



I'm in Labour. What next?

1) Drop a note through the neighbours door

Who's doing it:

When do you want it done:

2) Clear birthing room of all obstructions

Who's doing it:

3) Have a designated space for midwife kits

Who's doing it:

4) Put plastic sheets and towels in place

Who's doing it:

5) Milk and light snacks

Don't worry too much about this. No one expects you to entertain.

Who's doing it:

6) Set up mood setters – candles, music etc.

Have these things ready before going into labour so they just have to put in the right places on the day.

Who's doing it:

7) Set up video camera and check batteries and memory card on digital camera.

Who's doing it:

Special or specific pictures you want:

Specific things you don't want:

8) Set up alternative medicines, with dosages and instructions for use.

List of medicines and dosages.

When to administer

(Be *very* specific. i.e. Shepherd's purse CANNOT be administered before placenta is released, unless haemorrhaging is severe.

Angelica Root CANNOT be administered before baby is born as it causes placenta to release.)

9) Set up pool

Who's doing it:

When?

10) Call midwife

Who's doing it:

Contractions how far apart?

Number:

Special Instructions:

11) Remain hydrated

Who's doing it:

What to drink and how often?

12) Activity pack for older siblings:

Who's doing it:

Where to set it up: