PREPARING FOR YOUR HOME BIRTH

We are very excited to attend your birth! You will have a homebirth planning visit around 36 weeks and we want to know where everything is! Please gather and organize your supplies in laundry baskets, boxes or bins in the birth room if possible. Please keep all non-perishable supplies together in one place in the birth room. The baby blankets and hats should be available immediately after the birth.

Please fill 6 plastic snack bags with a 50 -50 mix of water and alcohol then freeze lying flat. These will be used as ice compresses on the perineum after the birth. Peri Cold Packs OB sanitary pad w/instant cold pack inside are an easy alternative.

Please cover the bed in a plastic sheet or water proof mattress cover large enough to cover your entire mattress. It is a good idea to put this on your mattress a couple of weeks prior to your due date in case your water breaks at night. You need to put two sets of sheets on your bed. Between the top and bottom set of sheets please place two absorbent chux pads. We remove the top set of sheets after the baby is born and leave you in a clean bed.

Please have a supply of nutritious, easy-to-fix food and drinks in the house, both for yourself during labor, your partner and your birth team.

1 Peri Bottle or sprayable/squirt water bottle

2 packs Chux pads, disposable or washable under pads 30 X 36. Birth can have lots of amniotic fluid leaking!

Two dozen Overnight or OB size sanitary pads, self-adhesive

Digital thermometer for newborn use

2 bottles Peroxide for cleaning blood from sheets and towels

1 bottle alcohol (if you already have some, about 1⁄2 a bottle, that is fine.)

2-4 large black plastic trash bags

1 roll unopened paper towels

1 box of tissues (Kleenex)

6 - 8 clean towels (old ones/ dark colors better)

6 wash rags (adult)

**6- 8 FLANNEL receiving blankets**

**2-4 Infant hats, cotton**

2 sets of baby clothes or onesies

2 infant wash clothes

Baby diapers

A package of unscented baby wipes

2 clean sets of sheets/pillow cases for the bed

Plastic mattress cover on your bed to protect it

Any size crock pot with water

Large flashlight

Advil or Ibuprofen 200 mg tablets

Hand Sanitizer

Toilet paper

If you are planning a water birth you will also need the following:

A large plastic drop cloth, about 9' x 12',

1 gallon of bleach (this is for sanitizing the pool and pump after the birth.)

A water thermometer

Fish Net to scoop things from the tub

FOOD AND DRINK SUGGESTIONS

Throughout labor we encourage you to eat if you choose to and sip fluids constantly! You will be quite hungry after your labor and delivery of your baby and will need to replace calories.

Yogurt

Protein bars

Eggs

Cheeses

Bread for sandwiches, toast

Honey

Crackers

Soups and broths

Frozen juice bars

Fresh fruit

Juices (other than Orange)

Electrolyte replacement drinks, coconut water, or even Pedialyte.