



SOL MIDWIFERY

HOME BIRTH PREPARATIONS

SUPPLIES

- ☐ 3 large garbage bags (for laundry & garbage)
- ☐ 1 large container or ziplock bag for your placenta
- ☐ toilet paper and/or tissues
- ☐ 2 packages of maternity pads
- ☐ plastic mattress protector (can use plastic shower curtain)
- ☐ tylenol and/or ibuprofen (consider homeopathic Arnica 200c strength)
- ☐ large pot with a lid for boiling water
- ☐ digital thermometer
- ☐ liquid hand soap & paper towels by a sink designated for midwives
- ☐ extension cord with multi plug
- ☐ drinking straws
- ☐ small bottle of hydrogen peroxide
- ☐ desk lamp
- ☐ flat surface for midwives to set up their gear near the planned location of birth (desk, table or similar)
- ☐ flashlight & extra batteries
- ☐ birth pool (liner, waterproof thermometer, small tarp and debris net) *if planning a water birth*

LINENS:

- ☐ 2 newborn hats
- ☐ 2 fitted sheets
- ☐ 3-4 bath towels (more if planning a water birth)
- ☐ 6-8 washcloths
- ☐ 6 flannel receiving blankets
- ☐ newborn diapers and wipes
- ☐ breastfeeding friendly pajamas/robe for postpartum

COMFORT MEASURES (OPTIONAL SUGGESTIONS):

- ☐ massage oil
- ☐ small mirror (cont'd on other side)

- ☐ nipple cream or balm
- ☐ heating pad/heat pack/hot water bottle
- ☐ exercise ball
- ☐ tens machine
- ☐ oral gravol as sleep aid in early labour
- ☐ padsicles (menstrual pads with aloe vera, lavender essential oil, and witch hazel, freeze into "U" shape in freezer door with layer of wax paper between)
- ☐ epsom salts/perineal tea for sitz baths
- ☐ large green cabbage in case of breast engorgement when your milk comes
- ☐ rescue remedy

MAKING PREPARATIONS:

- Ensure all supplies are clean and gathered together in one area by 37 weeks gestation
- make sure the midwives pager number is kept handy
- your virtual home visit will take place around 37 weeks and you will have the opportunity with your midwife to go over any questions regarding your set up as well as to discuss reasons for hospital transfer and dealing with emergencies at home
- Ideally the room you plan to birth in should be able to be kept warm and free from draughts and with the option of bright lights if needed
- You should have an "incase" hospital bag and infant car seat ready
- it's a great idea to prepare food in advance and freeze it
- consider turning up your hot water if planning a water birth and your hot water tends to run out
- it's a good idea to have your mattress protector on early
- consider making bed your bed, with a plastic sheet on top, and then making the bed on top of that for ease after you birth
- if planning a water birth, ensure there is an alternate surface near the pool to birth on if need be (camping foamy or similar works well)
- be familiar with how to time contractions (from the start of a contraction, to the start of another) as well as how and when to page your midwife (remember 4-1-1)
- ensure that there are accessible parking areas for 2 midwives once you are in labour

FASTING AND DRINKING:

~stock up on fruit, broths, juices and snacks to help you stay fed and watered in labour ~

~consider making ice cubes of coconut water, herbal teas, labour aide or similar ~make sure you have plenty of supplies for your support team as well

~Labour Aide:

- blend 1/3 cup fresh lemon juice
- 1/3 c maple syrup
- 1/4 tsp salt
- 2 crushed calcium/magnesium tablets
- add water to make up 1 litre

SUPPORT:

~ensure your child care plans are in place in advance

~do your best to arrange postpartum support ahead of time. Say yes to meals and offers of help