



# Motherland Midwifery

## Supplies & Preparation for Homebirth

*You and the physical, emotional and spiritual environment you've prepared to welcome your child are the most important preparation for your birth! You create the clean, beautiful, peaceful place to give birth both within yourself and in your home. Flowers and candles add a lovely touch. Soothing or energizing music can help create atmosphere. Essential oils can help relax or invigorate you. Take time to*

*think about what you want your birthing space to look like, feel like, smell like, sound like and enjoy the process of creating that space for you, your partner and baby.*

In the six weeks before your due date:

- Order specialized birth kit from In His Hands ([www.inhishands.com](http://www.inhishands.com)) under Motherland Midwifery
- Take time to be together as a couple and to be alone. Plan a "due date" date!
- Make sure you have met with and selected a family physician or pediatrician for your baby
- Clean the birth room and the bathroom
- Wash all clothing and bedding for baby in hypoallergenic/natural detergent
- Gather all your supplies together in one easily accessible place

In addition to the birth kit that you will be purchasing, you will also need to gather the following things and have them on hand by your 36-week home visit:

- Baking sheet with lip around all four sides
- Empty pillow case (in addition to linens listed below)
- Flashlight with fresh batteries (preferably focusable)
- Large bottle of Hydrogen peroxide
- Portable heater (unless in summer)
- Humidifier/Cool Mist Vaporizer (if winter)
- Plastic mattress cover, flannel-backed table cloth or shower curtain for bed
- Bottle of rubbing alcohol
- Olive oil (small bottle, unopened)
- Soft ice packs and/or bags of frozen peas
- Recharge or Coconut Water (lots) or other electrolyte drinks
- Emergen-C packets (4-6)
- Large bowl for placenta
- Bucket or bowl in case of vomiting
- Arnica 30X or 30C homeopathic pellets
- Raw Honey (small unopened jar)
- Digital Thermometer
- Small Fish net, e.g. goldfish-sized (if planning to be in bath tub or birth tub)
- Extra plastic shower curtain/tablecloth for floor/sofa
- Menstrual Pads of your choice for heavy flow first week after birth
- Breath mints
- Lip balm
- Food for mom, family & attendants (see below for suggestions)
- Canister of anti-bacterial wipes
- Package of disposable diaper wipes
- Large pot for boiling water
- Advil and/or Tylenol
- Rescue Remedy spray, drops or cream
- Car seat (installed in car & inspected for safety)

### **Baby clothes & diapers (wash all clothes before use & place in bag or container marked "baby")**

- 2 drawstring or elastic-bottom gowns
- Warm outfit with feet
- 2 cotton hats (from birth kit)
- Extra baby hats
- baby socks or booties
- diapers (even if planning to use cloth diapers we suggest that you consider using disposables or cloth diapers you don't mind getting rid of until the baby has finished passing meconium)

### **Linens:**

- 1 set of old, potentially disposable sheets and pillowcases
- 1 set of fresh sheets and pillowcases
- 6-8 receiving blankets (baby blankets, not your best ones)
- 6-8 washcloths (or old towel cut into pieces)
- 6-8 Clean large towels (more for planned waterbirth)

After washing everything (ideally in hypo-allergenic or biodegradable detergent), put in the dryer at hottest setting. Place towels, hats, washcloths and receiving blankets in a brown paper bag, and seal the bag with masking tape or put in a closed container. Do this a few weeks before the birth and store in a safe place.

*Optional bed making instructions: Two weeks before your due date, make up the bed with clean sheets, then place a plastic mattress cover, table cloth or shower curtain on top and put another set of clean sheets (the one's you don't mind disposing of) on the bed. This makes it easier to clean up after the birth.*

**Food and drinks for mother:** In labor, we suggest foods that are easily digestible, such as soups, miso broth, yogurt, fruit, applesauce, potatoes, smoothies, popsicles (you can make popsicles from Recharge or Emergen-C, etc.), toast, etc. as well as rehydration drinks like Recharge, Emergen-C (avoid those high in sugar). It is good to stock your pantry with easily prepared foods a few weeks before the birth. Also, you might want to freeze meals you have prepared to have on hand the first few weeks postpartum or have a plan in place for food to be brought to you.

**Food and drink for midwives & attendants:** *(not necessary- but since folks often ask us...)*

Things we like to have to eat during labors include hummus or other veggie dips, hard-boiled eggs, yogurt, peanut or almond butter, cheese, crackers or bread, dark chocolate, coffee and half & half, fruit, cereal.

**Photos, Video, Etc.:** If you plan to video, photograph or tape the birth, be sure to have all supplies on hand. We recommend a tripod for video cameras to minimize distraction. We're happy to help with this if the situation allows, but if you definitely want photos, video, etc, please have someone designated for this task.

**Siblings:** We strongly suggest you consider having a special caregiver for your other children for during the labor and birth, even if you hope or plan on them being there for the birth. It is important that you can stay focused on your own needs during the labor and not be worrying about the needs of your other children.

**Optional Extras to consider:**

- Electric Crock Pot
- Camera & film
- Video camera & tripod
- Birth Ball (a regular physiotherapy ball becomes a birth ball when you are in labor!)
- Essential oils or aromatherapy candles, especially rose geranium, rose, and lavender.
- Arnica oil or other Massage oil
- Extra pillows
- Head of smooth green cabbage (for breast engorgement or inflammation)
- Belladonna and Phytolaca 200c (for breast infections or blocked milk ducts)
- Bottle of Liquid Chlorophyll and/or Floravital Iron + Herbs
- Evening Primrose Oil, 500 mg, 3x/day after 37 weeks to help with cervical ripening
- 3 Full-spectrum light bulbs (especially if history of jaundice with other babies)
- Witch Hazel (small bottle), for hemorrhoids

**Additional items if you are planning to use a birth tub:**

- Large Tarp for under tub
- New garden hose (long enough to reach from water source to planned location of tub)
- Faucet Adapter (some are included with tub kit but especially if a fancy/different faucet)
- Extra towels (as listed above)
- Small fish net, e.g. goldfish-sized (as listed above)
- Order birth tub liner (ask midwives if this applies to you & if so, where to order)