

# 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, herbal bath, stretchy underwear, 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

- 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, pads, baby clothes, change of clothes, toiletries, footwear)
- container and plastic bag to bring the placenta home
- your yellow chart
- 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.

## **For hospital birth:**

- your health card
- your yellow chart
- car seat
- clothes for the baby
- pillow (optional)
- healthy snacks/water
- stretchy underwear (provided by your midwife)
- sanitary pads
- newborn diapers
- receiving blankets
- change of clothes for mother
- toiletries for mother
- blow-up bath pillow (optional)
- microwavable heating pad (optional)