

PREPARING FOR A HOME BIRTH

1. Gather Supplies: Prepare in 3 - 4 large paper bags in the following way (*also listed on the supply list on the next page*):

Bag #1 Label this bag "SHEETS"

2 fitted sheets
2 top sheets
2 pillow cases

Bag #2 Label this bag "TOWELS" (use two bags if necessary)

6 - 8 old, light-colored towels
4 wash clothes

Bag #3 Label this bag "BABY"

(Put first item in the bottom of the bag, and remaining items follow in order)

2 receiving blankets
2 sets of clothes with booties
2 wash clothes
4 old receiving blankets or towels

Note: **wash any new items prior to placing in the bag**

Secure top of bags with tape, string, or paper clips. **DO NOT USE STAPLES.** I do not believe it is necessary to sterilize these items, but if you want to this is how to do it: Bake in a 250° oven for 1 hour per bag. Place a pan of hot water in the oven under the bags during baking to prevent scorching. Make sure nothing plastic has gone into any of the bags. After bags have cooled **place into a large trash bag and set aside in the room in which you plan to give birth. Have this done by your home visit** (usually about 3 - 4 weeks prior to your due date.)

2. Purchase your birth kit and supplies (see separate page)
3. Fill 2 condoms **from your birth kit** with a 50 -50 mix of water and alcohol. Tie shut (like a water balloon) and freeze lying flat. These can be used as ice compresses after the birth if desired. (We can do this at your home visit if you prefer.)
4. You need to have two clean containers large enough to hold two large trash bags. One will be used for trash, the other for laundry.
5. Get a plastic sheet 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 incase your water breaks at night. However, the plastic can be hot and uncomfortable, so if you want the mattress protection prior to labor you may want to put an old blanket on top of the plastic.
6. Gather your baby supplies at this time. Diapers, baby wipes, baby bath, shampoo, and clothes should be available immediately after the birth.
7. One dozen OB size sanitary pads come in your birth kit. You will probably need to purchase extras to have on hand. I **HIGHLY** recommend a product called *Soothae*. This product is designed specifically for after-birth lochia and is much more comfortable and absorbant than pads. They come in 4 sizes and can be ordered on-line at: <http://www.soothae.com/>. Try them once and you'll never want to use a pad again!
8. Other: Please have a good supply of toilet paper on hand. Also, you need to have a supply of all your prenatal supplements, plenty of nutritious, easy-to-fix food and drink in the house, both for yourself during labor, and for your midwives, who may be there for quite a while.

MAKE SURE YOUR 911/EMERGENCY FORM IS POSTED NEXT TO YOUR PHONE!

Please keep all non-perishable supplies together in the birth room

SUPPLY LIST

This page contains a list of **all** the supplies you will need for your home birth. The first list of items can be ordered in a kit from: In His Hands Home Birth Supplies www.inhishands.com/ or 1-800-247-4045. The cost for this kit is \$53.33 (Subject to change). This includes sales tax and shipping. Shipping only takes a couple of days, but I do want you to have this by your 36th week of pregnancy. You can print out the order form from my web site and mail it in, or go directly to their web site and order from there with a credit card. The birth kit contains the following items:

Quantity	Description of Items	Quantity	Description of Items
1 ea	Peri Bottle	1 ea	Tape measure, infant
1 tube	Sterile Lubricating Jelly	1 ea	Infant hat, 100% unbleached cotton
2 ea	Plastic backed sheets	1 dz	OB pads, self adhesive
3 ea	Flexible drinking straws	2 ea	Mesh panties (one size)
12 ea	Underpads 23 X 36	8 pk	Curity cover sponges 4 X 4 sterile, 2/pk
4 ea	Underpads 30 X 36	1 ea.	Digital thermometer, 1 minute (not 10 sec.)
4 pr	Sterile Gloves, Dynarex size 7, pairs	1 ea	Scrub brush, Hibiclens
8 ea	Sterile Gloves, Medium, singles	2 ea	Condoms
2 ea	Plastic cord clamps, sterile	1 ea	Scissors, blunt/sharp STERILE

Please look through your birth kit when you receive it, but **don't open the packages** in order to maintain sterility.

Some additional items that are really nice (but not required) that you may want to purchase when ordering your birth supplies are:

- Peri Cold Pack, (an OB sanitary pad w/instant cold pack inside): 2.40 ea.
- After Birth Herbal Bath/Sitz Bath - there are several formulas, all are good: 6.00 - 8.50 pkg.
- Contract Ease or Afterease herbal formulas to help with afterpain cramping: 11.50 - 7.75 ea.

The day I do your home visit I will bring another small container of some extras of a few items just in case we go through what comes in your birth kit.

You will also need the following items:

- A disposable foil pan 9 x 12 or old bowl or pan of equivalent size. (Will use for the placenta.)
- 2 bottles Peroxide
- 1 bottle alcohol (if you already have some, about ½ a bottle, that is fine.)
- 2 large black plastic trash bags (one or two extra doesn't hurt!)
- 1 roll unopened paper towels
- 1 box of tissues (Kleenex)
- 1 gallon of distilled water *preferred, but not essential
- 6 - 8 clean towels (old ones are fine).
- 6 wash rags
- 6 receiving blankets (old ones are best, they are softer)
- 2 sets of baby clothing appropriate to the weather, including socks.
- Baby diapers
- A package of unscented baby wipes
- 2 clean sets of sheets for the bed
- Plastic on your mattress to protect it
- A small crock pot is very handy to have, although not necessary

Have a good flashlight handy. (I will bring one but extras never hurt!)

If you are planning a waterbirth you will also need the following:

- A large plastic drop cloth, about 9' x 12', at least 3 mil thickness
- 1 roll of masking take (not duct or other tape)
- 1 gallon of bleach (this is for sanitizing the pool and pump after the birth.)
- A water thermometer
- **2 fleet enemas (recommend but not required if planning a water birth)
- **1 ea. Waterbirth Fish Net (\$1.50 from In His Hands)

Make sure you have plenty of toilet paper!

FOOD AND DRINK

Labor is hard, physical work. You wouldn't consider taking a 12 mile hike without fueling your body, and yet often many women don't think about it, or due to hospital policy, are unable to fuel their body during labor. It is essential that you have nutritious and easy-to-fix foods and liquids for yourself during labor. You can have anything you want, but some suggestions are:

- Yogurt
- Replacement meal drinks or bars (like Luna Bars, Boost, Ensure or Glucerna)
- Eggs
- Cheeses
- Bread for sandwiches, toast
- Crackers
- Soups and broths
- Frozen juice bars
- Fresh fruit
- Juices (Orange is great but too acid for some so you may want to have a variety)

I also want you to have some electrolyte replacement drinks available. You can get Gatorade, Recharge, or other "sport" drink but most have a lot of sugar which can sometimes make you feel nauseous. An alternative is Pedialyte for babies. I like to add a small amount of protein powder to these occasionally, especially if you have a long labor. It will help your energy level during labor and will also help you to recuperate faster afterwards. Look for a flavor of protein supplement that sounds good to you. Surprisingly, vanilla seems to taste ok with almost anything. You might also consider buying some "Special K Protein Water". (This is usually sold in the supplement section of the store.)

Make sure when it gets close to your estimated due date that you have an adequate supply of all of your prenatal supplements available, especially your chlorophyll and liquid calcium. These are often useful during labor, but even if not, you will want to continue taking them once your baby is born.

Remember, your midwives may be at your home for quite a while and need to eat too! Frozen meals, lunchmeat, cheese, crackers, bread, yogurt, fruit, etc, is fine.