At Home Birth Checklist

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# Tasks:

☐ **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 recomendations.*

☐ **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.*