

Preparing for a Home Birth

1. Please have the following supplies clean and freshly laundered in large bags by your 36th week:
 - **Bag #1: “Sheets”**
 - a. 1-2 fitted sheets
 - b. 1-2 top sheets
 - c. 1-2 sets pillow cases
 - **Bag #2: “Towels”**
 - a. 6 – 8 OLD towels
 - b. 2 – 4 OLD wash cloths
 - **Bag #3: “Baby”**
 - a. 2 – 4 receiving blankets (washed, preferably ones that can laundered in hot water with bleach and peroxide, if needed)
 - b. 4 disposable diapers (optional, but please have on hand & near-by)
 - c. 4 OLD, wash cloths
 - d. 2 sets booties or socks
 - e. 2 sets t-shirts, onesies, sleepers, or simple outfits for baby after birth

NOTE: please wash any new baby items before placing in this bag.
2. Place bags of items described above in safe, clean place in room you plan to give birth, if possible, or at least where they can be easily found and accessed.
3. Purchase all required birth supplies (see list) and have in clean, packed container set aside with your bags described above by your 36th week.
4. You will also need two large containers that will hold large trash bags. One will be used for trash and the other for laundry. These two trash bags are part of your required supplies and should be kept with all supplies until needed. Examples of containers: large trash cans, boxes, large laundry baskets, etc.
5. On your supply list is a plastic mattress cover (or shower curtain). It is a good idea to put this on your mattress a couple of weeks prior to your due date IF you worry about your water breaking in the middle of the night – but – it will be hot and crinkly!
6. You may want to purchase more than the one required bottle of hydrogen peroxide to have on hand where you do laundry. Hydrogen peroxide is very effective in “bubbling” out blood stains left in sheets, towels, clothing, etc. during or after the birth.
7. Gather your baby’s supplies and have readily available in one central place so that you will not need to search for them those first few hours and days after the birth – see “bag #3” contents – this includes your thermometer, baby wipes, diapers, etc.
8. You will need to have food and drink in the house, both for yourself during labor and your partner. Buy food and drink that you are able to tolerate when you aren’t feeling well. Familiar comfort foods work best in labor. Have plenty of water and possibly a bottle or two of “Gatoraid” (or equivalent) to stay well-hydrated!
9. Have protein-rich food available for immediately after the birth. It’s important for you to have something to eat readily available because you WILL BE hungry!
10. Your midwives will need to stay hydrated, too! Please have some bottles of water on hand for us. We will greatly appreciate it!

What to do when you go into labor...

1. Call your midwife as soon as you think you are in labor. She will help you decide if it is time for her to come or not.
2. If you have not had a BM on this day, or simply feel like you will need an enema (not standard procedure!), now is the time to do it. It will be very uncomfortable if you wait until labor is more advanced. **NOTE: If you are planning a water birth or there is any possibility of your baby being born under water, it is HIGHLY recommended that you do a Fleet's Enema before you go into active labor!**
3. Take a shower or bath. You will want to be fresh and clean for the birth!
4. If your waters are broken, please put on a sterile sanitary pad. Avoid toilet paper from this point onward. Also, if you are having "bloody show", wearing a pad helps to observe this for quantity and changes.
5. Put a pan of water (2 – 4 quarts) covered with a lid on to boil. Boil 30 minutes. Leave lid in place, turn off stove and allow water to cool. This sterilized water will be used for warm compresses during the birth, if needed, cleaning you and your baby after the birth and/or for brewing the postpartum herbs that will be provided by your midwife.
6. Please tidy up the birth room(s). Remove any items, which block pathways. There will be several people moving around the room. Make space available on the floor and clear a table or dresser for the midwife's supplies and equipment.
7. Put plastic sheet or cover on your bed, if you haven't already done so. Make sure bed has clean set of sheets (use one from Bag #1, if necessary).
8. Prepare two containers with the two large kitchen trash bags and set aside for trash and laundry in the birth room.
9. Have someone clean your bathroom, if possible. Make sure the counter around the sink is clear and cleaned, as things will need to be scrubbed down and cleaned after the birth and the placenta will need to be examined near a sink. Place all hair brushes, toothbrushes, etc. away from sink area.
10. If you are in early labor – PLEASE EAT! Nutrition and hydration play a major role in the success of childbirth! Eat something high in protein for endurance and something high in carbohydrates for energy. Drink at least 8 ounces of fluid per hour – best are water and Gatoraid!
11. Keep your bladder empty. Urinate every hour, except when you are asleep.
12. Continue normal activities until your midwife arrives. If it's the middle of the night, try to sleep. If it's in the middle of the day, stay as active as you can per comfort level. Remember: conserve energy and drink plenty of fluids!

ENJOY YOUR LABOR AND BIRTH!

Robin Rabenschlag can be reached 24 hours a day at the following number:

Cell: 210-744-7734

(NOTE: if no response to call or text within 15 mins, please call alternate number given in her voice mail.
Robin may be in an area with limited cell reception for main cell number.)

Home Birth Supplies List

These supplies **MUST** be purchased/obtained by the 36th week of pregnancy and kept in a clean container in a safe place along with your prepared bags of laundry:

- 1 small bottle 50-70% rubbing alcohol
- 1-2 bottle(s) (16 oz or larger) hydrogen peroxide
- 1-2 roll(s) good-quality paper towels
- 1-2 roll(s) of toilet paper
- 2-3 (1 gal) zip-lock bags
- 2-3 large-size plastic (kitchen) trash bags (13-gallons or larger)
- Plastic mattress cover or inexpensive shower curtain for bed
- 1 dozen (or more) extra-absorbent, super sanitary pads (maxi pads)
- 1 small new, unopened tube KY Jelly (or equivalent)
- 1 digital thermometer
- 2 dozen plastic-backed bed underpads – large sized (approx. 23 x 36 inches – usually available at HEB, Walmart or similar retailer – also called “incontinent pads” and are usually green or pink in color)
- 1 small/medium pkg/approx. 1-dozen of “Depends” (or equivalent) – adult disposable briefs
- 1 small liquid hand soap with pump dispenser
- 1 small pkg ibuprofen – 200 mg tablets/caplets/gelcaps (Advil, Motrin or equivalent OTC generic brand)
- 1 small pkg stool softener – (Colace, Dulcolax or equivalent OTC generic brand)