

Speedy Deliveries

If you think the baby is coming:

- Unlock your door, put a front light on
- Remain calm. The baby knows what to do.
- Have dry towels or blankets near mother
- If possible, put down a plastic sheet and blue pads under the mother (there will be a lot of water when the baby comes)
- If mother is on the toilet get her off and face her bottom to the door of the bathroom (women will choose to go to hands and knees, squat or lie on their side)
- Call the midwife. You may choose to call 911
- When the baby is coming, encourage the mother to breathe and push gently so the baby is born slowly.
- The baby belongs in mother's arms, skin to skin (take off her shirt).
- Many babies who are born quickly look very wide-eyed and not very pink; please do not worry -- they come around quickly
- Dry the whole baby with towels- rubbing on the back and the feet to stimulate.
- Once the baby is breathing, cover baby and mother with a blanket.
- **DO NOT DO ANYTHING WITH THE CORD.** It does not need to be cut.
- If the placenta delivers, leave it attached to the cord and near the mother and baby.

The midwife will be there soon.