



SUGGESTED SUPPLIES FOR A HOME BIRTH

Please gather the following together at least one month before your due date:

BIRTHING SUPPLIES

- 12 cotton/flannel receiving blankets
- A cotton hat for your baby
- Your baby's first "outfit" – nightie or sleeper / undershirt
- Diapers (*1 package newborn size*)
- 2 garbage bags and baskets/pails/boxes or keep them open
- Lots of face cloths or old towel cut into squares to use as warm compresses on perineum
- A heater (*quartz space heater or equivalent*) so the room your baby will be born in can be quickly heated.
- A large sized cookie sheet or equivalent sized cutting board
- Sanitary pads (*heavy flow – paper or cotton type top, rather than plastic*)
- Clean towels
- Dimenhydrinate (Gravol)
- Ibuprofen (Advil) 200 mg. and Acetaminophen (Tylenol) 500 mg.
- Digital Celsius thermometer
- 1 bottle of hydrogen peroxide
- Pack a bag for the hospital

Lots of people put all but the boxes/pails/baskets in one of the garbage bags, which they label "birthday", then set it aside.

We will give you disposable blue pads and a perineal bottle.

To protect your bed make it up as follows:

- Layer of plastic (*fitted plastic sheets or shower curtain liner*)
- Fitted sheet
- Flat sheet
- Layer of plastic
- Fitted sheet
- Flat sheet

After you birth we remove the top layer of flat sheet, fitted sheet and plastic so that you have a nice dry bed without disturbing you and your baby. Some people prefer to use disposable pads on fresh linen rather than having plastic protection under the sheet for after the birth.

Some people do not give birth in bed, so you might consider having an extra plastic sheet and towels available to protect the floor.

The following items are suggested, but they are not essential.

- Extra pillows (*some may be covered with plastic bags and then the pillow case closed shut with safety pins*)
- For compresses: crock pot or stainless steel pot (*to boil water*)
- Moisturizer for your lips
- Notebook to keep labour notes
- Mirror in which to watch the birth
- Flashlight
- Gooseneck lamp

FOOD AND BEVERAGE

It is important to have plenty of food for during labour and the immediate postpartum period - for mother, partner and support people - to keep energy levels up!

Good for the labouring person:

- Beverages: *clear fruit juice, herb tea with honey, mineral water or ice cubes made with fruit juice (in a thermos), electrolyte replacement drinks*
- Food: *bread, crackers, cheese, tuna, nuts and seeds, fruits, avocado, miso soup, cereal, eggs*

BIRTH ROOM

In preparation for the birth of your baby, please clean the room and choose a room large enough to accommodate those who will be attending; preferably with a bathroom on the same floor. We will need a space cleared for midwifery supplies (*top of a dresser or bedside table*). The room needs to be warm and adequately lit.

Have a phone available for the birth room. Post the "Emergency Numbers" list (*given to you in the prenatal package*) beside the phone.

January 10, 2023