

Home Birth Supplies

Please have all of your supplies by 36 weeks.

Items to purchase

- Birth kit - we provide for \$60
 - Extra package of large sanitary pads
 - Gallon of electrolyte replacement i.e. Recharge
 - Infant car seat – set up and ready in car
 - *Fitted waterproof mattress pad
 - *Aquarium net-- for waterbirths
- *Available for purchase at Woman Care

Household items

- 3 old bath towels - 12 for waterbirth
 - 2 additional large towels or 1 blanket (to warm in dryer for mom and baby after birth)
 - 10 old washcloths or soft rags - for warm perineal compresses
 - 2 sets old bed sheets – i.e. 1st bed sheet, plastic cover and 2nd bedsheet
 - 8 receiving blankets
 - For baby: nightgown or sleeper, t-shirt, booties or socks, diapers, hat
 - For mother: nightgown or large T-shirt for mom during labor and clean one for after the birth
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- Cookie sheet
 - Rectangular 9” x 13” baking pan
 - 1 quart sized glass or stainless steel bowl
 - 2 large kitchen sized trash receptacles
 - 3 large plastic trash bags- to fit receptacles
 - 1 box of facial tissue
 - 2 rolls of paper towels
 - 2 rolls of toilet paper
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- Pillows, pillow cases, towels, blankets
 - Flashlight with new batteries
 - Nutritious food for mom, dad, family, friends, midwives
 - Portable heater if the room isn't easily warmed
 - Car with gas
 - List of phone numbers by your phone: midwives, pediatricians, childcare providers
 - If renting a birth tub, a new hose that is drinking water safe is necessary, a faucet adapter may be necessary

Miscellaneous (optional) personal items

Heating pad, hot water bottle, music, camera, film, mirror, lip gloss, lotion, warm socks, aromatherapy, herbs, candles, Advil, Tylenol, breast cream, ice chips.

You will need at least a dozen towels if you are planning a water birth.

Preparing for the birth - please do the following by 36 weeks

1. Purchase your birth kit 4-6 weeks before your due date.
2. Gather the supplies on the list and put them in the boxes. Review the list with your partner/labor support team so they know where the supplies are.
3. **Four weeks before your due date, wash in hot water and dry in hot dryer:** bed sheets, baby blankets and clothes, towels and washcloths. Place baby blankets and clothes into a new clean plastic bag and seal; place the towels and washcloths in a second plastic bag; place sheets in a third bag.
4. Put a list of important phone numbers by your phone (midwives, pediatrician, childcare providers).
5. If you live out of the city limits, take a map with your name, due date, address and directions to your home to the ambulance service.

When you go into labor:

1. Prepare bed: put one of the clean fitted sheets on the bed, cover this with the plastic backed sheets from your birth kit (or the waterproof mattress pad), then put another fitted sheet on top.
2. Make sure your supplies are together in the birthing room.
3. Call anytime you want the midwives to come over.
4. Call if your water breaks. *Note the time, color, and amount of water.*
5. **Active labor is defined as contractions that last for 60 seconds or longer and are 5 minutes apart.**
 - ❖ Lasting for 60 seconds or longer
 - ❖ Getting stronger
 - ❖ Getting closer together
 - ❖ Getting longer

Timing your contractions:

Note the time the contraction starts. Note the time the next contraction starts. This is how *far apart* the contractions are (from the beginning of one to the beginning of the next one). To time *how long* a contraction is, note the time the contraction starts and the time it ends. This determines how long the contractions are lasting. If you write down several contractions it will be easier for you to see the pattern and tell the midwives how it is going.