

# HOME BIRTH CHECKLIST

**THESE ARE THINGS TO CONSIDER IN YOUR PREPARATION FOR YOUR HOME BIRTH, YOU WILL NOT NEED EVERYTHING SO JUST GET/PREPARE THINGS YOU THINK YOU WILL NEED AND WANT...**

## FOR THE BIRTH

Music - set up a playlist and what are you going to play music on (is it mobile?)

Lighting - lamps, candles, low lighting, fairy lights

Walls - birth affirmations, flags, photos of loved ones

Entertainment - especially in early labor, distraction is great, watching funny or romantic movies, laughing

Birth Nest - mattress, pillows, bean bag, blankets, waterproof sheets (one for bed and one for birth nest)

Food - prepare high energy easy to eat yummy food

Fluids - water bottle, homemade electrolytes (jug in fridge - you can make up the day you go into labour just have the ingredients on hand)

Herbal Tea Prep - consider drinking/having prepared after birth tea which you drink as soon as baby born to help with the expulsion of your placenta and reduce your bleed time (find recipes here)

Essential oils - clary sage for stalled/slow labour, rose for helping with contractions and also calming and cheering up the Mama and lavender/mandarin/jasmine for pain relief, you may be able to find a pre-mixed oil

Pain relief "bag of tricks" - wheat bag or hot water bottle, 2 x plastic combs (acupressure), massage/essential oils, doula, birth/swiss ball, TENS machine

Actual birth - flannels and a bowl for hot water to have hot cloths on your perineum

Homeopathics

## AFTER BIRTH - MAMA

Oral Arnica drops

Hypercal tincture or gel (not cream)

Perineal/Witch Hazel spray

Good hydration to keep urine diluted (Make sure you have a good water bottle at least 500 ml but pref 1 litre and keep it topped up)

Nipple cream (preferably just plain lanolin)

Hydrogel Breast discs

Breastfeeding and Postpartum

Recovery Tea

## AFTER THE BIRTH - BABY

Warm towels for when first born (use heater or hot water bottle to warm towels)

Cord clamping - you may want to consider an alternative to a plastic clamp like a muka tie but you must make sure it is tied well and very tightly

Natural fibre clothes and bedding (even if you are co-sleeping it is still a good idea to have a basket or bassinet for baby to sleep in during a day or times you are not sleeping with them)

Cotton, cotton flannelette, bamboo, wool/merino fabrics

Singlets

All in ones (long sleeved and footed) - zip ups are the easiest

Onesies/Bodysuits (short sleeved) - can be used as undergarment too

Leggings

Knitwear (cardies, hats, booties, vests)

Nappies (cloth or disposable)

Wipes (cloth or disposable)

Bottom balm

Baby carrier (Stretchy or Woven wrap or ring sling good for new newborns)

Basket/Bassinet/Co-sleeper

