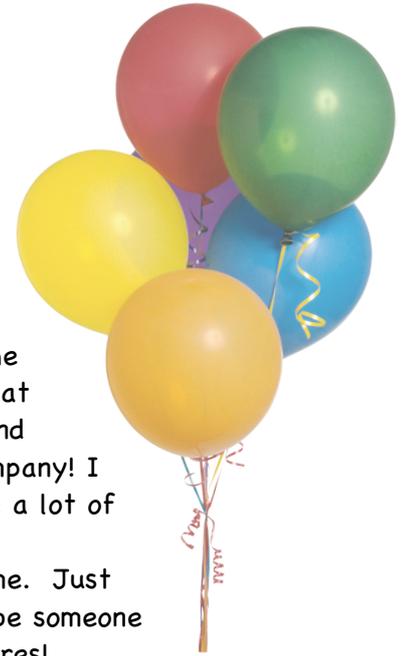


Baby's Birth-day Party!



Attendees

Diane, Midwife

Melissa, Assistant

Hannah, Hostess & Friend

Heather, Photographer

Ben Sahlstrom (husband), Support <3 ☺

Welcome

Welcome to baby's birth-day (or night?!) party! This is not labor (work) - at least for the rest of you! :P This is a PARTY and baby will be born - gently and calmly - into an atmosphere of excitement, laughter and love.

We're celebrating his arrival with balloons, streamers, maybe candles, and food! It's sort of a pool party (water birth). As for the rest of the atmosphere, it'll depend a little on if it's day/night and my mood if I feel like dim lighting, which kinds of food and what kind of music. (Pandora is great for classical piano, spa, reggae or Christian... maybe my special playlist on Ben's computer.)

Activities

After the room is decorated, (and house quickly tidied if need be), and balloons blown up, activities can include talking and socializing (most important), playing Boggle or take one or Apples to Apples if baby is really taking a long time! I need to do something to get my mind off the pain/contractions. Make me laugh if possible. Taking a walk with Ben or having a little alone time with him to savor the moment might be special. Later he can read *Start* while I'm relaxing in the pool.

Chores

I don't want to leave you with nothing to do while we're busy, so check to see if there are dishes that could be washed or laundry to be done. ;) It's important to me that the house is

tidy and clean and ready for baby (we'll try to have it pretty good). Or you could make food for the group! Make yourself at home, eat and drink, and enjoy each other's company! I want everyone to have a lot of fun - it will set the tone/atmosphere for me. Just be chill! Oh, and maybe someone could take a few pictures!

Emergency

I like to be prepared, so we can all go over the supplies and the birth process so everyone knows where everything is and who will do what. I have an emergency ditch kit with additional first aid/medical supplies (very basic). In an emergency 911 call, Tracy Ambulance or Amiret 1st Responders take a minimum of 7 minutes to get here.

Food

Food is necessary for me to keep my strength and energy up. (If I skip a meal or go too many hours without eating I will get lethargic, grouchy, shaky, sleepy and have no strength.) Please remind me to eat, even if I don't feel like it. Best energy foods for me are carbs, protein and a little sugar. Here are some good options that I typically like:

Protein: eggs, small yogurt, cheesestick, nut mix, peanut butter, milk

Carbs: cereal, pancakes, bread or toast, bagel, mac'n'cheese, plain pasta

Party treats: fruit, apple juice (I like mine watered down ½ and ½), Capri Sun, jello, freeze pops, ice cream

Labor

I am hoping the water will ease the pain. I also do not mind taking Tylenol or similar pain relievers if it might give a little comfort. I

typically have a high pain tolerance. I may have a harder time relaxing. I also get antsy and restless if uncomfortable, so will probably move around a lot, and am the kind of person who has a hard time being still in general! Maybe massage; maybe don't touch me! Mostly I will want to do whatever I want to do in that moment. Talking or other distractions are a good idea. Some reminders I think may help me:

- Think of contractions like an ocean wave and ride it
- You can do anything for two minutes!
- Relax your mouth
- Breathe slowly; deep breaths
- Arm wrestle
- Think open
- (just like braces) All those other ladies lived through it, you will too
- It's only one day in your life
- Baby will be here soon! You want to meet baby, right?
- Tell me it's normal
- Tell me I'm doing good

Birth Hopes

I know this may not be followed to a T, but it gives a picture of how I envision it going.

Prayer for safe delivery.

Please **DO coach**/suggest positions, relaxing, breathing techniques, how Ben could support best, etc. Throughout the process I like to know what is happening and why, so explanations in detail are appreciated. 😊

My first choice is a **water birth**, but if I am restless, overheating, or circumstances prevent it, a dry birth is fine. I am concerned about being modest and covered up - if only it were possible to give birth with all your clothes on! If a few pictures can be gotten of his actual coming out (if can be done tactfully), being in the water and lifted out of the water that would be great. No big stress about it. If there are extra hands and someone is especially ambitious, a video so that I could see it later would be ok!

Immediate **kangaroo care** (in the water and we can be covered with a towel)

Delayed cord clamping/cutting, and give Ben the option when the time comes

I prefer **no hat** so I can smell and kiss his little head.

Breastfeed if he's hungry and to help finish labor.

While waiting for placenta and cord to stop pulsing, **PICTURES!!!** Nice camera and phones (so they can be easily texted around). Please **WAIT** to send anything or tell anyone until we have informed relatives in the right order! Pictures with those present at the birth also. See next page for important shots. If there is time, we could call people now, or be more relaxed about it and wait until after we have measurements also.

Vernix can be rubbed in well or wiped off. We would like him clean! A gentle "sponge bath" would be fine.

Along with any **newborn procedures** Diane needs to do, get his foot/hand prints on the birth certificate - or can be done later. (No-stain stuff for hands; I don't mind if feet have ink.) More pictures. (Picture hanging in baby scale. 😊)

Simple clothes and nice wrapping blankets are in the baby basket. Ben can hold him while I clean up.

Move to our bedroom and get settled, nurse again? maybe eat? Take cute pictures with him dressed and me looking better.

Pictures throughout

Notify family (after)

Put something on FB (make sure it's a good picture of baby)

Visitors*

*All kid visitors may take home a balloon from the decorations 😊

Baby Stats (for convenience of phone communications)

Name: _____

Date: _____, 2013

Time born: _____AM/PM

Weight: ____lbs. ____oz.

Length: ____ in.

Mother/baby status & other details (short)

People to call (in this order):

Pictures to get:

Me with each attendee individually and as a group

Last picture pregnant!

Ben and me

Close up of hands on belly (depending on how much we have time for!)

Baby in the water, lifted out of water

Baby and me, and just Baby, while on my chest (during kangaroo care)

First family picture

His little feet/hands

Family picture after cleaned up

Father/son, Mother/son

Cute baby pics after he's clean and dressed

Close-up of his face 😊

With attendees (with baby born!)

Attendees holding him, individually

With all visitors

Best reaction to the news:

