

HOME BIRTH SUPPLIES

- Plastic sheet, mattress cover or shower curtain to protect your mattress.
 - Two sets of sheets to fit the birth bed. While in early labor, make the bed with one complete set of clean sheets, cover them with the plastic sheet (above), and then put on the second set of sheets. This will be the set you deliver on so use your LEAST favorite sheets. (You may even purchase cheap used sheets at second hand stores to use; but wash with bleach and dry in a hot dryer.)
 - 6-8 towels (if you are planning a water birth), 2-4 wash cloths, 6-12 receiving blankets (not your best ones), 2-3 cotton baby hats. Wash in hot water, dry in a hot dryer and put in a plastic bag and set aside for the birth.
 - 2 large leaf size garbage bags. Optional: 6 kitchen size plastic garbage bags to cover pillows
 - Ice pack, blue ice or frozen Overnight/Jumbo maxi pads: Mix 1/4 cup Witch hazel, 2-3 drops Lavender oil, 1 Tbsp Pure Aloe Vera gel. Gently soak pads and freeze laying open and ready to use
 - 1 Pkg Disposable Underpads (these look like piddle pads) found in the incontinence section at phmcy
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| <input type="checkbox"/> Comfort foods for Mama | <input type="checkbox"/> Food for Midwives and Helpers |
| <input type="checkbox"/> Coconut Water, Pedialyte, or G2 Sports Drinks | <input type="checkbox"/> Box of tissues or roll of toilet paper |
| <input type="checkbox"/> Portable light or lamp | <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> Thermometer | <input type="checkbox"/> Overnight or heavy flow Maxi Pads |
| <input type="checkbox"/> 2-3 Bottles Hydrogen Peroxide | <input type="checkbox"/> Bulb Syringe for Baby |
| <input type="checkbox"/> Acetaminophen and Ibuprofen | <input type="checkbox"/> Medium or Large Mixing Bowl |
| <input type="checkbox"/> Lansinoh or other Nipple Cream if desired | <input type="checkbox"/> Hand Mirror if desired |
| <input type="checkbox"/> Heating Pad or Hot water bottle | <input type="checkbox"/> Space Heater if needed |

OPTIONAL

Herbal Bath: Mix 1 cup each of: Shepherd's Purse, Uva Ursi, Lavender, Calendula, Comfrey, Witch Hazel
 Bath prep: use 1 Qt. of "tea" per bath (this will give you 5 baths with your baby)

Bring a large stainless steel kettle of water and herbs to a boil then turn it off. Cover and let steep for min. 30 minutes or all day. As you run the bath water, pour the herbs through a strainer into another pot or pitchers or quart jars. Add ½ cup of Epsom salt to the bath water if desired with 1 Qt of "tea". Climb in with your baby and ENJOY!! The herbs you drained make great poultices for a sore perineum. Ask your Midwife how to make "Bottom Burritos".