



Check List

Hospital or Birth Centre

Mama & Baby:

1. Your birth plan – point form.
2. Your coping strategies for your birth team – on paper.
3. Labour clothing (nightie, long shirt, swim top or light house coat. Slippers and warm socks.)
4. 3-4 pairs of underwear (big’ol grannies.)
5. Extra absorbent pads – the more natural they are, the more comfortable too.
6. Perineum spray and nipple butter – All Things Jill (a Canadian Co.) makes great ones.
7. Toiletries, including lip balm, head band/bobby pins or hair elastics.
8. New mama clothing (nursing bra, cardigan (perfect for skin to skin,) low cut tank top, and PJ pants x2
9. Coping aids such as music, games, pictures, tennis balls, inspirational items etc.
10. Going home outfit for baby. A sleeper and onsie x2. Keep it simple!
11. Receiving blankets x4 (some hospitals/centres require this for the baby’s neck support while in a car seat.)
12. Your own baby care products (bum balm etc) if you don’t want to use the hospital/centre brands.
13. Insurance information, personal ID.
14. Bathing suit (if planning to use a tub or shower) and change of clothes for your support person.
15. Cash money for parking and food. Credit card to order food if need be.
16. Snacks



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Home Birth

Generally, these items are to be ready prior to your home visit at 37 weeks. If you are planning a waterbirth please be sure to ask your provider for extra instructions.

Mom - Essential:

1. 1- Roll of paper towel
2. 1- laundry basket or large plastic storage tub size about 18 inches(H) x 18 inches (W) x 2 foot (D) this is for garbage and dirty laundry.
3. 2- Large garbage bags
4. 8- clean old washcloths
5. 1- large pot for hot compresses
6. Drinks (Gatorade, juices, popsicles etc)
7. 2-3 plastic flannel-backed picnic table cloths (pay no more than 3-4 dollars) to protect your bed. Do not buy plastic drop cloths
8. 2- clean fitted sheets for your bed
9. 1- large plastic container with re-sealable lid for your placenta about 1 litre size or a large zip-lock freezer bag
10. Hydrogen peroxide to clean any spills
11. Bottle of tylenol or advil for post delivery pain
12. Ice packs made for perineum post delivery
 - o 2- batches of herbal bath frozen
13. 6-12 depends undergarments
14. A fish net if planning a water birth

Helpful:

1. 1- lamp or flashlight for stitching (so it need to be bright)
2. 1- large flannel sheet or old clean blanket to cover you after the birth
3. Bendable straws
4. Olive oil

Baby:

1. 1- heating pad and extension cord to warm up baby clothes (borrowed is OK)
2. 2- hats for the baby (washed)



Check List

3. 4- Clean old towels (bath towel size to dry the baby off)
4. 4- receiving blankets (washed)
5. 1- diaper, 1- undershirt and 1- sleeper (washed)
6. 1- small jar of bum balm
7. Newborn diapers
8. 1- Thermometer (Celsius) digital - not the ear kind

For a Water Birth:

You will need to consider several factors when planning a water birth or labouring in the water at home.

- Size of your home - the tub takes up a lot of floor space; we need access to at least 2 of the 4 sides of the tub. If you are planning to deliver in the tub, we need to set up our equipment very close by - in the same room. Usually the living room or kitchen is the best.
- The tub takes 150 litres to fill—you cannot fill it in one go as your hot water tank does not hold that much water so be near as it fills so you are not filling it with cold water.
- Turn up your hot water tank to max at 37 weeks gestation.
- Have available the ability to empty and fill the tub during the labour, as the tub cools very quickly. It needs to be at or around 37-38C to deliver the baby.
- Have the ability to strain the water of debris and dispose of the debris easily—what works is a fine fish net and a garbage can with a lid.
- Have lots of extra towels handy (over and above the home birth list) as everyone needs them to dry off arms and equipment.
- Have something on the floor if you are on carpet such as the picnic table cloths or plastic backed paper drop cloths used for painting ---- do not use the plastic drop cloths as they are too dangerous for all. Tarps do work but not well all the time.
- Have a fan available as all will get overheated.
- Have a bag of ice ready.
- Be excited; a water-birth is a great way to have a baby, using the 'midwife's epidural'.