



Home Birth Supply List

The following items should be ready by your 36 weeks home visit.

Please use a spare Laundry basket or box for the following items:

- 1-2 plastic sheets to cover the delivery area (plastic shower curtains, paint drop sheet, Poly works well). This is for covering your mattress. Tarps are great for water births if you have a blow-up pool.
- 2 large strong garbage bags, one for soiled linen, one for garbage
- Medium sized bowl for the placenta.
- An ice cream bucket with lid OR 2 large Ziploc freezer bags to dispose the placenta, or to keep for ceremony or encapsulation.
- Digital thermometer for taking baby's and your own temperature. Forehead/ear monitors do not work well for newborns.
- 8-10 clean wash cloths or rags (used for warm compresses if out of water).
- Small bottle of unopened olive or preferred oil (we use this in out of water births at time of crowning)
- 1 package of long, overnight, thick MAXI/ KOTEX pads (the thicker the better) (do not use ALWAYS brand, as they're plastic).
- Nightie or PJs for Mother
- Small bottle of hydrogen peroxide
- A copy of your prenatal record (your midwives will give this to you at the end of your pregnancy). ***Please keep this visible. In the rare event an emergency arises, we need access to these with your full address and phone number.***

Keep the following items together : we will ask they go in the dryer prior to baby's birth:

- 4-6 clean receiving blankets (don't use your best ones as they may become soiled)
- 4-6 Large towels
- Hat for baby
- Flannel sheet or blanket for mother

Suggested but not mandatory:

- Homeopathic Arnica
- Calendula Tincture (both help with swelling discomfort)
- Squeeze bottle for peri-care. An old shampoo bottle washed out works well too

*** We sell the above items on their own or a birth bag for \$45 which includes the above as well as pregnancy tea & homeopathic easy birth (used for labour preparation), 2 pairs of disposable underwear, a package of 10 absorbent incontinent pads and some flexible straws.

Side Note

Always have a hospital bag packed: with clothes/toiletries for yourself and the baby in case you need to go to the hospital.

Ensure that the car seat is installed in your car and that you know how to use it properly. This should be done by 37 weeks.

Baby

A hard surface is needed, like the top of a dresser/change table, that is cleared off with close access to an electrical outlet. We use this for our set-up. Please also have a cookie sheet available.

- 2 newborn hats
- Newborn Outfit including undershirt, sleeper, diapers, socks.

Birth Bed Preparation

Make up your bed as usual, then on top of this place the plastic sheet or shower curtain and an older fitted sheet on top of the plastic. Do not do this until early labour as the plastic will make you hot and sticky!

Waterbirth

A regular sized bathtub may work well for water births, it will depend how deep you can get the water. The benefits are:

1. It's cheaper (no need to buy or rent a pool)
2. Your hot water tank can fill it
3. Easy clean up! – Just pull the drain

However, if your tub is small or you'd rather, birth pools can be rented or bought for a reasonable price.

Our friends can help you out:

Birth Supplies Canada – www.midwiferysupplies.ca or 1-888-802-0474

You'll need a small fishnet or kitchen sieve, with handle for removing debris from the pool.

If you are not using your own bathtub, you'll also need an adaptor for the faucet and clean/rinse hose for filling the pool. It is best to put a plastic barrier between your floor and the tub – just in case!

In labour – Turn up your hot water tank as high as it will go