

Hospital Birth Checklist

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

LABOR AND BIRTH

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

Lighting - consider taking LED tealights with you and making sure blue lights stay off or dimmed

Walls - birth affirmations, flags, photos of loved ones

Entertainment - especially in early labor, distraction is great, watching funny or romantic movies, laughing (you will hopefully be at home as long as possible so this will be for at home but if you are having to be induced then it is a great idea to take your laptop with movies etc downloaded onto it)

Food - prepare high energy, easy to eat yummy food

Fluids - water bottle, homemade electrolytes (to take with you in a bottle)

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 - you can take this in a thermos flask with you to hospital or birth centre (find recipes on our blog)

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 (ensure your care provider knows you would like hot cloths used on your perineum during pushing stage and they can provide these things in the hospital or birth centre)

Homeopathics

CAR KIT BAG (FOR WHEN TRANSFERRING TO HOSPITAL JUST IN CASE BABY BORN IN CAR)

Towels and or blanket to keep baby warm on Mama's chest
Ice cream container (in case placenta comes out on car ride too)

Waterproof blanket to put on car seat
Blue light blocker glasses
Rescue Remedy (to keep everyone calm)

AFTER BIRTH FOR MAMA

Maternity pads (cloth ones are gentler on your perineum)

Oral Arnica drops

Hypercal tincture or gel (not cream) for perineum
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

High energy/good protein snacks

AFTER BIRTH FOR BABY

Expressed colostrum in syringes (take in cooler bag to hospital)

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

Natural fibre clothes: (Take a few days worth just in case)

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)

Skin to skin shirt

