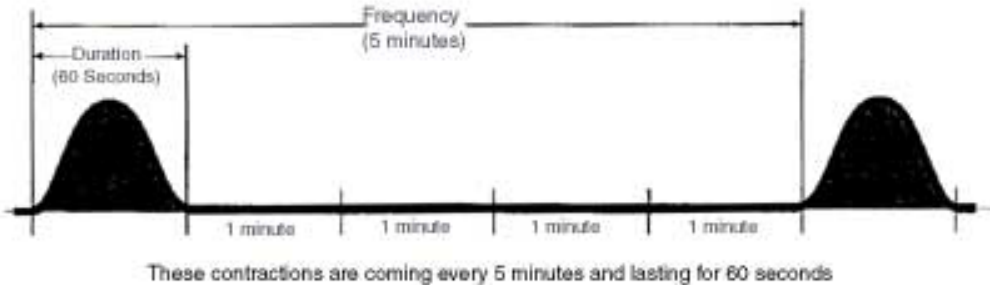




Congratulations!

You're in the Final Push to Birth!

We're looking forward to your birth -- and it's not much longer! Sometime in the next 6 weeks, you will be birthing your baby! These last weeks are an important time to focus on the finishing touches of preparing for your birth.

<p>When to call your midwife:</p> <p>972.839.9443</p>	<ul style="list-style-type: none"> • 5-1-1 Period-like contractions that are coming every 5 minutes from start to start, lasting 1 minute, and maintaining that for 1 hour. • Contractions that are so intense you can't walk or talk through them • Gush of water • Anything that scares or concerns you • If baby's movements change from their normal. • Bright red bleeding (small amount of mucusy bloody discharge is normal) <p>Duration-- beginning to end of one contraction Frequency-- beginning of one contraction to the beginning of the next contraction</p>  <p>The diagram shows two bell-shaped curves representing contractions on a horizontal timeline. The first curve is labeled 'Duration (60 Seconds)' with a double-headed arrow indicating its width. The time between the start of the first curve and the start of the second curve is labeled 'Frequency (5 minutes)' with a double-headed arrow. Below the timeline, four '1 minute' intervals are marked with vertical lines.</p> <p>These contractions are coming every 5 minutes and lasting for 60 seconds</p> <p>If it's nighttime, and you don't need me to come to you or help right then, please wait until morning.</p> <ul style="list-style-type: none"> • If I don't answer, hang up and call a 2nd time immediately. • If I don't answer or call back in 15 min, call my backup midwife, Kristine Tawater at 214.914.5015
<p>What then?</p>	<ul style="list-style-type: none"> • We will come to your house to check on you. • We plan to stay with you if you are 6 cm or further. If you are not yet 6-cm, we encourage you to stay home, eat, sleep, make love, and rest. • Call when contractions are longer-stronger-closer.
<p>What to have at the house.</p>	<ul style="list-style-type: none"> • A tank or bathing suit top if you want to wear one in the water. • Dry clothes • Warm socks / shoes • T-shirt, socks, gown, blanket for baby • Car seat for baby • Protein snacks for labor • A meal for after the birth. • Your cup w/straw

What to do between now and then.	<ul style="list-style-type: none"> • Fill out the Birth Certificate worksheet online • Fill out the Immtrac certificate online • Review Vitamin K - sign consent / refuse • Review eye ointment - sign consent / refuse • Pick a pediatrician • Review the emergency plan • Fill out the birth plan / preferences • Review postpartum instructions for mom and baby. • Waterbirth Consent • Purchase items on shopping list. • Create your birth affirmations. • Make a couple of extra freezer meals. • Birth planning
Supplemental Suggestions	<ul style="list-style-type: none"> • Eat 6 large dates daily. • Continue with your pregnancy tea • Prenatal Massage • Acupressure • Epsom Salt baths
Important	<ul style="list-style-type: none"> • I highly recommend getting a doula. They will help you manage all the challenges of labor. It is never too late. • Birth photographers are a great investment. • SLEEP as much in early labor as possible. • Continue kick counts - every night, after dinner. Get to know your baby. • Spend quality time with your partner. • Journal concerns that bubble up and talk about them with someone your trust. • Begin seeing a chiropractor if you haven't already.