

Around the Circle Midwifery, LLC

HOME BIRTH SUPPLIES and PREPARATION SHEET

Please place your birth kit order 6 weeks before your due date (from Birth House Supply at www.birthhousesupply.com). Please have the following additional items collected and ready in your home 1 month prior to your due date:

- ◆ 2 large bowls
- ◆ 1 crockpot or heavy soup pot
- ◆ 1 large cookie sheet with sides
- ◆ 2 large black garbage bags
- ◆ 2 large cardboard boxes or laundry baskets
- ◆ 8-oz unopened bottle of olive oil
- ◆ 1 bottle of hydrogen peroxide
- ◆ Large bag of crushed or cubed ice
- ◆ A 4-inch piece of fresh ginger root (keep in the fridge or freezer) for perineal compresses during the pushing stage of labor
- ◆ 2 whole fresh garlic bulbs (not just the cloves) (for sitz bath)
- ◆ 3 cups sea salt (for sitz bath)
- ◆ Postpartum Instruction sheets
- ◆ At least one whole roll of toilet paper
- ◆ Overnight maxi pads
- ◆ 8 cotton receiving blankets
- ◆ 6 towels and 6 washcloths
- ◆ 2 fitted sheets and 2 flat sheets for your bed
- ◆ 3 cotton stretch newborn hats
- ◆ 1 small jar of calendula salve (optional, available at our office) or Arbordoun's calendula cream (at Radiance or Olympia Food Co-op)
- ◆ Homeopathic arnica tablets (optional)
- ◆ 2 packets of sitz baths (optional, available at our office or at Radiance)
- ◆ 1 one-gallon zip-lock bag
- ◆ If you are renting a labor tub or planning a water birth: At least 4 more towels and 4 more washcloths and a small aquarium-style fish net

Wash the receiving blankets, washcloths, and baby hats. Dry in hot dryer. Store in paper bag, tape shut and clearly label the bag with its contents. (Do not use staples, they get on the floor- ouch!)

Wash and dry the towels. Store in paper bag(s), tape and label.

Wash and dry the sheets. Tape bag and label.

For nourishment, please have the following things in your home set aside for when you labor and for after your baby has arrived:

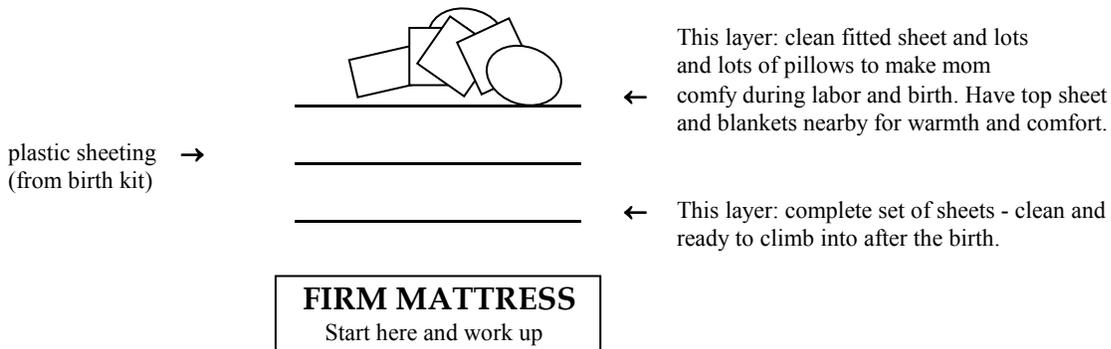
3 days prepared food in your freezer (ask your friends or family for help with this).

Fluids: *Recharge* (an electrolyte drink available at the Coop, Ralphs or Fred Meyers), juices, herbal teas, honey.

Plenty of food and snacks for yourself, family, friends and midwife during your labor & birth.

How to prepare the bed:

(Please wait to prepare the bed until you are in labor so that the sheets stay clean for the birth.)



AFTER THE BIRTH:

Make prior arrangements to have another adult stay with you for **at least** the 1st 24 hours. We strongly recommend bedrest for 3 days except for trips to the bathroom. Please read, and have everyone around you read, the pink postpartum information sheets well before your due date, and keep them handy for after birth to record findings and for reference.