



Here is a detailed list of the items we will need for your birth. Please gather these items in one quick, easy to locate spot. We will organize them at your 36 week prenatal visit. A detailed explanation of what all of this may be used for can be found on the back of this list.

You will need to order your birth supply kit from the website below. Look for Pineapple Babies Birth Services or Amy Keillor Birth Kit. Many of the items on this list will not be in your birth kit but can be added to your birth kit as you desire for an additional cost. Items available for purchase will be marked with an *. It will cost you \$ 53.85 plus \$5.99 shipping. It will be sent directly to your door. If you have a PO box and need it delivered to an address let me know and I will tell you where to have it shipped.

www.Inhishands.com

Supplies Lists

Room Set Up Supplies

- ❖ 6-8 clean washcloths*
- ❖ 6 large clean towels
- ❖ 6 cotton flannel receiving blankets
- ❖ Old sheet set
- ❖ Kitchen trash bags (one per pillow)*
- ❖ Plastic shower curtain or mattress cover*
- ❖ 2 outdoor trash bags*
- ❖ Large roll of paper towels in wrapper*
- ❖ Box of Kleenex
- ❖ Laundry basket
- ❖ 2 med. stainless steel bowls
- ❖ Large cookie sheet or cutting board
- ❖ 2 Hydrogen Peroxide 16 oz.*
- ❖ Rubbing alcohol*
- ❖ Flashlight with fresh batteries
- ❖ Large plastic mirror (optional)
- ❖ 2 gallon size zip top freezer bags*
- ❖ Large heating pad
- ❖ Extra pillow cases
- ❖ A list of emergency phone numbers (midwife will help with this at your 36 week prenatal visit)

Birth Pool Supplies*

- ❖ Birth pool
- ❖ Lead free (white) potable water hose
- ❖ Faucet connectors
- ❖ Water pump
- ❖ Air pump
- ❖ Tarp and an old blanket

Don't forget to order your birth kit at least 3 weeks before your 36-week prenatal visit to ensure timely arrival!

Baby Supplies

- ❖ Digital thermometer*
- ❖ Baby hat*
- ❖ Gowns
- ❖ Blankets
- ❖ Diapers
- ❖ Olive oil (about 4-6 oz)*
- ❖ Small pump spray bottle (optional)

After the Birth Supplies

- ❖ Bag of Depends or any disposable underwear*
- ❖ Aftershave or other herbal after pain treatment*
- ❖ Acetaminophen, ibuprofen or preferred pain relief (discuss with midwife)

Food

Please plan several snack items that are high in protein and carbohydrates for yourself, your partner, and your birth team. Great ideas are nuts, yogurt, fruit pieces, grapes, applesauce, cottage cheese, crackers, diced meats, pita chips and hummus, and protein shakes. Don't forget to plan lots of hydrating fluids too!

You should also have a casserole or other substantial meal ready for after the birth (enough for everyone).

You will be hungry!

Pineapple Babies Birth Services

Here is a list of items that may be needed at your birth. We ask that you gather all supplies together prior to your 36-week prenatal. At your 36-week prenatal we will organize all of the items in a manner we are familiar working with so we can work with efficiency during your labor and birth. You will need to have the supplies in a crate, box, bin, paper grocery sack, or other container for storing until your birth.

Preparations can be as cheap or as expensive as you would like. We recommend getting old receiving blankets from a thrift store if you don't have ones you are willing to throw away. These blankets will be used to clean baby off after delivery and may be stained with meconium (baby's first poop) or other substances. The same thought can be applied to sheets for your bed, bath towels, and washcloths.

Why do we need all of this stuff?

We ask for two outdoor size trash bags. 1) for laundry and 2) for trash. If you have bins to hold these bags great, if not, we will hang them from a door or just sit them on the floor. The stainless steel or glass bowls will not be ruined. We need them large enough to mix a batch of cookie dough in (we won't be doing that ☺). That is the perfect size to catch vomit (sometimes that happens), it is also the perfect size to hold your placenta. Two gallon size freezer bags to hold your placenta until it is sent with the encapsulator, cut up for smoothies, planted under the tree, or disposed of on trash day (we double bag it). The flashlight is to allow dim lighting around you to continue while still allowing us to see what we need to see. The mirror is so that we can see progress when you are in a position that is great for you but we would have to be underwater or on our head to get a good view. It also helps us be more hands off and allows you more freedom without feeling like we are always touching you (some women don't want to be touched).

Disposable underwear, you will have heavy bleeding the first 24 hours after you deliver. We have found that these do an amazing job of catching it all. You will do a lot of moving around after you deliver trying to get comfortable, getting up frequently to go to the bathroom, sitting up or laying down to nurse your baby, sitting up to eat, sitting up to drink. All that movement has been known to shift underwear and the pad, collecting our flow, out of place; which leads to leaks. Rarely will you find a spot of blood on sheets if you use disposable undergarments.

After you give birth to your baby you will have what is called after pains. You may or may not want to use something to reduce that sensation. It is a normal part of the birth process. First time mothers usually don't feel much more than light cramping. The more babies you have had the more intense these sensations get. Being prepared for them with homeopathics, herbal tinctures, or over the counter pain relief isn't a bad idea.

Olive oil is to coat the baby's bottom during the first few days. Your baby will have bowel movements that resemble thick tar. This sticks to the baby's bottom and can be very uncomfortable to scrape off (yes, I said SCRAPE). By applying a coat of olive oil to the baby's bottom the meconium will not stick and will instead gently wipe away. We use olive oil because it is chemical free and does not absorb into baby's skin like coconut oil would.

Hydrogen peroxide is for cleaning any blood that lands where we don't want it. All fabrics can be treated with hydrogen peroxide to remove blood. Then a run through the washing machine usually will remove the stain. Occasionally not, that is why we say old towels, washcloths, blankets, and sheets.

Speaking of sheets, to prepare your bed for your birth you will want to make your bed into the comfortable sheets for snuggling in after you have your baby. Then, you will place the shower curtain on top of them. Once your shower curtain is in place, make your bed with the old sheets. After that you can add your blankets. Once you have had your baby, we can remove the birth sheets (wash or trash) and the shower curtain (trash), and your bed is ready for you immediately. You may want to assign someone to make your bed this way when labor begins. Sleeping on plastic even with a sheet between can be uncomfortable.

HAVE FUN PREPARING FOR THE BIRTH OF YOUR BABY!

Don't forget to order your home birth kit!

If you have any questions about this, please ask them **BEFORE** your 36-week prenatal visit!