

# Barrie Midwives

## Home Birth Supply List

Please Note:

1. The Room which you give birth in *must* be accessible to ambulance stretchers.
2. Please have a telephone in the room. Post the telephone number of the ambulance and nearest hospital next to the phone.
3. If people smoke in the house, the house needs to be well ventilated and smoke free.

### Supplies:

Olive oil, new small bottle

Hydrogen Peroxide\*

Heating pad or hot water bottle

2 basins/ large bowls

2 black plastic garbage bags

Bright lamp & extension cord

Portable space heater

Frozen Peas or Corn

Sanitary pads

perineal message

for cleaning up blood stains (\*also known as President's Choice Alternate Bleach)

to warm baby blankets

for placenta in case of vomiting

for laundry and rubbish

for suturing

to warm the room for the birth

for perineal icepack

don't buy *Always*, the lining interferes with perineal healing. Try not to buy pads with deodorant or other chemicals.

Thermometer

Food & Drink for mother and helpers

*Carbo-energizer* is an electrolyte drink available at natural food stores. *Gatorade* is another. Also *Dextrotabs*. Food & drink are crucial to replace calories and fluid lost through all the hard work of labour and help keep you going.

Cookie Sheet or tray

Something portable we can lay out instruments etc.

### Linen & baby clothes:

Newborn hat

Baby cloths & diapers

10-12 receiving blankets

2 fitted sheets, pillowcases,

3-4 towels

babies lose the most heat from their head  
wash new ones to remove sizing  
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machine wash, rinse in hot water, tumble dry an extra 5 minutes, store in clean plastic bags and label.

### Making the bed:

To prepare the birthing bed, put one fitted sheet, cover with large plastic sheet or shower curtain, then put on the second sheet or shower curtain, then put on second fitted sheet.