

HOME BIRTH SUPPLIES

To avoid any last minute rush, have these supplies assembled in one place by your 36th week of pregnancy. These can be purchased at most local pharmacies. Some can also be ordered online from www.preciousarrows.com under "Seasons of Life" midwifery,

Brigitte Rhody- Garrison, CNM

- ☐ 20-40 LARGE disposable underpads (too many is better than too few. You can return any unopened packages, if you buy locally)
- ☐ 1 plastic mattress pad/shower curtain to cover mattress (a fitted plastic sheet works very nicely)
- ☐ 1 extra change of sheets and pillowcases for bed
- ☐ 1 pack LARGE maternity pads OR LARGE Depends type pull ups (1st few days)
- ☐ 1 package Super Maxi Pads (next few days)
- ☐ Disposable net panties for the pads, (optional)
- ☐ 1 box sterile 4"x4" gauze pads PLEASE GET 12 PLY ONLY
- ☐ 1 large bottle hydrogen peroxide, 1 bottle first aid isopropyl alcohol
- ☐ Several pillows, with plastic covers or garbage bags under cases
- ☐ 4-5 washcloths
- ☐ 8 towels (bath size)
- ☐ 4-5 cotton receiving blankets
- ☐ 2 or 3 warm baby blankets
- ☐ 2 sets of clothes for baby (undershirt, hat, sleeper/nightgown, & socks)
(towels, blankets, & baby clothes need to be very dry and stored in a warm, dry place)
- ☐ Diapers and wipes for baby
- ☐ Electric heating pad
- ☐ Electric extension cord (with at least 3 outlets)
- ☐ Thermometer- infant
- ☐ Flashlight & batteries
- ☐ 2 basins/bowls (one for placenta, one in case of vomiting in labor)
- ☐ 2 large cookie sheets
- ☐ 2 Garbage bags for soiled linen and bloody garbage
- ☐ 1 roll paper towels
- ☐ Comfortable clothes for labor, birth, and afterwards
- ☐ Drinking straws (bendable)
- ☐ Squeeze "peri" bottle
- ☐ Advil (ibuprofen), for afterbirth pains HIGHLY RECOMMENDED
- ☐ Unopened small bottle of olive oil, if desired for birth or baby diaper ointment (good if first baby or previous tear)
- ☐ Crockpot, for warming washcloths for peri while pushing (if desired)
- ☐ Great laundry detergent that has stain removing power
- ☐ Drinks and light foods for mom in labor (Juices, honey, popsicles etc.)
- ☐ Food and beverages for after baby! Cheese, bread, subs, gingerale, juice, champagne, whatever you love!