



## Home and Hospital preparedness

Please ensure we have your most updated address and your home area is cluttered free (door is unlocked, outside lights are turned on, so your house number is visible and if possible, good access to parking at your place or close to).

Ensure that the car seat is installed in your car and that you know how to use it properly. This should be done by 37 weeks

### Homebirth Supply List and Preparations

*Please keep all supplies in a box or laundry basket near the area you plan to give birth, including the envelope containing the midwives' paperwork.*

#### GENERAL

- 1-2 large plastic sheets** to cover the delivery area (shower curtain for bed, paint drop sheet or tarp for water births)
- 2 large strong garbage bags** (one for soiled linen / one for garbage)
- 10-12 disposable underpads** (i.e. - unscented puppy training pads)
- A package of long, overnight, **thick Absorbent Pads** – i.e Tena / Kotex (frozen pads- may be made up ahead of time (add a small amount of water or water/calendula tincture to pads and freeze).
- Stretchy, large, comfortable underwear / or depends undergarments**
- An ice cream bucket with lid OR **2 large Ziploc freezer bags** (to discard the placenta or to keep for encapsulation)
- Squeeze bottle for peri-care.** An old shampoo bottle washed out works well too  
*\*\*\*(Above Items in **bold** comes in the homebirth kit available at clinic for purchase) \*\*\**
- 6 Large towels (or more if you have a water birth)
- Medium sized bowl for the placenta
- 8-10 clean old wash cloths or rags (used for warm compresses and for cleanup)
- A BRIGHT FLASHLIGHT with functional batteries!
- A cookie sheet - used as a mobile hard surface if necessary
- A large, comfy blanket/throw
- An older fitted sheet
- Small container of olive or coconut oil (for the perineum at crowning)
- Large bottle of hydrogen peroxide
- Homeopathics (Arnica) and calendula tincture\*\* if interested (see info on “Suggested complementary remedies” document)  
*\*\* (Homeopathics/Calendula tincture available for purchase at the clinic)*

Waterbirth – please have a small cullender/strainer or fish net (to remove debris from the water). A regular sized bathtub works well for water births, as It’s cheaper (no need to buy or rent a pool) and easy to clean. Just pull the drain!

For inflatable tubs

- Adaptor for the faucet
- New garden hose to fill the pool, must also reach from the pool to a place to empty after birth.
- Plastic sheet to cover the floor under the pool (drop sheet, shower curtains, tarp)

BABY

- Digital centigrade thermometer for taking babe's and your own temperature
- 4-6 clean receiving blankets (don't use your best ones as they may become soiled)
- 2 newborn hats, undershirt & sleeper, diapers and socks

Tips for homebirth prep

- Prepare your bed - Make up bed with sheets as usual, place a shower curtain on top and then place an older sheet on top (which can be discarded if soiled)
- Turn up your hot water tank.
- Placenta can be discarded in the garbage or compost if you do not plan to keep it
- We NEED an area in your birth room to set up our emergency supplies. A hard surface is needed like the top of a dresser/change table that is cleared off with close access to an electrical outlet.

**Always have a hospital bag packed: Clothes/toiletries for yourself and the baby, AHS card (with photo ID) just in case we need to go to the hospital.**

**Emergency**

In the rare case that we would need assistance from EMS, be prepared with a sticker on your phone(s) including your phone number and your address for someone to read out to EMS should it be required. If your house or apartment is difficult to find/access, if GPS is not available, or parking is difficult please ensure you inform your midwives so that safe, expedient access can be planned.

### **Hospital or Birth Centre Packing List**

*Pack light! As most of your labouring will be at home and we anticipate. If All goes well, we will discharge you and baby home 3-4 hours after the birth.*

MOM

- Alberta healthcare card
- Your SIN #, you need it to fill in the birth registration paperwork.
- Large envelope with midwives’ paperwork in it
- Light snacks and electrolyte drinks (Emergen-C, coconut water, etc).
- Calendula tincture
- Phone charger
- Homeopathics\*\* if you choose (Arnica, EZ birth. See “Suggested complementary remedies” doc. - available for purchase at the clinic)

- Basic toiletries, Chapstick, Hair tie or headband, Flip flops
- Non-disposable straw
- If you don't want to wear a hospital gown, something else you are comfortable in (stretchy t-shirt, stretchy nightie, etc)
- Extra socks (keep feet warm)
- Change of clothes to wear home –something comfortable

#### For Dad

- Wear comfortable clothes, extra sweater, socks, a change of clothes, flops for if you go in the shower, swim wear.
- Snacks
- Camera

#### For Baby

- Car seat (installed, ready for newborn)
- Olive or coconut oil (for baby's bum to prevent meconium from sticking)
- Newborn hats, undershirt & sleeper, diapers and socks

**“just in case” homebirth supplies – Sometimes births can be fast, therefore having a few essentials for home planning is advisable.**

- Plastic shower curtain (to cover the bed)
- Garbage bags (2)
- Towels (4)
- Medium sized bowl/container (for the placenta)
- Receiving blankets (4)
- A baby hat