

## Preparing For Your Home Birth

**3-4 weeks prior to due date** order your birth supply kit and gather the following supplies:

2 large bottles of Hydrogen Peroxide	2 Kitchen size trash bags
1 bottle of Hibiclens 4oz.	6-8 washed bath towels
1 bottle of Rubbing Alcohol	4-6 clean washcloths
1 pkg. of overnight pads	4-6 washed receiving blankets
1 plastic shower curtain, to cover your mattress	Newborn diapers and washed NB gowns

**If planning a Water Birth you will also need:**

1 Non-Toxic water hose	2 large soup pot size pans
1 small size fish net	Several extra towels

Sterilizing your birth linens is **optional**. If you choose to sterilize this is done by placing your towels and washcloths in a brown paper bag marked "Towels", and the baby items in a bag marked "Baby". Secure the top of the bags with paper clips or tie closed. Place a pan of water in the oven to prevent scorching and bake each bag for 1 hour @ 250-degrees.

After gathering your supplies, store all the items together in one place until you go into labor.

Be aware that you will need to eat and drink throughout your labor. Have drinks available along with food and snacks that you may want to eat. High in protein and calories are suggested. It is a good idea to have a plan in place to keep your family, friends and birth team fed, as most labors cross at least one mealtime.

Check your camera and/or video equipment (batteries, etc.) if you want pictures of your baby's first hours.

### **Birth Day! What to do when you go into labor...**

Call when you think you are in labor, even in the middle of the night; a good percentage of moms begin their labor in the early morning hours. If you think your amniotic fluid is leaking, note the odor (if any) and color of the fluid and call right away. Signs that labor may be starting can include leaking or gushing fluid or contractions increasing in frequency, duration and strength.

Take a shower, or if you prefer, and your water has **not** broken, you may take a bath.

If your water has broken, wear a clean pad after your shower and begin taking your temperature every 4 hours that you are awake (keep a written log).

Straighten your birth area and remove any items that block pathways. We will use a table or dresser for our supplies and equipment.

Cover your bed with the plastic protector and make your bed with a clean set of sheets.

Prepare two upright trash containers lined with trash bags for use in the birth room. One is for paper and Throw away items and the other for soiled linens.

Have someone clean the bathroom you plan to use. Make sure the counter around the sink is clear of all personal items. We will be scrubbing our hands and cleaning up after the birth here.

Eat a meal and drink plenty of fluids (at least 8 ounces an hour). Keep yourself busy until your labor requires your full attention... and have a happy birth day!

**Midwives:**

**Jennifer Kelleher**

**210-771-0697 (Cell)**

**830-249-2352 (Home)**