

Brookhaven

women's health + natural birth center

Misty Ward, CPM

Supply List For Homebirth clients

- ❖ 1 package maxi pads (heavy flow or overnight, postpartum cloth pads are nice too)
- ❖ 1 plastic or metal bowl. For the placenta and in case you get nauseated.
- ❖ 1 large outdoor disposable picnic table cloth with flannel backing. Two if you are planning a water birth.
- ❖ 1 plastic mattress cover or shower liner to cover bed
- ❖ 2 large plastic garbage bags
- ❖ 1 roll of paper towels
- ❖ 1 crockpot
- ❖ 15-20 cloth compresses. These can be made by cutting up an old towel or you can buy a package of cheap wash cloths. Please wash them and put them in a bag labeled "compresses"
- ❖ 2- 1 gallon sized Ziploc baggies
- ❖ 2 sets of fitted sheets that fit your bed (instructions on making bed are below)
- ❖ 1 Bottle of hydrogen peroxide
- ❖ 1 Large cookie sheet. This is to make a movable birth tray.
- ❖ Heating pad, hot water bottle, or rice socks.
- ❖ 2 bottles electrolyte drink. These need to be left at room temperature. You can buy Recharge, Third Wind, or Ultrafuel at the health food store, or a Gatorade type drink at the super market.
- ❖ 1 flashlight with good batteries
- ❖ 4-6 bath towels. These need to be washed and dried. You will need 2-4 more if you are planning a water birth.
- ❖ 1 set of baby clothes, including two newborn hats. These must also be washed and dried and

put in a labeled bag.

- ❖ 6 receiving blankets
- ❖ Variety of nourishing foods for yourself and the birth team – it helps to keep everyone’s energy up during a long labor by having some good nutritious snacks on hand. Boiled eggs, cheese, peanut butter, crackers, and fruit are all good choices. It is best for laboring women to stick to easily digestible foods such as yogurt, soups, breads, protein, and crackers. Herbal teas, especially raspberry leaf, and non-citrus fruit juice, and/or “Laborade” (see recipe below) for mom helps keep labor energy going. Grape juice specifically is great postpartum. (Don’t forget coffee for the midwives!) It is also nice to have several meals in the freezer for immediately after the birth and postpartum.
- ❖ A bottle of Chlorophyll and 2 large cans of coconut water (you can find this at most Asian markets).
- ❖ Plans for children in house. We are happy to include your older children in the birth process if you desire, however, we feel it best to have an adult that is familiar with the children and unattached to being at the birth to be available. This is in case the children need attention that mom and dad are unable to give during labor.
- ❖ Camera or video with plenty of film and/or charged battery. Make sure you check these before the day of the birth.
- ❖ By 36 weeks, have all the supplies gathered together in an easily accessible place. A large plastic tote or laundry basket works well for this.
- ❖ Your bathroom and the planned birth room need to be kept as clean as possible after 37 weeks. Birth is not sterile, nor is the home setting designed to be, but it should be as sanitary and uncluttered as possible.
- ❖ Prepare the bed. First, use your better pair of sheets to make up the bed for your postpartum recovery. Then lay the plastic sheet on top, making sure it covers at least the mother’s side of the mattress. Last, re-make the bed again with an older pair of sheets (you may want only a fitted sheet) that you don’t mind getting soiled. After the baby is born it is quick and easy to remove the soiled sheets and the plastic and have a nice clean bed for you.
- ❖ **In addition to the above items, please order our custom birth kit from Birth With**

Love. You can find our kit online at www.birthwithlove.com, or 800-434-4915. Our

kit is under Brookhaven Birth Center. Additional optional items can be purchased through this site such as Eldon Cards (for blood typing), oral Vitamin K, cute onesies, herbal remedies, books and videos.

❖ Laborade Recipe:

In a blender mix

1/3 cup fresh lemon juice

1/3 cup honey

¼ teaspoon salt

2 calcium/magnesium tablets crushed

3 ½ cups water

Mix well and freeze.