

Arrivals Birth Services

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Parent Preparations for Home Birth

The following preparations are suggestions to have in place by your 37th week of pregnancy.

Birth Plan: We will fully discuss your hopes, dreams and the reality of birth at the home visit at 36/37 weeks. If you would like to write up a birth plan, we would love to go over it with you.

Birth Kit: The birth kit will be delivered to you at the 36/37th week visit. If there are any special supplies you would like for your birth, the following websites are great sources of supplies.

Cascade Healthcare Products

www.1cascade.com

Birth With Love

www.birthwithlove.com

Birth Pool Set-Up (if applicable): A “dry run” assembling the birth pool is recommended as soon as you receive it. Make sure all the parts are there and in working order. This is the time to decide where you will set up the birth pool. For a water birth you will need the following (what we provide is marked with an asterisk): pool*, pump* (if the pool you use is inflatable), new hose (long enough to stretch from your shower head to the pool), shower-to-hose adaptor (ask, we usually have one available to loan), and aquarium fish net.

Medical/Hospital Back up: You may want to make arrangements with the physician or CNM you want for back up during labor and know which hospital he or she uses. You may also want to make arrangements for a care provider for your new baby. If you have insurance you may consider pre-registering at the hospital.

Supplies for the Master Bedroom:

Disposable Newborn diapers, 1 box (for use until the meconium is completely passed, even if you plan on using cloth diapers)

Baby's first clothes, freshly laundered (usually a diaper shirt and sleeper or gown).

Receiving blankets, 4-6, freshly laundered

Garbage can or bucket (waterproof, kitchen-type)

2 plastic garbage bags with ties to fit the can

Labor Comfort items, as desired

Photography equipment, if desired

Transport Information sheet completed and posted by the telephone

Bedding:

2 sets of sheets and pillowcases

2 washable blankets (not wool), freshly laundered

4 pillows (or more if you have them)

Preparing the Bed:

As soon as you suspect you may be in labor:

Make the bed with the set of clean sheets you want to use after the baby is born

Cover these sheets with a plastic sheet or shower curtain liner

Cover the plastic sheet with the sheets you want for labor

Place the pillows on the bed (2 with waterproof covers)

Place the blankets near the bed

Clear a dresser or table for the midwives' equipment

In the Bathroom:

Hydrogen Peroxide, 1 large bottle

Nursing nightgowns or t-shirts for postpartum, 1-2

Socks, heavy, for postpartum

Clean Towels, (as many as you have)

Tucks, 1 jar, if you have hemorrhoids

Washcloths, (as many as you have)

Attends/Depends Undergarments for first 2/3 days postpartum

In the Laundry Room:

Empty the washer and dryer when you begin labor. We sometimes use the dryer to heat blankets, and after the birth we wash the dirty sheets

Your regular laundry detergent

In the Kitchen:

4 - 6 quart pan, 1

2 - 4 quart plastic pitcher, empty

Electrolyte water (such as Smart Water or Vitamin Water)

Juices, tea and other drinks for you during labor and immediately postpartum. During labor non-acidic juices are best, but almost all postpartum moms want fresh orange juice.

2-4 cups of crushed ice

Easily digestible foods for you during labor like yogurt, cottage cheese, cheese, fruit, soups, 100% fruit juice Popsicles, frozen grapes, etc.

Food and drink for your partner and the midwives. Cold cuts and sliced cheese are simple.

In Your Car:

Full tank of gas (in case transport becomes necessary)

Other Considerations:

Children who are invited to attend your birth must have a person designated to supervise them. This should be that person's only responsibility and he/she needs to be willing to miss the birth if it becomes necessary.

A designated photographer who knows how to use the photography equipment other than your husband or the midwives.

Someone to prepare your meals for the first week after the birth

Someone to run your household for the first week after the birth (answer the phone, grocery shopping, house cleaning, laundry, errands, supervising older children, etc)

A list of the names and telephone numbers of the people you want to contact to announce the news

Suggested Comfort Items for Labor:

Candles, scented or unscented, matches or lighter

Eye glasses, if you normally wear contacts

Hair brush and other hair items such as scrunchies and/or clips

Hand fan (paper plates do nicely)

Lip balm

Music and player (select a variety, from soothing to energizing)

Toothbrush, toothpaste, and mouthwash

Affirmation cards

Heavy socks

Nightgowns, t-shirts, swim suit top or bra

List of other supplies:

Transport Information

(Post by the telephone in the birthing room by the 36th week of pregnancy)

Back-up Hospital:

Name: _____

Address: _____

Telephone # of Labor & Delivery: _____

Map from your home to hospital:

Back-up MD or CNM:

Name: _____

Telephone #: _____

Pediatrician or Baby's Care Provider:

Name: _____

Telephone #: _____

Mother's Information:

Name: _____

Age: ____ Gravida: ____ Para: ____ EDD: ____ # of Weeks: ____

Address: _____

Telephone #: _____

Names of the Nearest Major Intersection: _____ & _____

Ambulance # if you do not have 911 Service: _____