



Vivante Midwifery & Women's Health, Inc.

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## Birth Blanket Instructions

A really handy thing to make is a special birth blanket that can be picked up, moved around and laid down on the sofa, floor, bed, or wherever you want to be laboring or pushing. Even if you're planning a waterbirth, you have to get out of the tub at some point, and sometimes plans end up changing too. We suggest getting some old sheets and a quilt or comforter from a thrift store (something that you don't care about getting messy), as well as a piece of plastic (6-mil thickness is ideal). Layer them together like this:

- Sheet
- Plastic
- Quilt/ comforter
- Sheet

Then get your friends together and with tapestry needles and some colorful yarn, punch through all four layers from top to bottom, then back up about a quarter-inch away, and tie a knot to hold the layers together. Space the knots about every 18 inches apart so that the layers don't slide around or bunch up. You can event roll up the edges and baste them in place to catch any fluids that want to slide off. Viola! Instant carpet and upholstery protection.