

Home Birth Supply List

8 older towels (no red/orange)	2 large bowls (placenta & emesis)
6 older washcloths	2 large trash bags
Heating pad/ Crock pot	Straws (for drinking)
Olive oil	Laundry Basket
1 bottle hydrogen peroxide	1 box 4 X 4 gauze squares
High energy snacks for mom and dad	
Sports drinks (Recharge or Gatorade)	Optional:
1 container baby wipes	<i>Stool Softener</i>
2 shower curtain liners (floor/bed)	<i>Witch Hazel</i>
2 Organic Pads – Overnight (reduces clotting and bleeding)	Remember to turn up your water heater
1 pkg. Disposable Adult Underwear (Depends type)	<i>if you are planning a waterbirth</i>
2 boxes of Nitrile gloves (purple) 50 count	

Please avoid red towels, clothing, bedding in the birth room as red tends to increase blood pressure and can increase the incidence of postpartum bleeding.

Have the above supplies ready and order your specialized birth kit from www.inhishands.com (TMG birth kit) by your 36 week appointment. Make sure you have a camera (still, digital, and/or video) ready for the birth.

Other items you may want to gather for mom: gown or clothing and socks, a clean towel reserved for her shower after the birth, an extra set of linen if you would like us to remake your bed for after the birth. We can help you get a shower and get dressed during the two hours we stay postpartum.

The midwife usually stays about 2 hours following the birth to assure the stabilization of the mother and baby, and help establish breastfeeding. If postpartum complications arise, a midwife may stay additional time. However, if you require care for more than 4 hours following birth, a transfer may be indicated. Extended medical or physical care is outside our scope of practice. If you have a chronic condition or situation that normally requires additional effort from you, consider having help in the immediate post partum and for several days during the first week after birth. This can be a relative, friend, or postpartum doula.

Mom or Dad can put a diaper on the baby after the postpartum bath. Babies usually don't wear much more than a diaper because they need to snuggle skin to skin with mom or dad following the birth.

Although we enter into this partnership of birth with every intention and goal of a home birth, it is not a guarantee due to events that may arise that during birth. To make any possible transfer an easier process, have your list of emergency phone numbers near the phone. Your doctor, pediatrician, ambulance, and hospital numbers should all be included. Also include your address, phone number, and directions to your home.