

## **Your Birth Kit - ...for home births...**

It is recommended to clean your house thoroughly during the last few weeks of your pregnancy and particularly, to keep pathways free of obstacles in the lead up to the birth.

### **Linen and hygiene**

- Old towels, hand towels or cloth nappies (approx 8)
- Old sheets (approx 2) (Note: prospective grandparents are a good source for these)
- Hot water bottle to put on back or front of mum in labour and to put on tummy afterwards for afterbirth tightenings. If parents want to have baby in a crib or cot, hot water bottle warms cot before putting baby in.
- Old shower curtain, water proof mattress protector, plastic drop sheet. (Note: not all shower curtains are actually waterPROOF. Some plastic ones are of course, but many are designed not to let a shower of water hitting them vertically through but will leak fluids through if on the floor.)
- Ice-cream bucket with a lid (for placenta) 2 litre is adequate size
- Spare ice-cream bucket or bowl in case of vomiting
- Approx 6 face washers (preferably new)
- Spray bottle with water for invigoration
- Roll of toilet paper
- Rubbish bin lined with plastic bags for rubbish disposal
- Maternity sanitary pads – thick, or incontinence pads for use in labour, birth and after your baby is born.
- Blankets for mother x 2 and baby x 5 for after the birth. Wrap the baby blankets in foil to warm in oven (50-100% C) or they can be wrapped around a hot water bottle towards the end of labour or put in the sun or into a dryer.
- For your midwife – 2 clean hand towels and soap
- A large saucepan (to fit my scissors) and another small bowl that will fit in saucepan. I boil this up and this gives me sterile water, a sterile bowl, and my sterile scissors.
- Hand mirror which can be submersible in water

### **For water birth / immersion**

- Medium sieve
- Spare towels for water spillage around pool
- Plastic bucket (new or free from contaminants)
- Hose with connectors to hot and cold water taps. Laundry taps for washing machine are often good. Hose needs to not have one way valves so can be used to drain water from pool to outside / sink.
- Large boiler, urns or saucepans for boiling water to keep pool warm.

### **Nutritional**

- Fresh cool water – sports bottles
- Nourishing fluids of choice – Gatorade, PowerAde, Lucozade, Irn-bru, Ginger Ale, Fruit Juices, etc

- Bendy Straws. Thirsty mum, who doesn't want to move from hands and knees, can drink easily from bendy straw.
- Energy sources - Juices, sweets if you choose. eg barley sugars, lolly pops. Nourishing, easily digested snacks of choice: yoghurts, bananas, honey, etc. Crackers if you're feeling nauseous
- Pre-cooked / pre-prepared nutritional meals and snacks for you and your partner for labour and after the birth. High protein is great!! (eg. Eggs, chicken, fish, meat, nuts)
  - ❖ Don't forget your camera and video to capture this amazing event. You never know when you might want to watch your birth, besides you're often too busy to take it all in.....

### Other

- Syntocinon and Syntometrine in case of excessive bleeding immediately after the birth.
- Vitamin K if you wish your baby to have it.
- If you wish to have a lotus birth, you will also need a colander and a bowl under it, powdered rosemary, placenta bag etc
- Contact phone numbers for all members of your birth team, as well as emergency numbers in case of a problem. Place it on the fridge door.

### Optional

- Champagne in fridge.
- Expensive chocolates of choice.
- New luxury toiletries of choice
- Presents for parents from each other to mark the event.
- Presents for siblings.
- Notice for front door reading, *Horace and Hilda have had a lovely baby ---Wt- - . No visitors please at present as we are tired. Or All Visitors Welcome Please Ring or Knock or come in.*

### Clothing items

#### Baby-

- Beanie or bonnet
- Singlet
- Jumpsuit or outfit of your choice according to climate
- Socks/ mittens
- Nappies cloth or disposable

#### Mother-

- Socks for during and after labour
- Comfortable warm clothes for after the birth with easy access for breastfeeding
- Dark coloured underpants
- Step-ins or equivalent supportive abdominal under ware.

## **Birthing aids to consider**

- Birth ball
- Birthing pool – need a new garden hose to attach to hot tap if possible
- Heat packs, hot water bottle.
- Your choice of birth art or labour project
- Music varieties for relaxation and active movement
- Homeopathics
- Aromatherapy – essential oils / Massage therapy – oils
- Bright torch with spare batteries
- Chapstick for dry lips

Please have all these items together in an easily accessible place. The items on this list are a guide for you of what to prepare for your birth. If you are having any difficulties please talk to me.

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