



Home Birth Preparations



For You

- Heating pad or hot water bottle - for comfort during labour
- 2 sets of fitted sheets
(1 nice sheet, and 1 old one that you don't care about
- or pick some up at the thrift store!)
- Plastic table cloth or shower curtains
- 2 garbage bags - 1 for laundry and 1 for waste
- 8 Clean old face cloths or a cut up towel
- 1 large bowl -for hot compresses
- 5 Clean old/dark towels
- Paper towel
- Extra pillows and clean pillow cases
- Straws bendable - make it easier to drink while laying down
- Large container for placenta (eg. ice cream container)
PRO TIP: store your placenta in the freezer until garbage day,
unless you have other plans for your placenta.
And label it!!
(otherwise someone looking for ice cream might find a surprise!)
- Old blanket - for you after the birth
- Sanitary napkins
Avoid dry weave (crisscross material) it can irritate stitches
- Put witch hazel on some pads and put them in the freezer
- for your bottom after birth!
- Box of salt - for laundry
- Bottle of hydrogen peroxide
Removes blood if there are any drops and for laundry, available at local
drugstores
- Packed hospital bag - in case you need transfer



For the Room

- Pick your birth room. Keep in mind:
 - Make sure it's close to the washroom
 - Make sure it is accessible and spacious
(easy access to get you out of the house if needed)
 - Make sure it is close to your labouring space
(You'll most likely be walking and moving around to labour)
 - Make sure it is or is close to where you will stay after the baby is born
(You'll want to just cuddle and rest after having your baby)

- A cleared dresser or table with 2 outlets nearby
 - This setup should be somewhere in the birth room.
 - Have extension cords if needed for access to the outlets.

- Preparing the Bed (A waterproof sandwich):
 1. Once labour starts, make the bed with clean sheets.
 2. Then cover them with a plastic, waterproof layer
(i.e. plastic table cloth or shower curtain)
 3. Make the bed again, over top of these two layers with older sheets that you don't mind getting dirty.

- The Magic trick:**

The top sheet and plastics layer will be removed after birth and you will instantly have a clean bed underneath!

- Doing the Laundry:
 - Add a cup of salt and a cup of hydrogen peroxide to your laundry detergent.
 - NOTE: Wash all laundry in cold water**

- Ensure bath tub is cleaned for use in labour or birth

- Consider arrangements for children and pets
 - Pets are normally good with labour.
 - They know something is happening and tend to stay out of the way.
 - Keeping them in a designated area or room and help prevent them from getting in the way, and also out of the placenta!



For Baby

- Baby hats - two different sizes
- 6-8 receiving blankets
- Diapers
- Olive oil or coconut oil
 - for baby's bum to make the first diapers easier to clean
- Car seat
 - (they're not going anywhere, but just in case birth plans change)