



REQUIRED SUPPLIES FOR A CLINIC 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 sets of double size sheets
- ∞ 2 standard pillows. (cover with plastic bag)
- ∞ 2 plastic sheets – one for the bed & one for the floor
- ∞ 2 garbage bags
- ∞ Lots of face cloths or old towel cut into squares to use as warm compresses on perineum
- ∞ Sanitary pads (heavy flow – paper or cotton type top, rather than plastic)
- ∞ Stretchy type underwear for after the birth
- ∞ Clean towels
- ∞ Ibuprofen (Advil) 200 mg. and Acetaminophen (Tylenol) 500 mg.
- ∞ Digital Celsius thermometer
- ∞ 1 bottle of hydrogen peroxide
- ∞ Pack a bag for the hospital
- ∞ Your health card
- ∞ Car seat for baby

Put all of these items in a box or garbage bag to bring with you to the clinic when you are in labour OR one month prior to your due date, if you would like to bring the items into the clinic, we can store them in a tote with your name on it..

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

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

- ∞ For compresses: crock pot or stainless steel bowl
- ∞ Moisturizer for your lips
- ∞ Notebook to keep labour notes
- ∞ Mirror in which to watch the birth
- ∞ Music you enjoy listening to and a laptop/MP3 player

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 woman:

∞ 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*

∞ *A fridge is available for your use*

January 10, 2023