



HOME BIRTH SUPPLY LIST

BIRTH KIT

Your birth kit should be purchased at PreciousArrows.com
Use link below:

http://www.preciousarrows.com/Dahlia_Midwifery_Custom_Birth_Kit_p/80077.htm

ADDITIONAL SUPPLIES

- 1 set of older sheets or cheap purchased sheets
 - 6 towels
 - 6 wash cloths
 - 1 small unopened bottle of olive oil
 - Arnica tincture, oil or tablets (available at many drugstores, Cascade or Amazon.com)
 - 1 small bottle of witch hazel (available at many drugstores, Cascade or Amazon)
 - Dr. Wendy's Balm Squad (available at wendytheherbalist.com)
 - 1 bottle Dr. Christopher's Birth Prep (available at Amazon)
 - 1 small bottle hydrogen peroxide
 - 1 small bottle Murphy's Oil Soap
 - 2 gallon-size freezer bags (or plastic grocery bags) or plastic container for placenta
 - 1 plastic cover for the bed. A painter's drop cloth (available at Home Depot and many hardware stores), a fitted mattress cover (available at Cascade) or a shower curtain may be used. This should be placed over an already made bed, then make the bed again with the above purchased/old sheets.
 - 3 large black plastic garbage bags
 - 1 plastic bucket, large plastic bowl, dishpan or similar container
 - 2 small plastic bowls (for olive oil and ice water)
 - 1 medium pot for boiling water
 - 1 mirror, if desired to view birth
- For water birth: one baby bath thermometer and one large tropical fish net. (SEE REVERSE FOR BIRTH TUB RENTAL OPTIONS. These will be provided by the rental company.)

Have available plenty of food, and a charged camera or cell phone. Also available are resources for birth photographers in the "recommended resources" sheet.

FOR BABY

Seasonally appropriate clothes (a few each of newborn size onesies, kimono-style snap front t-shirts, hats), swaddle blankets, diapers, and baby washcloths and body wash.

FOOD FOR THE MOTHER IN LABOR

Anything may be consumed. Remember, this is a major athletic endurance event! For hydration: water, fruit juice, herbal or decaf tea, vitamin water, etc. For mouth dryness: hard candy, frozen grapes, crushed popsicles, ice chips. For protein: peanut butter, hummus, cheese, protein bars, boiled eggs, yogurt, etc. Crackers, raw vegetables and fresh fruit are also good to have on hand.

Have a good meal planned for after the birth (take-out pre-planned or home cooked and refrigerated). Your midwife and birth assistants will appreciate being fed, as well!

Birth tub rental is highly recommended, as hook-ups and technical preparation can be more complicated than you might imagine.

BIRTH TUB RENTAL RESOURCES

Judith Halek
212-222-4349
Judith@BirthBalance.com

Lucy the Laborer
lucythelaborer.com/birth-pool-rental/
917-921-7733

Your Water Birth
www.yourwaterbirth.com
use discount code BBechtel

Water Birth Solutions
waterbirthsolutions.com
877-811-0238