

## AMS Home Birth Checklist

April 24, 2024

This checklist for a Home Birth is to be completed by the client's week 35 visit

Joan and Victoria's cell numbers must be in the client's and her labor support person's phone.

A pediatrician or family MD must be selected by the client and their midwife needs to be informed of this choice and provided with contact information.

The birth certificate questionnaire must be filled out in the client's chart documents.

An Acknowledgement of Paternity worksheet must be completed if the client is unmarried. It needs to list the midwife and the baby's father if they are to be on the birth certificate.

The midwife must be notified if vitamin K and/or erythromycin is desired for the baby. A prescription needs to be picked up for erythromycin at your local pharmacy, as well as one for mom for Cytotec for postpartum.

Also required are over the counter Ibuprofen in 200 mg tablets, Acetaminophen in 500 mg tablets, Docusate in a 100 mg dosage, and stool softener tablets for postpartum use.

A car seat must be installed in the client's car. Please visit [seatcheck.org](http://seatcheck.org) to review options for correct seat placements.

The client must schedule a meeting in week 36 and 37 for family members, their doula, and friends who will attend the birth. This is to review the birth routine and roles so everyone knows what to expect and to prepare them for a hospital transfer for mom or baby if necessary.

The client must prepare a clean flat surface for midwives to use to organize birth supplies.

Linen supplies must be gathered by the client, prepared in large paper or plastic bags, labeled as shown below, and set in the room to be used for labor/birth/postpartum. This needs to be completed by the 36-week midwife visit.

### BAG 1: Labeled Linens/Sheets

- Six of each bath towels, hand towels, and washcloths
- One set of sheets, two pillow cases, and a bathmat (or beach towel)
- Optional: swim top, swim trunks (for dad)
- Please note: towels, wash clothes, and hand towels do not need to be new but should be washed in a detergent that will not irritate a newborn's skin.
- Four large bottles of Hydrogen Peroxide in case of stains on sheets or towels, carpets, mattresses, pillows, etc

### BAG : 2 Labeled Mom

- Loose fitting outfits, socks, slippers, hair tie, robe, toiletries, nipple cream, chapstick, earbuds, and music if desired.

### BAG 3: Labeled Baby

- Cotton receiving blankets times six, diapers, baby wipes, baby thermometer.
- T-shirt or onesie, an outfit or socks, and a nightgown.
- Hat or bonnet.
- Purchase a birth kit from [www.inhishands.com](http://www.inhishands.com). To do so select Midwife Kits, enter Joan Doglio Smith, and review the items there. The client may get these things from another vendor but this site shows what is needed. If purchased elsewhere, place the items on the birth kit box when it arrives. If anything is out of stock please notify the midwife. Leave the kit sealed.
- If the client plans to use a birth pool they'll need to purchase a liner, have a water hose available (25 - 75ft in length depending on water source to be used), have an adapter for their shower head, and a fishnet and water thermometer from In His Hands.com.
- NOTE: If the client desires the use of a birth pool, we have La Bassine pools available to rent at \$150.00. Please notify Victoria or Joan by 36 weeks if interested. Please also see the La Bassine photo with dimensions in client chart docs and measure a space where it can be used with two feet of clearance around the pool.
- Prepare eight padsicles by taking large, OB sized pads or newborn diapers, soaking them in witch hazel or water, and placing them inside appropriately sized ziploc bags (or wrap well in Saran Wrap). Place in the freezer in an easily identifiable location and label as Padsicles. Make sure there is no alcohol in Witch Hazel! Ice packs are best bent gently to have a form fitting shape once semi frozen.

### Other Supplies:

- Two large trash cans/boxes (for trash and dirty laundry).
- A nail and hammer to hang IV fluids near bed, just in case.
- Also, a clean breast pump ready for use if you have one.
- One roll of paper towels, one packet unscented baby wipes (for birth), a medium sized crock pot or electric kettle (for heating washcloths for perineal relaxation), a bottle of Chlorine bleach, a flashlight or small desk lamp, and a heating pad for towels/baby blankets.
- Also, you can never have enough pillows!
- Labor support supplies such as a large Rice Sock, massager, lotion or oil.
- A Birth ball and/or Peanut ball.
- We recommend either yoga bricks or a squatty potty to put under feet when squatting or on the toilet.
- Favorite herbal teas such as Chamomile, mint, cinnamon, raspberry leaf and Nettles
- Peppermint, Lavender, Clary Sage essential oils if desired.
- Snacks: honey sticks, protein bars, Recharge (Several electrolyte replacement drinks like Gatorade). Please keep all non-perishable supplies together in the birth room.

- Perishable items to have on hand: yogurt, eggs, cheeses, bread, crackers, soups and broths, frozen juice bars, fresh fruit, juice, frozen or ready to bake meals for mom/dad.