



EARTHSIDE BIRTH

MIDWIFERY AND INFANT FEEDING CARE

Congratulations on your upcoming homebirth! We look forward to supporting you in welcoming your baby. We have compiled a list of items that would be helpful for you to have on hand. You may feel inspired to substitute certain items, and that's totally up to you. We bring the items that are essential to having a safe delivery, and these items are for keeping your space clean and supporting your birthing time. Please also pack a hospital bag even if you are planning a homebirth!

What to have for the birth:

- Extra towels (6 or more - if you are having a waterbirth, you can never have too many towels!)
- Waterproof sheet / shower curtain
- Extra set of sheets for bed
- Extra receiving blankets (at least 3-4 for the actual day of delivery)
- Newborn diapers and wipes
- Hat for baby
- Menstrual pads (heavy flow for the first 2 weeks after delivery or depends adult diapers)
- Frozen pads (we recommend using lighter flow pads and putting them in the freezer, the ready to go crack and freeze pads tend not to be very absorbent)
- Small bottle of hydrogen peroxide (this helps get stains out of carpet / bedding)
- Large garbage bags (at least 2 - we use one for garbage and one to put dirty laundry in)
- Straws - metal / silicone / plastic / whatever you want! A straw with a bend helps when others are offering you sips between your birthing waves
- A large metal or glass bowl or other receptacle for the placenta that can be sanitized
- Large ziploc bag (for storage or sending the placenta to the hospital for disposal)
- Electrolytes (you can buy things like Gatorade or find a "[labour aid](#)" recipe online. Sodium is an important component of the electrolyte drink for labour)
- Snacks - easy things like fruits / smoothies / soups for the birther and easy ready made larger meals for the support person / people
- Candles / dimming lamp / string lights - anything to support a calm, low lit environment
- A playlist of music supports you staying calm / feeling inspired

If you have any questions about any of these items, please feel free to ask us at your next in-clinic appointment!

The Earthside Birth Midwives