

Birth Team Duties Before Birth

Are you trying to figure out what to do, now that she is *really* in labor? Let me help!

- **Make the bed.**
 1. Put after birth cozy, pretty sheets on the bed as usual, fitted and then flat.
 2. Cover with waterproof covering (lay shower curtain over to protect this layer of sheets)
 3. Put second set of sheets over plastic covering.
 4. Protect any favorite pillows from water damage by covering with plastic bags and then a pillowcase. Have extra clean pillowcases handy for after birth.
- **Start making the herbal bath**
 1. Fill the dutch oven or stock pot with water and bring it to a rolling boil.
 2. Fill the knee high stockings with herbs for the bath, if not done already. There are enough herbs for three stockings. (2 separate baths can be prepared for each set of herbs)
 3. Turn off the heat for the water.
 4. Put one stocking of herbs in the water, if for some reason no stocking is available, just dump herbs in (you can strain them later)
 5. Leave on stovetop, covered, and enjoy the fragrance
- **Clear off dresser or nearby tables for midwife's equipment.**
- **Make sure mom has plenty to eat and drink. at least 6 oz fluid every hour.**
- **Scrub and clean tub for after birth herbal bath**
- **Bring garbage can and laundry tub into the birthing room.**
- **Have extension cords handy, plugged in near bed in birthing room.**

Birth Team Duties After the Birth

- **Keep room quiet and calm so the baby is not frightened and can hear its mother's greetings.**
- **Prepare the herbal bath-**
 1. In a clean tub, rip the iodine sponge off of the scrub brush provided in the ordered birth kit. The scrub brush is used to clean baby's hair.
 2. Wipe down base and sides of tub with this sponge.
 3. Rinse with water.
 4. Fill the tub with warm water, pour entire pot of herbal water in. Strain herbs through a paper towel in a colander if stockings were not used to contain herbs. Remember that the baby is coming in, too, while choosing the temperature. Fill a peri bottle with water from the tub before mom gets in, and set it by the toilet. You can use the used herbs for a second bath, which you can start preparing now.
- **Strip birthing sheets off of bed while mom is in her bath.**
- **Start laundry. Do a cool rinse first, and then a regular wash, for soiled linens.**
- **Double bag or bury placental, after midwife has examined it.**
- **Prepare a meal for the new parents.**