



## Home Birth Supplies

Cedar House Midwives offers our clients a birth box with many of the disposable medical supplies you will need for your birth. In addition, you should prepare a box of the below items; most you likely already have around your home.

### Additional items to organize or purchase:

- An oral digital thermometer
- Large plastic container/ice cream bucket for placenta
- Box of Kleenex
- One roll of paper towels
- Flashlight with batteries
- Pot (preferably stainless steel for compresses)
- 8 menstrual pads, wet, shaped to contour and frozen
- Favorite juices (apple and white grape juice are good)
- Tylenol and Ibuprofen
- Easy to digest foods/soups/blender drinks
- Pillows
- 2 laundry baskets or two cardboard boxes
- Running vehicle with a full tank
- Telephone with list of pager numbers nearby
- Make sure your house number is well-marked
- Set up a support person for siblings if present

### Optional items to organize or purchase:

- Gel type cold/hot pack
- Hot water bottle
- Massage oil
- Camera
- Mirror
- Homeopathic Arnica (30c)

### Tips To Prepare Your Laundry

Wash laundry 3 weeks prior to your due date in hot water. Dry in dryer for 15 minutes beyond being dry. Fold with clean hands and sort into plastic bags and label. Place with home birth supplies in a laundry basket.

In early labour, make the bed with the clean sheets you want to use after the birth. Cover the sheets with a large plastic sheet and tuck well under the mattress. On top of this, put the two other sheets to be used for the labour.

After the birth your top sheets and plastic cover will be removed leaving a clean made bed for the newly postpartum individual and baby.

### Home birth laundry list

- 2 fitted sheets
- 2 flat sheets
- 6 towels
- 6 wash cloths
- 12 flannel receiving blankets
- Cotton baby hat
- Baby sleepers
- Baby socks/mitts
- Pillow cases
- Clothes for labour
- Plastic cover to protect bed