

WHAT TO DO WHEN LABOR STARTS

- **Please call the midwives at 816-877-3441** when you think you are in labor. We like to know that you are in labor and are available to talk with you throughout the labor process, aiding with questions and suggestions. Together we will discuss when it's time to head to the birth center. Be sure to communicate with your midwife prior to leaving your home.
- **What to wear in birth?** You will need one set of clothes for the birthing process and a clean set of clothes to leave the birth center. New Birth Company will provide a robe and towels for you to use during labor and postpartum. Your partner may want to bring an extra set of clothes, as they may become wet, too. If your partner wants to be in the shower with you, please have them bring a swimsuit.
- **Mom is encouraged to eat and drink on demand in labor.** We offer fresh-fruit smoothies, coconut water, and juice. If you have allergies, or are on a special diet, please bring food that supports you and is easy to digest. We feed you and your partner immediately after birth including choice of soup, pizza or a waffle breakfast complete with bacon or sausage and real maple syrup. A mini refrigerator is available for you in your birth suite for your personal items. We celebrate Incredible Birth Days with your choice of a family sized Fruit Cobbler or Chocolate Dessert and invite your entire support team to celebrate with you.
- **Bring your favorite music and essential oils.** You are welcome to use our speakers and diffuser. Consider a mix of both upbeat and meditative music and oils that calm and invigorate you. We have some essential oils available for your use.
- **Bring your spouse, partner, friend and labor support with you.** Our Midwives and Nurses are available to support you during your birth process. We encourage you to consider a Doula. This is highly recommended for first time moms or moms who are having their first unmedicated birth. Our staff is happy to provide you with a list of Doulas. Healthy Blue, Tricare and United Community Healthcare will pay for Doulas.
- **Please bring your baby's car seat.** This is a state law. All babies **must** leave the birth center in a car seat.
- **Please bring clothes for your baby to go home in.** We will provide wipes and diapers for your baby while you are in the birth center.
- **Photography.** We encourage photography. Our primary focus will be the safety of you and your baby. Please ask us about a recommended photographer. We can offer many great suggestions.
- **Sensitivities.** If you are sensitive to soaps, oils, or lotions, please let us know. If you are sensitive, we recommend bringing your own.
- **Plan to bring \$40 for the expedited filing fee to your 3-5 Day Visit After Birth.** This can be exact cash, or a check made out to: New Birth Company.