

PARENT HOMEBIRTH HANDBOOK



HomeBirth Midwifery Parent Handbook

WELCOME!

This handbook has been prepared to introduce you to our homebirth practice. If you have any questions, please ask. Thank you for choosing to have your baby with us. We are sure we will have a fulfilling journey together!!

PHILOSOPHY

This practice affirms pregnancy and birth as a creative unique process. We trust that birth works, and we trust that a woman is capable in fulfilling her birthright. We, provide freedom for a woman to choose her care, birth in her own time and at her own pace. We as care providers facilitate this process, providing safe, highly individualized and sensitive care to meet the needs and expectations of our clients. We work together in partnership to this end. Emphasis is placed on an outcome that satisfies both the emotional and spiritual needs, as well as the obvious physical one.

POLICIES

As all normal healthy women have the right to birth at home, midwifery has an obligation to make birth as safe as possible.

Only low risk women may be accepted for midwifery care. If risk factors or deviations from normal arise, appropriate consultation, collaborative management, or referrals will be made. Please refer to the Guidelines for Practice.

CLIENT ENROLLMENT/SELECTION

Just as clients have high expectations of their caregivers, we have requirements of our clients. They are as follows:

Women interested in homebirth must meet the criteria of history and physical examination as delineated in the guidelines:

- Informed Consent and the Plan for Consultation, Collaboration and Transfer must be read and signed. Any questions, changes, etc. may be discussed at any time during this process
- Be in partnership with the midwives and take responsibility for their birth preparations
- Commitment to principles of good health, including:
 - Acceptance of vitamin, iron, or herbal regimen when advised
 - No drugs or alcohol
 - An effort to cease or cut down smoking
 - No smoking by support people during labor
- Participation in childbirth preparation classes (referrals available) for new parents
- First time mothers have a Doula
- Postpartum support at home - family, friend or Doula.
- Responsibility for your financial obligation.

BIRTH PREPARATION

- Please arrange for care/supervision of other children, even if you plan to include them at the birth.
- Your bathroom and (anticipated) birth room must be clean.
- Bed Prep – Make your bed as usual, (use top and bottom sheets that you would like to be in after the baby is born) then place the plastic table cloth (cloth side up), over those sheets, remember to let it drape over the sides. Over all this goes a clean fitted bottom sheet, one you don't really care for.
- Have birth supplies ready before your 36 week visit
- Prepare Witch Hazel Pads – see parent handbook
- Have Laborade ingredients on hand
- Shop for food and keep a supply from 37 weeks on
- You must have a means of transport in case of a non-emergency transfer (Uber/Taxi OK)

Food and Drink Suggestions:

- A MUST: Energy drinks such as 'laborade' (recipe provided) and Coconut water. Other options are Recharger, Vitamin Water or and other energy drinks. Also please research 'Gu' on Amazon its an electrolyte supplement.
- Comfort food that makes you feel good – oxytocin producer!!
- Ingredients for smoothies: milk or almond/rice milk, protein powder, ice cream, yogurt, etc. Plus a variety of favorite fruits especially bananas
- Miso Soup or Bone Broth is a nice salty change that has protein
- Red Raspberry Leaf infusion is nice to have on hand
- Other Fruit Juices
- Easily prepared food on hand, for everybody ie; peanut butter & jelly, fruits, cheese, munching veggies etc.
- We are coffee drinkers, so please, have coffee and half and half provided. Thanks

BIRTH SUPPLY SHOPPING LIST

Birth Kit - www.birthwithlove.com - Go to 'Birth Kits' on the left menu bar, then go to initial 'P' for my last name to get the list of the supplies. Birth with Love also has a low cost Birth Pool on the list.

Birth Pool **Accessories** - you have to purchase a hose, faucet adaptor and any other accessories from either www.birthwithlove.com or Use discount code 'AwesomeMom' for yourwaterbirth.com

Birth Essentials Kit - Purchased through us it contains:

Cord Care Powder - for drying the cord.

Calendula Oil - for warm water/oil for compresses at birth.

Arnica200c - for pain, bruising and general healing.

Calendula Homeopathic Essence - added to your peri bottle its soothing and healing.

Red Raspberry Leaf Herb - Uterine toner to assist in early labor

Please Note: Some of these items below are available on our [Amazon list](#) , or you can purchase them locally.

- Large bottle of Witch Hazel - to make postpartum pads
- Large bottle of Peroxide for laundry bloodstains
- Roll of paper towel
- 2 Plastic felt-backed large picnic table cloths to protect your bed
- (3 if you planning a water birth)
- 2 Outdoor black garbage bags - one for garbage and one for laundry
- Medium size garbage receptacle
- 2 - 1 Gallon size Ziploc plastic bag -for the placenta
- 4 Clean bath towels and a few wash cloths
- 1 Bottom bed sheet (one that you don't really care for)
- Some washed baby blankets
- Washed baby clothes and diapers
- A few bottles of spring water – 8 or 24 oz size OK
- 1 Package of S/M Depend Silhouette Briefs for Women - they are very useful in avoiding leaking on your bed linens etc.
- Package of baby wipes
- A Small package of newborn disposable diapers even if your planning on using cloth later on for sticky meconium poops
- Large pot for warm compresses

Nice to Have on Hand:

- Crock Pot alternative to large pot for compresses
- Candles
- Selection of Relaxing Music
- Many Pillows
- Birth Ball
- Small Space Heater - if you don't have control of your heat

CONTACT INFO

Valeriana 845. 641. 4527
email - valerianapm@gmail.com

HOURS:

Monday	11:30a – 9:00p	NYC office
Wednesday or Thursday	Home Visits	
Thursday	10:00a – 8:00p	Chestnut Ridge
Friday	9:00a - noon	Chestnut Ridge

ADDRESSES: 611 Broadway NY (corner of Houston)
suite 804, waiting room 814
75 Williams Road Chestnut Ridge, NY 10977

OFFICE: 845. 426. 4686
Fax - 866. 886. 5803

Office Manager - Willy, makes all appointments, faxes prescriptions for lab tests and ultrasounds, deals with all insurance matters, receives payments, does billing and all other business items you may have. She had three homebirths with me and is familiar with many of your questions and preparations. She prefers her private email willyksullivan@gmail.com

General Email - info@homebirthmidwifery.com

CONTACTING US - HOW AND WHEN

EMERGENCIES / MEDICAL / OBSTETRICAL CONCERNS:

I will receive your texts or phone calls with complaints of illnesses, signs of labor, or any other medical / obstetrical problems or concerns. These concerns must not be emailed as they may require prompt attention. Please reserve contacting me in this way for pressing concerns, medical or health issues, ONLY.

NON-MEDICAL AND OBSTETRICAL QUESTIONS OR CONCERNS:

Often many questions can wait for our next visit so please save these for then.

For concerns that need attention sooner than later please email me at valerianapm@gmail.com I usually will answer by 12-24 hrs. the next Please don't send me messages through Maternity Neighborhood. I do not get notified that you have posted a message.

LAB TEST / ULTRASOUNDS ETC:

I will review these and post them to 'Files' on Maternity Neighborhood. You will be notified that something has been posted. If there is a result that needs to be discussed I will email or text you.

WILLY:

Willy is the office manager, she makes and changes all appointments, faxes prescriptions for lab tests and ultrasounds, deals with all insurance matters, receives payments, does the billing and all other business matters.

Please email her at willyksullivan@gmail.com

A NOTE ABOUT TEXTING:

Texting can become very overwhelming! Please refrain from texting unless it is a **medical concern** or the text has been initiated by me. However, if you need to communicate a message right away, for instance, if you can't make an appointment or will be late, do not hesitate. Thank you for understanding.

IF YOU ARE IN LABOR OR HAVING AN OBSTETRICAL/MEDICAL EMERGENCY:

DURING THE DAY - TEXT AND/THEN CALL ME. PLEASE CALL BACK IN 10 MIN IF YOU GET MY VOICE MAIL.

AT NIGHT - **ALWAYS CALL DO NOT TEXT ME.** WE WILL TALK ABOUT THE DETAILS ABOUT WHEN TO CALL AROUND 36 WEEKS.

IF I AM AT A BIRTH AND HAVE TO CANCEL OFFICE HOURS I WILL CONTACT YOU BY PHONE, TEXT AND EMAIL. PLEASE CHECK FOR ANY MESSAGES BEFORE YOU LEAVE FOR YOUR VISIT.

PREPARING FROZEN WITCH HAZEL PADS

In your birth kit, you will find a package of sanitary napkins wrapped in plastic. This seems to be the easiest way:

You will need to make about

8 Sanitary napkins (not the large pink pads)
2 – 1 Gallon zip lock bags

Take 8 pads out, unwrap and unfold them
Place 4 into each of the 1 gallon size ziploc bag (you will make two bags)
Pour a 1/2 of a large bottle of witch hazel into each bag saturating each pad thoroughly. Make sure they have room to expand. Then put into the freezer.

LABORADE RECIPIE

1/3C fresh lemon juice
1/3C honey
1/4tsp salt
1/4tsp baking soda

Calcium/Magnesium - The product CALMS its a powder available on the Amazon list, Vitamin Shop or Whole Foods. Use according to the label proportionately to the amount you are making. We suggest the Lemon Raspberry flavor (the only flavor that seems to be tasty)

Add enough water to make 2 quarts.

You can also add fruit juice of your preference to take the place of some of the water. Experiment and change it up to avoid boredom.

PREPARING HERBAL INFUSIONS

1 TBS of herb
8 ounces of boiling water in a Mason/Ball type canning jar

Put herb into the jar and fill with boiling water to the top. Cover and let stand for 8 hrs. Drink liberally throughout the day, either warm or cold. If you don't like the taste you can put a tea bag of pregnancy tea, peppermint, lemon balm or what ever you like as well.

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CHECKLIST

There is always paper work! Please complete it as soon as you can so its over and done with! Maternity Neighborhood (MN) is the Electronic Medical Record site we use. Willy will invite you on and give you instructions when you register with us how to upload the paper work from the login page on HomebirthMidwifery.com login **PW: AwesomeMom**

PRIOR TO YOUR FIRST VISIT:

- **Most Important - Please read Parent Handbook**
- **Upload Registration and Financial Forms ASAP - email Willy when you upload them.**
- Send Deposit to Willy - [552 Route 9W Piermont, NY 10968](https://www.google.com/maps/place/552+Route+9W,+Piermont,+NY+10968)
- If you are transferring care please request your record from your previous provider and have them faxed to 866.886.5803
- Please fill in the 'Forms' on Maternity Neighborhood
- Upload the rest the paperwork
 - Notice of Private Policies
 - Informed Consent
 - Plan for Consultation, Collaboration and Transfer
 - Personal Worksheet, (not necessary for returning clients)

FIRST VISIT:

- Red Folder given
- Nutrition, Supplements, Fitness & Wellbeing - optional, food log is very useful & helpful
- Birth Certificate - Please complete - NYC client please upload to MN
- Prenatal Testing Options

First time Moms

- Childbirth Education
- Doula

24- 28 WEEKS:

- Discuss Glucose Screening & Prep Diet
- Discuss Vitamin K Neonatal Administration

32-34 WEEKS:

- Discuss GBS, Complications/ Transfer, please upload your 'In Case of a Transfer Plan'
- Purchase Birth Kit - link on website login
- Purchase supplies from the Shopping List in the Parent Handbook
- Schedule home visit - If you have a Doula it would be nice if she could join us
- Choose a Pediatrician
- If applicable make final payment as per financial obligation

36 WEEKS:

- Have all supplies purchased prior to your Homevisit.
- GBS testing
- Discuss, The Fourth Trimester Philosophy, Postpartum visits and Postpartum info in the Red Folder, Newborn Screen and review any additional questions about transfer.