

## Parents Emergency Birth Instructions

Post these instructions in a prominent place and become thoroughly familiar with them before your due date. It is especially important for fathers to review these, as mothers might find it hard to remember them at the time of birth.

Call me on my cell phone if you have a chance and I will talk you through the birth while I am en route.

If the baby comes quickly remember the following:

- Don't be afraid! If the baby is coming this fast, then everything is probably ok.
- Make sure that Mom is in a comfortable position and location.
- Relax and let things move along naturally. The mother should be blowing or panting as the baby's head stretches the perineum. The uterus will do the pushing.
- If the bag of water has not broken by the time the head has delivered, gently tear the bag off the face. Something dry, like a washcloth or gauze pad, might help get a better grip.
- Let the baby's head rotate on its own. If there is a cord around the neck, you can gently lift it over the baby's head. If it seems too tight, then leave it alone. The baby can summersault around it when it's born.
- As long as the color is good (slightly blue is ok), you may safely wait until the next contraction for the rest of the body to be born. Take a breath; it might be a couple minutes.
- Once the baby is born, place him/her immediately on the mother's abdomen with the head angled down. This will facilitate mucous drainage. Wipe excessive mucous away with a washcloth. You may also use the bulb syringe to suction extra mucous out, if necessary.
- Cover the baby with a dry towel. Sometimes baby's don't cry immediately and this is ok. Rub the baby's back and feet. This will help stimulate the circulation. Babies tend to be a little blue right after the birth, but should pink up pretty fast (except hands and feet).
- Do not cut the cord! We will deal with that after I arrive. The placenta will probably come in about 15-30 minutes. There might be a gush of blood when it separates. This is normal. Should it deliver before I get there, just place it in a bowl or chux pad, near the mother because the cord will still be intact.
- Keep everyone warm, replacing the baby's towel as necessary. Make sure to keep his/her head covered. The baby may or may not want to nurse right away. Either way is fine. Do not force the issue.
- Get the mother something to drink. You will probably need one too.