



## Home Birth Supplies

The Birth Tides clinic offers our clients pre-assembled home birth kits at cost for your convenience. Ask our practice manager about our home birth supply bags. If you are having difficulty paying for your supplies, please let us know.

### Additional items to organize or purchase:

- An oral digital thermometer
- Two gel type cold/hot pack
- Large plastic container/ice cream bucket for placenta
- Box of Kleenex
- One roll of paper towels
- Flashlight with batteries
- Pot (preferably stainless steel for compresses)
- 8 menstrual pads, wet, shaped to contour and frozen
- Hot water bottle
- Favorite juices (apple and white grape juice are good)
- Massage oil
- Easy to digest foods/soups/blender drinks
- Pillows
- 2 laundry baskets or two cardboard boxes
- Camera
- Mirror
- Homeopathic Arnica (30c) optional
- Tylenol and Ibuprofen
- Running vehicle with a full tank
- Telephone with list of pager numbers nearby
- Make sure your house number is well-marked
- Set up a support person for siblings if present

### Home birth laundry list

- 2 fitted sheets
- 2 flat sheets
- 6 towels
- 6 wash cloths
- 12 flannel receiving blankets
- Cotton baby hat
- Baby sleepers
- Baby socks/mitts
- Pillow cases
- Clothes for labour

### Tips To Prepare Your Laundry

Wash laundry 3 weeks prior to your due date in hot water. Dry in dryer for 15 minutes beyond being dry. Fold with clean hands and sort into plastic bags and label. Place with home birth supplies in a laundry basket.

In early labour, make the bed with the clean sheets you want to use after the birth. Cover the sheets with the large plastic sheet in your birth supply bag and tuck well under the mattress. On top of this, put the two other sheets to be used for the labour.

After the birth your top sheets and plastic cover will be removed leaving a clean made bed for the new mom and babe.