

BIRTH SUPPLIES
(non-birth kit items)

The following is a list of all the household supplies you will need to gather for your birth. It is a good idea to gather these items and order your birth kit around the beginning of your eighth month. If you have any questions about any of these items, please let me know.

- 1 small bottle of olive oil, unopened
- 1 large box maxi-pads ("Overnights")
- Large, clean plastic sheeting (shower curtains work well) for under birthing surface
- Old , large bed sheet to lay over plastic
- 2 paper grocery sacks
- 2 large garbage bags
- Crock pot *or* pot with lid
- Large bowl (2-4 qt. size) for placenta
- Large cookie sheet or tray with sides for supplies
- 4-6 bath towels (12-15 if planning water labor/birth)
- 4-6 clean wash cloths
- Minimum of 6 receiving blankets
- Clean, cotton clothes for baby, including: gown/sleeper, hat, diapers, socks
- Extra pillows, if desired
- Oral thermometer

FOOD AND DRINK

- Raspberry leaf/ nettles tea
- Recharge and/or favorite juice (avoid orange juice~too acidic)
- A variety of easily digestible foods, like yogurt, cheese and crackers, fruit, peanut butter, etc.
- Frozen casseroles for easy after-birth meals

WATER LABOR/ BIRTH SUPPIES

Note: all equipment should be new and clean.

- Inflatable pool. Should be 60 inch round, 3-tiered ring (high enough to support seated adult) with padded bottom. Available from www.birthwithsol.com or www.birthwithlove.com. You may also be able to find this pool at Target or ToyR'Us seasonally. Usually \$20-\$30, plus shipping and handling.
- Foot or electrical pump for inflating pool
- Garden hose (measure how long you need before you buy!)
- Waterbed fill-and-drain kit
- Waterbed siphon pump (optional- for adjusting water level and draining)
- Pool thermometer
- Fish net- 6" for removing solids from pool
- Plastic sheeting to protect floor
- Extra sea salt
- 5 gallon bucket
- Extra towels, baby blankets, and newborn hats (may get wet and need frequent replacement)
- Extra large pots for boiling water to rapidly raise pool temperature