

## SUPPLIES FOR A HOME BIRTH

### THINGS TO BUY:

- Small unopened bottle of olive oil for perineal massage
- Calendula tincture for cord care and your perineum
- Q-Tips for cord care
- 10-20 small disposable Chux pads (blue plastic on one side and absorbent on the other) and 12 larger size blue pads ( both small and Large Blue available @ On the Mend)
- Maxi pads from Nutters or On the Mend WITHOUT plastic or chemicals
- 1 or 2 oz. Ear syringe for suctioning baby if necessary. DO NOT get one with a hard plastic tip
- Homeopathic Arnica 30X or 30C for the postpartum period
- 6-8 small hand towels to dry off baby ( older towels actually dry better)
- 2-4 receiving blankets for baby (these may get soiled) AND a couple Baby Hats
- 10 washcloths or cut up towels for warm compresses
- 4 large towels for mother
- 1 small unopened bottle of Spring water or distilled (to use with Homeopathics)
- Vitamin D drops from Nutters

### THINGS YOU MAY HAVE AT HOME:

- 3 plastic sheets or shower curtains for covering the bed and floor (dollar store)
- 2 large bowls or ice cream pails, for vomiting and one for the placenta
- 2 or 3 large garbage bags for soiled laundry and garbage
- Peri squeeze bottle for postpartum care (from On the Mend)
- Large pot with a lid or crock pot for warm compresses
- Hydrogen Peroxide 100ml bottle for removing blood stains should they occur
- Bleach for clean-up
- Flannel sheet that can be heated to be wrapped around mom after the birth

### THINGS THAT ARE NICE TO HAVE:

- Straws that bend
- Candles or aromatherapy
- Extra pillows, towels
- Ice cubes or Popsicles made of your favorite juice
- Ginger ale
- Lots of hot water, turn up the heater when labour begins
- Food in your fridge for nourishment during labour and food ahead for PP period

### FOR WATER BIRTHS:

- Birthing tub (may be borrowed from Blessing Way)
- Waterbirth kit (\$85 from Blessing way)
- Tap adaptor (Canadian Tire)
- Extra towels (you can never get enough for a water birth)

Blessing Way has a water pump to pump out the water after your birth