



Healthy Families Homebirth

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Supply List

Please order this birth kit from Precious Arrows:

http://www.preciousarrows.com/Healthy_Families_Homebirth_Custom_Birth_Kit_p/80103-60.htm

Birth:

Please have all these supplies in a box or laundry basket by 36 weeks

- ♥ Thermometer- This is for taking your baby's temperature under the arm for the first few days after birth. The forehead thermometers also work well. Ear thermometers do not work accurately for a newborn.
- ♥ 2 Plastic shower curtain liner (Dollar store)- these protect your mattress and carpet. A king-size bed may require a 3rd liner
- ♥ 1 package of disposable under pads- 23x36" (next to the Depends in the Pharmacy department). We use these to protect your bed, carpet, etc. (Already in the birth kit)
- ♥ 2 cotton receiving blankets- Can be used to swaddle your baby after the newborn exam
- ♥ 8 clean towels and 6 clean wash cloths- Towels are used to keep mom and baby dry and warm. Washcloths are for warm compresses and cool forehead cloths. Use a baby-safe detergent and wash before the birth
- ♥ 2 sets of sheets for your bed- fitted and flat- if you give birth on your bed, we prefer to have one set of clean sheets over the mattress, with the shower curtain liner protecting these. The second set of sheets goes over the shower curtain liner, and although we do our best to protect everything with the under pads, the top sheets are likely to get soiled during birth
- ♥ 2-4 Large bottles or powdered packets of Electrolyte drinks- Electrolyte drinks are important to keep you hydrated during labor and birth. First-time moms need at least 4 bottles, as their labors tend to be longer
- ♥ 2 large garbage bags- The large lawn size work best. One is for the dirty laundry; the other for trash
- ♥ 1 gallon Ziplock-type of bag for placenta
- ♥ 2 large plastic or metal bowls- one is used for any vomit; the other is of ice water to keep the mom cool or it may be used for the placenta
- ♥ 1 box of salt- we will add salt to the wash to remove blood from the liners; non-iodized salt can also be added to the birth pool.

This is general information. Please speak to your health care provider about your unique health needs.



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- ♥ 2 large bottles of hydrogen peroxide
- ❖ Any towels, washcloths, sheets, or blankets we use are likely to get bodily fluids on them. They will not be ruined, but we would prefer to use your older linens, if possible.

Nourishment:

During labor you will want to have on hand nourishing foods that you like to eat. Lighter, easy-to-digest foods work well. Anything that sounds good to you is fine. Having a variety of foods is a good idea. Here are some suggestions:

- ♥ Protein powder or premade protein shakes- helpful when eating food isn't as appealing.
- ♥ Carbohydrate packs (used by athletes for energy)
- ♥ Fruit juice bars
- ♥ Soups or broths
- ♥ Crackers, bagels, toast
- ♥ Peanut butter
- ♥ Fresh fruits and vegetables
- ♥ Hummus and dips
- ♥ Fruit or vegetable juices

Water Birth:

If you are planning on laboring in the water these are a few extra supplies that are handy:

- ♥ Extra towels- Moms are usually in and out of the water often during labor. Dry towels are always more comforting than cold wet ones.
- ♥ Aquarium fish net- It will come in handy when we need to remove anything from the water during labor
- ♥ 1 large plastic or metal bowl- if you deliver your placenta in the water, we will float it in this bowl.

Baby:

- ♥ Natural and gentle laundry soap- fragrances can irritate newborn skin and sense of smell
- ♥ Cotton nightgowns or sleepers
- ♥ Cotton undershirts (no onesies yet)- The old-fashioned undershirts that expose the umbilical stump to the air work best for the first week

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- ♥ Socks/booties
- ♥ Cotton receiving blankets
- ♥ Diapers- one pack of newborn; then cloth or 1st size can be used
- ♥ Small amount of 100% olive oil- applying oil to the baby's skin will help keep the meconium from sticking. It is also useful for dry or peeling skin.
- ♥ Miracle Blanket or other large wraps to use if you find swaddling helpful

Mom:

- ♥ Sanitary pads for heavy flow (One package will come in your birth kit)
- ♥ Witch Hazel- Witch Hazel is an astringent (shrinks swelling) and is very soothing for moms with hemorrhoids or stitches. You can prepare for the birth by pouring a small amount of witch hazel on approximately 12 sanitary pads and placing them opened flat, in a plastic bag, in the freezer
- ♥ Nursing nightgowns/ loose t-shirts/ pajamas- After the birth we will help you freshen up in the shower or bath. Please set aside the clothing you want to wear afterwards. Darker colors work best because there is a chance that some blood will get on these clothes
- ♥ Ibuprofen- this could help with the afterbirth pains

Other needs:

- ♥ Car seat for baby
- ♥ Full tank of gas

Hospital Bag:

If a family must transport to the hospital, then having following are suggested to make that transition as quickly and as smoothly as possible.

- ♥ Food that mom and partner can eat
- ♥ Directions
- ♥ Cameras
- ♥ Nightshirt or gown and robe, nursing bra
- ♥ Socks and underwear
- ♥ Going home clothes that are easy to nurse in
- ♥ Clothes for your new baby- hat, blanket, diaper, undershirt, gown
- ♥ Insurance cards

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- ♥ If the transfer isn't an emergency, also consider grabbing pillows, sheets, and any other small ideas that would make mom comfortable at the hospital.