

Snohomish Midwives  
57 Cedar Avenue  
Snohomish, WA 98290  
877-869-6105  
Fax: 360-563-2662

## **Preparing for Your Home Birth**

### **Ordering and Gathering Home Birth Supplies**

Please use the attached order form from Cascade Health Care Products, Inc. to order your birth supply kit. It contains a variety of useful items that we will need for your home birth. Please order your kit about 4 weeks prior to your due date to ensure its arrival in time for your birth.

When your birth kit arrives in the mail simply set it aside. You do not need to open it. Please collect the following additional household items and place them along side your birth kit. Please have all of these things gathered together and easily accessible prior to the onset of your labor.

- 2 large plastic bags with draw strings
- 6-8 washcloths
- Crock-pot or medium sized saucepan for heating water
- 1 large, shallow bowl or basin for your placenta
- 1 bowl for nausea
- 1 small glass or shot glass for herbs
- High-intensity lamp or large-beamed flashlight
- 6-8 receiving blankets
- 4-5 newborn-sized cotton hats
- 2-4 old towels
- Thermometer
- Small bottle of olive oil or some coconut oil
- Pack of heavy sanitary pads (small pack of Depends work great)
- Light nourishment & fluids for laboring mother (electrolytes/juices)
- Snacks for midwives, birth attendants, labor doulas, & guests
- Car seat for baby
- Ice packs/coldpacks
- Adequate source of heat or electric space heater
- Access to a telephone and a 3x5 card with the following information clearly listed:
  - Your address
  - Your nearest cross streets
  - Your telephone number
- \$300 birth assistant fee. Cash or check. (\$250 if you are eligible for Medicaid). Please leave check recipient blank until the birth.

## **How to Make Your Bed**

Please gather the following supplies:

- 2 full sets of clean sheets (old, throw-away sheets will do)
- 4 pillows with plastic coverings suggested

Make your bed using a fitted sheet and a flat sheet. Cover this with the plastic covering (from the birth kit) and tuck it in around all sides of your mattress. Place the other fitted sheet and flat sheet over the plastic lining then make your bed as you usually would with blankets, quilts, and pillows. This will ensure a quick and easy changing of the bed sheets after the birth of your baby. The plastic will also protect your mattress. If you plan to deliver your baby somewhere other than your bed, such as in the water, we request that you still make your bed in this way.

## **Comfort Items and other Necessities**

Please feather your nest with the following items prior to the onset of your labor.

- Appropriately sized diapers & clothing for newborn
- Heating pad or hot water bottle
- Ibuprofen, homeopathic arnica, aromatherapy, massage oil, & any other personal comfort items that you wish to have on hand
- music
- chapstick, hairbands
- camera/video recorder
- sitz bath herbs

## **Supply list for Birth Center Birth**

- car seat for baby
- something comfortable to labor in
- swimsuit for partner and yourself
- clothes to wear home after the birth, including sanitary pads (small pack of Depends work great)
- toothbrush and other toiletries
- baby clothes, hats (3), receiving blankets (6), diapers, and wipes
- Light nourishment & fluids for laboring mother (electrolytes/juices) and hearty food for after the birth
- Snacks for midwives, birth attendants, labor doulas, & guests
- music and camera/video recorder (remember extra batteries and film)
- books and toys for siblings
- there is a refrigerator and microwave at the birth center