



# HONEYCOMB

· Midwives ·



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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 similar) 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 (for the perineum at crowning) optional
- Squeeze bottle for peri-care (we sell these in a package with calendula and disposable underwear). An old shampoo bottle washed out well will also work.
- 1 package of long overnight thick maxi pads (frozen pads may be made up in advance – add a small amount of water/calendula tincture to pads and freeze)
- Homeopathic (Arnica) and calendula tincture are recommended to help with swelling and discomfort

### 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 the car seat is installed in your car and that you know how to adjust 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 pink envelope containing the midwives' paperwork with your birth supplies.



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## **Baby**

We NEED an area in your birth room to set up 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 and 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:

- It's cheaper (no need to buy or rent a pool)
- Your hot water tank can fill it
- Easy clean up – just pull the drain

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

If you are not using your own bathtub, you'll need an adaptor for the faucet and clean/rinse hose for filling the 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.

## **Emergencies**

In the rare case we need assistance from EMS, be prepared with a sticker on your phone (s) including your phone number and 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 your house number is visible.