

What to wear for a water birth?



Introduction

Congratulations on your upcoming water birth! Water births are a popular option for women who want to give birth naturally. A water birth is a comfortable and safe way for moms-to-be to give birth in a hospital/birth center birth tub of warm water. The thought of giving birth in water may sound relaxing, but there are a few things you need to consider when choosing what to wear. In this blog post, we'll provide some tips on what to wear for a successful and comfortable water birth. Thanks for reading!

Water births are becoming more common in the U.S., and understanding your clothing options for this type of childbirth can make it easier if you decide to opt for one.

Whether you're planning a water birth or have already decided to have one, you may be wondering what clothing options are available to you.

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What to bring to the hospital or birthing center

When you're preparing for your water birth, there are a few things you'll want to bring with you. First and foremost, it's important to bring a change of clothes. You will also want at least one robe or dressing gown.

Another thing many women find useful is to pack a washcloth. This can help clean up after labor if necessary.

Showers are usually available in your birthing center or hospital room, bringing along shampoo and conditioner is a good idea.

What clothes can you wear during labor?

Generally speaking, you can wear whatever makes you feel comfortable. However, there are a few things to consider when choosing your outfit for labor.

- You'll want something lightweight and breathable.
- You may be tempted by the idea of wearing nothing but your bathing suit throughout labor—and this is certainly an option! nothing (if your midwife allows), a bathing suit bra (either one with cups or one that straps over), T-shirt, a button-down shirt, and nightgown.



Tips for a comfortable and relaxing water birth experience

- Bring your own music
- Bring your own candles
- Bring your own water (with straws)

- Bring your own towels (to dry off baby and yourself)
- Birth ball, pillow, or other birth support item such as swimming noodles
- Birth team: doula/midwife/midwife assistant(s)/husband/supportive friend
- Birth plan that includes what you want to happen in the way of procedures and medications
- Birth partner with a calm demeanor who can help with aftercare

The importance of skin-to-skin contact between you and your baby after delivery

- Skin to skin contact is an important adaptation to life outside of the womb.
- Skin to skin regulates the babies temperature, heart rate and respirations.
- Skin to skin means no hat, bra or towels. Direct skin contact is vital but ensure there are no drafts (windows or fans) blowing over the mother and baby.
- If parents wish the baby to be dried, do so gently and do not leave a towel draped in the water.
- Skin to skin promotes and assists initiating breastfeeding.
- Having skin to skin assists in transferring the microbiome (part of babies immunity) from mother to baby. Waterbirth does not interfere with the microbiome.
- Always check what your provider provides.

Post-birth tips for staying comfortable and recovering quickly

Your body is going through a lot of changes, and it takes time for your body to recover from the birth. The key to quick recovery is taking care of yourself after your baby is born. Here are some tips on how you can do this:

- Keep the baby warm: Your first priority should be keeping your newborn warm so he or she doesn't get too cold while they're trying to adjust to life outside of the womb. This means dressing them appropriately, using blankets when necessary (but not too many—the goal should be having their skin touch yours), and making sure there's no draft coming from any windows or doors in your house since that could cause hypothermia if left unattended for too long!
- Get plenty of rest: You'll need plenty of sleep after giving birth so plan accordingly by taking naps whenever possible during those first few weeks/months after childbirth because once you're out there working full-time again it'll be hard to find time for rest let alone proper nourishment like good food choices made at home before heading off into work early each morning!

Conclusion

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