

**Her Choice Midwifery Services**

1300 Franklin Ave Suite 270

Normal, IL 61761

309-585-3535

**Birth Kits**

Things to consider for your homebirth when labor starts:

Have a phone tree. Who will you call first? Doula, midwife, parents or friends to

watch the other children. Post the phone tree on the refrigerator or in a general

location. Hang your affirmation cards. Have these items in a general location or in

a container or tote.

Items:

**MUST HAVES:**

* Protective coverings for your floors, bed, couch, and under birth pool. Items that work well for this are shower curtains, painting drop clothes, waterproof table covers,
* large disposable pads, or mattress pads that you can dispose of after use.
* Depends/maternity pads/chux pads, pads for making padsicles
* Squirt bottle for peri-care
* Bulb Syringe
* Baby Diapers

**THINGS TO CONSIDER:**

* Birth pool. Hose and adapters for the pool. Pots for removing old water or sump pump &fish net.
* Large towels to use after pool use, robe, slippers. Hand towels. Wash

 clothes.

* Paper towel. Plenty of toilet paper. Hand soap/sanitizer
* Blankets for baby and mom after delivery.
* Heating pad/water bottle
* Hair ties, lip balm.
* Music, candles, aromatherapy, anything for a calming and soothing

 environment

* Camera, video camera, phone, charges
* Bucket/pail for nausea/vomiting
* Mirror if want to see baby crowning
* Hydrogen peroxide for bloody stains
* Bag(s) of ice, tea/coffee/drinks for guest/support people. Water, water bottle or sport, bottle for drinking or bendy straws work well.
* Snacks to have out for energy. Candy. Snacks for the birth team.
* Birthing ball
* Flash lights with extra batteries, in case of power failure
* Container for placenta if planning on saving.(bowl works for aftedelivery, 2 gallon ziplock bags work if encapsulating)
* Large trash bags
* Place to put soiled/used linens
* Herbal bath mix for after delivery.
* Olive oil or coconut oil for perineum and baby diapers/bottoms
* Pack an emergency bag if need to transfer to hospital to include: your

 clothing, nursing gown, underwear, nursing bra, socks, slippers, clothes to wear

 home, babies clothing:hat, gown, socks. Toiletries: toothbrush, chapstick,

 hairbrush, etc. Insurance card, camera, phone list and birth plan

* Afterease and Shephard’s Purse which can be ordered at birthwithlove.com or inhishands.com
* Fan
* Crock pot for warm compresses