

At Home Birth Checklist

By Lauren Meir

- ☐ Midwife Must-Haves
 - ☐ Fetoscope or ultrasonic stethoscope
 - ☐ Sterile gloves
 - ☐ Gauze pads
 - ☐ Drop cloths
 - ☐ cotton hat for the baby
 - ☐ Pan for afterbirth
 - ☐ Thermometer
 - ☐ Oxygen for the baby if necessary
 - ☐ Tools for suturing tears
 - ☐ IV's for you, should you need additional fluids due to dehydration
 - ☐ Medication to slow/stop ;hemorrhage
- ☐ When to Consider At Home Birth
 - ☐ If you are having a healthy, problem-free pregnancy
 - ☐ If you want a more natural childbirth
 - ☐ If you want to be in the comfort of your own home
 - ☐ If you want to share the experience with family and friends
- ☐ When At Home Birth is Not Recommended
 - ☐ If you are at risk for preterm labor or have had preterm labor in the past
 - ☐ If you are a diabetic
 - ☐ If you have chronic high-blood pressure or toxemia/preeclampsia
 - ☐ If you have had or are having other complications
- ☐ Prepare for the Birth
 - ☐ Research midwife services and at-home births Be thorough in your research. Ask friends and health care professionals for recommendations.
 - ☐ Interview midwives to learn about their respective birthing philosophies and the services they provide.
 - ☐ Find out if your midwife works with a backup OBGYN.
 - ☐ Arrange to have your infant examined at the pediatrician's office 24 hours after the birth.
 - ☐ Have the name, location, and contact info for a nearby hospital should an emergency arise Likewise, pack a bag for the hospital, just in case.

- ☐ **Prepare a birthplan with your midwife team** Have this on hand for the birth, as well as any relevant medical information.
- ☐ **To Have at Home**
 - ☐ Make sure the birth room is clean, comfortable, and clear of clutter.
 - ☐ **The bed should have clean fresh sheets** At least 2 full sets of extra linens should be readily available.
 - ☐ Clean, comfortable clothes to birth in, as well as a change of clothes for after.
 - ☐ Maternity/sanitary napkins
 - ☐ Several pairs of underwear
 - ☐ Snacks and drinks for you and your partner or family members.
 - ☐ **Lots of Linens** You will need several sets of towels and washcloths in various sizes. Keep these in a large laundry basket or storage bin.
 - ☐ Your favorite beverages, including lots of bottled water.
 - ☐ **Clothes for the baby** This includes a onesie or t-shirt, a long-sleeved sleeper, footed pajamas, socks, cotton hats and 4-5 receiving blankets.
 - ☐ **Diapers** Include wipes and diaper rash cream.
- ☐ **Items for the Birth**
 - ☐ **The items provided by your midwife service varies** Be sure to go over the birth plan with your midwife team well in advance, and make a list of the items s/he is responsible for bringing.
 - ☐ Plastic or rubber sheeting to cover the bed and floors
 - ☐ Refuse sacks
 - ☐ A hot water bottle
 - ☐ Vinyl tablecloth to protect furniture and carpet from birth stains
 - ☐ A large flat brand new cookie sheet (to transport birthing supplies)
 - ☐ **Birth Kit** This includes a list of disposable supplies that need to be ordered.
- ☐ **Other Items You May Want (Or may be brought by your midwife)**
 - ☐ Pitcher or electric kettle
 - ☐ Large lidded pot
 - ☐ Herbal Remedies, teas or tinctures to provide added comfort or relieve pain.
 - ☐ **Small bottle of unopened olive oil** This can be used for massage and also to clean the birth fluids from your baby's skin.