

Homebirth Supplies

At least four weeks before your due date, you will need to purchase your birth kit, which includes basic supplies for a home delivery. Birth kits are available through Happy Mama Birth. You can order online at

<https://www.happymamabirth.com/online-store>.

If you are planning to use our birth tub, please order the optional birth tub liner.

You will also need to gather some additional items for the birth and early postpartum period. These items don't have to be sterile, but they should be washed and stored in a clean place until the day of the birth. The room where you plan to have your baby should be relatively clean, as should the bathtub, toilet, and sink. Please clear off a dresser or table top, or else have a card table available for us to lay out our equipment.

- 1 shower curtain liner (to protect your mattress)
- 1 box of large sanitary napkins
- 1 digital thermometer
- 1 roll of paper towels
- 4-6 pillows
- 6 or more large towels
- 6 or more washcloths
- 6 washed cotton receiving blankets
- newborn diapers and diaper covers
- washed cotton baby clothes and hat(for your baby to wear after the birth)
- a change of clothes for mom after the birth (nightgown, tee shirt...)
- 1 large cardboard box for garbage
- 2 large garbage bags
- 1 quart plastic container with lid for placenta, or two large new ziplock bags.
- Lip balm, hair ties, any other personal item you might want
- 1-4 quarts of unsweetened juice, coconut water or Recharge
- Lots of food for you and the birth team
- 1 new garden hose plus sink adapter (if you are using a birth tub) (Please do not use the grey colored one as it does not work with hot water)

How to contact your midwives:

On-call number: 503-395-4736

Adeline-503-753-6352

Alexandra-360-687-0800

Angela- 503-884-6451

If you are unable to reach anyone by using our on-call number, and you need to get a hold of one of us, please call our cell phones until you reach a midwife.

When to call us:

Please call the on-call number immediately (day or night) if any of the following occur.

1. You think your water broke.
2. If you are having strong contractions that you can not talk through and are less than 10 minutes apart.
3. If you are concerned about your health or the health of your baby for any reason.
4. If you feel you just need to talk with me. (We would much rather be awakened for a “false alarm” than to be awakened too late!)

Call us during the day at the same on-call number

1. If you have blood tinged mucous or discharge or you pass your mucous plug.
2. If you are having regular contractions
3. If you have diarrhea, vomiting, unusual backache or cramping.
4. Whenever you think labor is starting or if you are unsure it has started.

Please call during 9-5 on business days for questions that do not need immediate attention. Or feel free to email us at bbbmidwifery@gmail.com

What to Do in Early Labor

It is sometimes hard to determine when labor initially begins, and many women may experience a variety of symptoms of pre-labor for weeks before the birth. Some of these possible pre-labor signs include: lightening, engagement, increase in vaginal secretions, loss of the mucus plug, backache, cervical pressure and softening, effacement and dilation, achiness or congestion in the pelvis, PMS feelings, increased swelling or heaviness in the vulva, shooting pains or cramps in the upper legs, and digestive upset.

Contractions in pre-labor tend to stay the same length and intensity, and are reduced by a change in activity such as a warm bath or shower. Contractions in early labor will gradually increase in length, intensity and frequency. These contractions will not be reduced by a change in activity, though they might increase with it. These contractions are often accompanied by increasing backache, restlessness, or abdominal discomfort.

Call me when you experience the following:

- Blood tinged mucus discharge or loss of your mucus plug
- Either a sudden gush or noticeable leakage of fluids from the vagina
- Firm, regular contractions lasting 60-90 seconds
- Diarrhea, recurring backache, or cramping
- Whenever you feel that labor has begun- even if you are unsure

Things to do in early labor to prepare for the birth:

- Eat light foods if hungry
- Sleep if it is nighttime
- Drink lots of fluids
- Empty your bladder frequently, every 1-2 hours
- Take a warm shower or bath (shower only, if your water has broken)
- Gather all your birth supplies in one place
- Clear off a dresser or table top in the area where you plan to give birth
- Prepare your bed for the birth: strip down the bed and place a shower curtain liner over the mattress, make your bed with clean sheets that you don't mind becoming stained or soiled
- It is best to ignore contractions in early labor as long as possible. Rest and eat and drink, and conserve your energy for the birth and your newborn!

If Your Water Breaks Before Labor

Call immediately!

We will want to know the amount and color of the waters. The color may be clear, milky, golden, pink with little white flecks in it, or occasionally brown or green. Make note whether the water is coming out in a gush or a trickle.

Nearly 12% of all women rupture their membranes before labor begins. Of these, 88% will go into labor spontaneously within the next 24 hours. If your labor does not begin spontaneously within 24 hours, we will discuss natural ways to stimulate it. Please do not attempt to induce labor in any way before talking with me.

While you wait for your labor to begin, there are a number of things you need to do:

- Maintain strict cleanliness. **NOTHING** should go in the vagina; so no intercourse, oral sex, fingers, tampons, or douching. Wash your hands both before and after using the bathroom, and rinse off with a squeeze bottle of diluted betadine after using the toilet. No baths, but showers are encouraged
- It is best to go without underwear or pants. You may need to wear a pad, or a cloth diaper, if you continue to leak fluid. This should be changed for a clean one every time you go to the bathroom. Try to air out frequently.
- Drink lots of fluids, at least three quarts a day. Continue to eat well and take your vitamins.
- Take your temperature every 2-4 waking hours. If it goes above 99.0, notify me immediately.
- You can monitor your baby's activity level as you wait for labor to begin- it should remain normal.
- Get plenty of rest, and keep in touch!!