

Instructions for the use of Clean Birth Kits

Birthing Kit Foundation Australia provides essential items to facilitate a safe and hygienic delivery. For each birth a new kit must be used, all kits provide the items that you will need as listed below. Please find below instructions for the use of the birthing kit, with both images and text. Instructions must be explained to the relevant people before they are provided with the kits, and these instructions can be handed out as reference material.

Step 1: Make sure you have all the birthing kit items.

Item	Quantity	Image
Small soap	1	
Gloves	1 pair	
Clear Plastic Sheeting	1 square yard	
Cotton String	3	
Single edge razor blade	1	
Receiving blanket	2	
Gauze	1 pack	

Step 2: Use the piece of soap to wash the birth attendant's hands.



Step 3: The birth attendant puts on the gloves provided.



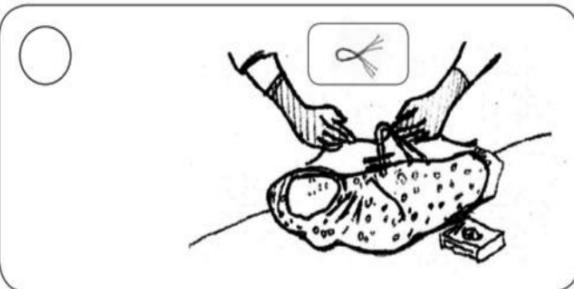
Step 4: Place the plastic sheet under the mother.



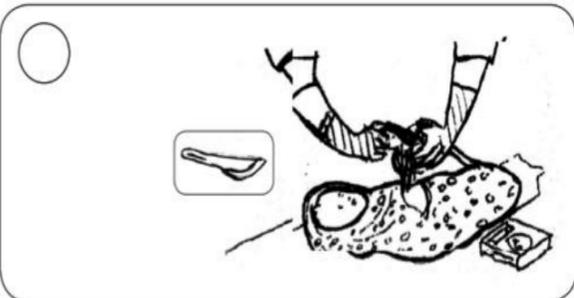
Step 5: Deliver the baby, and then wrap the baby up in a towel or blanket.



Step 6: Tie two strips of string around umbilical cord. One strip should be tied 5 cm from the baby's abdomen and the other 2.5cm away.



Step 6: Cut between the two knots with the blade provided.



Step 7: Wipe the baby's eyes with the gauze provided.



Step 8: Dry the baby off quickly, completely wrap up in a blanket or cloth. It's best to place the baby on the mother breast, as this will help in the expulsion of the placenta.

Step 9: Once the placenta has been delivered, wipe the mother with the gauze.



Step 10: Gather the placenta and plastic sheet in a bag, bury in a safe place.

