

Supply List

- 2 sets of clean sheets
- 1 plastic sheet or drop cloth to protect mattress
- 30 Underpads 23x36 (or larger) absorbent (Chux)
- 15 washcloths
- 8 towels (12 for water birth)
- 2 large mixing bowls
- 1 roll paper towels
- 2 large trashcans
- 4 large heavy-duty garbage bags
- Flashlight (bright) with working batteries
- Heating pad or heatable rice bag
- Hydrogen peroxide
- Extra virgin olive oil (new) small bottle
- 1 gallon distilled water
- Ice
- 3 packs sanitary pads, extra large
- 4 Depends underwear
- Chapstick
- Epsom or sea salt & sitz bath herbs
- Afterease, Ibuprofen &/or Tylenol (after delivery)
- Honey
- 2 quarts Electrolyte Drink, or Herbal Tea, 2 straws
- Nutritious food for mom, partner and midwives
- Thermometer (digital, not ear)
- 4 cotton receiving blankets
- Baby t-shirt, gown, socks, 2 hats

Optional: Birth ball, birth tub, crock pot

BIRTH SUPPLIES

Please have all of your home birth supplies gathered by 35 weeks.

PREPARING THE BED

Sanitize sheets by washing them in hot water and drying them in the dryer for an extra 20 minutes. After labor begins, make the bed with the first set of sanitized sheets. Next place the plastic sheet on the bed. Then make the bed with the second set of sheets over the plastic sheet

WHEN TO CALL

- If your water breaks (note the color, smell, and amount).
- When your contractions are time-able and regular. During the night you don't need to call me until contractions are every 5 minutes lasting a minute and you can't talk during a contraction (5/1/1).
- We like to be alerted (in daytime hours) when you lose your mucus plug (bloody show) because labor may begin within 48 hours. If you think you are starting labor during the day, please let us know.
- Active labor 4/1/1 Contractions 4 minutes apart (from start to start), that last at least 1 minute, and they have been that way for at least 1 hour.

CONTACT

- Carol Denny LM CPM 623-486-2229
- Mary Gibbons LM CPM 623-451-4925
- Office Hours: 9am-5pm M-F
- Non-urgent calls/texts will be returned by the next business day.

URGENT COMMUNICATION PROTOCOL

Leave a voice message AND send a text message to both of our phones. If you do not hear back within 15 minutes, call again and leave a voice message and send a text message. If you text during the night for something urgent and don't hear back within 5 minutes, please call.

EMERGENCY BACK UP CONTACT

Pam White LM: 602-494-4092 | Pam Qualls LM CPM: 623-931-3199

