



The
**Cape
Midwife**

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Mum's Memo

Welcome to expectancy! As your time for delivery approaches, many things are on your mind. Baby clothes, bassinets and buggies are in your head or already waiting in the nursery. Please don't forget that this is also the time to pay special attention to yourself and to the needs of your changing body.

A few things top the list during your antenatal period:

- Vitamin supplements, Omega oil and Probiotics, to cater for your body's growing requirements
- Folate, as this has proven to decrease the occurrence of certain foetal abnormalities
- Healthy diet and life style (no alcohol, no smoking) no medication should be taken during pregnancy unless agreed upon by your obstetrician.
- Tissue oil (preferably natural) for the prevention of stretch marks and for massaging the perineum
- Massage oil to rub the feet and back, which do get tired—especially later on in the pregnancy
Essential oils like lavender, Rose geranium, fennel, Juniper berry, Bergamot are relaxing and nice!
- Loose-fitting clothing for your growing tummy
- Cotton underwear, as the risk of fungal infection increases during pregnancy

Relax, enjoy your pregnancy and your growing baby; all will fall into place and you too will be a wonderful mum and dad! Don't forget to spoil yourselves and each other!

- Avoid sports or activities that could be harmful to your baby; most common sports can be continued, perhaps at a less strenuous pace than before. Avoid lifting.
- Consult your midwife if you experience discomfort, feelings of insecurity, or any other problems.

Things to consider for your home birth:

- Once you have decided on a home birth, try to imagine where you would like to have your baby and what it is that you expect. Speak with your midwife to be sure you are both fully aware of each other's needs and requirements (it is too late to reorganise once the contractions set in). Write a birth plan with your partner and discuss this with your midwife. Ask questions!
- If at any time your midwife should become concerned for the health and safety of you or your unborn baby, she will refer you to the hospital and/or the doctor, agreed upon. If the supporting doctor is unavailable, the midwife will call upon another doctor to assist.
- The newborn baby's requirements are minimal at this stage: **cotton wool** (make-up removing pads are softest and easiest to use), nappies for newborns, **Wound and graze powder** for the umbilical cord, baby blanket pref. cotton, and baby clothes also pref. cotton.

For your hospital birth:

The same goodies list as for the homebirth (below) less the maternity pads, linen savers and nipple cream, which are supplied. Should you wish to have a water birth, you would need to get 1 packets of course salt to add to the water. Other remedies are very beneficial for increasing the pliability of the perineum (evening primrose oil), stimulating contractions and maturing the babies lungs (Chaulophyllum), preventing and assisting complications (Pulstatilla homeopathic remedy to position your babe), healing your body after the birth (Arnica) and for many other reasons. The pregnancy Homeopathic kit has all of these, as does the pregnancy and babe oil kit, these can be ordered from your midwife.

MUM'S GOODIES

Clothing: t-shirt for labour, warm socks, warm gown or tracksuit, pyjamas or other loose clothing for after the birth, slippers, toiletries and something to tie your hair up with.

Other: extra absorbent **maternity pads (24)**, **stretch panties (2)**, feeding bra, Breast pads (cotton), Linnen savers (1 pack), cold pack x 2, Weeping wound and graze powder, nipple cream or coconut oil, warm blanket, facecloths (2), towels (2), juice (not citrus) and lots of cold water, yoghurt, sweets (super C's).

Nice to have: lip ice, aromatherapy oils, labour oil, homeopathic treatments to assist labour and influence the pliability of the perineum, music for during labour,

DAD'S "DING"

Comfy clothes, Swimming trunks ☺ toiletries, camera, cell phone and charger. You will also be the DJ, so check the music. Please bring loads of patience and TLC!

You can order the following from your midwife

- Homeopathic Kit or remedies
- Essential oils
- Pregnancy and babe oil kit
- Stretch mark and other oils
- Sheep skins
- Tummy tubs
- Hanging baby beds
- Baby wrap
- Antenatal DVD
- Pregnancy and labour Books and CD s
- Birth bags (all you need for your home/hospital birth)