



The Midwifery Prenatal Checklist and Resource Guide

First Trimester (up to 13 wks)

- Download and explore the south shore hospital babies app
- Review resource packet from outpatient office intake visit
- Have outpatient nursing number in phone or in a handy spot at home for when you need to call
- Start carrying a water bottle around!
- Try to walk 30-60 min/day. Check out Prenatal Yoga on YouTube- it's FREE!

Second Trimester (up to 27 wks)

- Complete Labor and Delivery Consent Form and return to office to be signed by your provider and scanned into your medical record
- Virtual tour of the Birthing Unit on the SSH website
- Start practicing comfort coping methods (ex. Hypnobirthing, relaxation/breathing techniques, meditation, position changes, massage, acupressure)
- Attend Meet with the Midwives (occurs the second Wednesday of every month on Zoom, register through the SSH Babies App or hospital website)

Third Trimester (28 wks+)

- Choose your support team (Talk to your provider about current hospital visitor policies)
- Get your TDAP at PCP or CVS
- Pack a bag for the hospital (see the list of things to bring below)
- Obtain a car seat, install car seat base
- Choose a pediatrician and have information ready for the hospital
- Choose a feeding plan for the baby (breastfeeding, formula feeding, pumping, or combo) If you plan to pump your milk, call your insurance company to find out which pumps they cover. You can either plan to get your pump ahead of time, or, get your pump during the postpartum time at the hospital. SSH has someone who will help you with this process after the baby is born.
- Set up child care/pet care/home care/transportation for when you are admitted to the hospital
- Childbirth Education classes (Hospital classes are listed on the South Shore Hospital Babies app and on SSH website: southshorehealth.org/maternity/classes.)
- Review principles of safe sleep for newborns
- Prepare a space for newborn and maternal care at home and gather any needed supplies for mom and newborn
- Take a virtual tour of the birthing unit! Available on the hospital website or the South Shore Hospital

- Babies app
- Optional: Create a birth plan (many options for formatting online!)
- Optional: make a labor playlist
- Start the labor recipe (handout given around 36 wks)
- Optional: Consider acupuncture, chiropractic, prenatal massage or online prenatal yoga as options for end-of-pregnancy comfort

Labor and Delivery

*** Please call your outpatient OB office nursing line before you come to the hospital. In the case of an emergency, call 911.

Know where to go!

- Hospital Address: 55 Fogg Rd. South Weymouth, MA 02190
- General Hospital: 781-624-8000
- Crown Nursing Line: 617-479-6636
- Before 8 pm: Front main entrance or Emergency Department Entrance
- After 8 pm or before 6 am: Emergency Department Entrance
- After entering, check in with security and come to the 2nd Floor Birthing Unit
- Upon arrival, check in with our front desk staff (if you do not see someone at the front desk, pick up the phone for assistance).
- You will then be seen by a nurse who will guide you through triage and the admission process.
- The on-call midwife and/or physician will be notified when you arrive.

What should you bring to the hospital?

- License/D, Labor and Delivery Consent Form (if not submitted to the practice previously), Pediatrician information
- Birth plan
- Comfortable clothing/pajamas
- Cell phone and charger
- Carseat
- An outfit for the baby to go home in, a hat, and blankets for a trip home
- Pacifier if you plan to use one
- A formed-fitting bra if you are formula-feeding only
- Phone chargers
- Glasses or contacts
- Eye mask or earplugs
- Laptop or iPad
- Book
- Hand-held fan
- Comfortable loose clothes, a robe, slippers, or flip flops
- Electrolyte water or Gatorade, snacks, and fruit (we provide water bottles).
- Hair tie/ headband
- Lip gloss or chapstick

- Consider Earth Mama Angel Baby nipple butter and perineal spray
- Music playlist (feel free to bring a speaker if you'd like)
- Headphones
- Optional: nursing pillows, or your own bed pillow/blanket
- Heating pad

Fourth Trimester/Postpartum Period

** Average length of stay in the hospital is (2) nights after a vaginal birth and (4) nights after a C-section birth

- Build a team of support people to help you
- Plan ahead to have things ready at home
- Set up a rocker or chair to feed the baby, with a table to hold water bottles, snacks, etc
- Cook ahead and freeze some meals
- Continue prenatal vitamins
- Sleep when the baby sleeps
- Eat healthy meals and snacks, and drink lots of water
- Take it easy for the first few weeks
- Start to consider postpartum contraceptive options to discuss at your 6 week follow-up appointment
- Contact your provider if you have symptoms of postpartum depression or anxiety

Helpful Websites, Apps and Books

Apps:

South Shore Hospital Babies

Ovia

Books:

- Why Did No One Tell Me This? The Doula's Honest Guide for Expectant Parents by Natalia Hailes and Ash Spivak
- Expecting Better by Emily Oster
- The Birth Partner by Penny Simkin
- Pregnancy Childbirth and the Newborn by Penny Simkin
- Ina May's Guide to Childbirth by Ina May Gaskin
- Birthing From Within by Ina May Gaskin
- The Mayo Clinic Guide to Healthy Pregnancy by the Mayo Clinic staff
- You and Your Baby: Pregnancy by Dr. Laura Riley (a week-by-week guide)
- Happiest Baby on the Block by Harvey Karp
- Baby-Led Weaning by Gill Rapley
- Boost Your Breast Milk: An All-in-One Guide for Nursing Mothers to Build a Healthy Milk Supply

by Alicia C. Simpson

- The Nursing Mother's Companion by Kathleen Huggins

Websites:

- Evidenced Based Birth: <https://evidencebasedbirth.com/>
- Spinningbabies.com- positions to get the baby in an optimal position for birth
<https://nationalpartnership.org/childbirthconnection/>
- Babycenter.com- FREE educational videos.
- Educational resources from the American College of Nurse Midwives:
<https://onlinelibrary.wiley.com/page/journal/15422011/homepage/ask-the-midwife>
- kellymom.com breastfeeding and parenting information
- Parenting resources from the American Academy of Pediatrics:
<https://www.healthychildren.org/English/Pages/default.aspx>
- Find a Doula: <https://www.dona.org/what-is-a-doula/find-a-doula/>
- American College of Obstetrician and Gynecologists information for Pregnancy and Health:
<https://www.acog.org/womens-health>
- Inclusive online childbirth education course <https://hearttonesbirth.com/blog-posts>
<https://www.wovenbodies.com/>
- GREAT Resource for finding Lactation consultants, support groups, etc:
https://zipmilk.org/provider-directory/?dosrch=1&q=&wpbdp_view=search&listingfields%5B2%5D=-1&listingfields%5B11%5D=Massachusetts
- WIC: <https://www.mass.gov/wic>
<https://www.mass.gov/service-details/get-wic-breastfeeding-support-services>
- For pregnant people 18 and younger: <http://healthyfamiliesma.org/>
- Massachusetts Early Intervention Program: <https://www.mass.gov/orgs/early-intervention-division>
- South Shore Perinatal Wellness Center: <http://www.southshoreperinatal.com/what-we-do.html>
- MCPAP for Moms (Maternal Mental Health Resource): <https://www.mcpapformoms.org/>
- Healthy Families: <http://healthyfamiliesma.org/>