

Preparation List for a Home Birth

Have these items ready about three weeks before your baby is expected to arrive:

- Clean birthing room
- Bed made up this way:
- Clean sheets, bottom and top
- waterproof covering
- clean fitted sheets over the waterproof covering
- When baby is born, the top coverings can be removed, and mother and baby can settle down in a clean bed. (Of course, this does not mean that you have to give birth on the bed; many women do not.)
- pillows (covered with plastic garbage bags under the cases)
- a pile of towels, soft is preferable 4-10
- baby blankets (4) to be warmed just before the baby comes
- a collection (10-15) washcloths for perineal compresses
- a crock-pot if you can get one for hot compresses
- sanitary pads (not dry weave, i.e. Always, etc.)
- household family thermometer
- a roll of paper towels
- light food for labour
- a mirror if you wish to watch the birth
- a bowl for the placenta (good size mixing bowl)
- newspaper for floor or a large plastic drop cloth
- a large waste basket lined with a garbage bag for waste
- another large waste basket, or box lined with a garbage bag for soiled laundry
- ice chips or cubes, juice, Popsicles or a fluid replacement drink
- flashlight
- a small unopened bottle of olive oil – to be used for perineal massage and baby's bottom at diaper changes
- hydrogen peroxide for removing blood stains 500 ml or larger
- space heater to warm room during winter months
- small table or surface so that we can lay out sterile supplies
- extension cord

For Baby

Babies don't need much. Expect the baby to want to sleep with you most of the time. Consider reading the Family Bed, Three in a Bed, or Nighttime parenting

- nightgowns or sleepers and undershirts
- a small cap for right after the birth
- receiving blankets
- diapers
- baby diaper liners or paper towels for those first meconium ones

Most of this will already be in your home. Put it all into a large basket and keep it in the closet where it can be retrieved quickly. Please don't leave things until the labour to pull together. The quicker we can get supplies set up, the more attention we can give to your labour and how you're coping.

Preparation List For A Hospital Birth

Basic Hospital Bag

- Clothes: One outfit for baby to come home in, and one for you. You will not fit into regular clothes yet, so plan on maternity wear for going home.
- A small unopened bottle of Olive Oil for perineal massage and baby's bottom at diaper changes
- personal grooming items

- money and small change –for parking and payphone
- infant car seat
- hospital and health card
- prenatal records
- extra pillows
- food and drink for you and your partner
- watch with second hand
- vomit basin or plastic bags (for car)
- lip ointment
- antibacterial hand soap
-

Postpartum Supplies For Both Home Or Hospital Birth

- sanitary pads
- thermometer (digital)
- Ibuprofen (Advil) and Acetaminophen (Tylenol)
- ice pack
- sanitary pads soaked in water and kept in freezer to be used after the birth