



BABY COMING BEFORE THE MIDWIFE BIRTH INSTRUCTIONS

Post these instructions in a prominent place (like your fridge) and become thoroughly familiar with them. These instructions are primarily the responsibility of the father/partner.

- o Try to remain calm. If the baby is coming on its own, chances are that everything will go smoothly.
- o The mother will know the best position for her to take for the birth of her baby.
- o If the mother feels an urge to push, ask her to blow through the next contraction and to continue to blow through contractions until the urge to push is overwhelming.
- o The mother should “pant” the baby out, letting her skin stretch slowly. Support the baby with two hands as it comes out.
- o Attendant should (if possible) wash hands before delivery, but never leave the birthing woman alone. Try to have some clean towels within reach.
- o The baby’s head is often bluish, this is normal. The baby’s body will probably come out with the next contraction. If, after two more contractions, the body does not come out hook your finger under the baby’s armpit and pull during the next contraction.
- o When the baby’s head is out, check and see if the cord is around the baby’s neck. If it is around the neck, try to pull it over the baby’s head. If it is too tight, try to slip the baby through the cord. Avoid putting tension on the cord.
- o Wipe the baby’s mouth and nose with a towel. Usually the baby will be pink and crying by now. Put the baby on the mother’s chest and keep warm with a towel or blanket.
- o If the baby does not breathe right away or remains limp:
 - o Talk to your baby and ask him/her to be present
 - o Rub the baby’s back and soles of feet
 - o Gently breath into the baby’s mouth
 - o Call 911 if the baby has not taken a breath and it has been 3 minutes since birth
- o Put the baby to the mother’s breast.
- o Do not pull on or cut the cord. WAIT.
- o The placenta will come out in 5-30 minutes. There may be a gush of blood with it.
- o If there is a lot of bleeding after the initial gush with the placenta and the uterus doesn’t harden after the placenta comes out, have the mother nurse her baby immediately. If that doesn’t work massage the uterus and call 911.
- o Have the mother drink plenty of fluids.
- o Keep the mother and baby warm and dry. The midwife will be here soon.
- o *Be proud of yourselves! Congratulations.*

Important Phone Numbers

Meredith Klein 512-694-5487 cell	Family _____
Christy Santoro 215-462-4784 cell 215-913-1839	Other _____
Student/Other Midwife _____	Other _____
Backup MD & Hospital _____	Phone _____
Emergency Hospital _____	Phone _____
Baby’s Care Provider _____	Phone _____
Ambulance 911	

On the back of this sheet please write out directions *to* your house from a major intersection or landmark AND directions *from* your house to the nearest hospital.