



Supplies For Home Birth

Please collect the items and prepare by 36-37 weeks

For a home birth you will be able to use supplies that you normally have in your home. A few items may need to be bought for this special occasion, and can be used afterwards.

Supplies You Need

- Pillows
- 2 medium sized stainless steel bowls (for you if you are nauseated and one for afterbirth)
- 4-6 clean washcloths
- 6 medium/large size clean towels to wrap baby in (older towels/washcloths are softer)
- 1 large pack of overnight sanitary pads.
- 2 large containers lined with a garbage bag for laundry and garbage
- Digital thermometer (Celsius if possible and not an ear thermometer)
- 1 large roll of paper towels
- Your choice of pain reliever- Acetaminophen (Tylenol) and Ibuprophen (Advil) work well together for afterbirth pains

Optional: A large plastic sheet for floor

Labourade (Optional) Nourishing drink for Labour

- 1 or 2 fresh Lemons
- 1/4 cup honey
- 1/2 to 1 teaspoon of salt
- 1 Tablespoon liquid Calcium-Magnesium

(You may substitute Real Lemon Concentrate, but the taste is not as good), or use 1 can Frozen Lemonade (no honey needed))

Put ingredients in 1/2 gallon of water. Put ice in cup when drinking labourade. If

mixture tastes too strong or too weak, add or subtract to suit your taste buds. We want you to enjoy drinking it. Make two batches, one to drink and one to put into ice tray for cubes to suck or chew on later. When you are working hard, it is very refreshing and soothing. Use this drink and sip on it during labour. It supplies you with nutrition and energy to ease painful contractions. (Gatorade, Ginger Ale or juices are fine too).

Baby Supplies

- undershirts
- receiving blankets
- sleepers with feet
- newborn diapers
- 2 caps to cover head
- olive oil (a great moisturizer for baby's skin with no dyes or perfumes and also helps to wipe off the first bowel movements (meconium) which is very sticky)

Herbal Bath – for mom

We will supply you with this. If made ahead of time it can be frozen and separated into 3 or 4 containers. It must be kept frozen prior to use or it will go moldy.

How to make your bed for the birth

- (optional) if desired, use a plastic sheet to cover the mattress
- ⌚ Put on your regular fitted and top sheets.
- ⌚ Next, put on the plastic sheet provided in the birth box (make sure it covers sides of mattress).
- ⌚ Place old clean fitted sheet on top of plastic sheet.
- ⌚ Have ready an old top sheet and other blankets for immediately after the birth (not good bedding).
- ⌚ Cover pillows with green garbage bags before putting in pillowcases.
- ⌚ Prepare 2 large open bins lined with garbage bags.

Supplies to pack in a suitcase for the hospital

For labour kit

- ⌚ Lip balm/Chapstick
- ⌚ Slippers/socks
- ⌚ Hair bands to get hair off face
- ⌚ Extra pillows
- ⌚ High-energy snacks/drinks
- ⌚ Housecoat/robe
- ⌚ Camera
- ⌚ Phone numbers of family
- ⌚ Large towel for use after showering

For Mom after the birth

- ⌚ Toiletries as desired
- ⌚ Comfortable clothes
- ⌚ Overnight pads (maxi)

For Baby

- ⌚ Clothes to go home in.
- ⌚ Diapers
- ⌚ Approved car seat
- ⌚ Blankets
- ⌚ A hat

Children at a Home Birth

If you are choosing to have your children at your birth, they are welcome, however because our equipment includes things such as medications and needles, adequate supervision for them is imperative. In our experience, you may need more than one adult available if your kids have different needs, especially during the birth. These caregivers should be in addition to your support people.

