



Care



Community



Change

Strathcona Midwifery Collective

HOME BIRTH SUPPLIES

Essential Supplies:

24 Blue under pads

12 Maxi Pads

24 4x4 Sterile gauze squares

4 Large garbage bags

2 Rolls paper towels

1 Plastic drop cloth or plastic sheet (can be shower curtain but a fitted plastic sheet is great)

1 Large mixing bowl for the placenta

1 Large ziploc bag or container for storing placenta in freezer

1 Bottle Peroxide for removing stains

Bendy straws

Thermometer

Tylenol and ibuprofen

Gravol

Flashlight and extra batteries

Nice Extras:

Extra ice and / or cold packs

Labour snacks with protein (yogurt, cheese, bars, etc.)

Labour Aid

Epsom salts for healing

Perineal wash (can order from Mama Goddess or Gaia Garden)

Hot Water Bottle

Hand mirror

Arnica homeopathics

Linens:

2 Fitted bed sheets to fit your bed

2 Flat bed sheets to fit your bed (4 flat sheets is acceptable)

6 Large bath towels

8 Wash cloths

8 Receiving blankets

1 Newborn Baby hat

Clothes for you for after the birth (robe or front opening nightgown and cotton panties)

Clothes for the baby

Diapers for the baby

Suppliers:

You can buy most essentials at Shoppers Home Care

Or you can look online: <http://www.mamagoddessbirthshop.com>

<http://www.gaiagarden.com/>