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HOME BIRTH SUPPLIES

Things in **BOLD** are essential. The rest is optional.

LABOR:

- Pillows (many)
- Kitchen size plastic garbage bags (to protect pillows, put under pillow cases, see below)**
- Well stocked kitchen including**
 - Recharge or other natural juices, Coconut water is a great electrolyte replacer Fluids- juices, spritzer, ginger ale, etc.
 - Food for the 1st week after birth
 - Ready-made high protein and calorie foods
 - Easily digestible, quick-prep foods such as fruit, veggies, soup, yogurt
 - Your favorite foods
 - Birthday party supplies (cake)

DELIVERY:

- Birth kit**, contains essential medical items for the birth. Order ahead of time from Radiantbelly.com Enter "Moonrise Health" to receive the birth kit specific to our practice.
- Plastic to protect furniture** (put one under sheet on bed, see below): plastic drop sheet from a hardware store works the best. Just the thin 0.7 mil 9x12 roll of painter's drop sheet is sufficient.
- Several cotton receiving blankets
- 5-6 towels that you do not mind getting dirty** (MORE if you plan on having a labor tub)
- Wash cloths for hot and cold compresses
- Hand mirror
- Camera and/or video, music, candles (if desired)

PREPARE BED AND PILLOWS:

Put pillows in white plastic garbage bags, tie shut, then put pillow case on over that.

Make the bed with a set of sheets, then place plastic sheeting over that. Finally, put another fitted sheet over plastic.

Remove any down comforter or nice quilts.

POSTPARTUM:

- Maxi pads (your birth kit will come with a pack so you may not need these)
- Thermometer**: regular digital works best (included in the birth kit)
- Hydrogen peroxide
- Olive oil/coconut oil in it's own container. Smear this on baby's bum for the first few days so the meconium poops are easier to clean.
- Ibuprofen or Cramp Bark tincture: for the afterpains
- Sitz bath herbs (comfrey, calendula, Oregon graperoot): available through our office
- Crushed ice, frozen peas/corn, and/or frozen maxi pads
- Witch hazel, Tucks, and/or natural hemorrhoid cream
- Lanolin for breasts (Lansinoh cream), Medihoney (available from Amazon), or coconut oil
- Housekeeper or other arrangements for housekeeping