

Home Birth List

Good cell phone reception or a landline phone is needed

Baby check area (near birth area)

- Good lighting
- Heater to warm the area quickly if needed (a fan heater is good)
- 2-3 soft towels to wrap around baby at birth (white or lighter colours and not your favourite)
- Hot water bottle (to keep the wrap towels warm)
- Muka tie if using

Birth Space

- 4-8 old towels (possibly some for the floor) – additional to the those above
- Rubbish bin or bucket and hamper (for rubbish and laundry)
- Container for placenta (any 1-2 litre container/bowl eg. Ice cream container)
- A little space for gear like gloves, torch, written notes, gel etc
- Water-proofing for the floor with a non-slip top (eg tarp with sheet/yoga mat on top)
- Soft kneeling area (eg double layer yoga mat)
- Birth pool if wanting it (with gas hot water supply or big pots to heat water in)
- Maternity/sanitary pads
- Tissues
- Various bowls/containers for cold cloths, hot cloths and vomit
- Face cloths/flannels (approx 9, 3 for face and 6 for perineum)

For just after birth (or if needed for transfer)

Put these things in a laundry basket or similar, so anyone can grab them for you

Baby

- Nappy
- Hat
- 2 blankets
- Car seat (transfer only)

Mum

- Big warm blanket (not your favourite)
- Maternity/sanitary pads
- Spacious undies
- A robe or nightie/long tee

For transfer

- Set of clothes for baby (include, hat, socks, singlet and outer layer)
- Set of clothes for mum
- Blanket for baby
- Spare undies for mum
- List of toiletries for someone to grab
- List of medications for someone to grab (eg ventolin)

Other needs/considerations

- You will need more towels for showers in labour and after birth
- You will likely be hungry after giving birth.

Indications for transfer (as per WDHG home birth guidelines)

- Maternal request
- Fetal distress (heart rate or meconium)
- Reduced/absent fetal movements
- Pyrexia of unknown origin
- Prolonged rupture of membranes
- Antepartum haemorrhage
- Failure to progress in 1st or 2nd stage
- Malpresentation eg breech or transverse
- Cord presentation
- Postpartum haemorrhage
- Retained placenta/incomplete placenta
- 3rd or 4th degree tear
- Low neonatal apgar scores
- Meconium exposed neonate
- Neonatal respiratory distress
- Neonatal pyrexia or hypothermia
- Neonatal congenital abnormality requiring review

We can discuss these transfer guidelines more at your birth plan appointment

Antenatal Home Visit

At around 37 weeks we have an antenatal appointment at your home. We make every effort to have the back midwife attend too. It helps us if we know where we are going in advance and we can also get an idea about where to set up our gear on the day.