

- Any records requested have been given to the midwife
- Financial agreement, birthing center disclosure form and Texas midwife form have been signed.
- Financial agreement has been met.
- Pediatrician has been selected
- My children do do not plan to attend the birth. The caregivers will be _____ who can be reached at _____.
- My suitcase is packed and contains the following:
 - ____ 3 Baby caps
 - ____ Comfortable clothes for laboring
 - ____ Change of clothes & swimsuit for partner/labor support
 - ____ 3 bath towels
 - ____ Underwear (2 pair)
 - ____ Shampoo
 - ____ Toothbrush and toothpaste
 - ____ Large Kotex
 - ____ Camera and film
 - ____ 5 baby receiving blankets
 - ____ 2 baby sleepers
 - ____ 1 baby T-shirt and socks
 - ____ 2 or 3 diapers
 - ____ Small, new, unopened bottle of olive oil
 - ____ Baby book (if you want footprints made)
 - ____ Nipple Shields
 - ____ Breast pump (if you have one)
 - ____ Copy of AOP if applicable
- The following is prepared for baby's arrival at home:
 - ____ Baby's layette is ready
 - ____ Nipple cream (for sore nipples)
 - ____ House stocked with food and supplies for postpartum period
- The following is ready to bring to the birthing center:
 - ____ Infant car seat
 - ____ Nutrition for Mom while in labor, Nutrition for Partner
 - ____ Carbonated clear beverage (ex: 7-up, Sprite, etc)
 - ____ 1 can of soup (broth)
 - ____ Popsicles, juice, Gatorade if desired
- Nutrition for Mom after birth
 - ____ 1 can hearty soup (Campbell's Chunky Soup)
 - ____ Home made meal, a hearty soup will be fine as well
 - ____ Juices
 - ____ Sparkling wine (non-alcoholic) for toast to baby