

PREPARING FOR A HOMEBIRTH

HOME ITEMS

- 2 clean sheets
- 2 clean towels
- 3 wash cloths
- bendable straws
- heating pad to keep receiving blankets warm
- clock with second hand
- Slow cooker or crock pot (heat hot water for hot compresses)
- garbage bag
- laundry basket
- medium size hand mirror
- bowl for placenta
- flashlight with fresh batteries
- electrolyte drink, sports drink, or packaged-health food store
- plenty of nutritious foods (i.e., fruits veggies, cheeses, juices, yogurt, teas, honey, peanut butter, bread, etc.

BABY

- diapers
- t-shirts
- nighties
- pair of socks
- 6 receiving blankets
- baby thermometer
- vaseline or nonpatroleum jell (helps clean meconium)

MOTHER

- overnight Kotex
- Depends (light to moderate flow) regular absorbency (package of 12) *optional*
- nightgown for after birth (nursing)
- nursing bra
- breast feeding book
- peri-bottle (empty dish soap or catsup bottle works)

STORE ITEMS

- plastic/rubber sheet (old shower curtain works well)
- box of kleenex
- roll paper towel
- 20 sterile gauze pads (4 x 4)
- 20 large underpads (home health care section of stores)
- olive or Vitamin E oil (unopened bottle for perineal massage)
- 3 oz. infant bulb ear syringe with soft tip
- small pair scissors
- umbilical cord clamp (get from me)

CLEANLINESS:

You are immune to your own bodies natural bacteria. You will not infect yourself or your baby if an average level of hygiene is carried out in your day-to-day living.

STERILIZATION:

If you want to sterilize for health reasons (i.e., cold, flu recently), put baby's things in a labeled, sealed, heavy brown bag. Put baby's bag inside of mother's bag. Label, seal and bake with a pan of water in the oven at 200 degrees for 2 hours. The pan of water provides moisture to prevent bag from burning or scorching.

BEDMAKING:

First put a clean sheet on the bed. Lay the plastic/rubber sheet over it, then another clean sheet on top of the protective cover.

REMEMBER:

- Put all of your supplies together in an organized fashion.
- Have a clean surface available near the birthing area.
- If you have children, have someone at your birth to care for them and attend to their needs.

CALL IF YOU HAVE ANY QUESTIONS

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