



## EAST BAY HOMEBIRTH MIDWIFERY CHECKLIST AND SUPPLIES

Please complete ALL of the following BEFORE your 36 week home visit:

- Decide who else will be present at your birth and let your Midwives know by creating a birth plan complete with your preferences and wishes.
- Order your birth kit and make sure all supplies for the birth and postpartum are gathered and ready **in one place**.
- Create a page that has the phone # for L&D of the nearest hospital & directions from your home to that hospital.
- Become familiar with the use of your car seat and have it installed properly in your vehicle.
- Prepare and freeze a few meals for after the birth; consider organizing with <http://www.mealtrain.com/>.
- Line up relatives, friends, or neighbors who are willing to help after the birth. Create a list with phone numbers.
- If siblings will be present, be sure they are well prepared and comfortable with the birthing process. Designate an adult for each child, with whom they feel comfortable, who will attend to them and if need be would be able to leave the birth room should the child need a break.

These items should be in your Cascade birth kit (to be ordered here: <http://www.1cascade.com/ProductInfo.aspx?productid=40544>):

You can also call to place your order directly from Cascade: 800-443-9942 and ask for Birth Kit #40544

- |   |  |
|---|--|
| <input type="checkbox"/> 2 - Underpads, 23" x 36"         | <input type="checkbox"/> 1 - Sanitary Pad, Pkg of 12       |
| <input type="checkbox"/> 20 - Underpads, 23" x 24"        | <input type="checkbox"/> 1 - Lubricating Jelly, 4oz Tube   |
| <input type="checkbox"/> 1 - Peri Irrigation Bottle       | <input type="checkbox"/> 8 - Gloves Sensicare Singles, Med |
| <input type="checkbox"/> 1 - Bulb Syringe, 2oz            | <input type="checkbox"/> 3 - Gloves Sensicare Pairs, Med   |
| <input type="checkbox"/> 6 - Gauze, 4" x 4", Package of 2 | <input type="checkbox"/> 2 - Poly-stripe Baby Caps         |
| <input type="checkbox"/> 1 - Flexible Straws, Pkg of 10   | <input type="checkbox"/> 1 - Cord Ring                     |
| <input type="checkbox"/> 2 - Sanitary Brief, Unisize      | <input type="checkbox"/> 3 - Gentleheel Lancets            |

The following supplies/equipment are also needed for your homebirth and must be present for your 36 week home visit:

- food & drink for laboring Mama (*broth/soup, Recharge, coconut water, protein bars, clif bar shot bloks, yogurt, popsicles, ice, etc.*)
- food for birth attendants (*basics like drinks/fruit/cheese/eggs + gluten free options and vegetarian options*)
- 1 plastic sheet to cover mattress completely (*1 or 2 flannel-backed vinyl tablecloths taped together work too*)  
(*to prepare your bed prior to birth: 1 good set of sheets on bed, then the plastic sheet over those, then an old sheet on top*)
- hydrogen peroxide; small, unopened bottle (*for cleaning up spots or spills from carpet & linens*)
- thermometer, oral (*for Mama and Baby vitals pre & post birth*)
- large hand mirror (*submersible for waterbirth*)
- extra towels (at least 4) (*for drying Mama off from the birth tub or other birth related incidentals; may get messy*)
- 1 small, unopened bottle olive oil (*for perineal support*)
- clean wash cloths (at least 6) (*cool cloths for your head/neck + also more for perineal support during pushing*)
- crockpot (*optional - for heating washcloths for perineal support during pushing but we can use a pot on the stove instead*)
- baby receiving blankets (at least 8) (*for keeping your new baby warm & dry immediately post birth; will get messy*)
- heating pad (*for keeping baby receiving blankets warm*)
- large bowl (*for placenta*)
- small (4gal) trash bags (2)
- camera, video (+ extra/charged batteries)
- large (13gal) trash bags (2)
- flashlight (+ extra/charged batteries)

Items for AFTER your baby's birth / These need to be purchased/prepared ahead of time by your 36 week home visit:

- Arnica 200C (*homeopathic remedy which promotes postpartum healing*)
- prepared frozen pads (2-4 pads) (*heavy flow; to be soaked in postpartum sitz bath*)
- herbal postpartum sitz bath & tub to sit in (e.g. [http://herblore.com/service/index.php?pg=info\\_postpartum\\_sitz\\_bath](http://herblore.com/service/index.php?pg=info_postpartum_sitz_bath))
- pads (*for heavy to medium flow to last about 4 weeks*)
- panty liners (*light flow to last about 2 weeks*)
- purified lanolin (Lansinoh brand) or herbal ointment (*for sore nipples*)
- breast pump with double pumping kit (*can be used to stimulate labor or to help bring milk in if baby is a reluctant nurser*)