

PREPARATION LIST FOR BIRTH

If Planning a Home Birth: please have these items gathered in one place and easily accessible. Your midwife will provide you with a Home Birth Kit (including a plastic cover for your bed, a squirt bottle, waterproof pads for the bed, garbage bags, baby hat, pain medications for after the birth). See our website for more information on home birth.

- old clean towels (4-6)
 - clean wash cloths (4)
 - cardboard box for garbage
 - laundry basket for dirty linens
 - roll of paper towels
 - plastic container (e.g. from ice cream) or large Ziploc bag (for placenta disposal)
 - sturdy bowl for hot compresses
 - a few pillows
 - sanitary pads / incontinence underwear
 - nipple ointment
- 1) When you are in labour, make your bed with the plastic sheet over the mattress with the bedsheets on top as usual.
 - 2) The room should be clean and uncluttered.
 - 3) Clear off surfaces to make room for equipment.

For clinic birth suite:

- set of double/queen sheets with 4 pillow cases
- towels (4-6)
- washcloths (4-6)
- receiving blanket for baby (1-2)
- snacks for during/after birth
- something comfortable to wear
- hospital bag (diapers, package of baby wipes, sanitary pads/incontinence underwear, baby clothes, change of clothes, toiletries, footwear)
- container and plastic bag to bring the placenta home
- your yellow or green folder
- your health card if you have one
- car seat for baby

Put all of these items in a box or large bag to bring with you to the clinic when you are in labour. We will give you disposable blue pads, postpartum pain medications, and a perineal bottle.

Thanks to ongoing donations from clients and community members, we are able to offer births in our clinic birth suite. See reverse side for more information.

For hospital birth:

- your health card
- your yellow or green folder
- car seat
- clothes for the baby
- pillow (optional)
- healthy snacks/water
- sanitary pads/incontinence underwear
- newborn diapers
- receiving blankets
- change of clothes for mother
- toiletries for mother
- nipple ointment
- microwavable heating pad (optional)