



# Sacopee Valley Birthing Services

www.sacopeemidwives.org

Serving women in southern Maine and eastern New Hampshire.

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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](#)

### Home Birth Kit Contains:

- |                                 |   |
|---------------------------------|---|
| 10 Disposable underpads, 30x30  | 1 CHG Scrub Brush                       |
| 5 Disposable underpads, 30x36   | 1 Sterile Bulb Syringe, 3oz.            |
| 2 Peach Contour pads            | 1 Umbi Ring                             |
| 1 Peri Bottle                   | 6 Sterile gauze pads, 2pk               |
| 1 Mesh Brief                    | 2 Sterilization Pouches, 1lg., 1sm.     |
| 1 Paper Tape Measure            | 15 Gloves, non-strl. nitrile med. exam  |
| 1 Tenderfoot Heel Lancet        | 4 Gloves, Sterile nitrile singles, med. |
| 5 Alcohol Prep pads             | 6 Gloves, Sterile nitrile pairs, med.   |
| 4 Sterile lubricating jelly, 5g | 2 Gallon size freezer bags              |

Additional (optional) add-on items available with your birth kit:

- Water birth supplies including hose, tub liners, debris net (see below for list of waterbirth supplies)
- Herbal Cord Care
- Organic Peri-Ease Sitz Herbs
- Welcome Birth Certificate
- Neet Feet Foot Printer
- Wish Garden AfterEase Remedy
- Re-Useable Metal Drinking Straw

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

### **Optional Supplies List**

Herbal Chapstick	Hot water bottle, or rice hot packs
Warm socks	Hand mirror
Witch hazel, Alcohol, or goldenseal powder for cord care	Gifts for older children from new baby
Popsicles or frozen juice cubes	Phone numbers of any therapists you may want to contact
Phone #s of people to call after the birth	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)
Prepared playlist if interested in music	Herbal remedies if you want to use them
Candles	Homoeopathic remedies if they appeal to you
Essential oils and diffuser	
Massage oil (unscented)	
Birth ball	

### **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
- Toiletries
- Phone charger
- 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
- Items to make your room feel cozy (essential oil diffuser, blanket/pillow, rice sock hot pack, etc)

### **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).

### **Information about using one of our waterbirth tubs**

We currently have three tubs that are available for you to borrow. We have an Aqua Doula tub, which has a heating unit to keep water up to temp (but does not heat water from cold, the tub must be filled with hot). We have a Birth Tub in A Box inflatable tub. We also have a hard sided Rubbermaid Water Trough (never been used for feeding animals!) that work well, especially in smaller spaces since it is oval instead of round.

All three of the tubs works quite well and are all three, generally a similar size, holding the same amount of water. Sometimes people have a preference and most of the time we can honor preferences or requests, but it may depend on who has what tub and where and how late the baby is that is coming before yours. We cannot guarantee your top pick will be available. We will let you know by 37 weeks which tub you will be using.

With the exception of the Rubbermaid tub, all tubs take up about 5' of space all around. The Aqua Doula tub hold more water than the inflatable tub, since its sides are thin in comparison to the wide walls of the inflatable tub. If you are borrowing an Aqua Doula, some folks like to get a pool noodle, cut down one side with an exacto-knife or other tool, and fit it along the rim for padded, comfortable leaning against the edge of the tub. If you are using the Rubbermaid, a large knee-pad is nice on the bottom of the tub under your liner. It is also nice to line this tub with a white sheet under the liner so as to have better visibility. Sometimes people like to have a very large heavy blanket or fitted sheet that can be used as a cover when you are not in the tub to help keep the water warm.

### **Waterbirth Supplies List**

Birth pool - we have three different tubs you are welcome to borrow

Plastic pool liner - can be ordered with your birth kit from Everything Birth or from Yourwaterbirth.com

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

Small wire mesh strainer or fish tank net

Good hot water source (turn your water heater temperature up in the last weeks of pregnancy)

Submersible sump pump if available

### **Client Responsibilities for Tub Borrowing:**

Picking up the tub from the family who has used it before you. We try to keep these distances short, but you could have to drive up to an hour if you have a specific tub in mind.

Set up and pack up. We will help you empty the tub following the birth. You are responsible for set up and pack up. The inflatable tub comes with an air compressor/pump. Aqua Doula set up directions can be found on their website. There is no need for set up for the Rubbermaid, besides the liner and knee pad(s).

Tub cleaning: Each family will use a disposable tub liner, and therefore, the birthing water should not touch the pool. That said, these liners are not always foolproof. Each family is responsible for cleaning the tub (wiping down with a 10% bleach solution) two times: when you first set it up and when you are done using it.