Making the bed and preparing the space for birth

*What you’ll need for making the bed:*

* Waterproof mattress bag (from birth kit)
* Two sets of sheets (one should be old or inexpensive in case it gets wet or stained)

By 37wks gestation, place the waterproof mattress bag from your birth kit over your good sheets. Your old or inexpensive sheets go on top of the mattress bag.

After the birth, we’ll remove the old/inexpensive sheets and mattress bag, and you can settle right in on your clean, dry sheets.

*Preparing the space for birth:*

Have a large flat space near the bed cleared for birthing supplies. If planning a water birth, set up a table for the supplies if one isn’t already within reach.

Place the large cookie sheet and birth kit and additional supplies on this table.

Place the large heating pad at a nearby outlet.

Make sure the space is warm or cool enough, and that the temperature can be regulated by air conditioner or space heater if necessary during and after the birth.

Make sure there is plenty of protein and glucose-rich food and electrolyte-rich drink/labor aide on hand.

Place one or two (two if you plan on saving sheets and towels) lawn-sized garbage bags in upright containers/boxes within the birthing space.

If renting a tub, make sure there is a tarp underneath the tub and plenty of extra towels on hand. Do not fill up the tub until active labor (6 or more centimeters) has begun. Bacteria love stagnant water – better to use the bath tub or shower in early labor.

Surround yourself with loving people, reminders and thoughts, and prepare for a beautiful birth!