

Comfy Birth Tub Service of Ahmavine Midwifery

As the lovely homebirth midwives of Durango we are excited to offer you the generous service of a birth tub in order to make your birth as comfortable and supported as possible.

We ask that you contribute to this service by being willing and flexible to pick up your tub and drop it off. We will try to coordinate with you so this is as convenient as possible. If the next client is your close or not so close neighbor dropping it off at the next house may be much appreciated. Therefore, if it falls to you out of the sky, Give Thanks. If not, be prepared to pick it up and or drop it off when you are done using it. Please remember that we have clients that span a bit of distance and though we will try to make sure a tub is available for you, we cannot guarantee the timing of births (as you well know!).

Tips for a Comfy Birth Tub

Supplies:

1. Small roll of clear plastic visqueen (painter's drop cloth from Kroegers or Walmart)
2. One drinking water grade hose (optional- purpose is to minimize leaching of plastic while filling with very hot water) that reaches from hot water supply to tub.
3. Proper connection to fit hose to hot water supply
4. King size white or light colored sheet.
5. Small fish net scooper (if it is not included in your birth kit)
6. Stack of 10 towels and extra receiving blankets for a water birth

Cleaning instructions:

1. The tub should be clean upon arrival, however we recommend that you wash the tub with a dilute bleach solution when you get it.
2. After the birth, empty tub with a pump or by siphoning the water out a window or down the toilet.
3. Prepare the tub for the next client by again washing it out with a dilute bleach solution.
- 4.

Hot water tips:

1. Turn hot water heater to the hottest setting before the birth
2. If possible to use your washer hook up directly to the hose the tub will fill faster than from a sink.
3. When ready to fill your tub, fill with all the hot water available first, then add cold water closer to the time mama is ready to get in. (We'll help you determine when to start filling the tub)

Set up Directions:

1. Lay part of plastic drop cloth under your tub
2. Line tub with the white sheet
3. Again line tub liberally with plastic drop cloth over white sheet
4. Duct tape the plastic in place by duct taping all around the outside edge of the tub.