



Supplies

- We will review your birth kit and all your supplies at your home visit. Please have all your items in one spot and ready for this visit! We highly suggest a big plastic bin or box for holding everything.
- Wash and dry all cloth items on hot settings and then set them aside with your birth kit and supplies.
- Order your birth kit by 34 weeks from: <http://www.inhishands.com>. Please search "Rising Sun Midwifery," "Jamie Crockett," or call 1-800-247-4045
- 1 large bottle of hydrogen peroxide for clean-up
- 2 large Ziploc bags for your placenta
- 4 paper grocery bags and 4 plastic kitchen size trash bags
- An old set of clean sheets to be used on top of the mattress protector and another set of sheets to be placed under the mattress protector. Make sure they are sheets you don't mind getting stained.
- 5 large towels and 5 washcloths
- Diapers and clothing for your baby – laundered with unscented detergent. If you plan on cloth diapers, have one package of disposables for baby's meconium to prevent staining of your cloth diapers.
- Olive oil or coconut oil
- 5 newborn receiving blankets and 1-2 cotton infant hats for the baby.
- "Vicks Oral Speedread Digital Thermometer" (found at Walgreens).
- Portable fan if it's warm weather &/or heater if it's cold.

Supplies for the tub

- Get tub rented if you are not using ours.
- An air pump or compressor if you are using an inflatable tub.
- 3 extra pillows for your knees and back if you have a hard-sided tub
- "Generic Tub Liner" from inhishands.com
- 1 felt-back plastic tablecloth to protect the floor
- 1 white or light colored flat king size sheet if you have a black hard-sided tub
- 1 RV/drinking hose to fill birth tub – 25-50 feet.
- A garden hose adapter to attach hose to a shower or sink faucet.
- Sea Salt - 1 pound to go in the birth tub (cheapest at the aquarium store)
- Plumbing wrench

Food

- Recharge, coconut water, miso soup. No diet or zero calorie drinks!
- Various quick and easy snack items - high in protein (protein smoothies, Balance bars, Honey Sticks, popsicles)
- A very high protein soup or stew for a postpartum meal.



Optional Supplies

- See the optional supplies listed on the birth kit page at inhishands.com.
- Yoga ball
- Candles and music that you love
- 2 tennis balls, ice chips
- Nipple shields, Latch Assist, Breast Shells if you have inverted or flat nipples
- Earth Mama Angel Baby "Postpartum Recovery Essentials Bundle" \$47.82
- Camera and/or video camera or make sure your birth photographer is called
- An electric heating pad for postpartum cramping
- Tylenol (325mg) and/or Ibuprofen capsules (200mg) – for uterine cramping postpartum
- Healing rice packs with lavender (optional) for your lower back and cramping afterwards
- Bacitracin or Neosporin with Pain reliever
- Adult Depends- 1 pack for the immediate postpartum days
- Heavy flow pads – 1 pack
- Breast pump
- Arnica ointment/oil/liniment, aconite or Bach Rescue remedy, lavender, peppermint or clary sage, manuka honey
- Wishgarden "After Ease" tincture for cramping
- Cell phone app "Full Term" or pen, paper and a clock for timing contractions

GETTING READY

Unlock the front door

Setting up the tub:

- Turn the water heater on high
- Lay down the felt back picnic table cover – soft side down
- Blow up tub if inflatable
- Line hard-sided tub with pillows and white sheet
- Place liner securely in and over sides of tub (it almost reaches the floor on the outside)
- Hook up adapter and hose
- Fill tub about 100 degrees and about 2/3 full as the waterline will rise when you get in
- Remember that anyone getting into the tub has to be as clean as possible before entering
- Make a basin to wash feet in before getting into tub: 1 tbsp Hibiclens in 2 inches of warm water

Other in early labor projects:

- Get freezer meals ready so you don't have to worry about cooking or store trips for a few days.
- There is a roll of plastic in the birth kit from inhishands.com. Use this to protect the bed and cut off extra to protect floor.
- Make the bed: best sheets (fitted and unfitted) first, then plastic protector, then older sheet set that you don't care about.
- Pour some water (or witch hazel) down the middle of 5 maxi pads and place in a medium size bowl – then freeze them.