

PARENTS' INFORMATION SHEET

Phone Calls and Emergencies:

Lisa Black

Cell Phone: 214-394-5687

Home: 972-569-9493

Birth Supplies:

At 35 weeks I will have you contact Jack Youngblood at www.inhishands.com to purchase a birth kit. This kit will contain all the supplies that I will need for the birth of your baby.

Items needed for birth at home:

- ❖ 6 - Large, Clean Bath Towels: These will be kept warm in a heating pad and used to cover the baby at birth. The towels will be replaced as they become cool, damp or soiled to keep the baby warm in the immediate Post Partum Period.
- ❖ 6 – 8 clean wash clothes: These will be kept warm/hot in a crock pot and applied to the bottom for perineal relief during the pushing stage.
- ❖ Crock Pot or Slow Cooker
- ❖ Juices, Recharge, Gatorade (rehydrating drinks)
- ❖ Light food for mom
- ❖ Two sets of clean sheets
- ❖ Plastic cover for mattress (or large plastic painted drop cloth)
- ❖ Pillows and pillowcases
- ❖ Baby clothes and blankets (wash all new and used items before using)
- ❖ Disposable newborn diapers (or cloth is preferred)
- ❖ Clean gowns or T-Shirts and socks (for mom)
- ❖ Flashlight and new batteries

Nice to have items:

- ❖ Camera and or camcorder
- ❖ Favorite Music
- ❖ Prepared food for after birth
- ❖ Candles, aromatherapy items, etc.
- ❖ List of phone numbers to call loved ones after birth

Preparing the birth room:

- ❖ All clothing items and bed and bath linens for the birth should be washed, dried, folded and placed in clean plastic bags and sealed tightly. Do this four weeks before your due date and store in a convenient place.
- ❖ Get all supplies/birth items ready one month before your due date.
- ❖ The birthing room should be clean and warm, have good lighting and the bed should be firm.

Practical Guidelines:

- ❖ Anyone attending the birth must bathe, wear clean clothes, and be free from communicable disease.
- ❖ No unrestrained pets in the house during the birth.
- ❖ No smoking in the home during labor, birth or postpartum. Preferable, never in the same room with the baby.
- ❖ If young children are to be present at your birth, have an adult there to care for their needs (someone other than your support person).
- ❖ When you go into labor you can make up the bed as follows:
 - ❖ Cover mattress with plastic cover
 - ❖ Cover mattress with one set of sheets
 - ❖ Completely cover the clean sheets/mattress with a plastic cover (this can be a fitted plastic cover, a painters plastic drop cloth, or plastic sheeting),
 - ❖ Cover plastic with the remaining sheet set (the top sheets are the birthing sheets).