



## Preparing for a homebirth

For the birth, collect all items in a laundry basket ready to go. To make up the bed when labour starts, put one set of old sheets down, cover bed with plastic shower curtain/tablecloth (pin in place), then cover with another set of old (least favourite) sheets. To protect pillows, place in garbage bags with old pillowcases over top.

## Supplies list for birth

- Garbage bags (2 large black for birth, and enough for covering pillows on bed)
- Plastic shower curtain or tablecloth to protect mattress, more for floors if carpeted
- Safety pins
- 2 sets of old sheets and pillowcases
- 4-6 old towels, 6-8 wash clothes
- Small bottle of olive oil
- 2 medium sized bowls
- 2 large Ziplock bags/plastic grocery bags (for placenta)
- Flashlight
- Heating pad
- Space heater (optional if room cool)
- Birth pool, the water has to be at least 18 in deep, here are some local resources for rent or for sale:
  - <https://hypnobirthinghamilton.com/birth-pool-rentals>
  - <https://mothermatters.ca/rentals/aquadoula-birthpool-rental.html>
  - <https://www.midwiferysupplies.ca/products/passages-midwifery-birth-pool?variant=642044129>
- Snacks and drinks for labour
- Bottle of hydrogen peroxide
- New bottle of liquid hand soap
- Alcohol hand sanitizer

## Supplies for after birth

- Small package of Depends or large overnight pads (not Always-may irritate stitches)
- Pre-frozen “padsicles”- maxi pads soaked in water or witch hazel, aloe vera and lavender essential oil and frozen
  - <https://www.healthline.com/health/pregnancy/padsicles?jwsourc=cl>
- Tylenol Extra Strength AND Advil\* or Aleve\* (\*recommended for postpartum pain)
- 4-6 receiving blankets
- Hat for baby, outfit for later
- Package of newborn diapers
- Epsom salt or sea salt
- Digital thermometer
- Healthy nutritious meal