



# *Motherhood Midwifery*

## *Birth Preparation List*

Congratulations on your upcoming homebirth! I've compiled this list to help guide you as you prepare for the birth of your baby. Please let me know if you have any questions.

You can purchase your birth kit at [www.inhishands.com](http://www.inhishands.com) by following the link on the "Birth Resources" page on my website. Please purchase the kit by the time you are 36 weeks. There are optional items at the bottom of the page in the kit that you can decide if you would like to purchase.

In addition to the birth kit, you will need the following items. These should be gathered together in a central place or plastic storage bin by 36 weeks.

### *General Supplies to Gather:*

- 2 Sets of Sheets – one extra set besides the sheets on your bed
- 4-6 pillows w/plastic protectors. Trash bags can be tied on as protection under the pillow cases.
- A plastic mattress cover to protect your mattress, if one is not already on your bed
- 8-10 bath towels – do not skimp on this if you are planning a waterbirth!
- 4-6 washcloths
- 2 bottles of Hydrogen Peroxide (for laundry blood stain removal)
- Plastic or stainless-steel bowl for emesis or putting the placenta in
- Optional: 2 large trashcans or laundry hampers. One will be used for trash, and one for laundry at the birth.
- Optional: Crock pot and extra washcloths (can be used to keep washcloths warm to be wrung out and placed on abdomen and back for heat therapy for pain relief)

### *For Mom:*

- Labor/Birth Tub Top: this can be a bra, tank top or swim top
- Nursing bras & breast pads
- Ibuprofen and/or herbal Afterpains tincture
- Coconut oil or natural nipple cream
- Large water cup w/straw

- Heating pad for afterbirth cramps (optional)
- Exercise ball to sit on in labor (optional)
- Lip balm (optional). Dry lips are common in labor.
- Birth music playlist (optional)
- Candles/essential oils in roller balls or diffuser (optional)
- Maxi pads or Depends for postpartum bleeding (some are in the birth kit)

### *For Baby:*

- Newborn diapers of your choice
- Baby outfits – several different sizes are a good idea
- Baby blankets
- Infant car seat - if there is a base, it is good to pre-install it in your car. This is important in case the baby needs to be taken to the hospital after birth.

### *Snacks:*

Snacks in labor are very important! Think about things that are very easy to eat. Some ideas are:

- Smoothie, fruit, applesauce
- Cheese sticks, yogurt cups
- Electrolytes/Recharge/Coconut Water/LaborAide
- Crackers/Granola Bars/Trail Mix
- Popsicles
- Toast, crackers, peanut butter

### *Waterbirth Supplies:*

If you plan to use my waterbirth tub for labor or delivery, please purchase these additional supplies:

- The Birth Pool Liner which is listed as optional in the homebirth kit
- Brand new, lead-free hose – either 25 or 50 feet in length, depending on your setup plan
- Faucet adaptor for hose if needed. We will discuss how and where to set up and fill the tub during one of your prenatals.
- Tarp or plastic sheeting for under the tub – optional

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