

Home Birth Supply List

Please have these items ready prior to your home visit at 37 weeks. If you are planning a water birth please ask for extra instructions.

FOR MOM:

- 1- Roll of paper towel
- 1- Thermometer (Celsius) digital - not the ear kind
- 1- laundry basket or large plastic storage tub size about 18 inches(H) x 18 inches (W) x 2 foot (D) this is for garbage and dirty laundry.
- 2- Large garbage bags
- 8- clean old washcloths
- 1- large pot for hot compresses
- A supply of light snacks and drinks (Gatorade, juices, popsicles etc) for you
- 2-3 plastic flannel-backed picnic table cloths (pay no more than 3-4 dollars) to protect your bed. Do not buy plastic drop cloths
- 2- clean bottom fitted sheets for your bed
- 1- large plastic container with re-sealable lid for your placenta about 1 litre size or a large zip-lock freezer bag 1- lamp or flashlight for stitching (so it need to be bright)
- 1- bottle (500 mls) of hydrogen peroxide to clean any spills
- 1- large flannel sheet or old clean blanket to cover you after the birth
- Bottle of tylenol or advil for post delivery pain
- Bendable straws
- Olive oil
- Ice packs made for perineum post delivery
 - 2- batches of herbal bath frozen - can be bought at West Grand Pharmacy (**See "Herbal Bath" Section**)
- 6-12 depends undergarments

FOR BABY:

- 1- heating pad and extension cord to warm up baby clothes (borrowed is OK)
- 2- hats for the baby (washed)
- 4- Clean old towels (bath towel size to dry the baby off)
- 4- receiving blankets (washed)
- 1- diaper, 1- undershirt and 1- sleeper (washed)
- 1- small jar of Vaseline
- Newborn diapers

For the Water Birth:

You will need to consider many factors when planning a water birth or your labour in the water at home.

- Size of your home - the tub takes up a lot of floor space; we need access to at least 2 of the 4 sides of the tub. If you are planning to deliver in the tub, we need to set up our equipment very close by - in the same room. Usually the living room or kitchen is the best.
- The tub takes 150 litres to fill—you cannot fill it in one go as your hot water tank does not hold that much water so be near as it fills so you are not filling it with cold water.
- Turn up your hot water tank to max.
- Have available the ability to empty and fill the tub during the labour, as the tub cools very quickly and we need to have it at or around 37-38C to deliver the baby.
- Have the ability to strain the water of debris and dispose of the debris easily—what works is a fine fish net and a garbage can with a lid.
- Have lots of extra towels handy (over and above the home birth list) as everyone needs them to dry off arms and equipment.
- Have something on the floor if you are on carpet such as the picnic table cloths or plastic backed paper drop cloths used for painting ---- do not use the plastic drop cloths as they are too dangerous for all. Tarps do work but not well all the time.
- Have a fan available as all will get overheated.
- Have a bag of ice ready.
- Be excited; a water-birth is great way to have a baby, using the midwife's epidural.

Herbal Bath

The herbal bath is highly recommended for every woman following childbirth, to help prevent infection and aid in healing.

1 ounce uva ursi
1 ounce comfrey
1 ounce shepherd's purse
2 large bulbs fresh garlic
2 cup fine sea salt

Place herbs (uva ursi, shepherd's purse, comfrey) in an old sock or nylon to aid in straining after cooking then place in water in a medium stock pot. Fill the pot to the top with water and bring to almost a boil. Then allow it to steep for at least two hours and keep the liquid solution. Place the liquid in a container and store in the freezer. Then repeat the above process using the same herbs as this will make enough for 2 baths. The remaining ingredients (garlic and sea salt) are put fresh into the bath the day you intend to use it. Use half the garlic and sea salt for each bath.

The garlic and sea salt help the bath prevent infection. Uva ursi is a specific for healing a woman's reproductive organs. It is very healing and soothing. Shepherd's purse is excellent for preventing and controlling excessive bleeding. Comfrey is used in healing and heals and soothes raw tissue.

The baby should be put in the bath with you. The herb bath will start the healing process of the cord stump, and it may drop off in as early as three days. In this bath, your baby will become mellow, and may even smile. The infant will unfold, stretch and float in the lovely weightless, warmth of the water. It's wonderful to watch the baby's pure joy at finding something so familiar and enjoyable in this new world. Caress and speak softly to the baby. The infant will love this communication and will respond by total eye contact and facial expressions. When the infant is taken out of the bath, they should be patted dry, not rubbed. Dress them in soft, warm things. Put the baby to bed with you and let them cuddle up.