

## Home Birth Supply List

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If you are choosing to give birth at home, you will be given a list of supplies to collect, between 32-34 weeks. At 36 weeks, you will be given a bag with supplies (blue pads, peri-cleanse bottle, etc) from us, a binder for charting, and some postpartum medications to put in your fridge (we suggest in your fridge door).

Once you have all your supplies at home, it is extremely helpful if you have a designated box or a basket that you will use to store everything, including the receiving blankets and towels – a laundry basket works well.

Please collect the following items at least **3 weeks** before your due date.

### Home Birth Supply List

- 1 small table or dresser cleared for birth supplies
- 4-8 clean older wash cloths
- 6 large clean older towels
- 3 receiving blankets
- 2 medium stainless steel or glass bowls
- Plastic container with fitted lid for storing placenta
  - (ice cream container works well!)
- 2 large cardboard boxes or containers with garbage bags in them – one for garbage, one for used laundry
- 1 roll of paper towels
- Extension cord (we need to plug in multiple things)
- Large sanitary pads (not Always pads as they cause irritation)
- A comfortable outfit to change into when you get out of the shower
- Baby diapers
- Baby hat
- Baby Sleeper

Suggested extras:

- Hydrogen peroxide to remove blood stains in laundry, if needed
- Crock pot with lid to keep compresses (facecloths) warm
- 6 frozen pads in freezer (pantyliners with witch hazel sprayed on them work well!)
- Gatorade, juice, coconut water to keep well hydrated
- Light snacks for you and your attendants
- Postpartum medications – enough for 24hrs: Ibuprofen & Tylenol
- Epsom salts (1-2kg) for healing baths in the postpartum
- Sitz bath herbs (from midwife)
- Postpartum recovery tea (calms afterpains, promotes healing)
- Mother's Milk tea or tincture (helps promote breastmilk supply)
- Witch hazel & cotton balls (soothes & shrinks hemorrhoids)

***To protect your mattress and pillows, please prepare the bed as follows when you are in early labour:***

1. Make your bed with a clean fitted and flat sheet.
2. Cover your bed with a plastic mattress cover or shower curtain. You can secure it with duct tape.
3. On top of the plastic sheet, put a clean, older fitted sheet for the birth.
4. Next, a clean, older top sheet and any other blankets you wish to use.
5. Prepare 2-4 pillows in the same way with a clean pillowcase, then a garbage bag over top to protect the pillow, and then a clean older pillowcase on top.

Sometimes plans change and a planned homebirth can turn into a hospital birth, so we suggest that you have a hospital bag or suitcase ready should we need to transfer in (clothing and toiletries for you, clothing, diapers, and car seat ready for babe). Have your health card readily available and your Pre-anesthesia/Room Type forms ready in your bag.

## **Nourishment**

We can't say enough how important food and hydration is in labour. Your body is working hard – keeping nourished and hydrated is essential. It is great to have different beverage options as well as easy and healthy snacks for when you are in labour. Think about something nourishing after the birth when you are ravenous... Don't forget to have some nutritious snacks for your labouring partner as well.

Here are some ideas for you:

- Beverages
- Labour-Ade
- Electrolyte drinks
- Teas with honey
- Less-acidic juices, such as coconut water
- Smoothies
- Snacks
- Fruit (frozen grapes are great!)
- Broth
- Energy balls/bars
- Crackers & cheese
- Yogurt
- Food for birth partner/team
- Protein-rich food definitely helps when you are tired
- Coffee/tea – nobody wants a withdrawal headache when they are meeting their baby
- Victory Meal