



HONEYCOMB MIDWIVES

307, 4935 – 40th Avenue NW Calgary AB T3A 2N1
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Homebirth Supply List and Preparations

- 1-2 large plastic sheets to cover the delivery area (shower curtain for bed, paint drop sheet or tarp for water births)
- 2 large strong garbage bags, one for soiled linen, one for garbage
- Medium sized bowl for the placenta
- An ice cream bucket with lid OR 2 large Ziploc freezer bags to discard the placenta or to keep for encapsulation
- Digital centigrade thermometer for taking babe's and your own temperature
- A BRIGHT FLASHLIGHT with functional batteries!
- A cookie sheet - used as a mobile hard surface if necessary
- 8-10 clean old wash cloths or rags (used for warm compresses and for cleanup)
- 6 Large towels, as many as possible (at least 6)
- Small bottle of unopened olive oil if you (for the perineum at crowning) if you desire
- Squeeze bottle for peri-care (we sell these in a package with calendula and disposable underwear). An old shampoo bottle washed out works well too
- 1 package of long, overnight, thick MAXI/KOTEX pads (frozen pads may be made up ahead of time (add a small amount of water or water/calendula tincture to pads and freeze).
- Homeopathic (Arnica) and calendula tincture are recommended to help with swelling and discomfort comfort

Notes:

Always have a hospital bag packed: with clothes/toiletries for yourself and the baby in case you need to go to the hospital.

Ensure that the car seat is installed in your car and that you know how to use it properly. This should be done by 37 weeks.

Keep all birth supplies in a laundry basket or box near the area you plan to give birth. This ensures that your support people and midwives are focusing on you and not searching for missing items! Please keep the envelope containing the midwives' paperwork with your supplies.





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Baby

We NEED an area in your birth room to set up our emergency supplies. A hard surface is needed like the top of a dresser/change table that is cleared off with close access to an electrical outlet.

4-6 clean receiving blankets (don't use your best ones as they may become soiled) 2 newborn hats, undershirt & sleeper, diapers and socks.

Birth Bed Preparation

Make up your bed as usual, then on top of this place the plastic sheet or shower curtain and an older fitted sheet on top of the plastic. You can place extra plastic sheets to cover the floor, especially if it is carpeted

Waterbirth

A regular sized bath tub works well for water births. The benefits are:

1. It's cheaper (no need to buy or rent a pool)
2. Your hot water tank can fill it
3. Easy clean up! - Just pull the drain

You'll need a small fishnet or kitchen sieve, with handle for removing debris from the pool.

If you are not using your own bathtub, you'll also need an adaptor for the faucet and clean/rinse hose for filling pool. It is best to put a plastic barrier between your floor and the tub - just in case!

Turn up your hot water tank as high as it will go

In the event that you rent a birth pool the set-up, drainage and take-down of the pool is the client's responsibility

Emergency

In the rare case that we would need assistance from EMS, be prepared with a sticker on your phone(s) including your phone number and your address for someone to read out to EMS should it be required

If your house or apartment is difficult to find/access, if GPS is not available, or parking is difficult please ensure you inform your midwives so that safe, expedient access can be planned.

Outdoor lights on! Please ensure that your house number is visible.

