

Birth Supply List

Congratulations! It is almost time for the birth of your baby. We would like you to have some items prepared before your 36-week prenatal visit that will be useful during your labor and birth. Some of these items are available as a kit (see below), or you may be able to acquire these things independently. If you want to order the kit, go to www.mamagoddessbirthshop.com and click on the link for custom birth kits. The cost is \$32.21 which does not include shipping and handling. You can also pick up the kit yourself from their location in San Francisco.

Birth kit includes:

- | | |
|-------------------------------------|---|
| ✓ 8 Small Chux underpads | ✓ 4 Alcohol prep pads |
| ✓ 1 pkg/30 Non-sterile small gloves | ✓ 2 Dz. Organic Maxi Pads, maternity size |
| ✓ 4 Small glove singles, sterile | ✓ 3 Mesh panties |
| ✓ 1 Small glove pair, sterile | ✓ 1 Peri bottle |
| ✓ 8 Gauze sponge, 2 pack | ✓ 2 Flexible straws |
| ✓ 2 Lube jelly 5 gram packets | ✓ 2 100% Cotton baby hats |

The following items please assemble yourself and put with your kit:

- | | |
|--|---|
| <input type="checkbox"/> 1 flashlight with working batteries | <input type="checkbox"/> Space heater (or good heating system for all rooms) |
| <input type="checkbox"/> 8-10 receiving blankets for your baby | <input type="checkbox"/> 1 paper bag with a plastic bag inside for trash |
| <input type="checkbox"/> 5 wash cloths | <input type="checkbox"/> Large laundry basket |
| <input type="checkbox"/> 2 hand towels | <input type="checkbox"/> 30C Arnica Pellets |
| <input type="checkbox"/> 10 bath towels if you will not have a birth tub | <input type="checkbox"/> Ice (lots) and flexible ice packs |
| <input type="checkbox"/> 15 bath towels if you will have a birth tub | <input type="checkbox"/> Extension Cord |
| <input type="checkbox"/> 1 roll of toilet paper or box of tissue | <input type="checkbox"/> Lansinoh Nipple Cream (we have samples, but you may want more) |
| <input type="checkbox"/> 2 sets of old (clean) sheets | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> 2 bottles of hydrogen peroxide | <input type="checkbox"/> Waterproof Sheet/Rubberized Flannel/Plastic Mattress Cover |
| <input type="checkbox"/> 1 small bottle of almond, olive, or coconut oil | |
| <input type="checkbox"/> 1 medium to large bowl for the placenta | |
| <input type="checkbox"/> Plenty of food! In addition to a stocked refrigerator for the entire birth team and postpartum, for labor please have some nutritious replenishing food that is easy to digest. Ex: juice (not citrus), coconut water (3-4 containers), bread, yogurt, miso, honey, fruit, crackers and broth. Also making some soups or stews to freeze for after the birth is a good idea, in addition to meals from friends and family | |

Instructions

- To help green our practice we have cut down on the number of chux pads and are instead using washable underpads and towels. We will supply you with the underpads; please wash and return to us.
- Wash the towels, blankets, cloths, sheets, hats, etc. in mild soap, dry in a hot dryer to clean and soften.
- Put the clean baby towels or receiving blankets and the hats in a bag away from dust and dirt.
- Put all the supplies together in one place in your house.
- In early labor make the bed with the nicer of the two sets of sheets, put a mattress cover over them and then make the bed with the other set of sheets on top. It is possible to have a plastic mattress bag added to your kit or you can use old shower curtains, clean tarps, rubberized flannel (waterproof) sheeting, etc.
- Sitz Bath: 1 part comfrey, 1 part chamomile, ½ part lavender, 1 part Uva Ursi, ½ part Witch Hazel. These herbs can be purchased in bulk from Lhasa Kharnak or there are many ready made sitz-bath mixes which can be purchased at whole foods or through online retailers like: herblore.com.
- We encourage the use of cloth postpartum pads in an attempt to make less waste. Used pads can be left to dry and then washed in a regular load of laundry using “Pre Wash” setting. www.reddyspads.com www.gladrags.com Instructions to make your own pads: www.alter-eco.info/cloth-pad-patterns.html

Additional Items *(May be useful, but are not necessary)*

- | | |
|---|---|
| <input type="checkbox"/> Camera, video camera and film/tape/battery | <input type="checkbox"/> Robe for after tub or shower |
| <input type="checkbox"/> Low stool (non-sliding) useful for some labor positions and breastfeeding. | <input type="checkbox"/> Mat/futon/yoga mat or cushions – for laboring on the floor |
| <input type="checkbox"/> Candles, music, or anything else for ambiance | <input type="checkbox"/> Lip balm |
| <input type="checkbox"/> Exercise ball – for labor and soothing the baby | <input type="checkbox"/> Sieve or small net – necessary for water birth |
| <input type="checkbox"/> Tennis balls – for back massage | <input type="checkbox"/> Rescue Remedy |
| <input type="checkbox"/> Eyedropper – for breastfeeding difficulties | <input type="checkbox"/> Diapers and/or clothes for the baby |