

# { homebirth prep }

WITH

*OC Midwifery*





## SUPPLIES

Your Birth Kit - Purchase your birth kit from [www.simplybirth.com](http://www.simplybirth.com)

- 2 trays or cookie sheets for the instruments/supplies
- 1 medium-size bowl
- 1 gallon plastic pitcher with lid for herbal peri-wash
- Covered saucepans to prepare herbs for perineum care after birth and boil water for the birth tub
- At least 8 old bath towels if planning a waterbirth
- Food and liquids
- 4 - 6 lightweight receiving blankets for the birth
- Newborn-size diapers
- Extra Infant Cap/beanie
- Extension cord with two plugs for heating pads (have an outlet available or cord plugged in and ready for midwife)

**PLEASE HAVE THE FOLLOWING ITEMS IN YOUR HOME BY YOUR 36TH WEEK OF PREGNANCY. ALL SUPPLIES SHOULD BE KEPT IN ONE PLACE SUCH A STORAGE CONTAINER, SO THAT YOU CAN EASILY LOCATE THEM WHEN YOU GO INTO LABOR.**



## GENERAL TO DO'S

- Post emergency telephone numbers and map to the hospital on the fridge.
- Have a car seat installed in your car and know how to use it.
- If you have other children, be sure to have a special person that is charge of them. This person must be willing to be present at the time of the birth should the child wish to be there, and be willing to miss the birth should the child aren't interested. This is should not be your partner!

## WATERBIRTH INFO

If you select a Waterbirth Kit, you will receive a new, clean, and unused hose to fill the birth tub as well as the proper adaptors for either the faucet or shower depending on which one you order.

- **It is imperative you test the adaptor and make sure it is the correct fit prior to the birth.** It is very difficult to fill a tub with pans or buckets. YOU are responsible to find a hot water source. The water should be between 97-100 degrees while filling the birth tub.
- You will need an electric hand pump to blow up your birth tub with air. These can be found at Target or on Amazon.
- We do NOT recommend filling the birth tub with air before the birth. It is an easy target for animals and kids to “play” with and possibly pop it by accident. The birth tub blows up in less than 10 minutes and this is a good thing to do in your early labor.
- Your midwife will bring a sump-pump to your birth for easy emptying of the birth tub.



## WHAT TO DO WHEN LABOR STARTS

- Prepare your bed as follows: make your bed with sheets that you will sleep on AFTER the birth. On top of this, place waterproof protection for the mattress (there are two vinyl tarps included in your birth kit) On top of this, make your bed with sheets and any blankets that you don't mind getting soiled during the birth.
- Remove all nice bedding and pillow covers temporarily and place away from the birthing area so they don't get soiled during the labor, birth or immediate postpartum.
- Place your vinyl tarp under the birthing tub
- Connect your hose and be ready to fill the birth tub when your midwife says it is time;
- Put your large pots on the stove filled with water
- When you go into labor, keep the birthing room approximately 78° F.

### IMPORTANT PHONE NUMBERS

Lindsey 949-300-0291

Ashlee 714-261-1458

Courtney 949-533-3036