drain freely. Be careful not to pull on the cord. You also do not need to cut the cord.

Put the baby to your breast as soon as you are able. **Do not pull on the cord, nor massage your uterus;** the placenta will usually deliver spontaneously. You can get up into a squat to facilitate the birth of the placenta. **After it is out,** rub your belly until you feel your uterus contract. It should feel like a hard round grapefruit. If you are bleeding heavily, please call the pager service again.

You can clean yourself up a little, put on a pad, tuck yourself and your baby in under warm blankets, maintaining skin to skin contact, and nurse. Check your belly to make sure your uterus stays contracted. Drink some juice and eat something nourishing. Have someone stay with you until the midwife arrives.

PLEASE CALL AND PAGE US DAY OR NIGHT IF YOU NOTICE ANYTHING UNUSUAL OR IF YOU HAVE ANY QUESTIONS.