

If Baby Comes Quickly:

If your baby is coming quickly and the midwives are on their way, remember these key things:

- Warm the room to at least 80 degrees
- Don't be afraid. If your baby is coming on its own very quickly, most likely everything is ok.
- **RELAX!** Trust your body (it was made to do this) and let things move along as they will. Try to **breathe** your baby out, rather than push. This allows the skin to stretch.
- Partner should (if possible) wash their hands before birth. Give support to the tissue under the vaginal opening (the perineum) as the head is born.
- If the bag of water is not broken, break it as soon as baby's head is born (use your fingernails to pinch it open).
- After the baby's head is born, check for a cord around the baby's neck. If there is a cord there and it is loose, loop it over the baby's head like a necklace. If it doesn't want to slip over the baby's head, hold it up with one hand so that the baby is born through it.
- The baby's head will rotate to one side on its own. The head is usually blue in appearance, so don't worry if that is the case. The baby's body will come out with the next contraction or two. This may **SEEM** like a long time, but it's really ok.
- Put the baby on mom's abdomen - skin-to-skin. Dry baby off with a receiving blanket, discard wet blanket, dry with a new blanket and then keep the baby warm with a couple of fresh dry blankets. Put a hat on the baby to keep him/her from getting cold.
- If your baby is not breathing, lay him/her down on a hard surface (not the bed), place your mouth over baby's and give a cheek-full of a puff of air. This is usually sufficient to stimulate baby to breathe on its own.
- If the baby sounds "mucousy," put baby's head lower than the feet, flick the soles of the feet and rub the baby's back to stimulate.
- The placenta will come out in about 10-30 minutes. Usually there is a gush of blood when the placenta is ready to deliver.
- Have mom drink plenty of water and juice.

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