

Supplies – Home Births

Everything on the list for Labour and Hospital Births (see handout: What to pack for a Hospital Birth)

- .. 1 roll of paper towels
- .. Disposable plastic container with lid (large ice cream container size) for placenta
- .. 2 large containers (laundry basket, box or pail) lined with garbage bags- one is for laundry and one is for garbage.
- .. Flashlight or movable lamp
- .. Portable space heater to ensure a warm birth place, if necessary
- .. Unopened bar of soap or soap dispenser for midwives to wash hands
- .. Large mirror to watch birth, if desired
- .. Electric kettle or slow cooker for preparing hot compresses
- .. 10 clean wash clothes for hot compresses
- .. 6 clean bath towels or 10 – 12 receiving blankets to dry baby right after birth (likely will get soiled)
- .. Receiving blankets for baby
- .. Package of “homebirth supplies” that your midwife gave you

Preparing the birthing room and bath room

- Make the bed with clean linen. Cover the clean sheets with a shower curtain or heavy plastic drop sheet (this is to protect your mattress during the birth). Cover the plastic layer with clean older linens – bottom and top sheet (these may get stained).
- The bath tub should be cleaned and well rinsed in early labour as you may want to use it.

Prepare a bag for baby and yourself with clothing, diapers, pads, etc., in case we need to go to the hospital.