**8 Month**

**Checklist for Home Birth**

* Schedule last OB visit (get prescriptions for Pitocin, methergine or misoprostil, oxygen, vit k, eye ointment, and Rhogam at that visit)
* Contact Pediatrician
* Schedule home visit by midwife and all attendants (pot lucks are fun)
* Line up help if there are other children
* Order Birth kit from [www.YourWaterBirth.com](http://www.inhishands.com) (look for Denese Norris’ birth kit) Use discount code: DNorris for 10 % off
* Or from InHisHands.com
* Final payment to Midwife and have money set aside to pay 2nd midwife
* Fill out Emergency transport page
* Set up birth pool, if desired
* Purchase car seat and install in car
* Have camera and video camera available, if desired. (We can bring if necessary)
* Bag up supplies and have ready to sterilize at 37-38 wks

**Supplies to purchase or borrow**

* Birth ball (approx. $20 in exercise section of Walmart/Target) Nice for use in late pregnancy and during labor
* Small bottle of olive oil, coconut oil or almond oil—unopened (for perineal

massage to prevent tears during birth)

* Frozen casseroles—wise to ask for when folks ask what can they do for you—makes for an easier postpartum recovery
* A few overnight-size pads saturated with 1/4-1/2 cup water and a drop of lavender/helichrysm essential oil then freeze—for perineal cold packs just after delivery
* Chlorophyll liquid or alfalfa tablets (to be taken at end of pregnancy and into

postpartum period for blood loss)

* Food / drinks for birth (for parents and attendants) Juices, gatorade, red raspberry leaf tea—and may make into ice cubes as well
* Enema—good for stalled labor
* Crock pot—washcloths will go in for compresses used during pushing to prevent tears
* Heating pad—to warm baby’s blankets and clothes
* Plastic or shower curtain—to protect bed and/or floor (Dollar Tree)
* Thermometer—any kind will be fine (will be used on mom and baby)

**Bag up items listed below in large brown paper grocery bags and write on outside with a black sharpie what contents are:**

**Bag #1 (NOT STERILE):**

2 fitted sheets

2 top sheets

2 sets of pillow cases

cotton gown for mom

4 lg towels for getting in and out of shower/birth pool

**Bag #2 (NOT STERILE:**

Diapers and pins (if using cloth) or pampers

3 baby washcloths

5 cotton receiving blankets

1 pack baby wipes

1 cotton t-shirt, onsie and footed sleeper for baby

1 set of cotton socks or booties

2-3 cotton hats for baby

**Bag #3 (NOT STERILE):**

4 clean, old towels

**Bag #4 (STERILE)\*\*\* Towels and washcloths for the birth**

**Directions for sterilizing below.**

2 towels, old

4 hand towels, old

12 washcloths, old

**\*\*\*Sterilizing instructions:** Wash everything and dry. Fold and put immediately into brown paper bags. Bags should be in good condition with no tears, stains or wet spots on them. Tie bags closed with cotton string that will not melt in oven. Place a cake pan or similar with water on the bottom rack of oven. This will prevent bag from scorching. Bake bag #4 in oven at 250 degrees for 60 minutes. Don’t allow the bag to touch the sides of the oven. Place unopened bag somewhere it will remain dry and untouched until birth