Interim Recommendations for Pregnancy and Childbirth Preparation

March 13, 2020 - Ancient Song Doula Services

We understand the concern that has been developing over the course of the last few weeks and in recent days with the recent announcement declaring COVID-19 as a pandemic by the World Health Organization.

We have established the following interim recommendations for pregnancy, childbirth, and postpartum.

Birthing Location:
Stay up to date on your birthing locations protocols for Hospital, Birthing Center, and Home Birth by speaking with your provider. Most hospitals have updated their websites to provide up to date responses to COVID-19.

Home Birth:
You may not have planned for a home birth but now it's becoming more of an option. Resources like NY Homebirth Midwives can provide a list of midwives within NYC. This is not a fully comprehensive list but it's a start.

Prenatally:
Check-in with your healthcare provider regarding appointments and if there have been any shifts. Many providers are being called into hospitals to assist in varying capacities. Suggest a virtual check in to limit the possibility of exposure to COVID-19 or a reduction of visits not including major diagnostic testing. Stock up on supplies as you can. It recommended that individuals have a 30-day food supply at home. We are very conscious that this may not be feasible for some. Many food pantries are extending their hours and emergency plans are being made you can find up to date information by searching out your local city council website or health department.
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During Labor:
Try to labor at home for as long as possible to reduce your time spent within the hospital. Make sure to stay hydrated throughout labor and breathe slowly and calmly. If you have a doula reach out to them to discuss what new protocols may be in place to assist you during this time.

Postpartum:
Postpartum is a time for bonding and rest. Try to create a restful atmosphere where you and your newborn can center one another. If you happen to be a single-parent seek out support groups online or you can create a friend chain that can provide you with essentials even if it means leaving them at the door. Additionally, apps like Instacart and Shipt can deliver certain items to your door. Ancient Song has an online forum that will be launching on Monday where you can find support from other parents, resources, and a safe space to share.

Self Care:
As recommended by the CDC and local health departments:

- **Stay up to date** with the latest guidance from the City and State health departments.
- **Wash your hands frequently**, avoid touching your face, disinfect surfaces and frequently touched objects with a household cleaning spray or wipe, and cover your nose and mouth with a tissue or sleeve when sneezing or coughing.
- **Consider limiting attendance** at large gatherings and limiting travel that is not essential, especially for community members who are elderly or have compromised immune systems
- **Stay home if you feel sick.** If you experience flu-like symptoms, such as fever, muscle aches, joint pains, headache, and cough, consult your physician. If you are experiencing difficulty breathing, call 911 or seek care immediately.
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- **Reduce Stress** by listening to music, being intentional about moving slowly, read a good book or watch your favorite show, use of aromatherapy such as lavender can calm or citrus gives you a boost of energy. Sleep when necessary as it helps the body to reset. Eat warm comforting foods like soups and teas and keep your immune system up by intaking vitamin C.

We hope that this list offers you some resources as we all manage our daily lives during COVID-19. Please know you are **SEEN, HEARD, and LOVED** and we will make it through together.

Disclaimer: All information presented is to be used at your discretion always make sure to check in with your healthcare provider before making any final decisions. Ancient Song is not responsible for any birthing outcomes and how information may be used.

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