



Everyday Miracles
Birth, Babies & Breastfeeding

Home Birth Supplies

Many of the items on this list you should have around your home. If not, check thrift stores, discount stores, and neighbors. All sheets, towels and other linens should be washed in hot water and bleach, dried on hot, and then bagged until labor. Starred (**) items are nice, but not absolutely necessary.

For your bed: **Two sets of old sheets** and a **waterproof mattress pad, shower curtain, or flannel backed plastic tablecloth**. In early labor, make up the bed with one set of the sheets; the plastic or waterproof piece, then put the second set on top (make the top one the least favorite or oldest set).

Several **tall kitchen sized garbage bags**. These will be used to encase pillows to protect them.

Lots of large **towels** - 6-8 or more for a waterbirth. 2-6 **washcloths** for cold or warm packs, wiping faces, etc.

6-12 old or cheap **cotton receiving blankets** or **thin towels** for drying the baby after birth.

A **crock pot** for heating compresses. **

A **heating pad** or **hot water bottle**. **

A **space heater** or some other way to warm a room quickly.

A **bright portable light**.

1-2 large bottles of **hydrogen peroxide** for removing blood stains.

A **thermometer**.

A **large hand mirror**. **

A **large bowl** for the placenta. Metal or ceramic is best, plastic is ok, but may stain.

A **large kettle or pan** to simmer the herbs for afterwards.

Roll of paper towels.

1-3 **perineal ice packs** wet sanitary pads with water and 2 ounces of alcohol and freeze or blue ice. **

1 bottle of **cold pressed oil** (almond, olive, etc) for perineal massage and for baby's bum.

Large box of **overnight sanitary pads**.

Food for mom during labor, juices, Gatorade or Recharge, water, honey, fruit, yogurt, soups, whatever might go down easily. **Food for midwife and others**. Partner, assistants, doulas, etc

Camera, batteries and film **

Clothes for baby, nightgown or sack, t-shirt, socks or booties, hat, two (one thin and one warm) receiving blankets. **Diapers** at least 60-80 to last the first week. Arrange diaper service delivery before the due date.

Clothes for Mom for after the birth.

Purchase a birth kit (disposable supplies) from www.inhishands.com , look for the birth kit page and the "find my midwife" button. I have a custom birth kit listed there.

Water birth or labor:

You have several options. (In general order of cost)

1. If you already have a large tub for labor or birth you will need a **large tarp** to protect the floor, a **small fish net** and a **clean garden hose** long enough to reach from tub to drain or yard. You might also need **adaptors** for the sink to hose connection.
2. If you want to purchase an inexpensive pool, I recommend this one:
<http://www.qualityinflatables.com/58480.html>. Others have used **Rubbermaid stock tubs** from a Farm and Ranch store.
3. I have one rental tub available. It is a **La Bassine' birthing pool**, and the rental cost is \$100 including the accessories. If you have your own inflatable tub, you can rent just the pumps and accessories kit for \$40.
4. You may buy a pool and accessories from www.YourWaterBirth.com/catalog under "Find Your Midwife" under "Washington". Two packages are available under my name. The only difference is the type of pool. . The La Bassine' kit costs \$161 and a smaller "fishy pool" kit costs \$78. An air pump is not included in the cost, and may be purchased at an additional cost, or you may borrow my set up.
5. You may rent a tub and accessories from any of several local vendors. An advantage of this is that they come set up the tub for you and pick it up afterwards. Average costs are in the \$200-250 range.