

Briar Hill Midwives

Home Birth Supply List

Place all of the following items in a box or laundry basket, and have ready prior to your 36th week home visit. Also please write out your birth story and have ready to discuss with the midwives by the time of this visit.

Dryer Items

- 4-6 old towels
- 4-6 old receiving blankets
- 1-2 old hats for baby
- flannel sheet or blanket for mother

(These items will be warmed in the dryer just prior to birth, so wash and place in a separate bag)

Other Items

- Newborn outfit incl. diaper, undershirt, sleeper, socks, hat and blankets
- Nightie or pyjamas for mother
- Set of old sheets to fit bed
- 10 old washcloths, old diapers, etc. for hot compresses

(Wash above items prior to placing in box. Midwives will bring all sterile supplies necessary)

- Large plastic sheet to protect bedding
- 2 large garbage bags for soiled laundry and garbage
- Large saucepan or crockpot for heating compresses and oils
- Small unopened bottle of olive or almond oil
- Plastic ice cream, large yogurt or other suitable container with lid for placenta
- Flashlight
- Digital Thermometer
- Q-tips -for care of umbilical cord
- **Tincture of Calendula - for perineal and cord care, also used when preparing frozen pads
- **Homeopathic Arnica pellets 200x - to aid in healing swollen and bruised tissues
- Large pkg. Maxi pads, extra long (the bigger & thicker the pad, the better)
- A small aquarium fish net (if planning a water birth)
- Large bottle of hydrogen peroxide (to be used on carpets in the event of staining)
- Hand-held mirror (available at most dollar stores)
- Additional supplies needed will be found in birth bag

Birth Bag - Available at the clinic for \$35.00 + GST, please purchase before your 36 week home visit.

Included in bag -

- Package of 10 absorbent incontinent pads
- Peribottle -for postpartum perineal care
- 2 pair disposable underwear
- Bottle of Calendula Tincture
- Flexible straws.
- Homeopathic Arnica
- Pregnancy Tea (Red Raspberry Leaf, Squaw Vine and Nettle) - used during pregnancy to tone and nourish the uterus in preparation for labour, may also be used postpartum).

** these items can be found in the birth bag

Think about which foods and drinks you and your family might enjoy during and after labour and birth, and have them on hand. Please note that your midwives sometimes work for long stretches and we would also love to share in some nibbles too!

We recommend you keep a copy of your address and phone number with your birth supplies. This will assist us should an emergency arise.

