

## WHAT TO BRING TO YOUR BIRTH

### BIRTH CENTER BIRTH

- [ ] CAR SEAT. Please make sure it fits before the birth!
- [ ] One or two large (18) packages under pads for the bed.
- [ ] Diapers and clothes for baby. Bring at least two set. A cotton hat is important.
- [ ] One small unopened bottle of pure oil, (i.e. almond) for labor massage.
- [ ] Pads. Kotex "Overnights" are best.
- [ ] Comfort foods and fluids for labor. White grape juice or Odwalla Superfood or Odwalla protein drink is excellent for labor.
- [ ] Food for after the birth. We have a toaster oven and microwave. Ice chests for ice popsicles, etc.
- [ ] Slippers to wear in the birth center.
- [ ] Music to labor by. We have a cassette and CD player
- [ ] Any books, candles, or pictures you can use as a focal point in labor.
- [ ] Telephone numbers to spread the word! A calling card for long distance
  
- [ ] Personal items for showering. Towels are supplied.
- [ ] Ibuprofen (Advil or generic brand) and/or homeopathic arnica for after pains.
- [ ] Camera or video recorder with film.

### HOME BIRTH

- [ ] Bed prepared to get wet. Buy a fitted plastic sheet then one fitted sheet from the thrift shop on the plastic sheet. Protect pillows by putting them first in plastic bags. Plastic and old sheet can be tossed.
- [ ] One or two large (18) packages of under pads for the bed.
- [ ] Pads. Kotex "Overnights" are best. No mini pads.
- [ ] Several large plastic bags for garbage and dirty laundry.
- [ ] One large bottle hydrogen peroxide for stain removal if you have carpets.
- [ ] Flashlight with extra batteries.
- [ ] Comfort foods for during labor. Odwalla Protein drink, Naked Lunch, etc.
- [ ] One small unopened bottle of pure oil, (i.e. almond) labor massage.
- [ ] Old baby blankets or clean towels for drying baby and warm cotton hats.
- [ ] One old cotton blanket for mom for right after birth.
- [ ] Your name and phone number taped next to your telephone for emergencies.
- [ ] A heat pack, i.e. hot water bottle or rice sock and cold packs for labor.
- [ ] Ibuprofen (Advil or generic brand) and/or homeopathic arnica for after pains.
- [ ] A good heat source for birth room. Beg, borrow or steal a small space heater.
- [ ] A "just in case" bag packed for mom and baby in case of hospital transport.
- [ ] **MOST IMPORTANT:** Food for the midwives! Snacks will do.

calls.