



**Women's Circle
Nurse-Midwife Services Inc.
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Home Birth Supplies List

Preparation:

Please put ALL of these birth supplies in a big storage tub or box and we will check everything off at your 36 week home visit.

Bedding:

- ___ 2 Flat sheets (use old sheets, they may get blood on them)
- ___ 2 Fitted sheets

Making Your Bed:

To protect your mattress and to make the postpartum period more efficient I ask that you make your bed in this way. Put on your bed the fitted and the flat sheet you want to be on after your birth. Then put your plastic backed sheets plastic side down. Then put the sheets you will be using for your birth on over the plastic. You should do this as soon as you are in labor even if it is in the night because your water could break at anytime and also because you may not feel like it later. Do this even if you don't plan to birth in the bed because you may labor there.

Birth Supplies:

- ___ A thermometer. This will be your child's thermometer, please spend the extra money and get one that takes the temperature within 3-5 seconds. You will need the regular thermometer not the pacifier, the rectal, or the ear/forehead ones. Your baby will thank you, they hate getting their temperature taken!
- ___ Electric heating pad
- ___ 16 oz sea salt. It is in the salt section of the grocery store (if having a water birth)
- ___ 2 big bottles of hydrogen peroxide
- ___ 1-2 large flannel backed plastic table cloth or waterproof canvas drop cloths. It goes under the tub to protect floors/carpets from water if you are planning a water birth. You can get these at Walmart.
- ___ 8 towels, old towels are better, they could get messy.
- ___ 8 washcloths
- ___ 1 small bottle of olive oil or almond oil for massaging the perineum at birth if

needed.

- ___ 1 flashlight with good batteries
- ___ 2 kitchen size garbage bags, 2 paper grocery bags (for laundry and trash)

After the Birth:

- ___ 2 packs of heavy flow sanitary pads and 1 pack of moderate flow pads
- ___ You need to wet 3 heavy flow pads, wrap them separately in plastic wrap and put them in the freezer. Just in case you need an ice pack after birth.
- ___ 1 big old blanket that can wrap you and baby in immediately after the birth, the blanket could get a spot of blood on it, so don't use your best one.

Baby Supplies: (Freshly washed and dried)

- ___ 8 receiving blankets (the thin, inexpensive kind)
- ___ 2 cotton newborn hats
- ___ T-shirt or onesies, gown, socks, mittens
- ___ A few diapers and wipes

Optional:

- ___ Homeopathic Arnica, for healing after the birth
- ___ Rescue Remedy, for relaxation
- ___ Ibuprofen (motrin), for postpartum cramps
- ___ A tincture bottle of Cramp Bark, which you can buy at a health food store or at any office. This works just as good as Ibuprofen for postpartum cramps

Food to Have on Hand:

- ___ 1-2 containers of juice (orange, white grape, apple, mixed berry are good ones). This is for you during labor.
- ___ 2 quarts Electrolyte drink such as Recharge, Gatorade, Emergen-C, miso soup and or coconut water.
- ___ 1 container of vegetable or chicken broth.
- ___ Foods and drinks to sustain you during labor: nuts, fruits, bread, smoothie ingredients, yogurt, pudding, fruit popsicles. Things you like!
- ___ Food for you after the birth: frozen casserole, frozen burritos, eggs, and toast, etc. You know what you will want – think protein and think easy.
- ___ Food for your midwife and her assistants. Sometimes we are called to a birth in the middle of the night and we don't get home until the following afternoon. Therefore, as your guests we will need to eat at your house while we care for you. We will need to prepare something easy and healthy. Here's an idea: having some eggs, bread, fruit, cheese, and crackers available is great. Thank you.

Extra Things to Think About:

- ~You are having a water birth, turn up the water heater the day labor starts.
- ~If you want pictures, have your camera with film and batteries ready next to the birth stuff.
- ~Make sure your memory card is ready for all the pictures of the birth. It is a bummer to run out of room when the baby is coming out.
- ~If you want video, set up a tripod and let us know that you want to video some of the birth. Sometimes we can take pictures, but usually not during the actual birth, if you

want pictures of this part, have someone else there who can do it.