

PREPARING FOR YOUR BIRTH



BIRTH ITEMS:

- Comfortable labor clothes for mom
- Comfortable clothes for after birth
- Underpads (1 package)
- Sheets (2 sets)
- Plastic cover for bed
- Wash clothes
- Towels
- Plastic cover for pillows
- Large bottle of Hydrogen Peroxide
- Depends
- Overnight pads



BABY ITEMS:

- Thermometer
- Clothes for baby
- Socks
- Hat
- Receiving blankets
- Diapers
- Wipes
- Nose Frieda



FOOD:

- Food for mom in labor and postpartum
- Honey sticks
- Juices for mom
- Snacks & water for midwives



OPTIONAL:

- Herbal Bath
- AfterEase for afterpains
- MamaFrida peribottle
- PeriCleanse (InHisHands.com)
- H.G. Hemorrhoids Gone
- Padsicles
- Heating pad



PREPERATION:

- All linens should be washed in hot water with detergent before the birth. Please include a complete set of baby clothes with the birth supplies so they are easy to find after we do the newborn exam. Please put a full set of comfortable clothes for the mom along with an overnight pad and a Depends somewhere convenient.
- Make your bed with the set of sheets you want to sleep in for the first week after the birth. Put a plastic cover over the set of sheets. Then, make the bed again with an older set of sheets. The older set of sheets will be used while you are in labor and giving birth. After you give birth, we will remove the older sheets and plastic cover, and you will get into your clean sheets, ready to cuddle your newborn.
- If you are planning a water birth, I would still prepare the bed in the above manner. I also recommend getting a tarp to put under the birthing tub in case of leaks or splashes to protect your floors.