

Supply List

Supply Responsibility

Preparing for your birth is exciting. Your careful planning and attention can help you have a calm labor, safe birth and a restful postpartum. This is a list of supplies to gather together. Many of them you may already have in your home. Please have them ready for your home visit at 36 weeks.

We have chosen these items with our years of experience and your comfort in mind. Place all of the items in the laundry basket to await your birth. Everything is needed and will be used. If you have any questions about any of the items please ask us before your birth. We have tried to keep your cost as low as possible. There are substitutions, so please ask.

If you are having a water tub at your home, it requires advanced planning. We have rental information or you can borrow one of our tubs. Our tubs must be picked up 3 weeks before your due date and returned two weeks after your birth. If you have your baby more than two weeks after your due date, there may be a late charge. There are about \$25 worth of supplies you will need to purchase and it takes about 1 hour to clean the tub. This must be done when you bring it home, not during your labor. Clean up is less than an hour.

Birth kit

A large pot to boil water in

A small pan for vomiting

A bowl for the placenta (may be a large pot, mixing bowl or disposable foil pan, lasagna size)

Peroxide for stain removal

3 large garbage bags - black or brown only - Not white or clear

2 large (gallon size) zip-lock bags

1 roll *Bounty* or *Viva* paper towels

Toilet paper

Tissues

A small edible vegetable oil

For umbilical cord:

Bottle of rubbing alcohol, new cotton swabs AND cotton balls

6 flannel receiving blankets

Diapers, including 1 package of newborn size disposables

Baby clothes (undershirts, kimonos, stretchies, socks, 2 hats)

Un-Petroleum Jelly from the health food store

12 clean wash cloths (can be old or new)

Clean towels and extra set of clean sheets (6-8 for those using a tub)

Maternity or thick overnight pads without *dry weave, plastic or wings*

Laundry basket, plastic or wicker

Film & camera

Flashlight w/new batteries

Food you will eat

Bottles of water

Drinks you will drink (herb tea, juice, Recharge or Third Wind, ginger ale and broth or miso broth)

Honey

Arnica 30c, Ibuprofen (Motrin)

Postpartum Care Plan