



KCM CLINIC BIRTH SUPPLIES

BIRTHING SUPPLIES

- 12 cotton / flannel receiving blankets
- 2 cotton hats for your baby
- Your baby's first "outfit" – undershirt and sleeper
- A thicker blanket to cover baby with in the car seat if delivering in cool/cold months
- Diapers (max 5, you will only be staying at the clinic once baby is born for 3-4 hours)
- 2 sets of double size sheets (2 fitted sheets and 2 top sheets)
- A warm blanket to cover parents and baby in bed after birth
- Plastic to cover mattress and then another layer of plastic to protect the clean set of sheets for after birth (drop sheets, shower curtains or picnic table cloths are excellent options and available at most dollar stores. 4 packages suggested)
- 2-4 Pillows (we suggest covering pillows in plastic pillow protectors or garbage bags to protect them from sweat and other birth fluids)
- 2 garbage bags (1 for laundry and 1 for garbage. You will take your laundry and garbage home after the birth to clean / dispose of)
- 2 large zipper seal freezer bags (To put the placenta in. You will have to take it home to dispose of. We recommend putting placenta in the freezer until garbage day and then putting it in your regular garbage)
- Lots of face clothes or cut up towels to use as warm compresses for your perineum
- Heavy flow cotton menstrual pads or Adult diapers
- Stretchy full coverage underwear for after the birth (several pairs)

- 4-6 Clean towels
- Ibuprofen (Advil) 200mg and Acetaminophen (Tylenol) 500mg
- 1 bottle hydrogen peroxide
- A bag packed with personal toiletries and baby's clothes and diapers in case of transport to hospital
- Your health card
- Baby's car seat (make sure to adjust your car seat to the smallest size before the birth)
- Personal items for both birthing person and support people. (Suggested: shampoo, conditioner, soap, tooth brush and toothpaste, moisturizer and lip chap, hair brush)
- We don't allow open flames in our birthing suite, but if you want to pack battery operated candles, tea lights, twinkle lights, salt room lamps etc feel free.

Put all supplies in a Rubbermaid container / laundry basket for easy transport into the office at time of birth.

FOOD AND BEVERAGE

It is important to have plenty of food for during labour and the immediate postpartum period – for birthing person, partner and/or support people.

Good for the labouring person:

- Beverages: clear fruit juices, herbal tea with honey, mineral water or ice cubes made with fruit juices, coconut water or electrolyte replacement drinks
- Food: crackers, cheese, granola, protein balls, smoothies. Think: protein, fats and carbs for energy.

PLEASE NOTE:

We ask clients to invite only those offering labour support during the birth to come to the clinic due to limited space during regular business hours. Based on the Kawartha Community Midwives Confidentiality Policy we are obligated to ensure all clients privacy.