



New Earth Midwifery Tuesday Benavidez-Knight, MSN, CNM

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Homebirth Supplies List

Please have your supplies ready by your 36-week home visit.

Birthkit:

Please order your birth kit from this website:

www.confidentbeginnings.com/shop

- Go to Midwifery birth kits and click on the New Earth Midwifery link. They will charge you about \$47.00 for the whole kit.
- **If you plan to use one of our birth tubs, you may purchase a birth tub liner from the birth kit site. It is \$18.**
- **If you want your baby to have oral Vitamin K, please order it with your birth kit. Scroll down to the bottom of the birth kit page and you will see it under optional items.**
- **If you have a negative blood type you need to buy 2 eldon cards. Again, this is in the optional items list on my birth kit page at confidentbeginnings.com**

Please put **ALL** of these birth supplies in a big storage tub or box, and we will check everything off at your 36 week homevisit.

Bedding:

____ 2 flat sheets (use old sheets, they may get blood on them)

____ 2 fitted sheets

Making Your Bed

To protect your mattress, and to make the postpartum period more efficient, I ask that you make your bed in this way:

- First, place the fitted and the flat sheet on the bed—the sheets that you want to be on after the birth.
- Then arrange the plastic-backed sheets that come in the birth kit, plastic side down. Make sure they overlap each other and cover the entire topside of the mattress.
- Now fit the sheets you will be using for your birth over the plastic.

-You should do this as soon as you think you are in labor. If you go into labor, you or your partner should do this because your water could break at any time, and also because you may not feel like doing it later.

-Do this even if you don't plan to birth in the bed because you may labor there.

Birth Supplies:

____ A thermometer- this will be for your baby. Please get the Vick's thermometer that reads in eight seconds. You will need a regular thermometer—not a pacifier, rectal or ear/forehead thermometer. Your baby will thank you—they don't like getting their temperature taken!

____ A gallon of distilled water (to make the herbs for you periwash and postpartum tea)

____ A funnel

____ 16 oz sea salt—in the salt section of the grocery store. **(For water birth only)**

____ 2 big bottles of hydrogen peroxide

____ 1 freezer bag (for placenta)

- _____ 1-2 large flannel-backed plastic tablecloth or waterproof canvas drop cloths. It goes under the tub to protect floors/carpets from water (**For waterbirth only**).
- _____ 8 towels—old towels are better, they could get messy.
- _____ 8 washcloths
- _____ 1 small jar of olive oil, almond oil or coconut oil
- _____ 2 medium sized bowls, metal or plastic (for the placenta)
- _____ 1 flashlight with good batteries
- _____ 2 kitchen-size plastic garbage bags, and 2 paper grocery bags (for laundry and trash)

After the birth:

- _____ 1 packs of heavy-flow sanitary pads and 1 pack of moderate-flow pads.
- _____ mother's milk tea (optional)
- _____ 1 big old blanket that I can wrap you and baby in immediately after the birth, the blanket could get a spot of blood on it, so don't use your best one.

Baby Supplies: -Freshly washed and dried-

- _____ 1 cookie sheet, for the supplies to be kept on during the birth.
- _____ 8 receiving blankets—the thin, cotton or flannel kind. Not your pretty handmade ones!
- _____ 2 cotton newborn hats
- _____ T-shirt or onesie, gown, and socks
- _____ A few diapers and wipes.

Optional:

- Homeopathic Arnica, for healing after the birth.
- Rescue Remedy
- Ibuprofen (motrin) for postpartum cramps.

Food to have on hand:

- _____ 1-2 containers of juice, non-citrus. White grape, apple, mixed berry are good ones to use during labor
- _____ 2 quarts electrolyte drink such as Recharge, Emergen-C, miso soup and/or coconut water.
- _____ 1 container of vegetable or chicken broth.
- _____ Foods and drinks to sustain you during labor: nuts, fruits, bread, smoothie ingredients, yogurt, pudding, fruit popsicles. Things you like!
- _____ Food for you after the birth: frozen casserole, eggs and toast, etc. You know what you will want - think protein and think easy!
- _____ Food for your midwife and her assistants. Sometimes we are called to a birth in the middle of the night and we don't get home until the following afternoon. Therefore, as your guests we will need to eat at your house while we care for you. It would be lovely if you had eggs, gluten free bread (one of us is gluten free due to celiac disease), fruit, and vegetables available. Thank you!

Extra things to think about:

- ~ If you are having a waterbirth, turn up the water heater the day labor starts.
- ~ If you want pictures, have your camera with film and batteries ready next to the birth stuff.
- ~ Make sure your memory card is ready for all the pictures of the birth. It is a bummer to run out of room when the baby is coming out.
- ~ If you want video, set up a tripod and let us know that you want to video some of the birth. Sometimes we can take pictures, but usually not during the actual birth, if you want pictures of this part, have someone else there who can do it.