**Home Birth Supplies**

**Please have all of your supplies by 34-35 weeks or before home visit.**

## Items We Provide

## Birth Kit

## Contains Underpads, 2 depends, 3 pair of disposable postpartum underwear, 1 box of of sanitary napkins, baby hat, 2 peri bottles, bottle of olive oil, bulb suction, umbilical cord clamps, sterile birth supplies, hydrogen peroxide, comfrey for peri compresses and other misc.

 Birth tub, pumps, liner, small drop cloth, pool cover

 Telemedicine kit: Doppler, gel, BP cuff, urine cups/strips, measuring tape.

## Items to purchase

Extra package of large menstrual pads

Gallon of electrolyte replacement >NOT sugar- free

Nutritious food for mom, dad, family, friends, midwives

 Infant car seat – set up, tested, and ready to go

 Water, coffee, etc., for midwives and other support people

Ibuprofen (Motrin or Advil) to be used ONLY after the birth

\*Fitted vinyl mattress cover

(If using a birth tub, *a new hose that is drinking water safe*, a faucet adapter may be necessary, these are both available in the RV section of ACE hardware and/or Walmart or Amazon)

# Household items

 For baby: Diapers mainly > to encourage skin to skin. Nightgown, sleeper, t-shirt, socks, etc.

For mother: nightgown or large T-shirt for mom during labor and front opening nightgown, pjs or similar for after the birth to accommodate skin to skin

8 bath towels, 12 for waterbirth (can be old ones)

2 additional large towels or 1 blanket (to warm in dryer for mom and baby after birth)

20 old washcloths or soft rags

2 sets old bed sheets – i.e. 1st bed sheet, plastic cover and 2nd bedsheet

4 receiving blankets

Pillows, pillow cases

 One 2-quart sized glass or stainless steel bowl to steep herbs in

 One 2-quart size sauce pan or teapot for boiling water

4 large black plastic trash bags- to fit receptacles

1 box of facial tissue

1 roll of paper towels

Extra toilet paper should be stocked because there will be extra women in your house and mom will need plenty during postpartum recovery.

 Flashlight with new batteries in case your electricity goes off

Portable heater if the room isn’t easily warmed

## Miscellaneous (optional) personal items

Heating pad or hot water bottle, music, camera, , phone charger, mirror, lip balm, lotion, warm socks, aromatherapy, candles, breast cream, ice chips, popsicles, Tylenol if allergic to Ibuprofen

**Preparing for the birth** - please do the following by 36 weeks

1. Gather the supplies on the list and set them aside. Review the list with your partner/labor support team so they know where the supplies are.
2. **Four weeks before your due date make sure towels, sheets, blankets, washcloths etc. are washed and ready. Store somewhere they will stay clean and dust free.**
3. Make a list of important phone numbers (midwives, pediatrician, childcare providers, emergency contact).
4. If you live outside of the city or county limits (on an unnamed street), give a map with your name, due date, address and directions to your home to your midwife, anyone else attending the birth and get one to your local ambulance service.

**When you go into labor:**

1. Prepare bed: put one of the clean fitted sheets on the bed, **then the waterproof mattress pad**, then put another fitted sheet on top.
2. Make sure your supplies are together in the birthing room.
3. Empty your washing machine and dryer.
4. Turn on outdoor lights and unlock the front door.

**Other things to prepare:**

Gas in your car

List of phone numbers: midwives, pediatricians, childcare providers

**Travel Bag packed with necessities for emergency hospital transfer. This is very important!**