

New Life Birth Services

# Parent Obligations

**I expect you to:**

1. Sign NLB ICA form
2. Sign Home Birth Contract
3. Sign NLB Financial Agreement
4. Sign Testing Permission and Waiver Form-both sides
5. Make all your prenatal visits
6. Maintain a healthy diet and moderate exercise program
7. Keep a diet diary to bring to each prenatal visit
8. Take your prenatal supplements daily
9. Have lab work done as needed
10. Take childbirth preparation classes unless we decide otherwise
11. Choose a pediatrician that is home birth supportive.
12. Start taking alfalfa tablets by 34 weeks; 3500-4000mg daily.
13. Get written prescriptions from your pedi (Vitamin K, erythromycin)
14. Prepare Emergency Backup Plan (post by each phone)
15. Be paid in full by 32 weeks, unless other arrangements made.
16. Arrange for ALL potential attendees at birth to attend home visit at 37 weeks.
17. Start perineal massage with your husband by 36 weeks. 5 min. daily.
18. Prepare birth plan for review at 37 week home visit.
19. Make provisions for the care and supervision of older children during labor and birth
20. Prepare a comfortable, clean, uncluttered, warm environment for birth
21. Do not allow any smoking during labor or birth on the premises
22. Breastfeed for a minimum of one week (to prevent hemorrhage) preferably 1-2 years
23. Make and keep postpartum office appointments (2 week, 6-8 week)
24. After birth, go to [www.texasmidwives.org](http://www.texasmidwives.org) and click on client evaluation form. Enter my name and answer the questions.

Please feel free to ask any questions about all that you do not understand. This is YOUR birth experience. I will be your guide. Please understand that this is a home-based business and my family time is very important. Therefore, please limit your calls to regular business hours of 9-4 Monday-Friday. If you have an emergency, do feel free to call me at home any time. For routine questions, please use my email address or call and leave a message on my home phone. Thanks for your consideration.