



HOME BIRTH AT SUMMER STREET

Thank you for your interest in using Summer Street for your home birth. Chuck and Eileen are happy to provide this space for you. Please keep in mind the two things we are providing for you: birthing space and midwifery model maternity care. You are responsible for all of your basic needs- linens, food, clothing, and home birthing supplies. We ask that if you are using the space at Summer Street for the birth of your first baby to please choose an approved doula (list on our website).

- Expect to arrive into a clean, peaceful birthing space
- Expect to leave the space as you found it. A helper is required to assist you with this while you focus on your newborn
- Upon arrival the birth room bed will be made. Your doula will make the bed again on top with supplies you provide. This allows for an easy cleanup after the birth so you can quickly get snuggled into the clean sheets with your newborn.
- Once mother and baby are stable, they typically stay 2-4 hours to breastfeed and fall in love before going home
- Expect to bring all of your own home birth supplies
- The midwives will be equipped with medical supplies and emergency equipment if needed
- Expect to bring home dirty laundry
- You may use the Jacuzzi for laboring, but please plan to use the birth pool for water birth

SUPPLY LIST

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| <input type="checkbox"/> Trash bags | <input type="checkbox"/> 2 bags of "chux" disposable under pads, puppy pads are fine too |
| <input type="checkbox"/> 1 set of queen size sheets, 2 pillows with cases | <input type="checkbox"/> Flash light |
| <input type="checkbox"/> Queen size plastic mattress protector (shower curtain or vinyl table cloth) | <input type="checkbox"/> Toilette paper/tissues |
| <input type="checkbox"/> 6 wash clothes, 5 towels, 6 receiving blankets | <input type="checkbox"/> 2 large (gallon size) zip-lock bags |
| <input type="checkbox"/> Birth pool liner (\$35 through our office) | <input type="checkbox"/> Arnica, red raspberry leaf tea, ibuprofen or other for cramp relief after the birth |
| <input type="checkbox"/> Bring meals for you and your support team and easy labor snacks. You will have access to the fridge, stove, and kitchen as needed, and your specially trained doula will be familiar with the space. | <input type="checkbox"/> Camera |
| <input type="checkbox"/> Olive Oil- small, unopened bottle for perineal massage | <input type="checkbox"/> Clothes for yourself and baby |
| <input type="checkbox"/> 4x4 gauze pads- 1box | <input type="checkbox"/> Diapers (consider cloth, but disposables for meconium) |
| <input type="checkbox"/> Thermometer | <input type="checkbox"/> Sanitary pads- Large over night size, postpartum, post surgery, or depends. Consider using cloth pads or make your own out of old t-shirts. |
| <input type="checkbox"/> Bendable straws/sports bottle | <input type="checkbox"/> Postpartum care plan. Who will help mother and baby in the days and weeks after the birth? Who will help if you transfer to the hospital (care for older children, dogs or other responsibilities)? |
| <input type="checkbox"/> Peri wash bottle, or squeeze top sports drink bottle | <input type="checkbox"/> Be sure you have the on call midwife cell phone number and pediatricians numbers readily available |
| <input type="checkbox"/> Witch Hazel (avoid added alcohol, try Theyers brand) | |
| <input type="checkbox"/> Bleach and/or hydrogen peroxide for clean up | |