

Foothills Midwifery

Home birth supply list

- 6 big old towels
- 4 old receiving blankets
- 2 old tuques for baby
- Flannel sheet or fleece blanket for mom
- Two newborn outfits, undershirt, sleeper
- Night shirt or pajamas for mom

(these items will be put into the dryer and warmed at the time of the birth)

Painters drop cloth (Home Hardware has a blue absorbent style with plastic back for \$18) this will protect bedding and carpet.

Old shower curtain

Old sheets

Old blanket

Old panties

10 old facecloths (used for hot compresses or cleanup)

2 lg. ziplock bags (for placenta)

Two large garbage bags

Small bottle olive oil

Bright Flashlight with batteries

Digital Thermometer

1 bottle of hydrogen peroxide

Bleach

Package of blue disposable under pads

Package of Large/Long size Maxi Pads

2 Packets Emergen-C powder drink (available at Nutters, Shoppers, Rexall)

Arnica Montana homeopathic pellets

Calendula tincture

EZ birth homeopathic pellets (available at Nutters)

Peri-bottle (old rinsed shampoo bottle or water bottle with pull top)

WATER BIRTH

Tub in Master bath or a 22x66 3 ring inflatable backyard kiddie pool available at Canadian Tire

Med. size Sieve

Large drop cloth or tarp under pool to protect against water drips

Garden hose with adapter that fits onto an indoor faucet for filling the pool

Place all supplies in a laundry basket(s). This keeps things organized for us, and is essential when things are moving quickly.

For Emergency Preparedness

Tape address onto phone for quick reference

Have a bag packed in case there is a need to move to the hospital.