

Around the Circle Midwifery, LLC

HOME BIRTH SUPPLIES and PREPARATION SHEET

Please place your birth kit order 6 weeks before your due date (see order form). Please have the following additional items collected and ready in your home 1 month prior to your due date:

- ◆ 1 large bowl and 1 shallow bowl or casserole pan
- ◆ 1 crockpot or heavy soup pot
- ◆ 1 large cookie sheet
- ◆ 2 large black garbage bags
- ◆ 2 large cardboard boxes or laundry baskets
- ◆ At least 6 pillows (couch pillows are okay)
- ◆ 8-oz unopened bottle of olive oil
- ◆ 1 bottle of hydrogen peroxide
- ◆ Chunks or crushed ice in freezer
- ◆ A 4-inch piece of fresh ginger root (keep in the fridge or freezer)
- ◆ 2 whole fresh garlic bulbs (not just the cloves) (for sitz bath)
- ◆ 3 cups sea salt (for sitz bath)
- ◆ Your pink 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)
- ◆ 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. Store in a paper bag with the plastic mattress cover. 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 midwives for nourishment 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.)

