



## Labour and Home Birth Supplies

Regardless of where you plan to have your baby, we recommend you assemble a few supplies around the 36<sup>th</sup> week of your pregnancy.

For home birth you may choose to assemble supplies yourself or order a pre-assembled kit. Some stores that individually sell the items include Lancaster Medical Supplies, Shoppers Home Health Care, Choices or Wholefoods grocery stores, Finlandia Natural Pharmacy, Gaia Garden (herbal supplies). Preassembled kits may be purchased at [www.midwiferysupplies.ca](http://www.midwiferysupplies.ca), which is a local company that can arrange for quick pickup or delivery.

### Before the Birth

- Please ensure your home is easily identifiable from the road or give clear instructions on finding your home if in a condo/complex.
- Please fill out the pink form in your Home Birth Packet with the exact location of your home, address and phone number.
- The birthing area should be uncluttered, and a spot should be available to set up an area for the baby in case of needing resuscitation. Desk, dresser or change tables are ideal, and should be cleared in readiness for this purpose.
- An electrical outlet or extension cord should be close by, and a bright light available.
- Make your bed with a set of clean sheets. Place a plastic sheet on top then make the bed with an “older” set of sheets. After the birth we remove the used linens and plastic sheet and the fresh linens underneath are ready for you and your baby.

Items marked with an X we can supply for you in our home birth supply kit.

Supplies to gather or purchase if planning home birth (assemble together in laundry basket or bin):

- 2 sets of bed linens (or extra fitted sheet)
- 6 Towels
- 6 Washcloths
- Hand Mirror (optional)
- Flashlight with new batteries
- Hot water bottle or heating pad
- 1 plastic backed sheet (shower curtain) to cover mattress
- Roll of toilet paper or box of kleenex or roll of paper towels
- 2 large garbage bags
- 1 bottle Hydrogen peroxide
- 1 package of sterile sponges
- 24 disposable waterproof underpads (blue pads)
- Plastic container for the placenta

For Labour

- Bendy straws
- Snacks
- Energy Drinks or Labour aid

For Baby:

- Newborn or size 1 diapers
- 5-10 receiving blankets
- 3 baby hats
- Baby sleeper or gown

### Supplies for Postpartum:

- Epsom salts
- Peribottle/Spray Bottle
- Perineal wash herbs (Optional)
- 1 bottle Ibuprofen & Extra-Strength-Tylenol
- Arnica homeopathic remedy or Traumeel (tablets)
- Lansinoh nipple ointment
- Digital thermometer (not ear type)
- Lactation tea (Optional)
- Acidophilus tablets (if you've had antibiotics in labour) (Optional)
- Sanitary pads (maternity, overnight or extra long)
- Afterbirth Perineal Cold Compresses (take 6 sanitary pads the lay them flat on a cookie sheet, moisten each one with 3 T. water, freeze then store in plastic bags in the freezer)

### Supplies for Hospital:

People planning homebirths should have a bag packed in case of transfer. In addition to items for labouring and for baby be sure to have the following:

- Car seat
- Toiletries
- 2 pillows in bright pillowcases
- Carecard

### Water Labours or Births:

- A pool or extra large bath (basic pools can be purchased at Canadian Tire or online)
- Large heated birth tubs (can be rented from Maiden Hair, Birth Takes a Village, From Tummy to Mummy)
- For basic pools, you will also need to gather:
  - A new, clean garden hose with double attachment to sink faucet (so water can come out one side of the attachment as well as flow into the pool without having to remove attachment)
- Small strainer for cleaning pool
- Digital thermometer (or a floating one if available)
- 5-10 large towels plus a robe if you have one
- Tarp for underneath the pool to protect floor.
- Some people put a comforter or quilt under the tarp for extra padding beneath the pool

### ***Labour-aid recipe***

*1/3 cup fresh lemon juice*

*1/3 cup honey*

*1/4- 1/2 tsp sea salt*

*1/4 tsp baking soda*

*1-2 calcium/magnesium tablets, crushed (up to 1000 mg. cal. / 500 mg mag.)*

*Mix in enough water to make one litre. You can also freeze into ice cubes add more water or juice to dilute. Drink often throughout labour.*