



Home Supply List

You are responsible to have the following supplies at your home visit ready for your births by 36 weeks. Think of all of these items as donated to the cause.

<p><i>Birthing Bed</i> 2 plastic sheets (shower curtains work; be sure they cover the entire bed) 2 sets of sheets you don't care if they get dirty. (layer the plastic and sheets)</p> <p><i>Birth Kit</i> at In His Hands website (search Holistic Heritage Homebirth) www.inhishands.com</p> <p><i>Baby Receiving Blankets</i> (8 washed and dried)</p> <p><i>Big Towels</i> 5 (3 for mom/1 for baby, 1 for midwife) <i>4 wash cloths</i></p> <p>If you would like us to make herbal perineal compresses, we can do that for you when we arrive for the labor and birth.</p> <p><i>Thermometer</i> (open it and test it) Digital with flexible tip</p> <p><i>For sore nipples</i> Lanolin Mother Love nipple cream Sunflower Lecithin for mastitis Optional: Soft foam pool noodle</p>	<p><i>For after pains</i> After Ease tincture (Amazon)</p> <p><i>Food for labor</i> Juice Favorite drinks Red Raspberry Leaf Ice Protein rich snacks A meal ready for after birth Easily digestible foods (yogurt, fruit, sandwich)</p> <p><i>Clothes</i> Gown or bottomless pajamas for Mom after birth Diaper and shirt if desired for baby</p> <p><i>Additional Needs</i> Paper Towels (viva are soft and worth the investment) Flashlight with batteries Hydrogen Peroxide</p> <p>2 One gallon ziplocs 4 Black plastic garbage bags Depends panties (great for first few days after birth) Large pads for postpartum bleeding</p>
---	---

Don't forget you need a brand new hose (drinking hose preferably) and an adapter for the hose. Order Birth Kit inhishands.com