

Seven Cities Midwifery Care

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Birth Supplies

Many of the items needed are already part of most households but please have all of these items available at the 36 week home visit. Store everything together in a box, basket or bag and have them in one area so we can locate them easily in case you are moving along quickly!

- 2 bottles Recharge/Third Wind/Gatorade/Orange juice (or a good rehydration drink).
- Honey – this helps bring up mother’s glucose level and give a burst of energy. NOT for baby use.
- Large sanitary pads (Depends on overnight pads, extra long maxi pads)
- 2 packages large disposable underpads (also known as chux pads) available at most drug stores.
- Plastic cover for bed and/or floor. Drop cloth, shower curtain liner or flannel backed tablecloths work well.
- One extra set bed sheets.
- 6 or more towels (for getting in & out of birth tub or shower) and 6 wash cloths (for face and/or perineum).
- Unopened olive oil or other oil to be used for perineum.
- 1 roll paper towels & 2 rolls toilet paper
- Flexible straws (3 are usually enough)
- 2-4 Large trash bags- 18 gallon or larger.
- Working flashlight with extra batteries (larger than penlight please).
- Peri-wash bottle or squirt bottle. Small enough to fit under bathroom faucet- pull top water bottle or ketchup bottle works too.
- Shallow pan or medium sized bowl for placenta. If you plan on keeping your placenta, please have 2 one gallon sized ziploc bags.
- 1 bottle Hydrogen Peroxide.
- 1 container disinfectant wipes.
- Digital thermometer (no ear type please).
- 1 bulb syringe- one piece type- NOT clear tip or medicine administration type.
- 6 receiving blankets or soft towels (for baby use).
- 2 (or more) newborn hats- VERY important!
- Baby diapers (disposable are convenient for first changes) wipes and first clothes, including socks and undershirt or onesie.
- Food for yourself and birth team. Fresh veggies, fruit, cheese & crackers, frozen dinners, etc.)
- Ice packs, and/or frozen peas & sandwich sized ziploc bags- several- used for perineum and breast engorgement.

Make sure that all clothing, blankets, towels, etc. have been freshly laundered.

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Other things to consider:

- Make sure your house is clearly marked with the house number.
- A working car with a full tank of gas.
- Arranged childcare and/or petcare.
- In cold weather, a safe heating source for a room that may be too cold for your newborn baby.

Optional:

- Birthing gown or tee shirt
- Mirror
- Rice sock (about 4 cups uncooked rice in along tube sock)
- Birthing Ball
- Birth Tub
- Camera- freshly charged and extra film if not digital
- Video camera- freshly charged with extra film
- Birthday cake
- Soothing music
- Inkpad for footprints- non toxic- color of your choice
- Birth plan or preferences
- Extra pillows and/or Boppy
- nipple cream (such as Lansinoh), hemorrhoid preparations, and herbal sitz soaks.

Items such as car seats, co-sleepers, slings, should also be considered. Please have available what you feel is important for you and your baby.