



Sacopee Valley Birthing Services

www.sacopeemidwives.org

Serving women in southern Maine and eastern New Hampshire.

Brenda Surabian, AEMT, CPM • Lindsay Bushnell, CPM, NHCM • Jodie Kaufman, CNM, NP • Robin Doolittle Illian, CPM

sacopeemidwives@gmail.com 207.329.2111 Fax 207.591.4767

The following list is divided into several sections. There is a birth kit supplies list, a household supplies list, a waterbirth supplies list and an optional supplies list. In addition, information is included here about how to prepare the bed when your labor begins and where to order oral vitamin K (for those folks who choose this for their newborn).

Birth Kit Supplies List

These items may be ordered from a local company that puts together custom birth kits for SVBS clients or the items may be collected or purchased separately from other sources (like local drug store, or unused items from a previous birth, etc.) If you choose to collect these items separately, please remember to get items that are latex free since one of the MWs has a latex allergy. To order a personalized SVBS birth kit please contact Everything Birth at 1-800-370-1683.

- | | |
|----------------------------------|---------------------------------------|
| 10 Disposable underpads, 30"x30" | 1 Sterile Bulb Syringe, 3oz. |
| 5 Disposable underpads, 30"x36" | 6 Sterile gauze pads, 2pk |
| 2 Peach Contour pads | 4 Gloves, Sterile vinyl singles, med. |
| 2 Gallon size freezer bags | 6 Gloves, Sterile vinyl pairs, med. |
| 1 Paper Tape Measure | 24 Gloves, vinyl medium exam |
| 1 Flex Straw | 1 Peri Bottle |
| 1 Povidone Scrub Brush | 1 Mesh Brief |
| 5 Alcohol Prep pads | 2 Sterilization Pouches, 1lg., 1sm. |
| 4 Sterile lubricating jelly, 5g | 1 Welcome Birth Certificate |
| | 1 Neet Feet Footprinter |

Household Supplies List

Please gather the following items from around your home and put them together in one place with the birth kit from above. Have your list of emergency phone numbers near the phone as well. Your doctor, pediatrician, ambulance, and hospital numbers should all be included. Also include your physical address, phone number, and directions to your home.

- | | |
|---|--|
| 4 towels | Heating pad or hot water bottle |
| 8 facecloths | 3-4 trash bags (for laundry, trash, etc.) |
| 2 older sets of sheets | 2 large bowls - 1 for placenta, 1 for emesis |
| 1 large plastic sheet (a plastic shower curtain works well) | Crushed ice or a package of frozen peas |
| 4 baby hats | 3 or 4 bottles of Recharge or homemade electrolyte drink |
| 8 receiving blankets | Extra food - for mother, friends, midwives |
| 1 large cookie sheet | Box of maxi size sanitary napkins |
| 1 roll of paper towels | Nightgown or tee shirt for after the birth |
| Small bottle of olive oil | Diaper and a set of baby clothes |
| Crock pot | Flexible straws |
| Bright flashlight with fresh batteries | Gas for your car |
| Thermometer | Baby car seat |

Waterbirth Supplies List

Birth pool (some folks rent one, use a kid's blow up pool or borrow our black plastic tub) la bassine is a very nice pool.
Plastic pool liner (available at Everything Birth) order with your birth kit.

New hose long enough to reach the water source (white or clear plastic is best, black or green ones may leach heavy metals)

Adaptor so hose will fit onto your faucet (do a trial run with this before the labor starts to make sure hose fits onto faucet)
Plastic sheet or tarps for under and around the pool
Extra towels
Thermometer for pool (a fish tank thermometer works well)
Small wire mesh strainer or fish tank net
Good hot water source (turn your water heater temperature up in the last weeks of pregnancy)
Buckets, sump pump, or someone willing to get a siphon going with the hose to drain the tub after the birth

Optional Supplies List

Camera- with film and flash	Rice or bean hot packs
Herbal Chapstick	Hand mirror
Warm socks	Gifts for older children from new baby
Witch hazel, Alcohol, or goldenseal powder for cord care	Accupressure bands for nausea
Popsicles or frozen juice cubes	TENS machine with batteries
Phone #s of people to call after the birth	Phone numbers of any therapists you may want to contact
Music and stereo, CD player, or other music player	Books to consult in labor (New Active Birth by Janet Balaskas; Home Birth by Sheila Kitzinger; Spiritual Midwifery by Ina May Gaskin are all good choices)
Candles	Herbal remedies if you want to use them
Essential oils and diffuser	Homoeopathic remedies if they appeal to you
Massage oil (unscented)	
Birth ball	
Hot water bottle	

Other Optional Supplies

Some folks choosing a home birth decide to pack an overnight bag to have ready in the event that a transfer to the hospital happens during the labor or after the birth. This is not necessary, but you might include the following things if you decide to pack a bag.

Old or disposable pants and T-shirt or nightgown for the ride
Clean clothes
T-shirt or nightdress
Phone card
Phone numbers of people to call after the birth
Cash
Baby clothes and receiving blanket
Newborn cloth diapers and wraps
Cartons of juice/drink
Food
Phone #s of family and friends to call after the birth
Camera and new batteries (and film if needed)

To Prepare the Bed

When you feel pretty certain that you are in labor, make up your bed with one of the sets of clean sheets. Place the plastic sheet over them. Place the second set of sheets on top of the plastic sheet (pinning the corners to prevent slipping, if needed). This will make your bed all ready should you decide to birth your baby on the bed. Then after the birth, we will strip your bed to the clean sheets underneath the plastic and clean up your room while you are showering.

To Order Oral Vitamin K Supplement

If you choose to have oral vitamin K for your newborn at birth, please order it from Everything Birth (same company that puts together our birth kits (phone number is at the top of the previous page).