

Essential Items for Home Birth

** Birth supplies should be ready by 37 weeks & stored in a box or basket in the labour room **

Home Birth Supplies:

- *Disposable Bed Pads “blue pads” x 36
- *1 package of 10cmx10cm **sterile** gauze pads (approximately 2 dozen)
- Large plastic sheet for bed (e.g. fitted plastic sheet, table cloth, shower curtain etc.)
- 2 garbage bags (1 for linen and 1 for garbage)
- Small bright lamp (desk lamp or flashlight)
- Portable space heater (not during summer months)
- Extension cord and/or power bar with 3 prong outlet
- 2 large rectangle cookie sheets or trays (for midwife’s birth equipment)
- Pillows (personal preference 1-2)
- Linens: bath towels, face cloths, sheets, and pillowcases (not your favorites as they may get a bit messy)
- Laundry product for removing blood stains (e.g. hydrogen pyroxide, Oxyclean)
- Small bottle of Olive oil (for perineum during 2nd stage of labour)
- Food & Drink for client and helpers (e.g. granola bars, fruit and veggies, cheese, yogurt, sandwiches, trail mix, Gatorade, juice, soup etc.)
- Honey (good for energy boost in labour)
- Gravel (for rest in early labour, ask your midwife for dosage)
- Basin or Pail for vomiting
- Receiving Blankets 8-12
- Baby hats 2-3
- Infant car seat (please ensure it is installed properly and adjusted for a newborn)
- Overnight bag (packed in case of transfer into hospital, see page 6 for complete list)
- Baby bag (packed in case of transfer into hospital, see page 6 for complete list)

To Prepare The Birth Bed: Make the bed with 1 fitted sheet, cover with plastic sheet and then with a 2nd fitted sheet. The top sheet may have to be pinned at each corner to keep from sliding off the plastic sheet.

Items To Have At Home For Client in the Postpartum:

- Acetaminophen (Tylenol) & Ibuprofen (Advil) (for perineal pain and cramping)
- Epsom Salts (for soaking perineum)
- *Maternity Pads (cotton pads preferred, avoid “dryweave” or plastic lining, heavy flow or overnight pads recommended for first few days)
- *Squeeze bottle (for cleaning perineum e.g. sports drink bottle)

Items To Have At Home For Baby in the Postpartum:

- Diapers
- Vitamin D supplement e.g. “D-Drops”
- Calendula or Zinc cream (for diaper area)
- Oil for dry skin (e.g. olive oil, almond oil, linseed oil)
- Simple digital thermometer (for underarm, not an ear thermometer)
- Rubber tipped spoon or eyedropper (for supplementation if necessary)

* These items can be purchased at Starkman's Medical Supply - 1243 Bathurst at Davenport.
(416) 534-8411