

Instructions for Preparing your Bed for the Birth and Postpartum

Note: prepare your bed in the early stages of labor.

- You will need 2 sets of sheets, one set that you do not mind getting blood and fluid on, the other a regular sheet set for daily use after the birth; 2 extra pillows covered with plastic and old cases.
- The other 2 things you need are: large safety pins (from your birth kit) and plastic sheeting. Clear plastic covering can be found at any hardware store. It is the same material used to cover surfaces for painting. It needs to be large enough to cover the mattress and the sides of the mattress.
- The sheets that you want to use after the birth go on first (put on both fitted and top sheets)
- Next put the plastic over the 1st set of sheets assuring that the entire bed surface is covered. Try to get most of the creases/wrinkles out.
- Put the 2nd set of sheets on (the set you don't mind getting messy).
- Secure everything by using the safety pins. To make sure everything doesn't move around too much, use the safety pins to pin all layers into the mattress. Pin at the corners, and at the sides. Securing everything can take 10-12 pins!

Frozen Herbal Pad Instructions

These are wonderful during labor and postpartum to soothe and protect the perineum. Use the herbal package in your birth kit that you ordered from **Confident Beginnings** and prepare these before the home visit (36-37 weeks).

- In a small pan, bring 1 quart (4 cups) of water to a boil, turn the heat off
- Take 1/3 of the bag of herbs and put them into the water
- Let the liquid steep at least 8 hours (or overnight)
- Strain the herbs (discard herbs)
- Take 3-5 pads (sanitary napkins)
- Pour 1/3- 1/2 cup of herbal liquid on each pad (don't discard the remaining liquid)
- Wrap each pad individually in plastic wrap
- Place the wrapped pads in a medium-size bowl so that they curve to the edges of the bowl (this ensures that the pads are comfy on your bottom, don't skip this step)
- When the pads are completely frozen, remove the bowl but leave the pads in the freezer
- Place the remaining herbal liquid in a plastic container with a lid and keep it in the fridge or freezer. This will be used later for perineal washes after the birth with a peri-bottle (also in your birth kit).