

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.