

Around the Circle Midwifery, LLC

BIRTH CENTER SUPPLIES and PREPARATION SHEET

Please have the following items collected and ready to go at least 4 weeks prior to your due date:

- ◆ Keep at least a half-tank of gas in your car at all times.
- ◆ Your newborn car seat (should be installed in your car before you leave for The Birth House)
- ◆ Slippers
- ◆ A loosely fitting clean set of clothes to go home in
- ◆ Shoes for walking outdoors
- ◆ Toiletries, esp. toothbrushes, toothpaste, hairbrush, shampoo, hair ties, and chapstick
- ◆ A 4-inch piece of fresh ginger root (keep in the fridge or freezer until you leave for the center) for perineal compresses during the pushing stage of labor.
- ◆ Clothes for the baby: 1 cotton stretch newborn hat, 1 receiving blanket, and a heavier blanket or sleeper for the way home
- ◆ Fluids: *Recharge* (an electrolyte drink available at the Coop, Ralph's Thriftway or Fred Meyer), coconut water, juices, or herbal teas.
- ◆ Plenty of food and snacks for yourself and your support people
- ◆ A change of clothes for your partner and other support people
- ◆ Your "Postpartum Instructions For Mom & Baby" and "Vital Signs Checklist" sheets from our Handouts page on our website (www.aroundthecirclemidwifery.com)
- ◆ Insurance information
- ◆ Overnight maxi pads (2)

Optional items to bring

- ◆ Comforting items, such as your favorite pillow(s) and blanket(s), photographs, special massage oil, music (CDs), IPOD
- ◆ Homeopathic arnica tablets
- ◆ Camera
- ◆ Swimsuit for partner

To have ready at home

- ◆ Overnight maxi pads (24+ count)
- ◆ 3 days prepared food in your freezer (ask your friends or family for help with this)
- ◆ 1 digital thermometer that signals when finished (ear & forehead thermometers do not work well with infants)
- ◆ Optional: 1 small jar of calendula salve (available at our office) or Arbordoun's calendula cream (ointment for nipple care)
- ◆ Optional: 3 packets of postpartum sitz bath herbs (available at our office, or at Radiance Herbs & Massage)
- ◆ 3 whole fresh garlic heads (not just the cloves)
- ◆ 3 cups sea salt

AFTER THE BIRTH: Make prior arrangements to have another adult stay with you for **at least** the first 24 hours. We strongly recommend bedrest for 3 days except for trips to the bathroom. Please read, and have everyone around you read, the postpartum instructions sheets well before your due date, and keep them handy for after birth to record findings and for reference.

MAP TO THE BIRTH HOUSE:

**2120 Pacific Avenue SE
Olympia WA 98506**

Click on this link to the Around the Circle Midwifery website for a map/directions:

www.aroundthecirclemidwifery.com

Go to Contact us, then see Directions/Map.