



Care



Community



Change

Strathcona Midwifery Collective

Space and Supply Suggestions for Homebirth

INCLUDED IN YOUR HOMEBIRTH KIT:

- 4 large Underpads (pink)
- 20 medium Underpads (blue)
- Garbage bag, black
- Laundry bag, white
- Ziploc bags for placenta
- Peribottle
- Mesh underwear
- Maxi pads x2
- Straws x2
- Labor medications:
- Gravol & Tylenol
- Hemorrhaging drugs (to be placed in fridge)
- Postpartum medications - enough for 24hrs:
- Ibuprofen & Tylenol
- Instructions for making frozen pads
- Labor-Aide recipe
- Various midwife supplies (gauze, syringe, etc)

FOR BIRTHEE:

- Light food for labour (for example fruit, broth, crackers, energy bites)
- Pillows, at least two
- Pail or bowl
- Ice chips, ice cubes or Popsicles
- Ice pack
- Comfortable clothing options
- Washcloths
- Hot water bottle or heating pad
- Mirror for watching the birth if you wish to
- Bowl for placenta
- Victory meal!

FOR BABY:

- Newborn diapers and wipes
- Two baby hats, newborn size
- Receiving blankets (8)
- Baby onesie and sleepers
- Olive or coconut oil for baby's first mec

EXTRAS:

- Music and speaker
- Notebook
- Snacks for your birth partner/team
- TENS machine
- Lip balm

FOR YOUR HOME:

- PAPER TOWELS (at least two rolls)
- Extra set of sheets, fitted sheet
- 4 towels (that you don't mind staining)
- Digital thermometer
- Large, sturdy tray (e.g., cookie sheet)

If you're planning a water birth:

- Additional towels!
- Plastic sheet for floor
- Aquarium net
- Check that faucets match hose

If you live in a condo:

- Please let security know re: birth in progress,
- Please advise midwives of any issues with FOBs/parking in advance

HOSPITAL BAG:

- Extra pillows
- Health card
- Clothes for baby to come home in
- Comfortable clothes for you to come home in
- Snacks
- Infant car seat
- A few newborn diapers
- Toiletries (toothbrush, toothpaste, etc.)
- Refillable water bottle

BIRTHING SPACE SET UP:

- Clean table/ flat surface for midwifery gear close to the birthing room
- Doorways/entrances/halls clear in case of need for transport
- Outlet or extension cord for midwifery equipment
- Light/portable lamp in room where birth will happen
- All birthing supplies gathered in one easy to find location for midwives (ex. box, laundry basket)

If you can't obtain any of these items, please let your team know and we may be able to assist you.