



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 Silver Sage about 6 weeks before your due date. You can keep it in the box or in a cupboard until you call us for birth. There is one thing that you should take out and use starting when the kit comes: the red raspberry leaf tea. Then just put the whole kit on the dresser or bathroom cupboard and we'll get into it as needed. Order here: www.silversageherbs.com - Other Payments - Birth Supplies Kit (the link is easy to find 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. Vinyl tablecloths with flannel backs from the dollar store work great, flannel side up!
- Plastic sheet for under the birth tub, to keep any water dripping from mom's body from getting on the floor. The big cheap tablecloths work well here, too, because the flannel is nice on feet.
- 2 sets of old sheets or ones that you don't mind getting bloody. The blood will wash out.
- 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 for laundry and garbage, smaller ones for pillows and a trashcan.
- 2 large cookie sheets (to hold our instruments).
- Hydrogen Peroxide to take blood out of sheets, if there is none in the birth kit that you purchase.
- 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, then you can use if for cramps afterwards).
- 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 (clean new drinking-quality garden hose, Epsom Salts, sea salt) if you choose to use our birth tub. Please see the Birth Tub Supplies and Care document if needed.
- Epsom Salts; the magnesium relaxes cramps, and helps prevent exhaustion and elevated blood pressure.

4. Food and drink

- We all need to eat during labor and after the arrival of the newborn. Mom and everyone else will want foods that are filling after the birth.
- Mom may like foods that are easily digestible (such as fruits, yogurt, juice popsicles, smoothies, juices and spritzers, broth, crackers, cereal, spoonfuls of nut butters / honey / molasses) during labor.
- Mom needs to stay hydrated during labor; water, juices, electrolyte drinks, fruits, and juice popsicles are popular choices. Coconut water is an excellent source of electrolytes and fluid!
- These can help mom / baby safely through labor: **coconut water**, **chlorophyll** (especially mint), **molasses**, good sea salt, and raw honey for an energy drink. **Vitamin C** for preventing infection.
- Coffee and cream for waking us up!
- One or more of our students may have food allergies such as gluten, and/or be vegetarian or vegan.

5. Postpartum supplies

- Maxi pads: the kind you like for heavy periods.
- Food for first three days prepared and ready to cook, nutritious fluids easily at hand.
- Optional ice packs, in addition to the comfrey poultices that we will leave in your refrigerator.

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.