



Birth Supplies List

The list of supplies needs to be collected and prepared prior to labor and delivery. Many of these supplies you will not have to buy or can be bought cheaply. Ask us if you have questions. Don't forget to have fun, relax, and laugh during this process!

1. Postpartum plan

First, an important component of a good birth and early postpartum time is friendly, loving and helpful people to take care of the birthing mother. This person(s) should be able to provide nourishing meals, do laundry, babysit the newborn or older children for short periods, run errands and do grocery shopping, for at least *3-7 days after the birth*. This allows everyone to do their job: the new mother to take care of the baby and recuperate; the baby to bond, eat and sleep; and dad to support and love mom and baby.

2. Birth kit

You buy the kit from Confident Beginnings about 6 weeks before your due date. You can keep it in the box or in a cupboard until you call us for birth. Then just put it on the dresser or bathroom cupboard and we'll get into it as needed. ("http://www.confidentbeginnings.com/shop/index.php?main_page=product_info&cPath=2&products_id=151" - this link is also at "<http://www.highlandmidwife.com/ForClients.html>" under Packet 3, BirthKit).

3. Birth supplies

These supplies should also be prepared before or at the beginning of labor, laid out and easily accessible to the midwife and family. This will make it easier for us to care for you during labor and birth and to clean up afterwards.

- Plastic mattress cover: this can be a waterproof mattress cover, old shower curtain, or other large sheet of plastic. You may need to duct tape the edges of the plastic so it doesn't slide around.
- Plastic sheet for under the birth tub, to keep any water dripping from mom's body from getting on the floor.
- 2 sets of old sheets or ones that you don't mind getting bloody.
- Several large bath-size and smaller hand towels that you don't mind getting bloody.
- Several (at least 4) cotton receiving blankets. If they are new, please wash them first.
- 1 pillowcase (to keep our heating pad clean).
- 2 large plastic garbage sacks (no holes) for laundry and garbage, smaller ones for pillows.
- 2 large cookie sheets (to hold our instruments).
- Hydrogen Peroxide to take blood out of sheets.
- 1 large heating pad (to heat baby blankets and keep newborn warm—we do have one of these but prefer to use yours if you have one).
- Portable electric heater (to heat the room quickly when birth is approaching) or an easily adjustable thermostat. Warm babies are happy babies!
- Birth tub supplies if you choose to use our birth tub. Please see the Birth Tub Supplies and Care document if needed.

4. Food and drink

- We all need to eat during labor and after the arrival of the newborn.
- Mom may like foods that are easily digestible (such as fruit, yogurt, popsicles, spritzers, crackers, cereal) during labor.
- Mom needs to stay hydrated during labor. Water, juice, energy drinks, fruit and popsicles are popular choices.
- Mom and everyone else will want foods that are filling after the birth.
- Coffee and non-dairy creamer for waking us up!
- Lorri has egg and milk allergies though she eats virtually everything else, and Kristin will eat whatever you've got! One or more of our students may also have food allergies, especially gluten.

5. Postpartum supplies

- Maxi pads: the kind you like for heavy periods.
- Food for first three days prepared and ready to cook.
- Ice pack: can be made from crushed ice in a plastic glove, small bag of frozen peas, or gel packs.

6. Rest area for midwives

Sometimes the midwives need to rest or sleep during the labor or before driving home. Thanks for thinking of us!

7. Making your bed for the birth

- Lay the plastic sheeting down first being sure to let the edge hang down over your mattress and box springs. You may have to duct tape the edges in place. Then lay a towel or mattress cover where mom will be.
- Then put on a set of clean sheets. The towel or mattress cover helps keep mom from slipping all over and from feeling so sticky and sweaty. Some people like to layer 2-3 layers of plastic and new sheets so that one layer can easily be removed when dirty. However, this uses a lot of plastic and it is pretty easy to take off dirty sheets and put on clean ones over one layer of plastic.
- Have lots of pillows. Cover them with drawstring garbage bags and then the pillowcase; they often get a bit dirty during birth.

As much room for movement around the bed as possible and a bedside table are helpful.

Special Info

Allergies that your Midwife and students have: eggs, milk products, gluten

Good substitutes: products made with any kind of non-dairy milk (rice, soy, oat, hempseed, almond), any other protein sources, and all fresh fruits and veggies