

# Bundle of Joy Midwifery

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## Mother's List

- A. To protect bed from soil and to ensure efficiency and cleanliness, once labor begins, make delivery bed in following layers:
1. Make bed normally with fitted & flat sheet. Lay a large plastic sheet (a shower curtain works well) and cover with a fitted sheet. For the second layer, place a second plastic sheet or shower curtain, followed by another fitted sheet.
  2. Sheets maybe sterilized with a little bleach, then place in dryer for 20 minutes. When dry, immediately fold and put in plastic bag securely enclosed until labor begins.
- B. Please have two cleared flat surfaces available at time of birth.
- C. "Things to Have at Birth" Checklist:

- Order your Birth Kit at 32 - 34 weeks.
  -  ([www.babybirthandbeyond.com](http://www.babybirthandbeyond.com) kit no. 262 or [www.bundleofjoymidwifery.com](http://www.bundleofjoymidwifery.com) go to links page)
  -  Place birth kit in a closet or under a table until midwife arrives. Please DO NOT dismantle the kit.
- Two medium plastic bowls
- Two large pots
- A large kitchen trash can
- Baby's Needs: infant diaper; short T-shirt; long sleeved sleeper with snaps down the front, two receiving blankets; booties for feet.
- Food and sleeping area for 2-3 midwives
- Emergency suitcase with necessary items for quick transport to hospital

Place the following items in a laundry basket until midwife arrives:

- Five large towels
- Five washcloths
- Five hand towels
- Two large flannel backed table cloths
- Several small plastic grocery bags
- Thermometer (digital works faster)
- Heating pad
- One bottle of hydrogen peroxide
- One box non-sterile gloves, non-latex if allergic
- Chlorophyll or barley green Herbal sitz bath
- Natural body oil such as, (olive, virgin coconut, almond)
- Castor oil 4 oz

- A. The house should be reasonably clean, especially the bathroom, kitchen, and birthing area. It is preferred that no pets are in those areas at the time of birth.
- B. Discuss beforehand: vitamin K shots, ointment for the baby's eyes, immunizations, newborn screening and circumcision.
- C. Know the route to the nearest hospital in case of transport.
- D. Please set up a meet and greet with your chosen pediatrician and provide the contact information before the birth. If necessary, we may provide you with referrals, although we encourage you to find recommendations in your area.