

Seven Cities Midwifery Care, LLC

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Birth Supplies

Many of the items needed are already part of most households. Please have all of these items available at the 36 week home visit. Make sure that all clothing, blankets, towels, etc. have been freshly laundered. 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/Orange juice (or see Labor Aide Recipe on page 2).
- 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 (23"x36") disposable underpads (also known as chux pads) available at most drug stores, Target, or Walmart.
- Plastic cover for bed and/or floor. Drop cloth, shower curtain liner or flannel backed tablecloths
- One extra set bed sheets.
- 6 or more towels (for getting in & out of birth tub or shower) and 6 wash cloths
- Unopened small bottle of 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).
- 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 ear syringe- one piece type- NOT clear tip or medicine administration type.
- 9-12 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.)
- Small disposable ice packs, and/or frozen peas & sandwich sized Ziploc bags- several- used for perineum and breast engorgement.

Other things to consider:

- Make sure your house is clearly marked with the house number. Porch light on. Stairs & pathway clear.
- A working car with a full tank of gas.
- Arranged childcare and/or pet care.
- In cold weather, a safe heating source for a room that may be too cold for your newborn baby.
- Birthing gown or tee shirt
- Mirror
- Rice sock (about 4 cups uncooked rice in along tube sock)
- Birthing Ball
- Birth Tub, hose, connector pieces, & dropcloth. (Birth Tub kits available through SCMC)
- 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.

Labor Aide Recipe

- 4 cups filtered water
- 1/2 cup freshly squeezed lemon juice
- 1/4 teaspoon celtic sea salt or real salt
- 1/4 cup raw honey (or more to taste)
- a few drops of Concentrace minerals drops (optional)
- a few drops of Rescue Remedy (optional)

**To make ahead, omit water and freeze remaining ingredients into ice cube tray. When ready to use, add 4c water to all the ice cubes, stir, and enjoy! This is a great recipe for children over 1 years of age.*

Source: <http://www.mommypotamus.com/how-to-make-a-labor-aid-electrolyte-drink/>

How to Make a Birth Bed

1. Make your bed with fitted sheet and flat sheet (if desired).
2. Place waterproof barrier on bed.
3. Make bed again with fitted sheet and flat sheet.