

Birth Supply List

Gather all of your supplies before 36 weeks (about one month before your due date) and place them all in ONE location.

Order a custom birth kit online from www.preciousarrows.com

This birth kit contains some supplies we will need for your birth and post-partum.

*On the website look for the "Custom Birth Kits" tab. There you will find the kit under "Peaceful Beginnings Midwifery".

*WATER BIRTH. If you are planning to use a birth tub for labor or birth, please order a pool liner. A fish net is also helpful for removing any "debris" that may be created.

*If your blood type is Rh negative, please order an Eldon Card. This will be used to test the baby's blood type using blood from the umbilical cord.

The other items you need may be found around your home or easily purchased.

- 1 large stock pot or other large pot (This is the only item on this list that does not need to be gathered in the same place with the other supplies. It can stay in your kitchen.)
- 1 set of sheets for your bed that you don't mind staining
- 1-2 "flannel backed" picnic tablecloths or plastic shower curtain (to protect floor, bed couch, etc)
- 4 garbage bags
- 1 roll of toilet paper
- 1 bottle hydrogen peroxide
- 2 large or medium mixing bowls, preferably not glass.
- Flashlight with fresh batteries
- 1 small bottle olive oil or some coconut oil
- 6-8+ large bath towels (Birthing and/or laboring in a tub require the larger amount)
- 4-8 wash cloths
- 4 receiving blankets
- Clothes for baby- *hat *diapers (cloth or disposable) *undershirt *socks *sleeper or gown
- 1 Thermometer
- 1 box of super maxi-pads
- Post-partum clothes for mom that allow for easy nursing.

If you are planning to birth or labor in a birth tub see Water Birth Supply list

Food and Beverage

→ Beverages - An electrolyte drink are good to have on hand in case of a long labor or extended vomiting in labor. Other good choices to have on hand, in addition to water, are fruit juice and/or herbal teas with honey.

→ Ice – if you like it in your drinks or for cool compresses on your face/neck/chest during warm weather

→ Healthy labor snacks that you can easily digest. Ideas are yogurt, cheese, crackers, nut-butters, toast, eggs, granola bars, fruit, smoothies, etc. And food for a post-partum meal – you will probably be very hungry!!

→ Unless you object, if we (your midwives) are hungry and have no food with us we will help ourselves in the kitchen. If there are certain foods in the home you do not want us to eat, please let us know. Barbara does not eat gluten and Jennifer is vegetarian so does not eat meat or fish. We note this, not because we ask that you purchase special food, but because we do not want to offend anyone by not eating food we are offered if it contains an ingredient we do not eat.

Optional Extras

- Camera with fresh batteries
- Candles. If you have candles we ask that you use unscented only please. Some scents make us feel sick :(
- Labor comfort measures – rice sock, massage oil, birth ball, crock pot for heating hot compresses for back or perineum, etc.
- Echinacea Tincture in case of any minor family illness, if you use herbal medicine.
- Tincture or teas for "afterbirth pains." An over-the-counter pain reliever such as, ibuprofen or tylenol, may also be used. These contractions are often stronger with your 2nd or subsequent babies.

In early Labor

→ Double make bed. First, make bed as usual with one set of sheets. Cover those sheets with the shower curtain or tablecloth. Make bed on top of plastic with old sheets. Many mom's don't birth on the bed, but often we use the bed at one point or another. So if they get messy, we can strip the top layer off, toss them in the wash and leave you with a freshly made bed!

Water Birth Supply List

Supplies

- ❑ Birth pool and pool liner. Please order a pool liner when you order your birth kit from www.preciousarrows.com There are two liner options. 1) Eco Pool Liner. This is very functional, but does have folds on the side of the pool when in use. 2) The LaBassine pool liner is more expensive, but form fitting which some moms like better.
- ❑ Water resistant floor covering for under the pool. You can use flannel backed table cloths, a tarp, construction grade plastic or shower curtains.
- ❑ Fine mesh strainer or fish net to scoop any bowel movement that gets in the pool.
- ❑ Adapter for faucet to connect hose to inside water source such as sink or shower.
- ❑ Pump for inflating pool – prefer electric pump. This is they type often used to inflate blow up mattresses (we may have one available, ask)
- ❑ New (or cleaned) hose. We may have a hose available that could be used for filling only, please ask if you want one. Even if you use our fill hose, you would still need to supply a hose to drain the tub.

Preparation

- Once you have the birth pool its a good idea to do a dry run and make sure everything you have is going to work okay. Make sure the pool doesn't have major leaks, that the hose hooks up the way you think it will, find out how to turn up your hot water heater, see that the pool fits where you would like to place it during labor, etc.
- Suspected early labor is a the time to turn up your water heater as high as it will go. You could do this as early as a month before your due date (36 weeks), but be careful that everyone that uses the water knows the it will be very hot. Be especially careful to supervise small children so that they do not get burned. This increased temperature helps us keep the pool warm for you **and lets you take long showers.**

Setting up in labor

- Lay down waterproof barrier
- Inflate the pool. Don't forget the bottom!
- Insert the liner and smooth wrinkles, especially on the bottom. Make sure the liner is completely unfolded.
- Filling the pool (We, your birth attendants, often help take care of the filling and maintaining the temperature of the pool unless we are busy checking on mom and baby or organizing supplies we may need soon.)
 - If you think you will be needing the pool within the next couple hours, but not as soon as possible, fill the pool about 1/3 full with cold water. Then when you are ready for the pool we will begin filling it with hot water.
 - If you want it as soon as possible, first begin filling with hot water. Once the hot water has run out someone will periodically check the temperature to make sure that only enough cold water is added to make the temp comfortably warm. Pots of water can also be started on the stove to supplement the hot water while we are waiting for the hot water heater to “recover.”

Draining

- We will drain the pool using a submersible pump that we carry in our car. This pump will need to be attached to a hose that you supply in order to drain the tub.

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