



Parent's Supply List for Home Birth

Parents should have supplies ready by 36 week Home Visit

Birth kit to be purchased from Precious Arrows (www.preciousarrows.com or (877) 423-7796)

Priced at roughly \$40.00 + S/H with options and add-ons available

Olive oil (to put on baby's bottom for easier cleaning of baby's first stools)

Hydrogen peroxide (for cleaning linens/towels)

Plastic drop cloth or sheet (to cover mattress, a flannel-backed plastic tablecloth or shower curtain also works)

2 large black plastic trash bags, 40 gallon

Clean older sheets for bed

Clean washcloths (8-10)

Clean towels (4-6, many more if having a water birth)

Note: all linens will be able to be washed and reused after your birth but may be subject to possible staining

Crock pot

Chamomile tea bags (to put in the crock pot for compresses)

Honey (to provide extra energy in labor)

Plenty of good quality snacks and beverages (ideas listed below)

Large cookie tray with edges (used as a tray for midwife supplies during the birth)

Clean dish towel

2 large kitchen bowls or ice cream buckets (for placenta and compresses)

Electric heating pad (preferably one that doesn't turn itself off)

Handheld mirror (for possible use in tub and with waterbirth)

Flashlight

6 clean baby blankets (older ones are softer, if you have them)

Plenty of toilet paper (for frequent trips to bathroom)

Bleach or alternative disinfectant cleaner

If you are having a water birth, you will also need the following. We will talk during your visits about options for pool and various details.

Personal birth pool or liner for the Birth Pool that we have to offer (available from Precious Arrows)

Clean hose (ideally new which is marked as suitable for drinking water, lead-free, non-toxic or water potable)

Adapter to connect to water source (new or cleaned)

Electric pump to inflate pool and a way to empty the pool (emptying can be done with pails or siphon)

Extra towels

Extra sheet of plastic for under pool to protect floor

Remember, labor might go longer than you'd expect and you and your midwives will need food for the process!

Some good ideas of things to have on hand are:

- Yogurt
- Replacement meal drinks or bars (like Luna Bars, Boost, Ensure or Glucerna)
- Eggs
- Cheeses, peanut butter
- Bread for sandwiches, toast
- Crackers
- Soups and broths
- Frozen juice bars
- Fresh fruit
- Juices (Orange is great but too acid for some so you may want to have a variety)

Trillium Midwifery Services Custom Birth Kit

To be ordered from Precious Arrows

www.preciousarrows.com or (877) 423-7796

Custom Price (includes a discount for clients): around \$40 + applicable shipping/handling and taxes

Product Code: 80345-50

Description of Custom Birth Kit Contents

(Supplies are used by you and your midwife for your birth and postpartum/newborn care)

- 10 Basic Underpads, 23x36"
- 5 Small Deluxe underpads, 30x36"
- 6 Alcohol Prep Pads
- 4 Peach Contour OB Pads
- 2 Premium Mesh Panty, choose size
- 1 Peri Bottle
- 6 Medline 12-ply Gauze 4x4s
- 2 Straws
- 1 Newborn 100% Cotton Hat, choose from blue, pink or white
- 1 Dyna-Hex Scrub Brush
- 3 Lubricating Jelly Packets, 3g
- 2 Umbilical Cord Clamps
- 1 Kleenprint Footprinter
- 1 Homebirth Certificate, various styles to choose from
- 1 Neat Nick Lancet
- 1 Goldenseal Capsules (pack of 2)
- 5 Q-Tips
- 1 Ultrasound Gel, 60 gram tube

If you are **Rh Negative** we would like you to purchase an Eldon Card to determine the baby's blood type after delivery to determine if RhoGam is necessary [Add \$8.00]

You May Customize Your Kit by Choosing to Add the Following (items are optional).

- K-Quinone (oral Vitamin K) [Add \$25.00]
- Perineal Standard Cold Pack (Qty 2) [Add \$5.00]
- After-Ease, 1 oz. (tincture to relieve after pains) [Add \$8.50]
- Economy Bulb Syringe, 2 oz [Add \$1.50]
- Digital Thermometer, 9 second [Add \$7.50]
- Vinyl Mattress Cover, Queen [Add \$9.50]
- Vinyl Mattress Cover, King [Add \$10.50]
- Intimate Solutions Sitzbath, 8 oz (for soaking your bottom after the birth) [Add \$7.95]

If You Are **Having a Waterbirth**, please discuss this with your midwife as you may need to purchase the following additional items.

- Waterbirth Net [Add \$1.75]
- Shoulder Length Gloves, 2 pr. [Add \$2.00]
- Birth Pool in a Box Liner - Regular [Add \$40.00]
- Faucet Adapter for Hose [Add \$4.30]
- 25' Hose [Add \$18]

Returns are not accepted on birth kits. If a birth kit is refused delivery and returned back to Precious Arrows unopened, the kit price minus the cost of shipping will be refunded.