



Birth Wellness

# Supporting the health of Mothers, Babies, Families and their Care Providers!!

Dear friends and family of the parents to be,

We are pleased to know you are supportive of the parent’s decision to have an out-of-hospital birth. This means a great deal to them and to the midwives.

At Birth Wellness, we strive to educate moms-to-be on their own health and the health of their little one to come. Additionally, the midwives have health concerns that need to be addressed before you visit Birth Wellness. **Specifically**, we ask that you do not wear any perfumed products.

The terms fragrance, scent and perfume are synonymous: they are chemical compounds that have odor. There are a growing number of people who are becoming sensitive to the chemicals and volatile oils of scented products, including essential oils.

To protect the health of our chemically sensitive midwives, midwife assistants, doulas, mothers, fathers and babies, we ask that while visiting Birth Wellness that you do not wear **any** fragrance or wear any clothing that has been washed in scented laundry detergent or dried with scented dryer sheets.

**Fragrance is found in:**

- Lotions
- Perfume
- Cologne
- Aftershave
- Soap - all types
- Shampoos/Conditioners
- Hair products
- Hair spray
- Deodorants
- Laundry detergent
- Dryer sheets
- Fabric softeners
- Cleaning products
- Candles
- Deodorizers

Many stores carry fragrance free-detergents, soaps and personal care products. Be sure to read ingredient labels carefully for hidden fragrance and perfumes (even if it states "fragrance-free" or "scent-free.")

Natural perfumes made from pure essential oils are a great alternative to synthetic perfumes, but some people are still sensitive to the volatile nature of essential oils and we ask that these not be worn at your visits to Birth Wellness.

**Keep in mind** – babies come into this world completely vulnerable to the chemicals we expose them to. A newborn’s respiratory system is immature. They do spend a lot of effort to breathe, to eat, etc. ... then when you throw perfume or essential oils into the equation, it makes it that more difficult to breathe, thus requiring a lot more energy.

**Some symptoms of fragrance exposure:**

- Skin rashes
- Shortness of breath
- Asthma attacks
- Nausea
- Dizziness
- Headaches
- Itchy eyes/nose
- Runny nose
- Wheezing
- Coughing
- Sore throat
- Swollen glands
- Fainting / pass out
- Heart palpitations
- Racing pulse

**PLEASE NOTE:** The midwives will be visiting the parents in their home, either for the birth or for home postpartum visits. We ask all visitors to follow the same fragrance-free rules while we are in the parent’s home. If the midwives arrive at a parent’s home for the birth or a home postpartum visit, any visitors wearing fragrance will be asked to leave. If a visitor arrives at Birth Wellness wearing any fragrance, they will be asked to leave. Keep in mind, some individuals may experience some of the most serious listed symptoms! We appreciate your help in keeping everyone safe!