

MATERIALS FOR HOMEBIRTH

Delivery Package (brought to you by the midwife)

- 5 incontinence-pads
- 1 delivery-pad
- 24 sterile sanitary pads
- 1 navel clip
- 15 sterile compresses
- 1 packet of cotton wool
- 2 disposable undergarments

For the mother:

- Large box or laundry basket (to keep all items together)
- Bed with mattress protector
- Loose and comfortable t-shirts
- Loose and comfortable underwear
- Hand and face towels
- Soap
- Source of warmth (22 - 25 °C) e.g. space heater
- Long extension cord
- Spot light or desk lamp
- 2 clean buckets
- 2 plastic liners for the buckets
- Glass or ceramic bowl (2L)
- Box of tissues/kleenex
- Floor mop
- 10 pieces of 30cm x 30cm cotton (tetra-towels)

- Plastic sheet to protect the floor
- Large flat dish for the placenta eg. an oven tray

For the baby:

- Large (preferably red) towel
- Onesie or body, pyjama, hat and socks
- Cushion/pillow
- Warm water bottle or cherry pits
- Diapers
- Electronic thermometer
- (Baby)bed
- Fennel tea

We will discuss:

- The ideal place for labour in your residence
- Parking facilities for two cars (midwife and assistant midwife)
- Suitcase, in case you need to go to hospital (toiletries, pyjamas, baby clothing, insurance documents, camera, etc....)
- Babysitting for your other children (please consider a variety of different scenarios i.e., day or night)
- List of important telephone numbers
- Vitamin K/D, Rhogam
- GBS-screening

When to call us?

- During the day:
 - If you have contractions.
 - If your membranes rupture.
 - If you have the feeling labour has started.
 - If you need us!
- During the night:
 - If your membranes rupture spontaneously and the amniotic fluid is not clear. Clear means: see-through, white, pink, or with white flakes. Not clear means: Brown or green. (It is possible that your contractions do not start immediately. Our advice: rest a bit until then and call us first thing in the morning.)
 - If you have contractions every 5 minutes and they last about 45 to 60 seconds.
 - If you need us!